

BEYOND: LIVE & THRIVE AFTER BREAST CANCER

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Meredith Special Interest Media Debuts the First-of-its-Kind Magazine for Breast Cancer Survivors

DES MOINES (September 12, 2006)— *Beyond: Live & Thrive After Breast Cancer*, a new semi-annual publication from Meredith Special Interest Media, part of the Meredith Corporation (**NYSE:MDP**) will debut with the Fall/Winter 2006 issue.

The magazine, which provides women who have or had breast cancer the support and latest information on treatment and recovery, hits newsstands September 19, 2006, with a \$5.99 cover price.

“Since more than two million American women live with breast cancer, we wanted to provide this community a resource of support, inspiration and hope,” says Kelly Kegans, editor of *Beyond*.

An advisory board of leading experts in the breast cancer field contributed to the premiere issue of *Beyond*. They include: Susan Brown, the health manager at Susan G. Komen Foundation; Carolyn M. Kaelin, director of Comprehensive Breast Health Center and breast cancer survivor; and Lillie Shockney, Administrative Director at Johns Hopkins Breast Cancer.

The premiere issue provides honest, heartwarming profiles, inspiring stories and practical advice. In the cover story, Dallas Mayor Laura Miller recounts her journey with breast cancer and why she looks forward to a much simpler life.

Also included are the “Pink Pages,” a resource guide and calendar of upcoming races and products that support breast cancer, fashion tips on how to look and feel your best and nutritional information on foods that may help patients in their fight against cancer. *Beyond* also offers the most up-to-date medical information and, real-life stories on how to battle stress, fatigue and other side-effects of the disease.

“*Beyond* is packed with tips on how to feel sexy again, how to get your body back after treatment and how to find a sense of normalcy,” says Kegans.

Among the articles in the premiere issue include:

To Do or Not To Do: Reconstruction is a big decision. Provided are real options and risks associated with surgery. Also featured are real-life accounts of two women who opted for and against surgery, and answers to common questions about reconstruction.

Chemo Brain - It's Not In Your Head Studies show links between chemo and thinking impairment. While doctors still search for answers, featured are coping mechanisms for survivors struggling through the mental fog.

10 Super Foods That Fight Back The best foods to fight off breast cancer and tips on how to prepare them.

Can We Talk? Sex and Intimacy After Breast Cancer Practical solutions to feeling confident and sexy in the bedroom.

A Definite Maybe: Your mother had breast cancer, but will you? Examine your family tree to find out if breast cancer is a threat to you.

Feel Your Best: Breast cancer survivors who exercise in moderation are 50 percent less likely to die from the disease than in active women. Provided are solutions to battling the breast cancer bulge.

Ways to Glow: When treatment wages a war on your skin, fight back with these simple steps to reduce signs of aging and boost your skin's natural radiance.

Beyond is part of Meredith Special Interest Media's health group which also includes Diabetic Living and Heart Healthy Living. The health group is committed to providing its readers with the most up-to-date medical and nutritional information.

About Meredith Special Interest Media

Meredith Special Interest Media is the largest collection of newsstand publications in the world, with approximately 200 issues a year in the areas of building and remodeling; decorating and design; cooking and entertaining; gardening and outdoor living; health and nutrition; and crafting.
About Meredith Corporation

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Meredith (www.meredith.com) is one of the nation's leading media and marketing companies with businesses centering on magazine and book publishing, television broadcasting, integrated marketing and interactive media. The Meredith Publishing Group features 25 subscription magazines - including Better Homes and Gardens, Family Circle, Ladies' Home Journal, Parents, Child, Fitness, and American Baby - and approximately 200 special interest publications. Meredith owns 14 television stations, including properties in top-25 markets such as Atlanta, Phoenix and Portland, and an AM radio station.

Meredith has approximately 350 books in print and has established marketing relationships with some of America's leading companies including The Home Depot, DIRECTV, DaimlerChrysler, Wal-Mart and Carnival Cruise Lines. Meredith's consumer database, which contains more than 85 million names, is one of the largest domestic databases among media companies and enables magazine and television advertisers to target marketing campaigns precisely. Additionally, Meredith has an extensive Internet presence that includes 32 Web sites and strategic alliances with leading Internet destinations. Meredith Hispanic Ventures publishes five Spanish-language titles, making Meredith the largest Hispanic publisher in the United States reaching women at every life stage. The Family Circle Cup, America's premier women's professional tennis tournament – owned and operated by Meredith, is held every April in Charleston, South Carolina and has for over three decades continued to showcase the best in women's tennis.

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