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GAME CHANGER?

Maybe you can do something about breast cancer

Dr. Mona Khanna | Special to The Desert Sun

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GETTY IMAGES

Schools

Schools from one end of the Desert Sands Unified School District to the other joined in the “Start With Hello” initiative on Sept. 24 designed to reduce social isolation and build positive connections. **Page 3**

Fresh pick of the week

Gabrielle Gaul combines her fresh locally-grown herbs with locally sourced nuts and organic raw cacao to create some of the finest and freshest chocolate bars around. **Page 6**



Words of faith

A realistic way to be truly alive is to use the simple stuff of today to grow into an even greater sense of Divine presence and constant, unconditional love. **Page 8**

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From the Cover



Dr. Susan Love addresses walkers, runners, sponsors and supporters at the 10th Annual Walk with Love on May 21, 2017, in Pacific Palisades. SUBMITTED PHOTO



Ask Dr. Mona

Dr. Mona Khanna
Guest columnist

What if I told you that you could be part of game-changing breast cancer research? And that you didn't need a breast cancer diagnosis to help end the disease that affects one in eight women?

Today marks the end of the first week of Breast Cancer Awareness Month, and Dr. Susan Love Research Foundation's Army of Women is looking for you. This

is a unique chance to contribute to wide-ranging, vetted research studies that explore the causes, prevention, treatment and impact of breast cancer.

Everyone—no matter your age, gender, sexual orientation, race, religion, country of residence or origin, or ethnicity—can join the cause, not just those who have had breast cancer or those with a family history.

I interviewed Dr. Love, a breast surgeon and chief visionary officer for the Dr. Susan Love Research Foundation,

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whose Dr. Susan Love's Breast Book has long been considered the definitive bible on breast cancer, about the impetus for creating the Army of Women.

"I was asking my fellow researchers—'Why are you studying rats and breast cancer? Rats don't even naturally get breast cancer,'" Dr. Love told me in a phone interview. "They said—'We don't know how to find people.' Well, I did. So I created the Army of Women, which connects individuals with researchers."

Fast forward. This year the Army of Women celebrates its 10th anniversary with almost 400,000 members, associations with more than 300 researchers, and has launched more than 130 studies.

Dr. Love emphasized the reason it's so important to recruit participants from all ethnicities and races is that not all breast cancers are created equal.

"The breast cancer gene, BRCA, has different mutations," she explained. "For example, African-Americans in the U.S. who are diagnosed with triple

negative breast cancer at young ages have a mutation in the BRCA gene that tracks back to Africa. It's different from the mutation found in the Jewish population."

Here's how the Army of Women works: After you sign up on the website, you will receive weekly emails about supported, active research studies that are looking for volunteers and that the Foundation's Scientific Advisory Committee has already screened for safety, science and ethics. If you are interested, you can connect with the research study. It's that easy, and it's all confidential.

This month, it's time to share the love—the Dr. Susan Love Research Foundation way. Here's where you can go to get more information and to sign up: <https://www.armyofwomen.org>.

Got a question?

Please email comments and your medical questions to AskDrMona@gmail.com. Remember: Your health is your most important asset. Guard it with your life.

Mona Khanna, MD, is a triple board-certified practicing physician, Emmy Award-winning journalist and humanitarian.

WORDS OF FAITH

A spiritual journey of nonresistance

The Rev. Kathy McCarthy

Special to The Desert Sun

Have you ever thought of this: that life is your source for evolving spiritually? Have you ever let the simple events of every day be your teacher? I was taught that nothing happens by accident: everything is for your good. Apparently, in some Divine plan, it was time that I got this message again.

Last week was just the berries. A cap came off of a major tooth, and it was a distressing combination of events to get it fixed. That started the week with me fussing and fuming. Then my phone and my internet and my television went out, and it was impossible for a technician to come until Friday at 4 p.m. I eventually got the message that all of this quiet in my home might be telling me that God wants me to sit and listen.

I also found myself disturbed that we were having one more hot, hot day. It seemed like the hottest day of the year. A medication I needed just would not come in. I doubt that I was Christian in the way I interacted with others on these days. An overall bad week.

In searching for what I thought was a book to guide me in preparing my homily, I "accidentally" took the book next to it and, by chance, opened the page to 149: "THE SPIRITUAL PATH OF NONRESISTANCE." The Holy Spirit started shouting at me to wake up one more time to what is true.

What if all week I had taken one moment at a time and decided to be OK with

how that moment turned out? As the book says, "Stress only happens when you resist life's events." One moment is all we are ever given: to live it fully relax, be there. No, not in the past. No, not in tomorrow. To love what is, just as it is has been my goal for years. It took the events of last week to wake me up to the fact that I am not quite there yet.

What a wonderful way to live every day with an attitude that says I am here to learn, I am open to what the Spirit of God wants to tell me. Sometimes it is to point out where I am off the mark and out of tune on my spiritual journey. But most of the time, the events of every day are a guide offering me the opportunity to go beyond my selfish thoughts, to embrace another's needs, and to meet them in whatever way I can. Joy is the outcome then.

A calm attention and careful direction toward solutions goes right along with this approach of loving what is occurring here and now. Doing all one can and then accepting the result is just sensible. Replacing a feisty rejection with a peaceful "yes" is of God.

A realistic way to be truly alive is to use the simple stuff of today to grow into an even greater sense of Divine presence and constant, unconditional love. Let's all give it a good try and report the results to encourage each other. We need one another.

Blessings and peace.

The Rev. Kathy McCarthy is the pastor of the Holy Wisdom Ecumenical Catholic Church and a member of Mid-Valley Interfaith Council.

El Sol del Desierto

Finalmente, un boletín de noticias en español para El Valle de Coachella.

¿Qué estás esperando?

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