

It's in the genes

Do you have a family health history?

Know your body

Help detect breast problems early

Not just women

Treating male breast cancer

MEDIA PLANET

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# BREAST CANCER AWARENESS

## INSPIRATION



PHOTO: CHAD SMITH

### Olivia Newton-John inspires women to take breast health into their own hands

**Olivia Newton-John is known for her Grammy-winning albums, her acting, her timeless beauty and her inspiration as a survivor of breast cancer.**

"...Or breast cancer thrives as I like to say. My biggest message is that I am still here 18 years after diagnoses," says Newton-John. When a mammogram and needle biopsy didn't find cancer, Newton-John insisted on more tests because she "didn't feel right." A surgical biopsy revealed her breast cancer, which was treated with a partial mastectomy, reconstruction and chemotherapy plus alternative remedies such as massage and acupuncture.

She helped craft a diagnostic tool called Liv Aid (available at [www.liv.com](http://www.liv.com)) that allows women to detect changes in breast tissue.

Newton-John dreams of making Liv Aid available to every woman in the U.S. as a staple in medicine cabinets. She's also funded a cancer and wellness center in Australia, organized the Great Walk to Beijing fundraiser and opened the Gaia Retreat & Spa as a place to renew and refresh. Realizing the power of song, she's released soothing CDs to aid in healing while also raising money for the cause.

"I met a woman in a ladies room after I had finished chemo who told me not to be afraid," recalls Newton-John. "She inspired me." And now, with Newton-John's encouragement, women can be empowered to take control of their bodies and breast health.

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