

Cancer Prevention Works

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President's Corner

Dear Readers,

With a recent influx of celebrities speaking publicly about their cancer battles, it seems like prevention and early detection have been in the news more than ever before. And that's a good thing; when it comes to making healthy choices, awareness and education are half the battle.

In this issue, we'll share with you what some celebrities are saying about their personal cancer journeys. You'll also read about the latest research we are funding, what you need to know about genetic testing and what the baby boomer generation needs to be aware of when it comes to their health.

We are here to be a resource for you. From helpful tips on cooking summer vegetables to the latest news from Capitol Hill, we are with you every step of the way as we work together to *Stop Cancer Before It Starts!*™

Thank you for being our partner on this journey.

Carolyn Aldigé

President and Founder

www.preventcancer.org

PREVENTIVE MEASURES & GENERAL WELLNESS

An open letter to Baby Boomers

Dear Baby Boomers,

As you inch toward your golden years, you may be aware of the health issues—and precautions—that come with aging. Age is considered a risk factor for many forms of cancer, and birthdays become markers for how to best take care of yourself: mammograms at 40, CT scans for those at high risk and colonoscopies at 50, and other optional screenings you should discuss with your doctor.

As a Baby Boomer, your age is not your only risk factor. Check this list to see if you are at increased risk for cancer. Awareness is your best weapon: if you learn about your risk, you can be proactive about screening and healthy living.

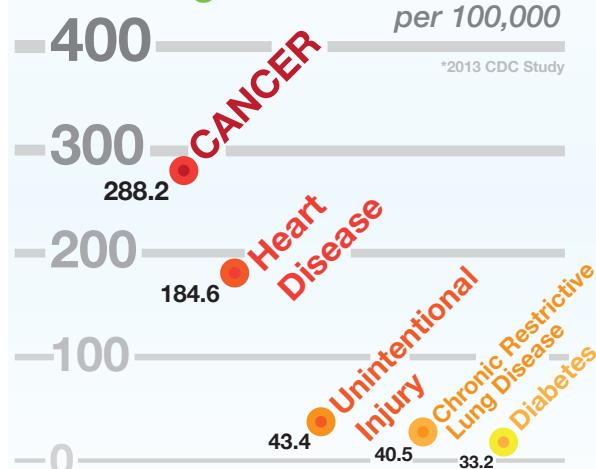
Blood transfusions and organ transplants prior to July 1992: If you received a blood transfusion or organ transplant before July 1992, you may be at risk for hepatitis C and not know until it's too late. Blood and organs were not screened for the virus before this time. Having hepatitis C puts you at increased risk for developing liver cancer.

While there is no vaccine for HCV, you can be tested for its presence and treatment options to cure the disease are available.

Exposure to DES before birth:

Diethylstilbestrol (DES), a synthetic nonsteroidal estrogen, was given to pregnant women from 1940 to 1971 under the false belief that it would reduce the risk of pregnancy complications and miscarriages. Those who were exposed to DES in utero can face a host of health complications later in life. For women, exposure to DES in utero can increase your risk of developing cervical cancer.

For Baby Boomers, Cancer is Leading Cause of Death



Talk to your health care professional about screening options and whether Pap tests are still necessary for you after age 65; you might want to be screened for cervical cancer more often than guidelines suggest.

Exposure to arsenic, radon and asbestos:

Arsenic, radon and asbestos are all recognized as known human carcinogens by the World Health Organization (WHO) and regulated by the Environmental Protection Agency (EPA).

If you suspect you have been exposed to one of these substances, talk to your health care professional. You may be at increased risk for lung cancer.

Each day we learn more about what we can do to *Stop Cancer Before It Starts!*™ Though you may not have been able to prevent your exposure, you can still arm yourself with knowledge and be an advocate for your health.

FITNESS

Ease your way into a 5k!

If you can't imagine running a mile today, a couch-to-5k program might be for you. Set a goal to train for the Prevent Cancer Foundation's annual 5k Walk/Run at Nationals Park on **October 4th** and kick-start new healthy habits. You can run or walk at your own pace during this untimed event. Afterward, you and your family can enjoy a health fair of nutritious snacks, fitness tips from trainers, free health screenings and cancer prevention information—then hang out in the Nats dugout or take a turn in the batting cages. Fun for all!

Do you want to push yourself and train to run the 5k? If so, follow the plan below.

Weeks 1-2

5 days each week: Walk 30 minutes at a comfortable pace.

Increase your pace during the second week and jog for the last 5-10 minutes each day.

Weeks 3-4

3 days each week: Walk and run at intervals of two minutes running and one minute walking for 30 minutes.

2 days each week: Jog one mile, taking 30-second walk breaks when necessary.

Weeks 5-6

4 days each week: Increase your intervals to five minutes running and one minute walking for 30 minutes.

1 day each week: Jog two miles, taking 30-second walk breaks when necessary.

Weeks 7-8

3 days each week: Run eight minutes, followed by 30 seconds walking, for two miles.

2 days each week: Run as much as you can for the full 5k (3.1 miles), taking occasional walk breaks.

Make sure to do dynamic stretching before and after running. Move at your own pace and rest for two days every week to let your body recover. In eight weeks, you'll be ready for the 5k. We hope to see you there!



preventcancer
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To register for the Prevent Cancer Foundation 5k Walk/Run, visit www.preventcancer5k.org

ADVOCACY NEWS

The policy prescription for hepatitis

Hepatitis B and C are serious diseases and silent killers. More than 75 percent of those who have it are unaware that they are infected. People can live decades without symptoms, but these diseases can lead to cirrhosis of the liver, liver damage and ultimately, liver cancer. In fact, chronic infection with hepatitis causes 80 percent of all primary liver cancers. Liver cancer is one of the fastest growing cancers in the U.S. and has a five-year survival rate of only 10 percent.

Baby boomers are particularly at risk, as 75 percent of people with hepatitis C are in this age group. This is largely because they might have been infected

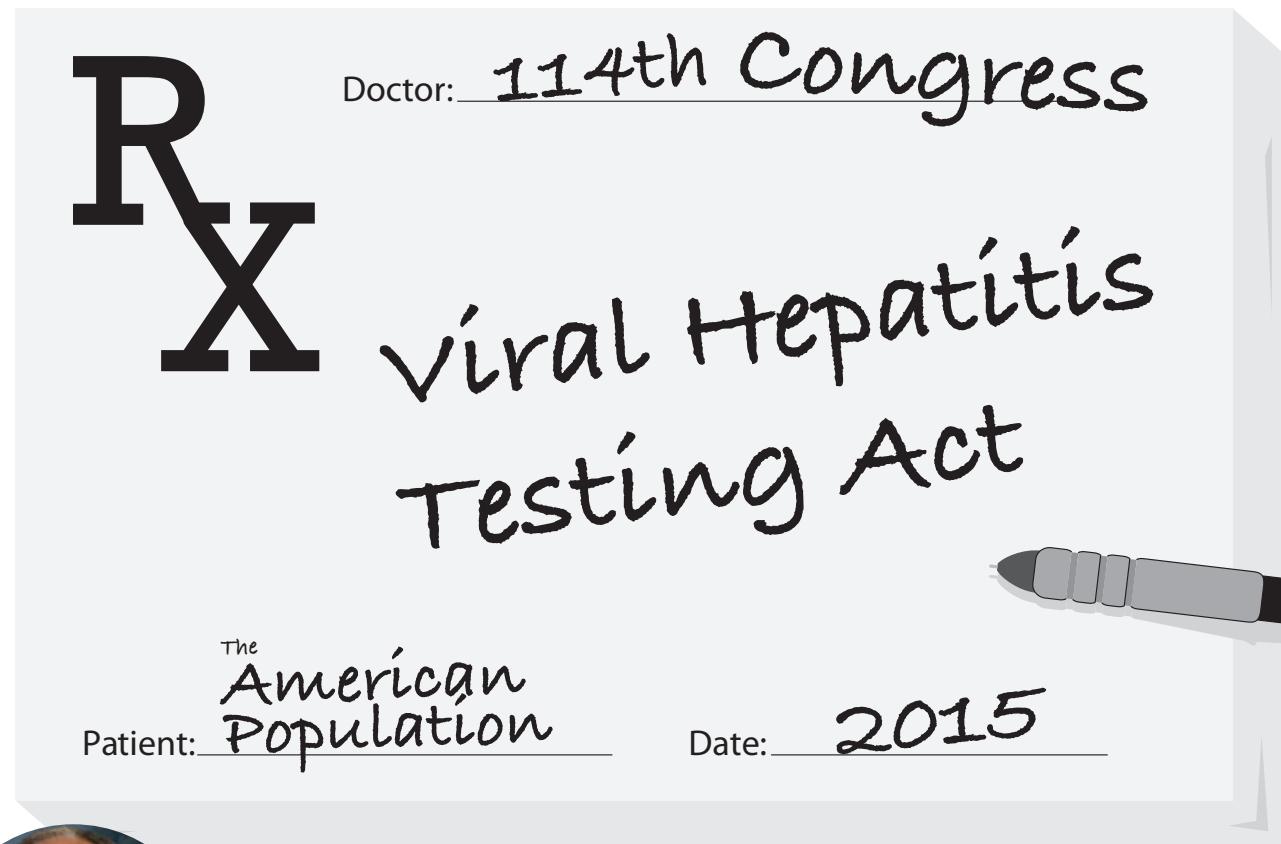
from contaminated blood before screening of the blood supply was implemented in 1992. All baby boomers are encouraged to get a one-time hepatitis test.

Communities of color and vulnerable populations, including anyone who has used intravenous drugs, has been in prison and/or is living in poverty, are also at increased risk for these diseases. Fortunately, there is a policy push on Capitol Hill which could positively impact the lives of millions of Americans. Congressman Brett Guthrie (R-KY) and Senator Mark Kirk (R-IL) have introduced the Viral Hepatitis Testing Act (H.R. 1101/S. 1287). This

bipartisan bill would expand education among health professionals and the public on hepatitis and increase care services for individuals living with these diseases.

The health consequences from hepatitis are preventable and no one should die from these diseases.

There is a vaccine for hepatitis B and now there are medications that can cure hepatitis C for most people. This policy push can curb the hepatitis epidemic and prevent a majority of liver cancer cases. *Make your voice heard and write your Representatives asking them to pass the Viral Hepatitis Testing Act.*



**Bill Sponsored by
Rep. Brett Guthrie (R-KY)**

IN THE WORLD OF CANCER

What does your DNA say?

Your DNA stores a lot of information. Scientists are learning more and more how to decode genes and what that information means for evaluating your cancer risk. Genetic testing is becoming a popular way to determine your risk for cancer, especially if you have a lot of cancer in your family history.

Genetic testing looks for changes, or mutations, in your genes or chromosomes. Some mutations are harmful and can increase your risk for developing cancer; inherited mutations are thought to play a role in about five to ten percent of all cancers. There are hundreds of genetic tests available today that can assess more than 5,000 health risks.

These tests can examine your risk for several types of cancer including breast, ovarian, prostate and colorectal. Inspired by celebrities like Angelina Jolie Pitt, who has a BRCA1 gene mutation, more people than ever before are heading in for genetic testing in search of more information about their cancer risk. BRCA1 and BRCA2 are genes that help repair damaged DNA. Mutations in these genes could lead to cancer—most commonly breast cancer, but also ovarian cancer. According to the National Cancer Institute, 55 to 65 percent of women who inherit a potentially harmful BRCA1 mutation and 45 percent who inherit a possibly harmful BRCA2 mutation will develop breast cancer by the age of 70. About half of women who carry these mutations have no family history of breast cancer.

Being aware of your cancer risk allows you to take a proactive approach to your health and cancer risk—you might opt

for increased screening, frequent self-exams or more drastic measures like preventive surgery. You should consult your doctor to decide the right course of action for you.

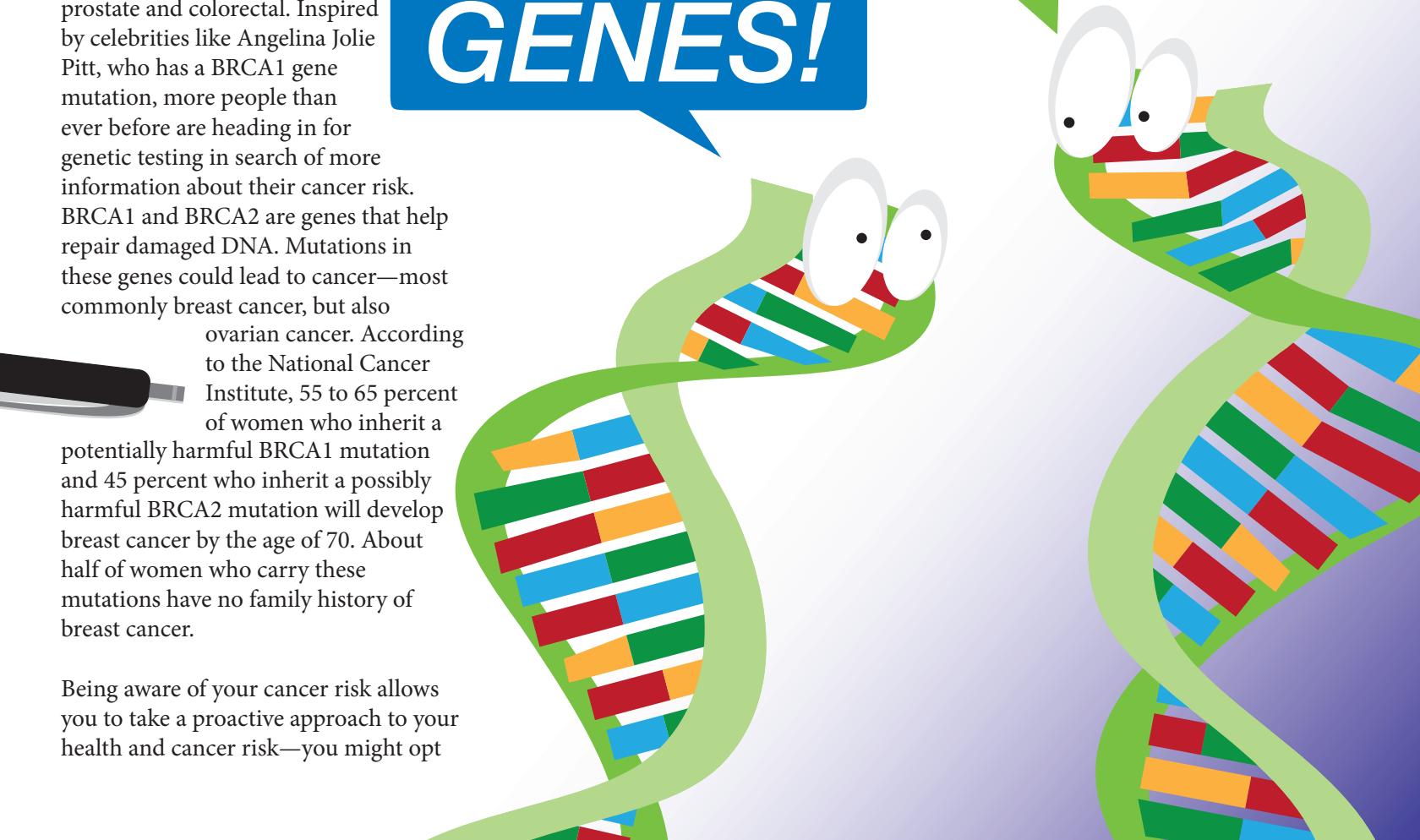
If you are considering genetic testing, make an appointment to speak with a genetic counselor. He or she will look at the “big picture” of your health and family history and discuss the pros and cons of genetic testing with you.

Even if a potentially cancerous mutation is present in your family, it does not mean that

everyone who inherits the mutation will develop cancer. Several factors influence a cancer diagnosis, regardless of a genetic mutation. It's important to speak with your doctor about your existing risk factors to determine if genetic testing is necessary.

*What does
a biologist
wear on a first
date?*

**Designer
GENES!**



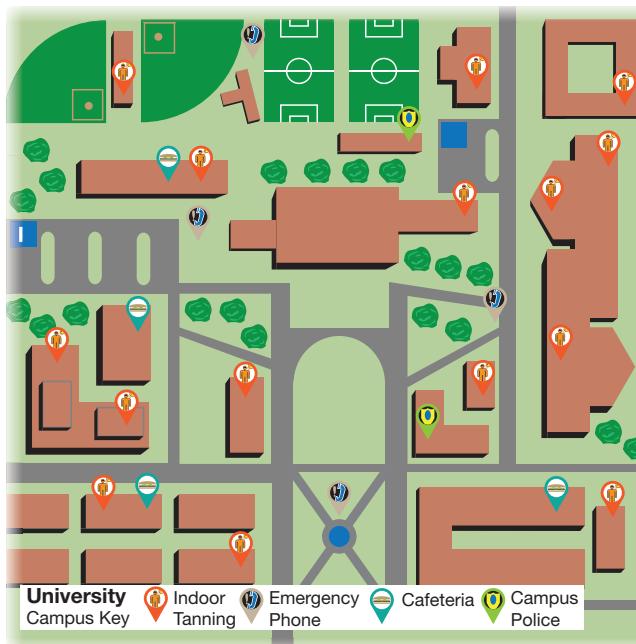
FOUNDATION NEWS

Rethinking the culture of indoor tanning

Are colleges and universities in the U.S. making indoor tanning too accessible and convenient for students? That was the topic of a briefing held in late spring on Capitol Hill, co-hosted by Prevent Cancer Foundation's Congressional Families Cancer Prevention Program and Disruptive Women in Health Care.

Skin cancer is on the rise. Melanoma, the most deadly form of skin cancer, is the most common form of cancer in young people ages 25-29. According to the American Academy of Dermatology, studies have found a 59 percent increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning. Yet, despite the risks posed by these devices, some colleges provide indoor tanning beds as an "on-campus perk," or students can find affordable and convenient tanning beds in nearby off-campus housing complexes. The cost of tanning sessions is minimal and some colleges

even allow the use of campus cash cards to pay for these tanning sessions.



Congressional Families Executive Director Lisa McGovern moderated the esteemed panel, which included Representatives Rosa DeLauro and Charlie Dent; researcher Dr. Sherry Pagoto and dermatologist Dr. Elizabeth

L. Tanzi. The panelists engaged in a passionate dialogue that underscored

the need to protect young people from the dangers of indoor tanning. Rep. DeLauro said that many regular indoor tanning customers are minors who started tanning in middle school and are only vaguely aware of the dangers, while Rep. Dent compared using a tanning bed to smoking a cigarette.

The briefing raised awareness about the hazards posed by indoor tanning beds, especially to young women, and discussed changes that can be made at the individual, university, community, state and national levels.

If tanning beds are on your local university campuses, it is time to take action. Start a letter writing campaign or write a letter to the college newspaper to get them removed. If you need help getting started, contact the Prevent Cancer Foundation.

ADVOCACY UPDATE

U.S. Supreme Court keeps health care affordable for millions

In June 2015, the U.S. Supreme Court ruled on King v. Burwell, deciding whether the federal government can offer health insurance subsidies to individuals in states that do not run their own insurance exchanges. The Supreme Court ruled 6-3 that Americans could keep the tax subsidies that help them afford health insurance.

Because of this ruling, millions of Americans will continue to have access to the health services that are so important to cancer prevention and early detection, as well as all other aspects of their health. This case put access to health care and preventive services at risk for the more than 6.4 million Americans who have been granted subsidies.

King v. Burwell had the potential to inflict a devastating blow to our country's most vulnerable populations, middle class families and those living in poverty.

FOUNDATION NEWS

Research Q & A with Dr. Derek Huffman

Awarded the Marcia and Frank Carlucci III Charitable Award in Cancer Prevention and Early Detection



Dr. Derek Huffman is a current Prevent Cancer Foundation research grantee with a passion for learning about links between aging, lifestyle factors and cancer risk. Dr. Huffman was previously supported by the Foundation as a fellow to study abdominal obesity and colorectal cancer risk. In his recent Foundation award, he aims to understand how aging correlates to cancer prevention strategies in the colon. We recently caught up with Dr. Huffman and asked him about his current research:

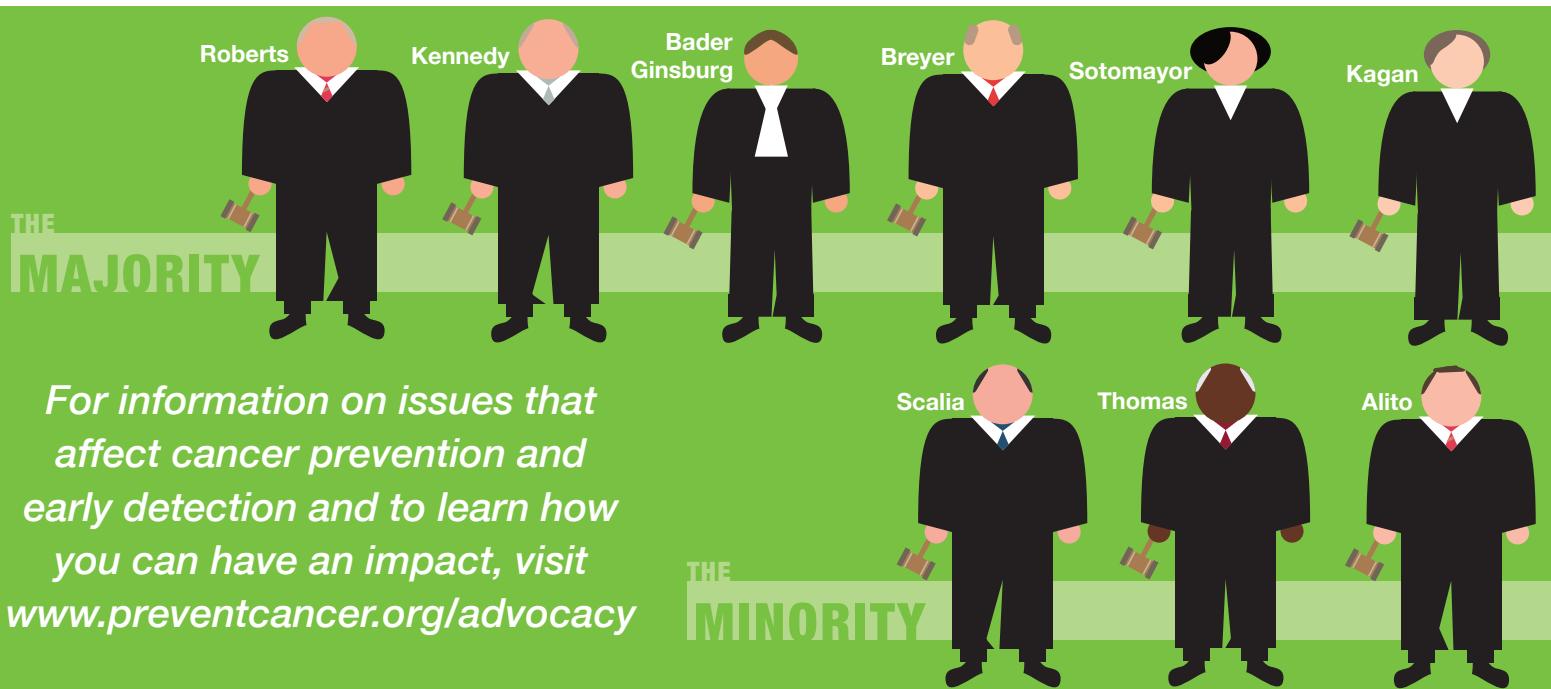


How will this funding from the Prevent Cancer Foundation help further your research in cancer prevention?



Cancer is a disease of older persons, but how aging regulates cancer risk is not well understood. One of the main reasons for this disconnect is that most studies in prevention and treatment of cancer are performed in young rodents, rather than older ones. This may explain in part why strategies deemed successful in laboratory testing often prove less effective when tested in older humans. Undoubtedly, the older environment is very distinct from the young environment, making the testing of cancer prevention strategies in older animals a high priority.

Thanks to the Prevent Cancer Foundation, we are addressing this important question. We are utilizing a specialized animal model of colon cancer and state-of-the-art approaches to understand if prevention strategies proven effective in younger animals retain their efficacy in the older ones. If they do not, this will have a profound effect on future research in cancer prevention, encouraging more research with older animals.



IN THE WORLD OF CANCER

Fame and fortitude

The life and times of a celebrity with a cancer diagnosis

Cancer used to hide in the shadows. People talked about cancer in hushed tones where no one would hear—but slowly, thankfully, change took place and people started speaking out about cancer openly and earnestly. Talking about cancer has also empowered us to talk about how we can prevent cancer. People share their personal battles as reminders to one another—eat healthy, stay active, get screened. Do what you can to stay healthy.

Thankfully more and more celebrities have also stepped out to share their personal stories about their cancer diagnoses in the hopes of reaching fans and motivating them to take charge of their health.

Actress Rita Wilson was diagnosed with invasive lobular carcinoma, a form of breast cancer, when she sought a second opinion after two biopsies. She underwent a double mastectomy and reconstructive surgery in April of 2015.



Photo courtesy
Jesse Grant / Getty Images

"I share this to educate others that a second opinion is critical to your health."

-Rita Wilson



AP Photo: O. Laban-Matte

"It is possible to take control and tackle head-on any health issue"

- Angelina Jolie Pitt

"I share this to educate others that a second opinion is critical to your health," she said in a statement to PEOPLE magazine. "You have nothing to lose if both opinions match up for the good, and everything to gain if something that was missed is found, which does happen. Early diagnosis is key." Chef and TV personality Sandra Lee revealed in May that she had been diagnosed with breast cancer earlier this year after a routine mammogram. After a lumpectomy, Ms. Lee underwent a double mastectomy.

"I don't want women to wait. And that's why I'm talking," she said. "If it saves one person and makes one more person get a mammogram... go pick

your phone up and call your doctor and get your rear end in there and get a mammogram right now."

Actress and humanitarian Angelina Jolie Pitt did not receive a cancer diagnosis, but chose to have several preventive surgeries due to her BRCA1 gene mutation and strong family history of cancer. After a preventive double mastectomy two years ago, and the more recent removal of her ovaries and fallopian tubes, she is advocating for women to arm themselves with knowledge and then make the choices that are right for them.

Continued on page 9

Continued from Fame and Fortitude

"It is possible to take control and tackle head-on any health issue," she said in a letter to The New York Times. "You can seek advice, learn about the options and make choices that are right for you. Knowledge is power."

In April of this year, singer-songwriter Taylor Swift shared on Tumblr that her mother diagnosed with cancer, and requested that her fans encourage their own mothers and fathers to get checked out, too.

"[My mother] wanted you to know because your parents may be too busy juggling everything they've got going on to go to the doctor, and maybe you reminding them to go get checked for cancer could possibly lead to an early diagnosis and an easier battle," Ms. Swift said.

Celebrities have been sharing their stories to let you know that if it can happen to them, it can happen to you, too. Take control of your life. Lead a healthy lifestyle, know your family history and get screened so you can *Stop Cancer Before It Starts!*TM

"... go pick your phone up and call your doctor and get your rear end in there and get a mammogram right now."

- Sandra Lee

HEALTHY EATING

Versatile summer vegetables



Grill

Whether you are making kabobs or grilling in slices, grilled

vegetables have a punch of flavor that is charred on the outside and juicy on the inside. Add grilled vegetables to your meal as a side dish or pile them onto a sandwich. Turn your grill up to medium and brush vegetables with olive oil, then cook vegetables for 6-8 minutes or until soft.

Summertime means a variety of in-season vegetables you can cook up for a healthy, flavorful diet. This summer, try cooking with these four nutritious and delicious produce options: eggplant, sweet (bell) pepper, tomato and zucchini. These are great sources of vitamins C, B and K and fiber. Cook up these summer staples in a variety of ways:



Roast

Baking vegetables in the oven releases robust flavors. Cook a tasty side dish or roast them with chicken or beef. Chop all the vegetables the same size for even cooking. Place on a baking sheet or casserole dish, cover in 1-2 tablespoons of olive oil and seasonings, then roast for 20-35 minutes or until vegetables are soft.



Sauté

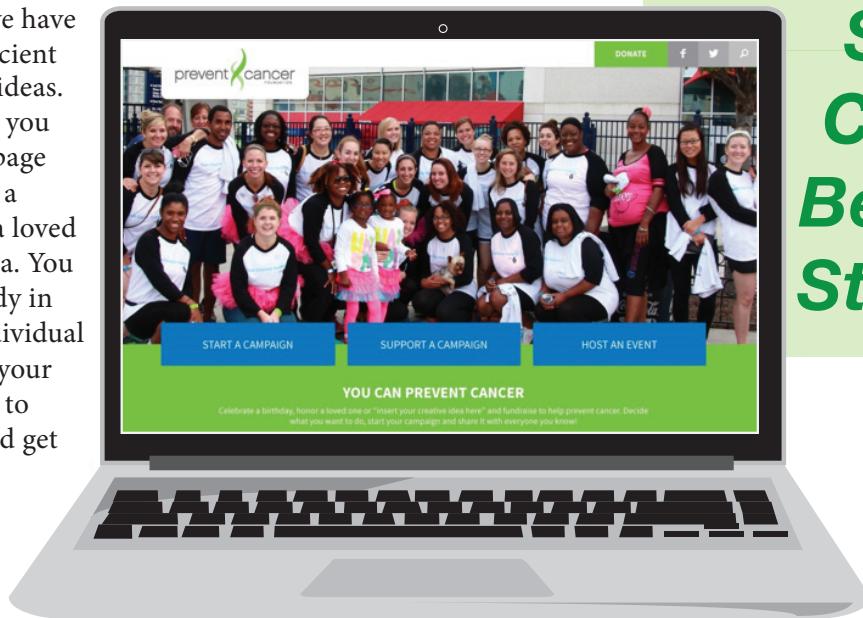
This cooking method pairs nicely with any protein or starch and can be used on a variety of vegetables. You can dice, cut into thin strips or slice your veggies. Remember, similar to when roasting vegetables, you should chop all vegetables to the same size for even cooking. To sauté, add a tablespoon of olive oil to a non-stick pan on medium heat. Cook for 10-15 minutes until soft, stirring occasionally. Season with salt and pepper. Add a clove of garlic or dried herbs during cooking for extra flavor.

MAKE A DIFFERENCE

Be an expert advocate

We made it easier for you to make a difference

Many of you have come to the Prevent Cancer Foundation with inspired ideas for successful fundraisers. Now we have a quicker, easier and more efficient way to help you execute your ideas. At youcanpreventcancer.org, you can create your personalized page for a special occasion, such as a birthday, wedding, tribute to a loved one or your one-of-a-kind idea. You can also join campaigns already in progress or set up your individual event and send it out to all of your friends, family and colleagues to inspire them to take action and get involved.



Check out these creative ideas from Prevent Cancer Foundation supporters across the country.



Skierpalooza - Orlando, FL *Raised more than \$5,000*

This event brought together the global water skiing community for a day of fun in the sun and a gala in the evening. Participants were able to test run Radar water skis during the day, and in the evening all participants were invited to a gala featuring a silent auction of Bill Doster's renowned water ski photographs.

Trash & Treasure Sale - Ordway Park, NH *Raised more than \$400*

A fun twist on a yard sale! These fundraisers invited friends, family, neighbors and co-workers to bring their unwanted "stuff" to a park. They grouped similar items together for easy pricing and saw their trash becomes another's treasure with a generous donation to the Prevent Cancer Foundation.



CHECK IT OUT!

youcanpreventcancer.org

We appreciate all
you do to help
**Stop
Cancer
Before it
Starts!™**

CREATE YOUR OWN FUNDRAISER NOW!

Contact Jessie Edington for more information at 703-519-2119 or jessie.edington@preventcancer.org

PREVENTIVE MEASURES & GENERAL

Networking it! *Conference leads to a new venture*

There's an old saying that magic happens when you put great people in the same room; when people share their experience and knowledge with each other, they go home with new ideas and collaborations.

That was the beauty of the Foundation's 2015 Dialogue for Action: *Expanding Access through Innovation*, which was held in Baltimore in the spring. Approximately two thirds of attendees said that networking was one of their top three reasons for attending the 2015 conference.

A conversation over coffee led to one top cancer researcher and an international entrepreneur collaborating on a cervical cancer project. They are now working together to bring the mobile colposcope to Rwanda.

You never know what can take place at the coffee station until you start talking.



The next
Dialogue for Action
on Cancer Screening
will be held in
Baltimore
April 6 – 8, 2016.

FOUNDATION NEWS

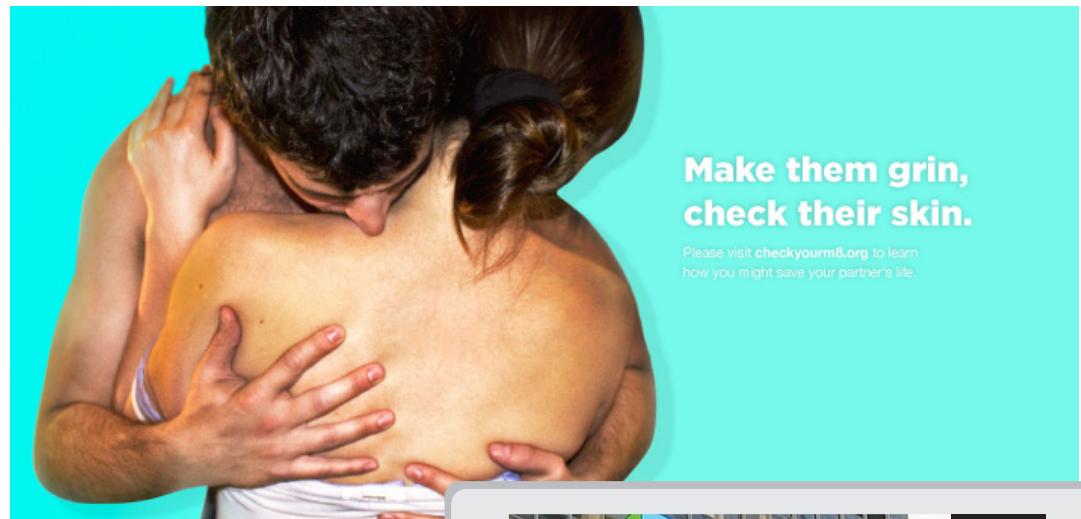
A New York state of mind

The Prevent Cancer Foundation is educating the public about cancer prevention and early detection with ads in Times Square this summer.

The ads, wrapping the corner of 43rd Street and Broadway, encourage partners to explore one another's bodies in search of lumps or irregularities that may be an early sign of cancer.

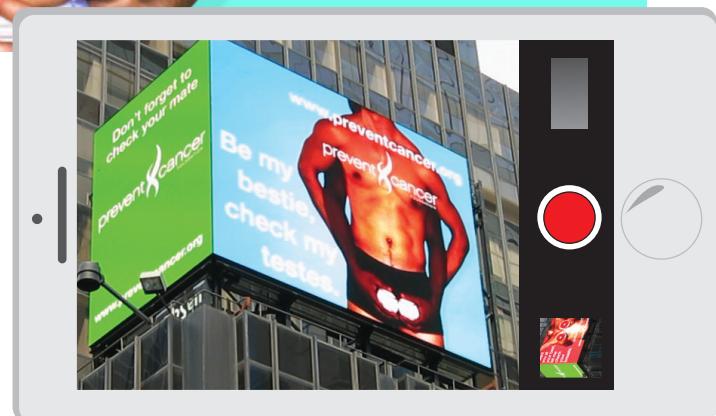
A new ad will run every two weeks through September, each one providing viewers with reminders that prevention and early detection are not only possible, but are critical to our health.

#CHECKYOURM8



**Make them grin,
check their skin.**

Please visit checkyourm8.org to learn how you might save your partner's life.



Cancer PreventionWorks

Prevention Heats Up

TO SUBSCRIBE:

PreventCancer.org/subscribe

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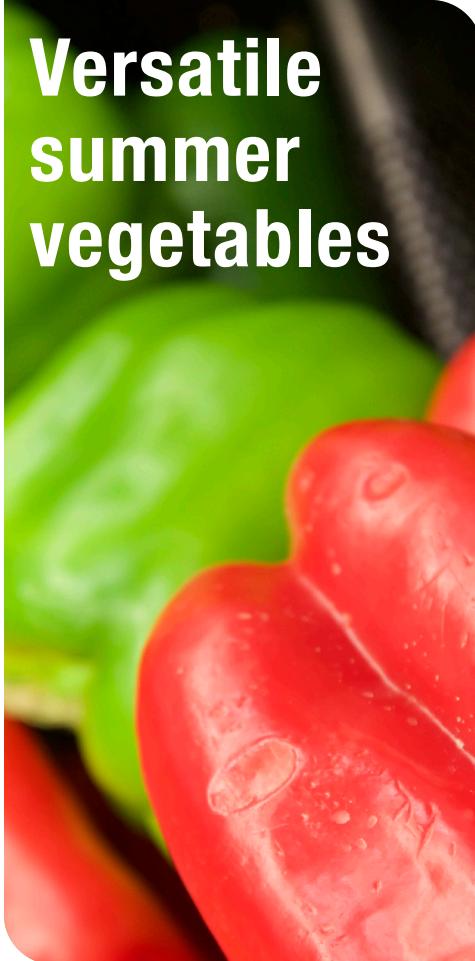
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Fame and
fortitude



Photo courtesy O. Laban-Matte, AP

Versatile
summer
vegetables



Supreme
Court keeps
health care
affordable

6 Majority
3 Minority