

BEING A BROAD



Being A Broad Night Out

Macadia Sparkling is a refreshing low-alcohol cocktail, made with Macadia liquor and fresh ruby grapefruit juice. Maca is harvested in the Republic of Peru and represents the 'stuff of life!' This refreshing energy drink will be served at the Being A Broad Roppongi Night Out, held on the third Wednesday of every month at Paddy Foley's Irish Pub. For more information on this event, as well as the Shinjuku Night Out, contact info@being-a-broad.com.

Every month we ask participants a question...

How often do you think women should do a breast self-examination (BSE)?

The correct answer according to Dr. Namba, a specialist in breast cancer, is every day!



Angelika Henkel - German
CFO Epcos KK

I was once told that we should do it three or four times a week.



Jennifer Powell - Canadian
Taxation attorney

I think about once a month.



Maria Deutsch - German
Career Cross

I thought about twice a month and if you are over 40, you should have a mammogram.



Petra Wels - German
German School administrator

My doctor told me to do BSE once a month.

Q & A



Name: Vickie Paradise Green
Nationality: American
Job Title: President and Representative Director (Chairman, Run for the Cure Foundation)
Time in Japan: 25 years

Please describe Run for the Cure:

The Run for the Cure Foundation is committed to raising awareness of the importance of a positive breast-health regimen, monthly breast self-examinations for all women beginning at age 20, clinical breast exams every three years beginning at age 20, and annual clinical breast examinations, plus mammography, beginning at age 40. The Foundation is dedicated to advancing breast cancer research, education and awareness, and to providing those who face a breast cancer diagnosis in Japan with better screening and treatment options, and a better quality of life.

What are the present and future objectives of the organization?

To increase awareness of the importance of a positive breast health regimen, to strengthen support groups for women in Japan, and to raise funds to support and encourage the advancement of breast cancer research. Through its activities, the Run for the Cure Foundation will: fund educational initiatives, fund clinical examinations and mammography tests, promote the lifesaving message of early detection, develop and execute community outreach programs, generate human interest and Foundation-related articles in well-known Japanese magazines targeted at women be-

tween 25 and 55 (while continuing outreach to general English and Japanese publications), donate funds to organizations that promote activities specific to the mission of the Foundation, and fund research projects with the goal of finding a cure for breast cancer.

What can the public do to help?

The Run for the Cure Foundation needs your help in the fight to eradicate breast cancer as a life-threatening disease. Breast cancer remains the number one form of cancer among Japanese women. This year 10,000 will die from this disease. And because no one knows exactly what causes breast cancer, there are no sure ways to prevent it. Early detection is key to survival. It is only through the generous support of individual donors and corporate sponsors that we are able to make great strides in the fight against breast cancer.

When and where are the Pink Ball and Run for the Cure held?

The formal attire Pink Ball will be held at the Grand Hyatt Tokyo in Roppongi Hills on Friday, Oct. 28. The theme is 'Touch of Pink'. Men are requested to wear pink bow ties, vests, or cummerbunds. Women are requested to wear pink or accessorize using pink. Individual tickets are ¥35,000 or a table for ten is ¥350,000. Download a registration form at www.runfortheure.org.

Opening and closing ceremonies for the 5k walk/run around the Imperial Palace will be held at Hibiya City from 10am on Saturday, Oct. 22. Registration for adults is ¥5,000, 6-12 year olds is ¥2,500 and under 5 is free. Registration online at www.runfortheure.org.

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