

HOLLYWOOD COMES TO WASHINGTON

TO RAISE AWARENESS ABOUT BREAST CANCER



Photo top right: (left to right) Jovana Kirm of Slovenia, Debbie Dingell, Ellen Noghés of Monaco, Gail Huff, Marie Royce; Photo bottom right: Senator Rand and Kelley Paul

Kicking off Breast Cancer Awareness Month... Jennifer Aniston, Patricia Clarkson and Jeanne Tripplehorn visited Washington on October 4 to promote the Lifetime Network Movie "FIVE" — an anthology of five short films. Directed by powerhouses Aniston, Demi Moore, Penelope Spheeris, Alicia Keys and Patty Jenkins, the movie raises awareness about breast cancer through the stories of its characters. Pearl, who we meet as a child in the first film, is present in all five segments, artfully providing a thread of continuity to seemingly disconnected stories. Important information and insights are shared through humor and tears. We are subtly reminded how cancer was viewed in the 1960s, what the risk factors are, that it strikes men as well as women, knows no racial or economic boundaries, and has a range of treatments and outcomes. Most of all we are reminded how a diagnosis leaves us or a loved one vulnerable, yet we find strength in ourselves, and from friends and family, to carry us through.

Dr. Jill Biden (2000 Congressional Families award recipient) helped introduce the film to the Washington audience, using the forum to speak out about the importance of early detection in breast cancer. **Minority Leader Nancy Pelosi** and **Representative Rosa DeLauro**, Ms. Aniston and **Executive Producer Kristin Hahn** also spoke. Numerous Members of the House and Senate attended, as did congressional and diplomatic spouses, at the invitation of the Congressional Families Cancer Prevention Program.

Action for Cancer Awareness Awards Luncheon

Continued from page 1

Berkeley, lost her year-long fight against lung cancer. She shared how hard it was to lose her sister and, having just become a first time mother, expressed a new found appreciation of the depth of loss her mother has endured. Rep. Capps has used her experience, education, talents and political skills to improve cancer awareness, treatment, research and funding.

Seven time Emmy Award-winning journalist **Steve Andrews** and his daughter — ESPN broadcast journalist **Erin Andrews** — became the first father/daughter team to be presented the **Distinguished Service in Journalism** award. When Steve was diagnosed with prostate cancer, the two used their talents and visibility to raise awareness about the disease. They are part of an initiative called "On the Line" geared toward men and women, encouraging people to talk as freely about prostate cancer as they do about breast cancer. **Alfredia Aaron Scott** of Georgia (spouse of U.S. Representative **David Scott** and sister of baseball great **Hank Aaron**) noted the value of reaching out through sports audiences and vowed to remind her husband and brothers to get checked!

With the conclusion of the luncheon, our attention has already turned to the 20th luncheon to be held in September 2012.

We welcome your ideas and nominations on how best to mark this important milestone.

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 non-profit organization devoted to preventing cancer through scientific research and education.

Our advisory board consists of more than 140 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 Congressional Families advisory board, fax, mail or email the following information to the above address: your name, congressional district, preferred phone number, fax number, and email address.

Early detection saves lives. Please join us.



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ACTIONS

Nineteenth Annual Action for Cancer Awareness Awards Luncheon

With the focus on family, friendship and service, congressional spouses, members of Congress, advocates and friends in the cancer community came together for the 19th annual Action for Cancer Awareness awards luncheon, held in Cannon Caucus on September 22. **Paula Zahn** once again contributed her talents and grace as the mistress of ceremonies to the inspiring – and often emotional – program.



Back row left to right: Paula Zahn, Bo Aldigé, Rep. Lois Capps, Alfredia Scott, Steve Andrews; Front row left to right: Diana Enzi, Freda Manzullo, Laura Burton Capps, Lisa McGovern

Freda Manzullo of Illinois was presented the **Congressional Families Leadership** award by her dear friend (and past award recipient) **Diana Enzi** of Wyoming. The two shared with the audience touching memories of supporting each other through their cancer treatments. After successfully battling lymphoma in 2006, Freda (wife of U.S. Representative **Don Manzullo**) became "acutely aware of the fact that cancer seems to touch almost every family in one form or another," and made it her mission to raise awareness, especially in her home district in Illinois.

Freda, whose message is one of hope, firmly believes that "early detection is the number one factor in a patient achieving a favorable outcome."

Freda also spoke movingly about going into cardiac arrest in May – a complication from her past cancer treatment – and being saved by her husband who was there to perform CPR and call 911. The Manzulllos are urging others to receive the lifesaving CPR training. They are also speaking out on possible long-term, unanticipated consequences of cancer treatments – such as the damaged, blocked artery that Freda experienced – and encouraging patients to consult their health care providers. The Manzullos' son Neil was in the audience as we celebrated his mother, her health and good works.

Laura Burton Capps was the next speaker – introducing her mother and **Excellence in Cancer Awareness** award recipient U.S. Representative **Lois Capps**. A former congressional spouse and nurse, Lois has been a leader in the fight against cancer since she became a member of Congress in 1998. As co-chair of the Cancer Caucus, she is a nationally recognized leader in this area. Laura talked how cancer personally touched the Capps family in 2000: her 35-year old sister **Lisa Margarit Capps**, a gifted young psychologist at the University of California,

Continued on page 3

WHAT'S INSIDE

19TH ANNUAL ACTION FOR CANCER AWARENESS AWARDS LUNCHEON

page 1

THE POWER OF FOOD

Letter from Executive Director
Lisa McGovern

page 2

HOLLYWOOD COMES TO WASHINGTON

page 3

PREVENTION IN THE NEWS

page 4

STARK CHANGES

page 5

LUNG CANCER OP-ED

page 5

PREVENT CANCER FOUNDATION 5K

page 5

PHILANTHROPEDIA

page 6

Prevent Cancer Foundation Ranked Among Top National Cancer Organizations

Foundation rates highly in educational programs, leadership, advocacy and focus on cancer prevention

The Prevent Cancer Foundation has been recognized by Philanthropedia, an online resource for charitable giving affiliated with GuideStar, as one of the top 16 national non-profit cancer organizations making the most significant and positive impact on cancer. The only national organization focused solely on cancer prevention and early detection, the Foundation earned high ratings in the areas of educational programs, leadership, advocacy and cancer prevention. Experts in the field rated the Prevent Cancer Foundation in the elite 16.

"Having the Foundation, its programs and strong advocacy efforts recognized by our peers means a great deal," said Carolyn Aldigé, President and Founder of the Prevent Cancer Foundation. "To be chosen by this group of experts is not only an extraordinary compliment, but it signifies that although we are comparatively small in size, we are making incredible strides to stop cancer before it starts!"



THE POWER OF FOOD – CARRYING THE MESSAGE BY WEBINAR

Dear Congressional Family Friends,

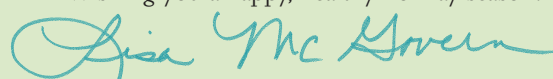
There is an old proverb that says, “He who takes medicine and neglects his diet wastes the skills of his physician.” This highlights the power of food and the critical importance it plays in our overall health. There are limits to what a doctor can do if we do not provide our bodies with the food it needs or, even worse, overwhelm our systems with toxic choices.

Every day we learn more about readily available “super foods” that help reduce our risk for cancer and heart disease. They also lift our moods and give us energy. How could we pass up this amazing deal – be healthier and feel better while enjoying the pleasures of eating? Examples of super foods include beans, legumes, seeds, oats, limited portions of nuts, salmon, fruits and vegetables (the more color the better so consider kale and other dark leafy greens, rich berries and vibrant tomatoes). Think of these foods like medicine with flavor!

Over the past few years, I have invited Prevent Cancer Foundation Board Member Dr. Ann Kulze to speak on Capitol Hill about food science and eating for wellness. This month, we expanded our reach by inviting spouses to participate in Dr. Ann’s Eat Right for Life webinar, which she offered on October 24 for free in recognition of National Food Day. This was our first ever webinar and I was thrilled to hear from a number of congressional family members around the country who enjoyed listening from their desks and homes! We hope to offer future webinars and welcome ideas regarding topics. Input on what time of day is also appreciated – does a virtual “Lunch and Learn” work best?

Please contact me at lisa.mcGovern@preventcancer.org. If you are not on our email list, let me know and we will be happy to link you to the Congressional Families Cancer Prevention program and all of its resources!

Wishing you a happy, healthy holiday season!



Lisa McGovern, Executive Director



Prevention in the News

UNITED STATES PREVENTIVE SERVICES TASK FORCE (USPSTF) SCREENING GUIDELINES UPDATE:
Recommendations in Prostate, Cervical Screening and Behavioral Counseling to Prevent Skin Cancer

WHAT IS THE USPSTF?

The USPSTF is an independent panel of non-Federal experts in prevention and evidence-based medicine and is composed of primary care providers. The USPSTF conducts scientific evidence reviews of a broad range of clinical preventive health care services (such as screening, counseling, and preventive medications) and develops recommendations for primary care clinicians and health systems.

WHY IS IT IN THE NEWS SO MUCH?

In recent years, the USPSTF has made recommendations in breast cancer screening that have generated much confusion and criticism. Recently, they have issued three new sets of recommendations with implications for prostate and cervical cancer screening, as well as skin cancer prevention. Many of these recommendations, too, will bring debate and controversy and in some cases are at odds with guidelines published by other respected professional organizations.

WHAT ARE THE SPECIFIC RECOMMENDATIONS?

Prostate Cancer: The USPSTF now recommends against routine testing for prostate-specific antigen (PSA), the protein that can be a biomarker of prostate cancer. The panel said research shows that, overall, the test saves lives only at great financial cost per life saved and leads to unnecessary surgical procedures and radiation treatment for slow-growing cancers that would never have caused harm. They also conclude that, in the case of faster-growing invasive cancers, there’s no proof that PSA tests and earlier treatment offer overall benefit.

How do they compare? The American Urological Association currently supports the use of PSA and believes when used and interpreted appropriately; “the PSA test provides important information in the diagnosis...of prostate cancer patients.” American Cancer Society Guidelines, revised in 2010, reaffirm the recommendation that men should discuss the uncertainties, risks and potential benefits of screening for prostate cancer before deciding whether to be tested.

Cervical Cancer: The U.S. Preventive Services Task Force has recommended that healthy women between the ages of 21 and 65 should only receive a Pap test every three years. The federal panel, which is made up of experts in prevention and primary care, also did not support regular HPV screening for most women.

The new recommendations coincide with most of the task force’s 2003 recommendations. However, their older guidelines recommended screening begin within three years of becoming sexually active, or at the age of 21, whichever comes first. Now the task force says there is no need to begin regular screening before the age of 21, whether a woman is sexually active or not.

How do they compare? These USPSTF guidelines do not conform completely with other professional guidelines. For example, the American Cancer Society and several other organizations recommend that HPV testing, along with the Pap test, are good options for screening women starting at age 30.

Screening Can Save Lives.

Behavioral Counseling in Skin Cancer: The updated draft statement recommends that primary care clinicians counsel children, adolescents, and young adults aged 10 to 24 years about minimizing exposure to ultraviolet (UV) radiation to prevent skin cancer. This recommendation applies to young people, who are at increased risk for skin cancer, especially fair-skinned individuals (who freckle and sunburn easily) who are at highest risk. The draft recommendation also states that for adults over the age of 24, there is not enough evidence to assess the balance of benefits and harms of counseling to prevent skin cancer. This is a change from their 2003 guidelines which concluded that there was not sufficient evidence to counsel individuals age 10-24 about minimizing exposure.

INTERPRETING THE INFORMATION

In the case of all of these draft recommendations and professional guidelines, sorting through diverse recommendations can be daunting. Screening can save lives, and individuals have different needs and circumstances. Be sure to talk to your health care professional to make decisions about what screening options are best for you!

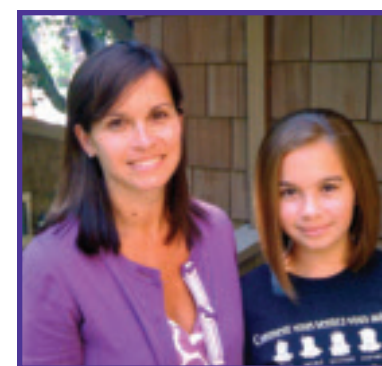


Stark Changes

Deborah Stark (Calif.) and her daughter Hannah suffered through the summer with long manes of hair warming their backs in order to grow the required ten plus inches to donate to Locks of Love (LOL).

Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 21 suffering from long-term medical hair loss from any diagnosis. LOL’s mission is to return a sense of self, confidence and normalcy to children suffering from hair loss by using donated ponytails to provide the highest quality hair prosthetics to financially disadvantaged children. The retail cost of a hairpiece ranges from \$3,500 to \$6,000. The children receive hairpieces free of charge. Both boys and girls are eligible for a prosthetic, but the majority goes to girls.

Deborah and Hannah selflessly gave of themselves, with the help of their wonderful hairdresser Kim at Backstage Studio in Fremont, Calif. Here are some before, during and after shots!



PREVENT CANCER FOUNDATION 5K IS A BIG SUCCESS!

We are most grateful to all participants, donors, sponsors and volunteers who helped raise over \$92,000 for cancer prevention research, education and outreach programming at the 3rd Annual Prevent Cancer Foundation 5K event, held on September 24, 2011. More than 400 registered participants, 34 teams and 25 “pets for prevention” took steps to save lives bringing us closer to the Foundation’s vision to *Stop Cancer Before It Starts!*

Special thanks to Jessica Tiaht (daughter of former Congressman Todd and Vicki Tiaht) who ran in honor of her aunt, currently battling breast cancer.



THANK YOU FOR REACHING OUT ON THE OP-ED

“**Anyone Can Get Lung Cancer**” was the title of the op-ed to highlight November as Lung Cancer Awareness month. It hit home. We heard from a number of you who have family and friends who have been touched by this disease – non-smokers as well as smokers.

Thank you to the ten spouses who requested state statistics to submit op-eds back home:

Debra Carnahan - Missouri

Cathy “Smitty” Connolly – Virginia

Suzie Dicks – Washington

Diana Enzi – Wyoming

Freda Manzullo – Illinois

Dana Neugebauer – Texas

Betty Price – Georgia

Maya Rockeymoore – Maryland

Elizabeth Roskam – Illinois

Kris Toomey - Pennsylvania

THANKS TO OUR SPONSORS

The Congressional Families Cancer Prevention Program could not do all we do without the support of our generous sponsors. Sincere thanks to Eisai, GlaxoSmithKline, Pfizer and National Association of Broadcasters.

