



## H.O.W. Motto

One woman giving \$10.00 can buy another woman lunch.

Ten women giving \$10.00 can buy another woman's groceries.

One hundred women giving \$10 each can make a real difference in another woman's life

## Fresno Chapter

June 2010

### Who is Gail Fry?

My name is Gail Fry and I am a wife, step-mom, daughter, friend, teacher, and now I am a breast cancer survivor! On June 29, 2009, I heard the words that no one wants to hear: "you have breast cancer." I couldn't believe what I was hearing; I was a healthy, strong, 35 year old woman, with no history of breast cancer in my family. I met with my team of doctors on July 10<sup>th</sup> and we set up my treatment plan. I was scheduled for a lumpectomy in August. I was told that I was going to go through chemo and radiation. There was no way my hair would make it though this journey! I ended up having a second surgery because they had found traces of cancer in my lymph nodes, and the radiologist wanted more breast tissue and more lymph nodes taken out. So, I had a second surgery two weeks after my first. I started chemo at the end of August and my hair had fallen out 12 days after my first treatment.

I had 6 rounds of chemo and weekly treatments of Herceptin (a new drug that stops my type of cancer from spreading). I ended chemo in December and worked up until the middle of November. I had a month off of treatments and started radiation in January. I had 33 radiation treatments, one treatment every day. Radiation was

very hard on me and I am still in physical therapy because of it. I ended up not being able to work the months of February and March. People with my type of breast cancer need to take tamoxifen for 5 years post treatment. I started taking it after radiation and found that I have severe side effects from the drug and can't take it. So, my next plan of action is to have a complete hysterectomy. I am having that done on May 26<sup>th</sup>, so that will be my next challenge. I am also still receiving Herceptin treatments once every three weeks, which will end in September.

My wonderful husband, Craig, my beautiful girls, Breana and Kristina, my mom Anita and stepdad Grant, and my friends, have all been so helpful and loving to me! I could not have gotten through this without them!

*H.O.W. has an opportunity to join Gail's support network and show her that her community cares about her and her family...join us on June 15<sup>th</sup>.*

~ **Helping One Woman ~  
Fresno Chapter**

**Invites you to join us for  
dinner**

**In Honor of  
Gail Fry**

**Tuesday, June 15, 2010**

**At 6:00 PM**

**The Manhattan  
1731 W. Bullard Ave.  
Fresno, CA 93711**

**To make individual or  
group reservations  
Call 559-449-1731  
Tell them it is for the HOW  
dinner**

**PLEASE FORWARD THIS  
INVITATION TO THE MANY  
WOMEN YOU KNOW WHO  
WOULD LIKE TO  
HELP ONE WOMAN!**

**Learn more about  
H.O.W. at  
[www.helpingnewoman.org](http://www.helpingnewoman.org)**

