

ACTIONS

FALL 2014 | ISSUE 27 CONGRESSIONAL FAMILIES CANCER PREVENTION PROGRAM | OF THE PREVENT CANCER FOUNDATION



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Twenty-Second Annual Action for Cancer Awareness Awards Luncheon: Linda Bachus, Nancy Snyderman and CVS Health Honored

On September 18, 2014, the Congressional Families Cancer Prevention Program hosted its 22nd Annual Awards Luncheon on Capitol Hill. Each year, spouses of Members of the House of Representatives, Senate, Cabinet and Diplomatic Corps come together for this special event. Elected officials and leaders from the cancer community also attend.



Left to right: Rep. Doris Matsui, Linda Bachus, Minority Leader Nancy Pelosi



Left to right: Martha Brooks, Mary Jo Gibson, Barbara Long

This year's theme was Leadership in Prevention. Honorees were recognized for their outstanding contributions to education, awareness and prevention and for using their respective platforms to advance the cause.

As she has done for many years, Investigation Discovery Channel's **Paula Zahn** demonstrated her deep commitment to cancer prevention by serving as master of ceremonies for the event. She began the program movingly by sharing her family's history of cancer and what she does to prevent the disease in her own life.

Linda Bachus, (wife of Rep. Spencer Bachus, Alabama) was presented the Congressional Families Leadership Award by **Rep. Doris Matsui**. Rep. Matsui co-founded the program in 1991 when she was a Congressional spouse. She applauded Mrs. Bachus

who took the helm in 1997 and expanded the initiative's impact and reach. Rep. and Mrs. Bachus have both been dedicated to cancer prevention and early detection throughout their entire tenure on Capitol Hill.

Nancy Snyderman, M.D., NBC News Chief Medical Editor, was awarded the Distinguished Service in Journalism Award for media leadership. Dr. Snyderman, an award-winning journalist, is one of the most respected voices on television, educating a broad audience about critical public health issues. While she regrettably was unable to be there in person due to a last minute

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Dear Congressional Family Members & Friends,

Family and Health. Regardless of where we live or what political party we belong to, we each care most about our ability to live healthy, productive lives and want that for our loved ones as well. In addition to these two things topping my personal priority list, I am fortunate to focus on them in my professional career as well. During my eleven years as executive director of the Congressional Families Cancer Prevention Program, the way that we address these concepts of “family” and “health” have grown. And so has our program.

Our mission has grown. When founded with the Congressional Club in 1991, our mission was to raise awareness and educate our loved ones and communities on breast and prostate cancers. Over the past 25 years, evolving science, knowledge, and medicine has meant that more cancers are now considered preventable or treatable – and our program has grown to include them. We currently raise awareness about breast, cervical, colon, lung, oral, prostate, skin, testicular and other cancers.

Our impact is significant. We have an impact by helping our family, friends, neighbors, colleagues and others within our respective communities to understand why it is important to eat a healthy diet, exercise regularly, not smoke, practice sun safety, discuss family history and be aware of screening guidelines. We base our recommendations on the most current science and medical data. By providing and sharing this information, we empower a grassroots network across the country to reduce their risk for cancer.

Our community has expanded. Congressional spouses have been – and will always be – the heart and soul of the program. Our community includes not only current spouses, but also those spouses of former members who remain active, continuing to learn and educate others about cancer prevention and early detection. In recent years, we have also welcomed parents and children of the spouse or Member of Congress to events and outreach opportunities.

Further, a growing number of Members attend our events and look to us for cancer prevention information to provide to their constituents. Members can come to us directly or connect with us through staff.

Our Congressional outreach community is wide and inclusive. Members of Congress, Spouses, Family Members and Staff. House and Senate. Democrat and Republican. This effort is not partisan and not political. We appreciate that all of these sectors of our community provide important cancer prevention and health information to personal and professional networks for the greater good.

We welcome your ideas, energy and expertise. We need to learn from each other and implement strategies to expand our reach and be as effective as possible.

Thank you for being part of the Congressional Families Cancer Prevention Program. We look forward to continuing our work together in the days and months ahead.

Wishing you a happy, healthy holiday season, and we look forward to connecting with you soon.

Lisa McGovern, Executive Director

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NOVEMBER IS LUNG CANCER AWARENESS MONTH

FACTS ON LUNG CANCER

Lung Cancer is the leading cause of cancer death for both men and women. Annually, over 226,000 Americans will be diagnosed with lung cancer and nearly 160,000 will die of the disease.

1 IN 13 MEN



WILL DEVELOP LUNG CANCER

1 IN 16 WOMEN



WILL DEVELOP LUNG CANCER

THE 5-YEAR SURVIVAL RATE

16.3%

LUNG CANCER

THANK YOU FOR YOUR OP-ED OUTREACH!

During cancer awareness months, the Congressional Families program offers template op-eds to be personalized and tailored for local use. Thank you to the following spouses and Members who reached out in the past few months:

Bobbi Barrasso – Wyoming

Marcia Sloan Latta – Ohio

Norma Cardenas – California

Rep. Leonard Lance – New Jersey

Stacey Crawford – Arkansas

Marcelle Leahy – Vermont

Rep. Elijah Cummings - Maryland

Sen. Patrick Leahy - Vermont

Vera Davis – Illinois

Bill Lewis – Florida

Pamela Dent – Pennsylvania

Debbie Meadows - North Carolina

Brenda Fleischmann - Tennessee

Dr. Betty Price – Georgia

Barbara Grassley – Iowa

Elizabeth Roskam – Illinois

Mikey Hoeven - North Dakota

Alfredia Scott – Georgia

Rep. Bill Johnson - Ohio

London Thompson – Mississippi

LeeAnn Johnson – Ohio

Kris Toomey – Pennsylvania

Sen. Tim Johnson – South Dakota

Amey Upton – Michigan

Dr. Wayne Kye - New York

Sen. Roger Wicker - Mississippi

Learn more about how you can educate your community on cancer prevention topics at congressionalfamilies.org/what-we-do/op-ed-resources/ or email lisa.mcgowan@preventcancer.org

WHO IS AT RISK?



Smoking or a history of smoking



Exposure to secondhand smoking



Exposure to indoor/outdoor air pollution



Exposure to radiation



Exposure to certain toxins



Family history of lung cancer



WHAT ARE THE SYMPTOMS?



Cough that does not go away



Coughing up blood



Constant chest pain



Repeated pneumonia or bronchitis



Loss of weight or appetite



Hoarseness



Shortness of breath or wheezing



Feeling tired all the time

HOW CAN I REDUCE MY RISK OR DETECT LUNG CANCER EARLY?



Don't smoke



Avoid secondhand smoke



Make your home and community smoke-free



Eat lots of fruits and veggies



Get more exercise



Ask your Dr. about low-dose spiral CT scans



Learn the pros and cons of screening

Find more information about Lung Cancer on PreventCancer.org

Awards Luncheon

Continued from page 1

emergency, Congressional spouse Pamela Dent of Pennsylvania presented the award to Dr. Snyderman's senior health researcher **Nikita Japra**. Dr. Snyderman sent a video expressing gratitude for the recognition and excitement for all the positive developments occurring in cancer prevention.

CVS Health was presented with the Excellence in Cancer Awareness Award for corporate leadership, which was accepted by **Andrew Sussman, M.D.**, Senior Vice President/Associate Chief Medical Officer of CVS Health. In accepting the award, which was presented by Congressional spouse **Sarah Hspodor-Pallone** of New Jersey, Dr. Sussman discussed the recent name change from CVS Caremark to CVS Health, reflecting the continued commitment the company has to the health of its customers. In February of this year, the corporation demonstrated bold leadership through a commitment to stop selling tobacco products at its 7,700 CVS/pharmacy stores by October 1, 2014. As the first nationwide pharmacy chain to take tobacco products off the shelves, they completed their goal ahead of schedule on September 3, 2014.

The annual awards luncheon attracts Washington's foremost cancer prevention advocates and enjoys unique bipartisan, bicameral support. Nearly 30 Members of Congress attended including, Sen. Patrick Leahy, Minority Leader Nancy Pelosi, Rep. Jim McGovern, Rep. Frank Pallone, Rep. Spencer Bachus, Rep. Charlie Dent and Rep. John Mica. Over 50 Congressional spouses attended the luncheon. From the diplomatic community, spouses **Laura Denise Bisongiero** and **Laura Medina-Mora** were in attendance.

Each year this event gives renewed motivation to stay involved, stay educated on developments in cancer prevention, and share what we know with others. Congratulations to our honorees for keeping us inspired!



Left to right: Marcelle Leahy and Barbara Grassley



Rep. David and Alfredia Scott



Left to right: Dr. Andrew Sussman and Sarah Pallone



Left to right: Caroline Aderholt, Pat Mica, Nancy Ireland, Carolyn Wolf



Left to right: Mary Nolan, Debbie Malumed, The Honorable Annette Eckert



Pamela and Rep. Charlie Dent



Home Run at the Prevent Cancer 5K

The Prevent Cancer Foundation turned Nationals Park green for prevention on September 21, 2014 at the 6th annual 5K Walk/Run.

This year was a huge success and a fun event for the whole family—including babies and furry friends. It was one of the Foundation's largest 5k events with over 1,300 runners and walkers all participating to support cancer prevention and early detection.

Over 85 teams signed up, from families to entire offices. Teams honored loved ones and colleagues by decorating team t-shirts with pictures and names. With everyone's help more than \$235,000 was raised for cancer prevention.

Early that morning, a coffee truck met participants at the gates giving everyone a needed caffeine boost before the kickoff. A face painter decorated participants' faces, adding to the already brightly colored workout gear. The 5k guided walkers and runners through Nationals Park and around the Capitol Waterfront community. It was a serene view for this early morning event. After runners, walkers and dogs completed the 5K, they were greeted by gift bags, doggie bags and Subway sandwiches.

In Nationals Park, the batting cages were open and the annual health fair in the stands was packed. Attendees received free oral and skin cancer screenings, and massages. They could also get their photos taken with the Nationals' President Teddy mascot, and visit the Prevent Cancer Super Colon, which was there to educate visitors about colon health. As participants left the park, there was a photo booth station stocked with props to document finishing the 5k.

The 2014 5K was one of our most successful yet, drawing a record number of participants and donations. Participating in a 5K is a great way to bring the family and community together to support an important mission.

Do you want to form a team or participate next year? Look out for the save the date in the spring newsletter and online at preventcancer5k.org. If you do not live in the Washington DC area, we encourage you to share this information with DC staff and other area friends.

Who Are You Here For?

By Lisa McGovern (pictured with actor Patrick Dempsey)

Those were the words that thousands of participants wore on their shirts at the **6th annual Dempsey Challenge** held in late September in picturesque Lewiston, Maine. More than \$1.1 million was raised for the **Patrick Dempsey Center for Cancer Hope and Healing**, created in 2008 by the *Grey's Anatomy* actor in honor of his mother, Amanda Dempsey. Amanda was diagnosed with ovarian cancer in 1997 and fought the disease until she died in March of this year. Patrick's entire family was there this year in her honor. It was the first year without his mother, but she was very much present through stories and memories.



As a representative of the **Prevent Cancer Foundation**, I was joined by colleagues from the Cancer Support Community, Patient Advocate Foundation and National Coalition for Cancer Survivorship. Together, we met teams of friends, survivors and family members, each generously sharing their stories, struggles and hopes. In return, we provided the resources of our respective organizations.

The two day event kicked off with a walk/run on Saturday, September 27th, followed by a cycling event on Sunday, with riders biking distances ranging from 10 miles to 100 miles in the unseasonably warm 83 degree weather.

The Dempsey Challenge is sponsored by **Amgen's Breakaway from Cancer**, a national initiative to increase awareness of important resources available to people affected by cancer. Breakaway from Cancer is a partnership of four nonprofit organizations dedicated to empowering patients with education, resources and hope, wherever they may be in the cancer care continuum.

Like most people at the event, I was there thinking of my loved ones who have been touched by cancer. Some—like my mother and college roommate—lost their battles. Many others have had better outcomes thanks to ever-advancing treatments. I was incredibly proud to be there representing the Prevent Cancer Foundation.

CONGRESSIONAL FAMILIES MISSION AND HISTORY

The Congressional Families Cancer Prevention Program is a nonpartisan outreach effort of congressional families who have joined forces to spread the message of early detection of preventable cancers. Specifically, we focus on raising awareness to prevent breast, cervical, colon, lung, oral, prostate, skin and testicular cancers.

The program was founded in 1991 by the Congressional Club in partnership with the Prevent Cancer Foundation, a nonprofit saving lives through cancer prevention and early detection.

Our advisory board consists of more than 200 spouses of Members of Congress, the Administration and the Supreme Court. Advisory board members receive copies of our newsletters, are invited to luncheon seminars, and are kept abreast of news and initiatives related to healthy living and cancer prevention. We encourage our advisory board members to engage in activities in their home states, nationwide, and internationally and we support them in those efforts.

To join the Congressional Families' advisory board, fax, mail or email the following information to the address below: your name, congressional district, preferred phone number, fax number and email address.

**Early detection saves lives.
Please join us.**



Editor Lisa McGovern

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Are you receiving Lisa's e-mails with invitations to special events? Please contact her at lisa.mcgovern@preventcancer.org or call her at 703-519-2113.



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