



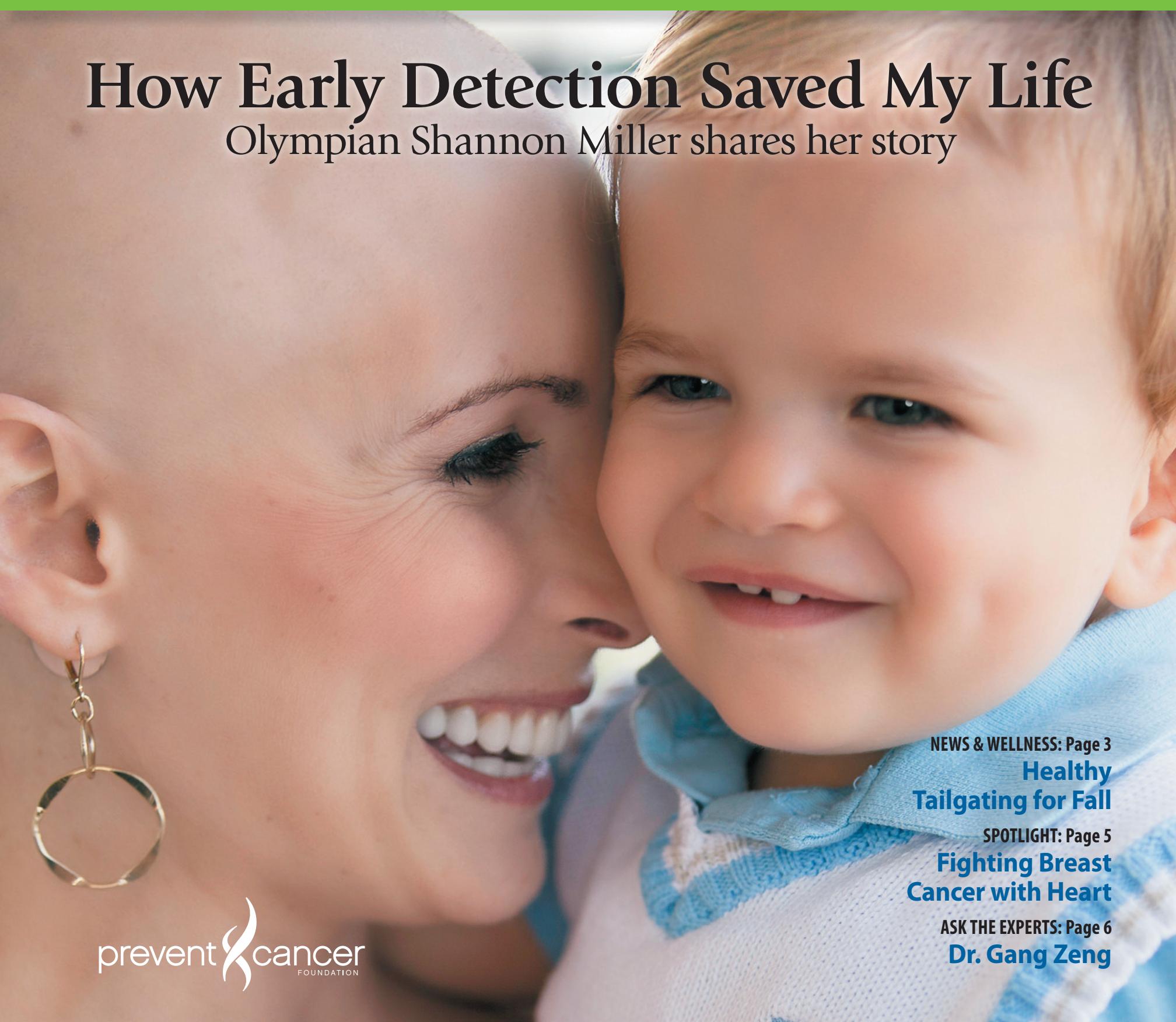
cancer prevention works

Cancer prevention and early detection information for your healthy life. Research. Education. Outreach.

www.preventcancer.org

How Early Detection Saved My Life

Olympian Shannon Miller shares her story



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President's Corner

Team USA's most decorated Olympic gymnast graces the cover of this fall newsletter. As a nation, we were awed by her gold medal performances

at two Olympic Games and now Shannon Miller continues to inspire us by her openness about her ovarian cancer journey and her dedication to educating other women on the importance of early detection and annual checkups.

The Foundation is further encouraged by the Centers for Disease Control and Prevention (CDC) report that colorectal cancer incidence and death have significantly decreased due to a greater emphasis on screening. This reduction tracks very well with the Foundation's efforts to educate Americans that colorectal cancer is Preventable, Treatable and Beatable! In 2000 we established National Colorectal Cancer Awareness Month and the rates of incidence and death started declining in 2003. We are proud to have made a great contribution to preventing colorectal cancer and saving lives.

We hope to see similar declines in deaths from lung cancer, the leading cancer killer of both men and women in the U.S. The National Lung Screening Trial recently halted by the National Cancer Institute determined that screening high-risk individuals with spiral CT scans resulted in 20 percent fewer lung cancer deaths. There is still much work to be done, but with the necessary infrastructure, policies and resources in place, CT screening for lung cancer, as part of routine preventive measures, could possibly provide the greatest single reduction of cancer mortality in the history of the war on cancer.

We have a long way to go, but the nearly 12 million cancer survivors in the U.S. are living proof that we have made great progress.

Sincerely,
Carolyn R. Aldigé
President and Founder

Make a Difference through your Workplace Giving Program!

Workplace Giving programs have raised over \$7.5 million in support of the Foundation's programs in cancer prevention and early detection.

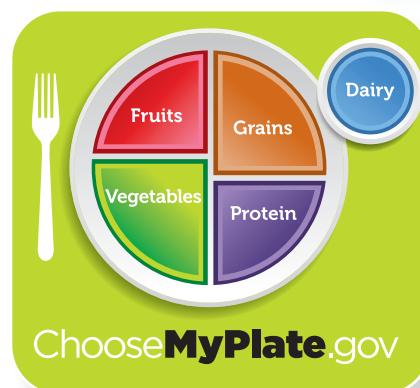
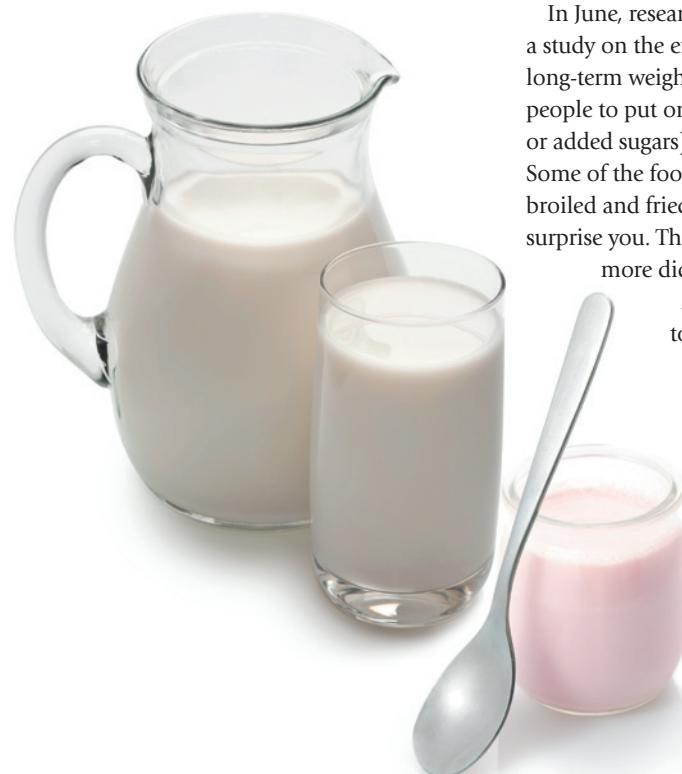
Consider designating your donation through your Combined Federal Campaign (CFC code 11074), United Way (UWNCAC code 0481) or your local workplace giving campaign.

For more information on Workplace Giving, visit www.preventcancer.org/donate.



News and Wellness

Harvard study on diet and exercise finds good news for cancer prevention too



In June, researchers at Harvard's School of Public Health published a study on the effects of healthy food choices and regular exercise on long-term weight gain or loss. They found that certain foods cause people to put on more weight over time (not only due to fat content or added sugars), while other foods actually help keep weight off. Some of the foods that led to weight gain (e.g., potatoes—baked, broiled and fried) and weight loss (e.g., yogurt and whole milk) may surprise you. The study also showed that individuals who exercised more did not gain as much as people who exercised less.

Most importantly, the study's findings on weight lead to the same recommendations for cancer prevention.

They found that certain foods cause people to put on more weight over time (not only due to fat content or added sugars), while other foods actually help keep weight off.

- Several foods that led to weight loss over time in the study are the same foods recommended for cancer risk reduction. These include a variety of fruits, whole grains and vegetables. The USDA's new "My Plate" guidelines include filling half your plate with fruits and veggies (and the other half preferably with whole grains and protein).
- Some foods in the study associated with weight gain over time, such as processed meats (bacon, sausage or hot dogs) and red meats (beef, lamb or pork), are the same foods to avoid to reduce the risk of colorectal cancer.
- Maintaining a healthy weight and exercising regularly are also ways to reduce your risk for some cancers.

The Foundation applauds the findings of the study as keys to good health and cancer risk reduction—making healthy food choices, maintaining a healthy weight and exercising.



Healthy Tailgating for Fall



Fall football season is just around the corner—meaning lots of tailgating parties with football, fun and food. Follow these easy tips to swap those fattening recipes for some healthy but still delicious alternatives.

Bake—Many foods can be made in a much healthier way simply by skipping the fryer. Try “oven frying” wings, zucchini fries or sweet potato chips at home by rolling items in a seasoned coating and baking them in the oven for treats without all the oil and grease.

Go Light—Substitute turkey burgers or grilled chicken for hamburgers and hot dogs. With seasoned rubs or flavorful marinades, you can make lean, mean and tasty protein. Citrus, spicy garlic or honey-ginger grilled chicken skewers make great appetizers.

Substitute—Many dips use sour cream as a base—plain yogurt or cottage cheese make great alternatives and

bring down those whopping calorie counts. Low fat Greek yogurt is another perfect substitute that has a thick, creamy texture very similar to sour cream.

Make Fresh—Salsa is quick and easy to prepare at home. Throw together some fresh chopped tomatoes, onions, corn, cilantro, jalapenos and a squeeze of fresh lime juice for the perfect homemade topping or side. Add mango, pineapple or peaches for a sweet twist.

Dip Wisely—Set out whole grain crackers, baked pita chips and fresh vegetables instead of fried tortilla or corn chips. Raw carrots, celery, bell peppers and cherry tomatoes make colorful and crunchy companions to any dip tray. Skip the nacho cheese and choose hummus instead, a great alternative that comes in a variety of exotic blends such as spicy black bean, roasted red pepper, spinach artichoke and basil pesto, among many others.



Breakfast: The Most Important Meal of the Day



Sweet Treat

Dr. Ann's Healthy Blueberry Crumble

(Serves 6)

6 cups berries of choice, frozen or fresh
1/4 cup granulated sugar
1 tablespoon lemon juice
2 tsp. cinnamon, divided
2/3 cup whole-wheat flour
1/2 cup old-fashioned rolled oats
1/2 cup packed light brown sugar
1/4 cup canola oil
1/3 cup coarsely chopped pecans or walnuts



Preheat oven to 375°F. Coat an 8-inch square (or 2-quart) deep baking dish with cooking spray. Toss berries with granulated sugar, lemon juice, and 1 tsp. cinnamon in a large bowl. Transfer to the prepared baking dish, cover with foil and bake for 30 minutes. Meanwhile, combine flour, oats, brown sugar and the remaining cinnamon in a medium bowl. Mix to blend. Stir in oil and nuts; toss well until evenly moistened and clumpy. Remove the foil from the baking dish and scatter the topping evenly over the berries. Bake uncovered until the topping has browned and the fruit is soft and bubbling, about 30 minutes more.

Dr. Ann has a new cookbook, the companion to her already popular "Eating Right for Life" with this and many more healthy recipes! She will be donating \$1 to the Prevent Cancer Foundation for every book sold. Order her book at www.DrAnnwellness.com.

While scrambling in the morning to get ready for work or school, it can be easy to overlook breakfast, the most important meal of the day. Many people fail to recognize the importance of a balanced diet, opting to skip the morning meal and filling up at lunch instead.

Research has shown that foregoing breakfast can lead to unhealthy meal choices later in the day, as people often feel the need to overeat at lunch to compensate for the missed meal. Even a light breakfast will satisfy hunger cravings, making you less likely to reach for the junk food later in the day. Parents should not underestimate the importance of starting their kids on the right track early; in 2010, a joint study by the USDA and the Kellogg Company found that children who ate a daily breakfast were less likely to become obese. Of course, not all breakfast foods are created equal—sugary pastries will lead to a mid-morning crash, whereas eggs or other high protein foods will leave you feeling satisfied until lunchtime.

A healthy breakfast also improves concentration and overall performance in the workplace or classroom. Going to work or school on an empty stomach will leave you feeling groggy and fatigued, making it difficult to remain alert throughout the day. Even if you don't have time to sit down for

Research has shown that foregoing breakfast can lead to unhealthy meal choices later in the day, as people often feel the need to overeat at lunch to compensate for the missed meal.

a real breakfast, grabbing a quick smoothie or yogurt on the way out the door can make a big difference. A daily breakfast routine helps ensure a balanced diet that benefits both the body and mind.

With seven Olympic medals, nine World Championship medals and honored in eight Halls of Fame, Shannon Miller remains the most decorated U.S. gymnast of all time.

Reflecting on the 1996 Olympic Games in Atlanta may bring back memories of the "Magnificent 7," the tiny but powerful U.S. Women's

Gymnastics team who captured gold for the U.S. in the team competition for the first time in history. It was during those Olympics that Miller also became the first American to ever win the balance beam event. Recalling the moment of landing her gold-medal winning routine in Atlanta, she smiles, remembering that, "I just wanted to live in that one moment. It was perfect."

Fast-forward 15 years later. Miller can be found running her own health and fitness lifestyle company, Shannon Miller Lifestyle, while also caring for her husband and two-year-old son, Rocco. From writing books to hosting her own radio show, Miller is a busy full time career-woman, wife and mother. However, one doctor's appointment last December turned her already hectic life upside down when she was diagnosed with ovarian cancer.

How Early Detection Saved My Life



1996

With seven Olympic medals, nine World Championship medals and honored in eight Halls of Fame, Shannon Miller remains the most decorated U.S. gymnast of all time.

"I was really busy and thinking about putting off that appointment. But that day, there was this little voice in my head, telling me not to reschedule," said Miller. It was at that appointment the doctor found a baseball-sized cyst on one of her ovaries. She was later diagnosed with a malignant germ-cell tumor, a less common form of ovarian cancer that is often found in young women under the age of 30. Miller had no family history of ovarian cancer, and physically, felt at the top of her game.

"There isn't a particular test or screening for ovarian cancer, and it's a silent killer because there are often no symptoms until it's too late," said Miller. Now, she is a vocal public advocate for early detection, urging women of all ages to make their health a priority.

"Do not delay. Do not reschedule. Early detection saves lives. It's so important to educate yourself and be aware of the signs and symptoms," said Miller. Had she waited a few more months or put off her regular appointment until the following year, the outcome of her diagnosis could have been a completely different story.

"Cancer doesn't care how many gold medals you've won, your age, who you are or where you're from. It doesn't discriminate," said Miller. She emphasized the importance of being in tune with your body, and knowing what feels normal and when something "feels off". Despite the surgery and chemotherapy, Miller's doctors are still optimistic about her chances of being able to have children again someday. They caught the cancer early, and since Miller is young and otherwise healthy, her chances of recovery are much higher.

Miller blogs weekly, openly sharing her experience of undergoing chemo, hoping to provide support and awareness to others. She even posted a video of having her head shaved. As a celebrity and a decorated Olympian, Miller felt that it was her responsibility to use her resources to bring light to the ovarian cancer cause.

Most importantly, she hopes to spread the word to all women that regular exams and early detection are essential. "I feel that because women are caretakers, we tend to put work, family and everything else first, and ourselves last. One or two hours in the doctor's office can save your life."

And although ovarian cancer affects only women, she does have a message for the men out there: "Every man has a mother, a sister, a wife, some woman in his life that he loves. He can make sure that the women in his life are taking care of themselves, and ensure that they make their health a priority. Men can help send the message to women that their health matters."

Follow Shannon's journey on her blog at www.shannonmillerlifestyle.com





Fighting Breast Cancer with Heart



"Linda Creed: Fighting Breast Cancer with Heart" is one of the nine community grant programs the Prevent Cancer Foundation funded this past fall. Linda Creed provides breast health education and outreach programs for both the general public and special populations around the Philadelphia metropolitan area. The "Safe Circle" and "Rainbow Circle" programs are uniquely targeted to members of the African-American and Lesbian, Bisexual and Transgender communities—addressing specific needs, experiences and barriers members of these communities face.

The Circle curriculum is specially designed, incorporating the knowledge

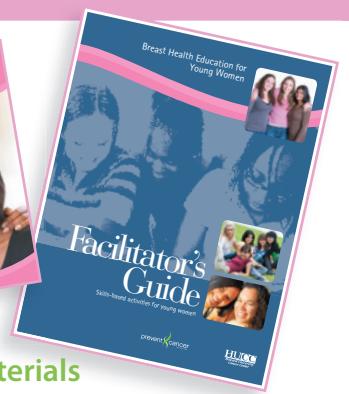
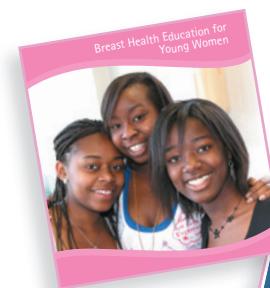
and experiences of each program's Task Force, an advisory board made up of community members who have a particular expertise or interest in breast cancer as it relates to these demographic groups. By engaging members of these communities in designing curricula and education sessions, Linda Creed is able to ensure that the needs of the community are being met. The curricula include information about signs and symptoms; common breast cancer myths; risk factors; screening methods; treatment options; patient rights; as well as how to connect with a health care provider. The health information shared is always kept current.

"Linda Creed conducts Safe Circle and Rainbow Circle meetings and education sessions in welcoming settings where participants can feel comfortable, such as community centers, events such as OutFest and Equality Fair or community places of worship," says Donna Duncan, Executive Director of Linda Creed. "By tailoring our services, we are able to provide for communities whose needs aren't necessarily covered by more traditional breast health programs."



October is National Breast Cancer Awareness Month

Breast health education for schools or community groups



Visit www.preventcancer.org/materials

Ask The Experts

Researcher Q&A with Dr. Gang Zeng

September is National Prostate Cancer Awareness Month. We spoke with Dr. Gang Zeng, an associate professor of urology at UCLA's Jonsson Cancer Center about his research. Dr. Zeng received a two-year grant from the Foundation in 2006. His project focused on examining epitope arrays as a complementary technology to prostate specific antigen (PSA) tests for the early detection of prostate cancer and any recurrence.

1. What led you to prostate cancer research?

Prostate cancer has a huge number of diagnosed cases per year. On one hand, prostate cancer has some established detection approaches built around the PSA test. But, after nearly 30 years of helping identify prostate cancer, there are increasingly recognized issues for the PSA test, for example, false positive results. A test with more accurate performance is needed for diagnosis and detection. Prostate cancer has been one of the most studied cancers in the US, and this knowledge will help us in finding new and better approaches for earlier detection.

2. Tell us about your research to establish A+PSA tests for prostate cancer.

I got my training in cancer immunology at the National Cancer Institute, where I characterized human cancer antigens and worked on using these antigens in cancer therapy. I learned that spontaneous anti-cancer immune response was a feature in cancer patients and wanted to explore its use in early detection. In 2002, the literature suggested that due to complexity of patient populations, a large number of cancer antigens are needed to develop a test to detect any given cancer and there were no tools available that could measure antibody responses to 8 or 10 antigens.

In 2006, the Foundation provided funding to support our exploration of an "epitope array" approach to develop such a tool, and the proof of principle was established. The "epitope array" was eventually combined with the classic PSA test under a new platform to become a multiplex antibody, plus PSA or "A+PSA" assay. The results from studying more than 131 prostate cancer patients and 124 benign cases were published in the *Journal of Translational Medicine* in May.

3. Why is it important to fund research in the field of cancer prevention and early detection?

Therapy is more costly—and often less effective—if a cancer is already at late stages. Prevention and early detection may help to reduce the number of people who need treatment and find disease when it is easier to treat. I believe cancer is more manageable with the right prevention and early detection approaches.

To read more about researchers the Foundation has funded, visit www.preventcancer.org/what-we-do/research/.

2012 Dialogue for Action™ on Colorectal Cancer Screening March 22–23, 2012

For more information, visit www.dialogueforaction.org



5K Training Tips

Whether you are getting ready for the Prevent Cancer Foundation 5K on September 24 or looking to start running on your own, read these tips for successful 5K training.



What other things can I do to prepare my body for the 5K?

Don't forget about stretching, which is something hardly any of us does enough of. Many runners develop extremely tight hamstrings as they become better runners. But in time, tight hamstrings can lead to many other injuries that may sideline you for a while and place your training plan and 5K completion goal in jeopardy. Work up to holding stretches for at least 30 seconds.

What are common pitfalls people face when training for a 5K?

Don't show up on race day without putting in the training. Can you finish? Probably. Can you finish uninjured? Probably not.

What should I eat the morning of the race?

That depends on the individual, but avoid a big meal for breakfast. You will burn mostly carbohydrates during the event, so consider whole-grain toast, fruit and lots of non-caffinated liquids. Avoid a lot of protein so you don't feel like you have a brick in your stomach at the starting line.

Any other advice?

1. Stay hydrated and run your own race with your own finish time goal. Too many times runners start out too fast only to fade before the finish line. You're attempting something that many Americans cannot do, including America's youth, so stay focused on your own training plan and your own finish time goal.
2. See your doctor if you're overweight, on medication, or have any other medical concerns before starting a training plan.
3. Avoid training during the hottest part of the day. Consider running in the morning or evening when it is cooler.
4. Have fun.

Joe McConnell
Certified Personal Trainer and Running Coach



What's Happening on the Hill?

During the 112th Congress, the Prevent Cancer Foundation will be working toward passage of many bills critical to prevention. One of these, the Tanning Bed Cancer Control Act of 2011, H.R. 1676, was introduced by Reps. Charles Dent (R-PA) and Carolyn Maloney (D-NY) to expand federal regulation of tanning beds—potentially helping to reduce skin cancer incidence.

Seventy thousand people are expected to be diagnosed this year with melanoma, the most common serious form of skin cancer. Melanoma incidence rates have been rising for the past 30 years, with recent rapid increases among young white women between the ages of 15 to 39. A survey by the American Academy of Dermatology confirmed that 32% of Caucasian teen girls and young women admitted using tanning beds in the past year, and of those respondents an average of 25% used a tanning bed at least weekly. It is time to take action and ensure that people are aware of the risks posed by indoor tanning.

The link between skin cancer and indoor tanning is undeniable.

H.R. 1676 also initiates an effort to charge the Commissioner of the FDA with changing the classification of ultraviolet tanning lamps to show that they are a known carcinogen. Currently, tanning beds are considered Class I medical devices along with Band-aids, tongue depressors and cotton balls—items that pose no risk to consumers. In comparison, the U.S. Department of Health and Human Services and the World Health Organization have classified indoor tanning beds as known carcinogens in the same category as tobacco smoke, asbestos and uranium. The Prevent Cancer Foundation agrees that tanning beds are not appropriately classified in accordance with the risks of their use.

Please show your support for H.R. 1676 by joining our Advocacy Action Network. You can make your voice heard on Capitol Hill and remind your Representative what is at risk if they choose not to act on this legislation. To learn more about becoming an advocate, visit www.preventcancer.org/take-action.

The link between skin cancer and indoor tanning is undeniable. H.R. 1676 would limit the amount of radiation that an ultraviolet tanning lamp could emit as well as the amount of time that a person could be exposed to that ultraviolet radiation.



It isn't too late to form a team or enter with your favorite pet! Join us on September 24, 2011 at scenic West Potomac Park in Washington, DC for the Prevent Cancer Foundation 5K, an opportunity for people and pets of all ages, sizes and abilities to take steps to save lives and reduce their risk of cancer through physical exercise.

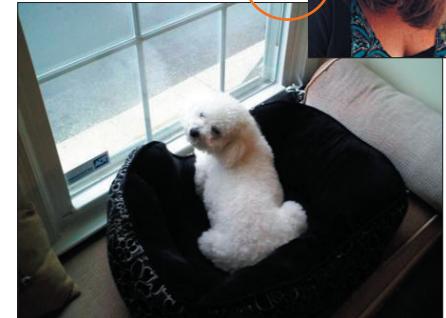
This year's 5K event hosts the Foundation's "Pets for Prevention" team and allows pets and their owners to come out and show their support for cancer prevention.

Special guest and Mix 107.3's afternoon drive time on-air personality Chilli Amar and her dog, Kookla, will be assisting with warm-up activities and participating on event day.

Individuals and teams will be participating in the 5K event to honor and remember their loved ones who have been affected by cancer, while raising money to help stop cancer before it starts. Those unable to attend the event can still show their support as "virtual walkers" and help raise vital funds for research, education and outreach right in their own communities.



Don't miss out on your chance to get involved and show your support for cancer prevention and early detection! For more information on the Prevent Cancer Foundation's 5K, to register as an individual, create or join a team, or to make a donation, visit www.PreventCancer5K.org.



Foundation Helps Screening Saves Lives Winner "Get Behind" CRC Screening

The Prevent Cancer Foundation awarded a \$5,000 educational grant along with a visit from the Prevent Cancer Super Colon™ to the Center for Colon Cancer Research (CCCR) at University of South Carolina, the winner of its first ever Screening Saves Lives National Challenge.

The center, located in Columbia, S.C., won for its innovative project "Colorectal Cancer: Get Behind It," which will educate employees about colorectal cancer at two worksites in rural South Carolina communities. Both sites have employer-provided insurance that pays for colorectal screening, so the project will be targeting a group who already has access to screening and medical coverage. Onsite promotion of colorectal cancer prevention and

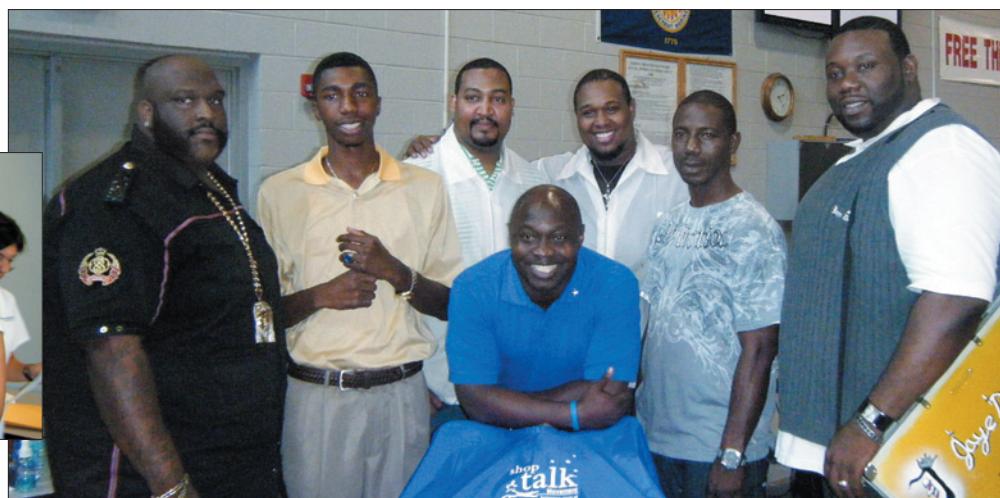
early detection through screening will be provided to all employees, including educational briefings before and after shifts. Additionally, CCCR plans to partner with primary care providers within these communities to promote colorectal screening within their practices.

"The Prevent Cancer Grant provides needed support for the new initiative we are launching to reach the insured populations in our state," says Anjee Davis, Director of Outreach for CCCR. "We feel



partnering with an insurer like BlueCross BlueShield not only makes sense but it provides an extraordinary opportunity to make an impact on our screening rates. Employee rates for screening are low and yet coverage is available. Now our job is to help walk them to prevention!"

Visit www.ScreeningSaves.org to share personal stories and experiences, join our online community, learn more about colorectal cancer and colorectal screening and try out other interactive tools.





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The Last Word

Breakaway from Cancer Champions: Honoring Those Who Inspire Us Most

One person alone can't win a bike race, and one person alone won't beat cancer—it takes a team.

Breakaway from Cancer represents a team; a partnership between Amgen and four nonprofit organizations dedicated to empowering patients with education, resources and hope—wherever they may be in the cancer care continuum. The Prevent Cancer Foundation is proud to join the Cancer Support Community, National Coalition for Cancer Survivorship and Patient Advocate Foundation in support of this important work.

The Prevent Cancer Foundation focuses its efforts within the Breakaway from Cancer campaign on educating the public and opinion leaders across the country about cancer prevention, risk reduction, early detection and the resources that the Foundation provides. During the Amgen Tour of California, a Tour de France-style professional cycling race, we had the chance to meet cancer survivors, healthcare providers and people simply seeking information on cancer prevention.

The Foundation also took part in the "Breakaway Mile" held in five cities along the race route, a one-mile walk celebrating cancer survivors prior to the conclusion of each race stage. Five inspirational cancer survivors who have made a difference for others affected by cancer in their communities were selected as "Breakaway from Cancer Champions" and each led the mile-long walk in a different city. They also each presented a "Most Courageous Rider" jersey to the professional rider who best exemplified the character of those engaged in the fight against cancer—courage, sacrifice, inspiration, determination and perseverance. The Prevent Cancer Foundation led the Breakaway Mile in Lake Tahoe. Due to ice and snow, the cycling race was canceled for the day but we still had two Champions on the podium—Stuart Jed, our Breakaway from Cancer Champion and Carolyn Aldigé, our own President and Founder.

We offer many thanks to our Breakaway from Cancer partners and their amazing volunteers who supported Breakaway from Cancer from Lake Tahoe to Thousand Oaks, Calif. We couldn't have done it without you! And heartfelt thanks to the cancer survivors, caregivers and advocates who introduced themselves along the way. We are motivated by your stories of strength and will continue to work together to ensure that no one has to face cancer alone!

