

Dr. Frankel walks for breast cancer

Meri R. Kennedy Cranston Herald



READY TO WALK: Dr. Frankel is already training and raising money for the Avon Walk for Breast Cancer, which will take place in Boston in May.

the odds with thyroid cancer and skin cancer.

She is known in the Cranston community for her dermatology practice and Rejuvaderm Spa, but Dr. Ellen Frankel is also known for the work she does on behalf of charities in Rhode Island and beyond.

Frankel is currently gearing up for The Avon Walk for Breast Cancer in Boston to be held on May 18 and 19. In two days, Dr. Frankel and thousands of others will walk 39.3 miles. She will turn 60 just weeks before the two-day walk.

The Avon Walk for Breast Cancer takes place in eight cities across the country. Even if you've lived in a place for years, the Avon Walk allows you to experience it in a whole new way because each walk route is designed to bring out the best the city has to offer.

For Dr. Frankel, the walk is personal, as she had taken on challenges for many women's health issues. Her CFO, Lorraine Tate, is a third-year breast cancer survivor. Being a two-time cancer survivor herself, Dr. Frankel has beaten

On day one, Dr. Frankel will walk 26.2 miles (a full marathon); sleep overnight in a tent and then wake up to walk a half marathon at 13.1 miles the second day.

"I am more concerned about sleeping in the tent," said Dr. Frankel.

Of all the accomplishments Dr. Frankel has done, including walking in the Boston Marathon several years ago, she has never slept outdoors on the ground. At the Avon Walk in May, Dr. Frankel will be carrying one sleeping bag and a 14-pound backpack that will include an extra pair of sneakers and socks.

Frankel says she will also carry with her the stories of those who are battling, survived or have succumbed to breast cancer.

"I believe in leading by example," she said. "Breast cancer touches so many lives and you just can't win the war against this dreaded disease by yourself; you need an army."

Dr. Frankel's staff at Rejuvaderm Spa is supporting the cause and some are participating in the walk themselves.

If a walker raises \$1,800 for the walk, 10 low-income women will have the chance to receive a mammogram, the first step of diagnosis. The more money Frankel raises, the more women who will receive this often life-saving test.

Dr. Frankel is passionate about finding a cure for breast cancer while providing life-saving measures for those who cannot afford a mammogram.

"The more of us walk, the more others will survive," she said.

Right now, Dr. Frankel is in training. She wears a pedometer at work and takes long walks when she has the time. One day at work she measured her steps and found out that between the hours of 7 and 10 a.m. that she took 3,500 steps (1.4 miles), walking up to 10 miles per day.

Locally, Dr. Frankel has been involved with the Gloria Gemma Breast Cancer Resource Center for the past four years through participation and sponsorships.

"It is about giving back," said Dr. Frankel. "To lead by example and to help others. This May, I will walk for life."

To donate to Dr. Frankel's efforts, visit her office at 750 Reservoir Ave. in Cranston to drop off any donation amount, or sign on to The Avon Walk for Breast Cancer website and select donate to Dr. Ellen Frankel for the Boston walk in May or call 944-7546 for more details.