

*A Survivor's  
Guide*  
for the  
Breast Cancer Journey

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**Media Information**

Bonnie Harris  
press@waxmarketing.com

## RiverStone Journals Launches Organizer for Women with Breast Cancer

### *A Survivor's Guide for the Breast Cancer Journey Helps Manage the Breast Cancer Experience*

Minneapolis, MN– April 28, 2008 – Kim Regenhard of RiverStone Journals announced today she has introduced a unique guide to help women and their loved ones manage their breast cancer experience. ***A Survivor's Guide for the Breast Cancer Journey: An Organizer and Handbook for the Newly Diagnosed*** is a unique combination of planner, organizer and journal. ***A Survivor's Guide*** provides women with breast cancer a powerful tool to help manage the emotional, physical and logistical aspects of fighting breast cancer.

Regenhard, a successful Twin Cities executive, was diagnosed with breast cancer in 1998. She soon realized she needed better organization to manage her family, her career and the added burden of her disease. Regenhard created her own system to manage and track the multitude of information required during her treatment. Now cancer-free, Regenhard has decided to use her knowledge to create a handbook for women to organize, plan and record their experience from breast cancer diagnosis, through treatment and hopefully to eventual recovery.

*"As I reflected on my own needs during my cancer experience, and listened to other breast cancer survivors, I became convinced that what cancer patients need is a practical tool to guide them step-by-step through the cancer journey,"* said Regenhard. *"A Survivor's Guide for the Breast Cancer Journey was born out of that heart-felt conviction."* Regenhard added she has already been overwhelmed with requests for the new product, which will be available for purchase in early May.

The *Guide* provides places to store important test results and record critical medical information, appointments and medication schedules. It also helps track progress, note possible treatment side effects, and record gifts and services received. The *Guide* is filled with practical information on breast cancer diagnosis, treatment and recovery and contains tips and advice from women who have survived breast cancer. It also has a journal component where women can record personal thoughts and feelings along the way.

***A Survivor's Guide for the Breast Cancer Journey*** will be available for purchase online and in fine gift shops and bookstores soon. Visit [www.riverstonejournals.com](http://www.riverstonejournals.com) for more information.



### About Kim Regenhard:

Kim Regenhard manages the strategic aspects and day-to-day operations of RiverStone Journals the business she started after successfully navigating breast cancer. Founder and principal of RiverStone Journals, Regenhard has served as Vice President of Human Resources for US BioEnergy, UnitedHealth Group, AT&T Wireless, and NCR. Regenhard's book, *A Survivor's Guide for the Breast Cancer Journey*, promises to be the first of many RiverStone Journal planners that will make the journey through cancer and other chronic illnesses less burdensome for those diagnosed, as well as for their caregivers and loved ones. Regenhard lives in western Wisconsin with her son and husband of more than 25 years. For more information, visit [www.riverstonejournals.com](http://www.riverstonejournals.com).

