Diagnosed in December 2006, for Dixie Yeck it was the worst Christmas imaginable. Her husband, a Marine, was in Iraq. She was home alone with two young children and a breast cancer diagnosis.

With no family in the area, Dixie had no one to turn to. Scared and desperate, she remembered hearing about ABCD and picked up the phone. Two hours later, she got a call from Teri Frailing.

“Teri was my lifeline, because I didn't have Mike,” Dixie said. “Teri gave me hope, because I was hopeless. I don’t know what I would have done without her.”

As Dixie faced decisions about surgery and chemotherapy, Teri connected her with other ABCD mentors who shared their experiences with breast reconstruction and other aspects of treatment. In all, Dixie had five mentors, all facilitated through Teri and ABCD.

As she struggled to cope, Dixie also worried about her husband thousands of miles away. They corresponded by email, but Dixie was torn between needing Mike's support and not wanting to burden him with her fears. Shortly after Christmas, at Dixie's request, ABCD matched Mike with Teri’s husband, also named Mike. The two Mikes “talked” by email until Dixie’s husband returned from Iraq in early 2007.

“He had someone who could tell him how to prepare, what to expect and how to help me,” Dixie said. “Just like me, he needed to be able to hash it over with someone who knows.”

Dixie credits Teri for showing her that she could make it through those terrifying days. “What ABCD gave me is as important—if not more important—than the medicine I got. You could pay hundreds of dollars for psychotherapy and it wouldn’t be as effective as the simple, matched, credible help I got from ABCD.”

ABCD provides free, personalized support for those affected by breast cancer.