



1600 Duke St., Suite 500
Alexandria, VA 22314

Stop Cancer Before It Starts!

TO SUBSCRIBE, CONTACT:

Prevent Cancer Foundation
1600 Duke St., Suite 500
Alexandria, VA 22314
(800) 227-2732, (703) 836-4412
fax (703) 836-4413
www.PreventCancer.org
Info@PreventCancer.org



EDITOR:
Liona Chan
DESIGNER:
Will Mellor

©2013 Prevent Cancer Foundation. All rights reserved. No portion of cancer PreventionWorks may be replicated without prior permission. Reference herein to any specific commercial products, methodologies, health information materials, Web sites, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation, or favoring by the Prevent Cancer Foundation.

Cancer PreventionWorks is published by the Prevent Cancer Foundation (formerly the Cancer Research and Prevention Foundation), a 501(c)3 nonprofit organization dedicated to the prevention and early detection of cancer. All contributions are tax deductible to the fullest extent allowed by law. The Prevent Cancer Foundation is a member of the Combined Federal Campaign (#11074) and the United Way (#0481).



THE LAST WORD

A Bequest Creates a Legacy of Prevention and Early Detection for Future Generations

Marvin Davis lived a simple life.

For nearly 30 years, he worked as a nurse's aide at the Veterans Hospital in Little Rock, Arkansas.

Quiet and reserved, he never married or had children. After retiring, Davis decided to return home to Nash, Texas (a small town of just 2,100 people) and care for his beloved mother during her long battle with colorectal cancer.

He kept mostly to himself and lived in the same two-bedroom house for over 40 years. But it was the death



of his mother, followed so closely (less than a year) by the deaths of his sister Annie Sue from colorectal cancer and later the death of his brother Fred from throat cancer that deeply affected him.

"He wanted to do whatever he could to prevent this disease from affecting other families the way it touched his," said his nephew, Sammie E. Davis.

With a strong mind and a determined spirit, Davis, who passed away in 2011 at the age of 85, named the Prevent Cancer Foundation as a beneficiary in his will. He donated more than \$325,000 to fund research in the area of colorectal and prostate cancer prevention and early detection.

"We were completely surprised and touched by his gift," said Jan Bresch, Executive Vice President and Chief Operating Officer of the Prevent Cancer Foundation. "Mr. Davis had never donated to the Foundation before. The fact that he believed enough in our work to contribute almost his entire life savings to advance cancer prevention research means a great deal both to us and the many families who will benefit from his generosity for generations to come."

Bequests (as this type of gift is formally known), are a popular way for individuals to donate because it is a gift of assets given upon death. A bequest allows the donor to keep full use of their assets during their lifetime, while still being able to support a worthwhile charity.

As a result of Davis' determination to save every penny to support cancer prevention research,

of his mother, followed so closely (less than a year) by the deaths of his sister Annie Sue from colorectal cancer and later the death of his brother Fred from throat cancer that deeply affected him.

"He wanted to do whatever he could to prevent this disease from affecting other families the way it touched his," said his nephew, Sammie E. Davis.

With a strong mind and a determined spirit, Davis, who passed away in 2011 at the age of 85, named the Prevent Cancer Foundation as a beneficiary in his will. He donated more than \$325,000 to fund research in the area of colorectal and prostate cancer prevention and early detection.

"We were completely surprised and touched by his gift," said Jan Bresch, Executive Vice President and Chief Operating Officer of the Prevent Cancer Foundation. "Mr. Davis had never donated to the Foundation before. The fact that he believed enough in our work to contribute almost his entire life savings to advance cancer prevention research means a great deal both to us and the many families who will benefit from his generosity for generations to come."

Bequests (as this type of gift is formally known), are a popular way for individuals to donate because it is a gift of assets given upon death. A bequest allows the donor to keep full use of their assets during their lifetime, while still being able to support a worthwhile charity.

As a result of Davis' determination to save every penny to support cancer prevention research,

Non-Profit
Organization
US Postage
PAID
Permit #519
Dulles, VA

— Want to Stop Cancer Before It Starts? —

LEAVE A LEGACY.

Include Prevent Cancer Foundation
as a beneficiary in your will.

Dr. Joel B. Mason of the Tufts University School of Medicine has been selected as the first recipient of the Marvin M. Davis Research Grant in Colorectal Cancer, studying how obesity affects the development of colorectal cancer. Over the next several years, three more researchers will receive this prestigious award and be given an opportunity to pursue cancer prevention research. We are so very grateful for Marvin Davis' gift and look forward to realizing the results of his legacy well into the future.

To learn more about how you can leave a bequest or other planned gifts to the Prevent Cancer Foundation, please contact Tanya Blue, Director of Major Gifts and Planned Giving at (703) 837-3684 or visit www.preventcancer.org.

Cancer PreventionWorks

Cancer Prevention and Early Detection Information for Your Healthy Life. | preventcancer.org | SPRING 2013

A MOTHER'S LEGACY, A DAUGHTER'S DECISION

Miss D.C. Allyn Rose
Shares Her Story

PAGE 2
ANNUAL
SPRING GALA

PAGE 3
SUN SAFETY:
FACTS & MYTHS

PAGE 4
A SPIN ON CYCLING





A Mother's Legacy, A Daughter's Decision

Miss D.C.
Allyn Rose
Shares Her Story

By: Liona Chan

Shining blue eyes, flowing blonde hair, a megawatt smile, an unusual talent for roller figure skating and a flawlessly fit body Allyn Rose is the very picture of a perfect pageant queen. However, this year's 24-year-old Miss D.C. has drawn a lion's share of both praise and criticism for her controversial decision that has shocked many. Rose has decided to undergo a double mastectomy and have surgery to remove both of her breasts as a preventive measure against her own high risk of developing breast cancer.

Rose was 16 when her mother Judith, passed away from breast cancer, a disease that has also claimed the lives of both her grandmother and great aunt. "My mom was first diagnosed at 27 with really invasive stage three breast cancer. She had her right breast removed at 27 and her cancer went into remission. Twenty years later it came back in the other breast. My dad had begged her for years to have the other breast removed, saying 'it's kind of a ticking time bomb,' but I don't think she wanted to do it because it was that last little part of her femininity that she thought she had," said Rose.

After her brother was diagnosed with lung cancer, Judith decided to go ahead and remove the other breast as a preventive measure. At her mammogram appointment, they found a stage three/almost stage four tumor in her left breast. She passed away at the age of 50, leaving behind three children, her husband and a loving family.

Growing up knowing her mother only had one breast, cancer was a conversation Rose had pretty early on in life; "I grew up watching her in her room get dressed, putting on her mastectomy bra, and the little prosthetic that she would put into her bra. It wasn't a foreign or scary thing for us, it was just a part of life," said Rose. Judith however, left her daughter with a lasting legacy—impressing upon her the importance of being vigilant about breast cancer.



Rose crowned as Miss D.C. in the 2012 pageant.



Rose with her father David, brother Xyan and mother Judith.

"It was something that not only was she diagnosed with at a young age, but her own mother had passed away from the disease and her aunt had passed away from the disease, so it was always something that was at the forefront of my life. I knew that later on I was going to have to be really vigilant about it."

Two years later, with the memory of his late wife still fresh in his mind, Rose's father sat her down when she came home from college, bringing up the idea of having preventive surgery. He explained the research he had done, telling her that it could drastically decrease her likelihood of having breast cancer in her lifetime. Rose's response was simple: "absolutely not."

"I was just developing into a woman, the last thing I wanted to do was have a surgery where I was going to have my breasts removed," said Rose. Her father's

"It was something that not only was she diagnosed with at a young age, but her own mother had passed away from the disease and her aunt had passed away from the disease, so it was always something that was always at the forefront of my life. I knew that later on I was going to have to be really vigilant about it."

response back was almost as brash as the idea of the surgery itself. Looking at her squarely in the eye, he said: "You're going to end up dead like your mom."

As time went on Rose began to realize the wisdom in what her father had suggested and why he was saying it. The more Rose researched, the more she realized that it was a viable option for someone with a family history like hers. A few years after her initial conversation with her father, Rose went through her mother's old journal, finding comfort and guidance in her words.

"One of the first lines was her apologizing for having to leave me. She had written me this letter and said 'as a kid, you need your mom for a lot of years and not just a few—I'm sorry that you're not going to have me for a long time,'" said Rose. "And I think I was able to put myself in my mom's position at that point and feel what it was like to be a mother. I realized what it would be like to have to say that to your daughter in a letter, to write

down everything you want her to know about life in a handful of pages and how difficult that must have been for her."

After reading her mother's letter, she decided that having the surgery was the best option for her. Rose did want to wait however—she felt that she wanted to make sure that she was mature enough to make such a drastic decision. Once she was finished with college and in the right mindset, she decided that she would go ahead and have the surgery.

She maintains an extremely optimistic view of the surgery, emphasizing that her life is more important than how it will change the way she looks. Rose continues to draw strength from her mother's memory, and emphasizes her desire to be a good wife and mother someday.

health care—especially educating about early cancer prevention. She now realizes that there are women across the country in the same position, some even as young as she is. She strives to lead a healthy lifestyle by staying active, eating right and keeping a close eye on her health. Rose maintains that the bottom line is knowing your family history.

"If you don't know, then do your research; that's a vital point of knowing your own body and what you're susceptible to in order to live your life and live as long as you possibly can. I was very lucky that my mom was vigilant about her health and impressed that on me," said Rose.

Rose's mother Judith passed away in 2004 after a second battle with breast cancer.



On the Road Again with and the Amgen Tour of California

Since 2009, Prevent Cancer Foundation has been privileged to partner with Amgen, the Cancer Support Community, the Patient Advocate Foundation and the National Coalition for Cancer Survivorship in the Breakaway from Cancer campaign. Breakaway from Cancer highlights information available to the public through four non-profits that can assist in the cancer journey from prevention through survivorship.

We have a national presence all year long, but our visibility may be the greatest as we travel with the annual professional cycling race, the Amgen Tour of California (ATOC). We will be on the ground traveling through all eight stages of the 2013 Tour, and honoring cancer survivors and their caregivers in four of these cities – Escondido, Santa Clarita, Santa Barbara and Livermore, CA.

If you are in California for the ATOC, please visit us at the Breakaway from Cancer booth to learn more or visit us online at: <http://www.breakawayfromcancer.com/prevention/prevention>.



A SPIN ON CYCLING



We sat down with Angel Stone of the spinning studio Revolve to talk about the heart pumping cycling workout.

For those who don't know, what exactly is spinning?

It's a replication of outdoor cycling that's done indoors on specially designed stationary bikes. With upbeat music setting the tone, the instructor guides the class along simulations of flat roads and hills.

How did you first get involved with spinning and how long have you been teaching?

I was exercising at my local gym and heard my favorite songs playing in one of the back rooms. I peeked in and saw people riding bikes and sweating to great music. I was sold. Soon after, I got my certification. Eight years later, I am still teaching indoor cycling. I love it more each day.

What exercise benefits does spinning have?

It has both strength and cardiovascular benefits. When you ride with heavier resistance, you build strength in your leg muscles, the quads, the hamstrings, the glutes, everything. On the right kind of hill, with the right speed, riding hills can be equivalent to doing lunges or leg presses. It tones up your legs and makes them strong. When you do speed work or sprint intervals on the bike, you are increasing your lung capacity and building a strong heart. Speed drills and steady state cardio work will improve your fitness and help you burn a lot of calories.

How is a class usually structured?

For a 60-minute session, the class starts with a 5-minute warm up to increase the blood flow and raise core



temperature. The main class is 50 minutes which includes a mix of hills, sprints, and steady state cardio. The class ends with a 5-minute cool down to allow the heart to slow down and to stretch the muscles.

Any advice for first timers?

Go your own pace. If the instructor says, "sprint" and you're not ready to, then don't. Join in when you feel comfortable. You can go as fast or as slow as you want. The beauty of indoor cycling is that it is suitable for all fitness levels. Do what you can to the best of your ability. If you do, you will make progress and eventually see amazing results.

Angel Stone is a fitness trainer who leads boot camps in Arlington, VA and teaches cycle classes at Revolve, where the room is packed and energy is high. She is also a fitness consultant at Eshe Body Center where she creates workout plans for her clients. Her goal is to encourage everyone to reach their potential.

Please remember to consult your health care professional prior to starting any new regimen.

FUNDING NOW FOR THE FUTURE

Since 1985, the Prevent Cancer Foundation's Research Grants and Fellowships program has transformed the landscape of cancer prevention and early detection research—helping pioneer some of the most important discoveries in the fight against cancer. By funding early career scientists, the program provides early career researchers with a unique opportunity to generate preliminary data, which later allows them to compete for larger federal grants. As a result, many past grantees and fellows who received the Foundation's early-career funding have gone on to become cancer prevention and early detection research "superstars" and today are mentoring the next generation of scientists.

This year the Prevent Cancer Foundation has awarded grants to seven early-career scientists at renowned institutions across the country. The Foundation is grateful for the commitment and partnership of our generous individual and corporate donors whose gifts support the 2013 Prevent Cancer Foundation Research Grants Program.



Marvin M. Davis Research Grant in Colorectal Cancer

Funded by a bequest provided by the Marvin M. Davis estate, this grant will help ensure future generations will not have to endure the pain of colorectal or prostate cancer.



Living in Pink Research Award in Breast and Colorectal Cancer

Founded in 2004 by two-time breast cancer survivor Michele Conley, the Living in Pink Foundation is helping to find a cure for breast cancer so that the next generation of women will not have to endure the emotional and physical pain of breast cancer surgery and treatment.



Holden Family Research Grant in Breast Cancer

The Holden Family has endured significant heartbreak and loss over the last ten years in the face of cancer. They remain committed to fighting the disease, and in partnership with the Prevent Cancer Foundation have raised over \$431,000 since 2007. Through their annual Holden Cup Golf Tournament the funds raised support individual research grants in breast cancer prevention and early detection, as well as important research in neuroblastoma.



Speed Demos Archive Research Fellowship in Gastric Cancer

"Because prevention is better than a cure" is the simple but powerful message the members of Speed Demos Archive have followed over the past three years. Their unique "Awesome Games Done Quick" video gaming marathon has raised over \$625,000 to support cancer prevention research, education, advocacy and community outreach programs.



Genentech Research Grant in Ovarian Cancer

Genentech believes in thinking ahead and acting now. By partnering with the Prevent Cancer Foundation, Genentech is helping to ensure cancer prevention research receives the resources necessary to create a better future for people, the planet and our community.



Richard C. Devereaux Outstanding Young Investigator Award in Lung Cancer Prevention

Leslie Devereaux, daughter of Richard C. Devereaux, strongly believes that by funding cancer prevention research, we are providing endless and optimistic possibilities for future generations. Since 1998 she has provided more than \$1 million in support of the Richard C. Devereaux Outstanding Young Investigator Award in Lung Cancer Prevention. This year's grantee, Dr. Pine, joins a prestigious group of talented young researchers working to increase the body of knowledge about the causes of lung cancer and how this devastating disease can be prevented.



Meredith Tennis, PhD University of Colorado Chemopreventive Agents and Lung Cancer

"Lung cancer prevention has largely been ineffective; however, a recent trial found that former smokers benefited from treatment with iloprost. This study will help target patients in high-risk populations who are mostly likely to benefit from iloprost and thus increase the possibility of future clinical trials."



Ligi Paul, PhD Tufts University Genetics and Cancer Risk

"I am studying a genetic variant that impacts the ability of the body to use folic acid, the synthetic form of the B vitamin folate, to learn more about its possible role in increasing cancer risk in people with this variation who take multivitamins. The results from this project will hopefully help determine if an alternate source of (natural) folate can alleviate cancer risk in people with the variation who need supplementary folate."



Joel Mason, MD Tufts University Obesity and Cancer

"Since it is unlikely that we will succeed in eliminating the burden of obesity in our society in the coming decade, it is up to the biomedical research community to develop ways to block some of the morbid consequences of obesity, including an increased risk of several cancers. The primary purpose of our grant is to define a cellular pathway by which obesity increases the risk of colon cancer. By doing so we will identify elements in this pathway that can then be targeted by specific nutrients or drugs that block obesity's promotional effect on cancer."



Susan Steck, PhD University of South Carolina Breast and Colorectal Cancer

"Chronic inflammation is associated with the development of many cancers, including colorectal and breast cancers, and is influenced by diet. We hope that this work can be translated into new intervention strategies for prevention of colorectal and breast cancers, and support the use of this new tool in other studies of diet, inflammation and cancer."



Josane Sousa, PhD Vanderbilt University Gastric Cancer Early Detection

"The ultimate goal of our project is the development of an effective blood-based screening test for detection of patients with pre-cancerous gastric lesions who are at higher risk for gastric cancer and need to be watched more closely. We believe that the future use of this type of non-invasive test will increase the early detection of gastric cancer and consequently help to reduce the high death rates associated with this type of cancer."



W. Martin Kast, PhD University of Southern California Norris Comprehensive Cancer Center Ovarian Cancer Early Detection

"Our research will make a difference in the future as it allows the development of a test that can detect ovarian cancer at early stages of disease at which treatments can be curative and can prevent progression to incurable late stage disease."



Sharon Pine, PhD University of Medicine and Dentistry of New Jersey A Blood Test for Lung Cancer Detection

"Lung cancer causes more deaths in the United States than breast, prostate, colon and pancreatic cancers combined. A recent study has shown that current lung cancer screening programs can reduce deaths due to lung cancer by 20%, at least among heavy smokers. With the help of the Prevent Cancer Foundation, we are testing genetic biomarkers to determine who among our population is most likely to benefit from lung cancer screening, regardless of their smoking status."

Special thanks to  for supporting a research grant.