



*These special hats with hair were designed by Ellen Giordano, originally for herself and then for others facing hair loss due to chemotherapy.*

mother and sisters: "I can't imagine anybody doing this without a great support system."

The greatest lesson Giordano says she has learned from the experience is to take charge of her health.

"I committed myself to doing everything possible to make sure the cancer never came back," says Giordano, a devoted biker and runner. "I just kept telling myself, 'You're not sick, you're on the mend.'"

Noting that she tries to exercise at least an hour a day, she adds, "I'm in the best shape of my life."

She also follows a regular schedule of mammograms and office visits, and is looking forward to the spring of 2010, when she will mark five years post-treatment, an important milestone for all cancer survivors.

"I think about having breast cancer on occasion, but I can't worry about it," she says. "You just can't live like that."

### Finding Her Passion

Giordano's experience with breast cancer helped her find her passion in life. When confronted with hair loss due to chemotherapy, she designed a special baseball cap with a fake ponytail and hair.

"When my family saw it, their jaws dropped because it looks so realistic," she recalls.

Through word of mouth, she has made some 30 hats for fellow cancer survivors. She thinks the hats are especially important for children, who often feel uncomfortable in wigs. Giordano, who is trying to obtain a patent and a trademark for the hat, which she calls *The Wigat*, hopes to devote herself full-time to creating hats to help others facing cancer.

## Schedule Your Mammogram Today

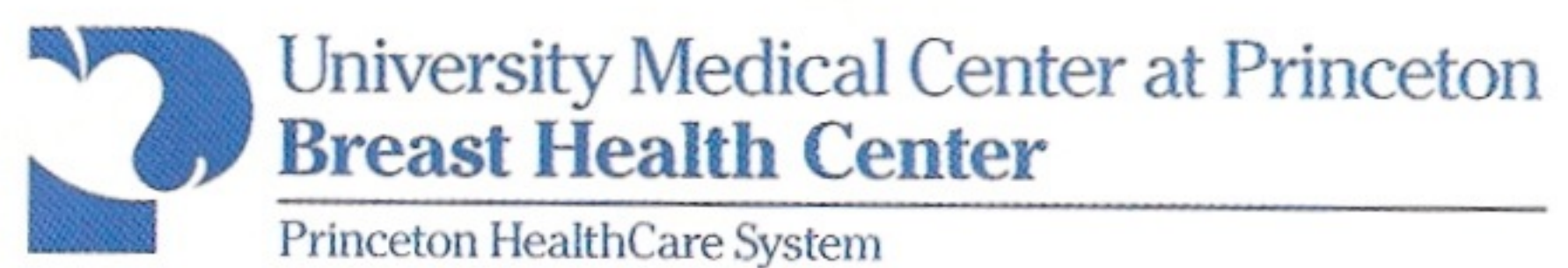
As we recognize National Breast Cancer Awareness Month in October, remember the American Cancer Society recommends women 40 and older have a yearly mammogram. Women with a family history or other risk factors should start screenings earlier than age 40. While breast cancer therapies continue to improve, early detection remains the best way to increase the chance for survival.

"Breast cancer, like all cancers, is most treatable when we catch it early, before it causes any symptoms," says Rachel P. Dultz, MD, FACS, Medical Director of the University Medical Center at Princeton Breast Health Center. "The good news is that as we've gotten better at detecting breast cancer and treating it, the breast cancer survival rate has improved."

Schedule your mammogram today at University Medical Center at Princeton's Breast Health Center, which offers state-of-the-art digital mammography. Located in East Windsor, the Breast Health Center offers day, evening and weekend appointments. Walk-ins are accepted.

**To schedule an appointment, call 609.688.2700.**

University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ). UMCP's cancer program is approved by the American College of Surgeons' Commission on Cancer – a distinction earned by just 25 percent of hospitals nationwide.



**University Medical Center at Princeton Breast Health Center**  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2, East Windsor  
For more information or directions,  
call **609.688.2700** or visit **www.princetonhcs.org**.

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