



# Breast Cancer Help, Inc.

Healthy Environment for a Living Planet



Fall 2004 Issue 9

God Bless America

## Long Island Cancer Help and Wellness Center Provides Needed Programs

Lynda Distler Named Executive Director



In March of 2003, Breast Cancer Help launched its Long Island Cancer Help and Wellness Center in Memory of Marian McGrory's daughter Maureen. In an unique partnership, Breast Cancer Help, Inc. joined with the Village of Lindenhurst to open its Center at the Village of Lindenhurst

Rainbow Senior Center.

Since opening, the Center has provided programs to promote increased cancer awareness to promote early detection, while providing patients and survivors with needed support. The center also provides programs to promote health and wellness. In addition

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## Integrative Care by Lynda Distler

In what could be termed as a welcomed yet gradual about face, recognition of the value of integrative, complementary and alternative modalities is beginning to emerge in the world of traditional medical practice, especially as it relates to the treatment of all cancers including breast cancer.

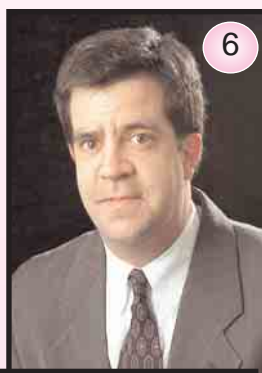
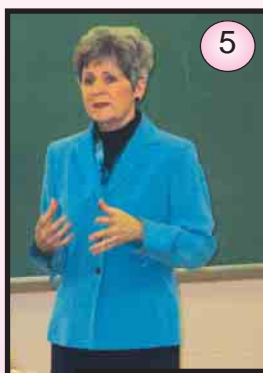
Until recently, eastern philosophies and holistic approaches to prevention, wellness and disease treatment had no place along side traditional western medical care. Slowly, that attitude is changing and even the most traditional medical care givers are beginning to see the advantages of treating the whole patient and not just the disease.

Working in concert with a clear understanding that early detection is the best protection, and not only acknowledging, but stressing, that treating breast cancer with surgery, radiation, chemotherapy and drug therapy is paramount in reducing mortality, incorporating alternative and complementary protocols into the whole picture is now beginning to be encouraged more often than not. There is now recognition more than ever before of the importance of supporting all of the body's systems and utilizing modalities that choose not to ignore the spirit, the mind and the soul in reducing stress and fostering a sense of control,

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## 2003-2004 Programs

### Suffolk County Mammography Van The Great American Smoke Out

Dr. Sharona Sachs, Pulmonologist,  
Stony Brook University Hospital

### Breast Cancer Awareness and Screening

Dr. Allen Meek, Chairman of Radiation  
Oncology at Stony Brook University Hospital  
**Emerging Technology in the Fight  
Against Breast Cancer**

Dr. Paul Fisher, Associate Professor of  
Radiology, Stony Brook University Hospital  
**Genetics and Cancer**

Jeff Picarello, Director of Public Affairs, Cold  
Spring Harbor Laboratory

**Sun, Skin and Stress**, Jaime Trompeter,  
Licensed Medical Aesthetician

**Breast Reconstruction** Dr. Stephen Harris,  
Chief of Plastic Surgery, Southside Hospital

### Preparation of Healthy Food

Barbara Chivvis, ABC Wellness Center

### The Need For Organ Donors

Larry Swasey, Reporter, Suffolk Life

### Social Security Disability

Frank Kehoe, Sullivan & Kehoe, LLP

### Prevention and Treatment of Lymphedema

Diane Raspanti, Massage Therapist

### Colon Hydrotherapy

Barbara Chivvis, ABC Wellness Center

### Healthy Cooking

Renee Rowan, Pampered Chef

### The Need for Home Health Care

Arlene Sapoff, Marketing Manager,  
Utopia Home Care

### Three "C"s of Household Pesticide Use

Joyce Rodler, Community Educator Pest  
Management, Suffolk County Cornell  
Cooperative Extension

### Massage Therapy and Wellness

Drusilla Burrough and Michele Scotto  
Rosenblatt, Inner Balance, Inc.

(1) Jeff Picarello, Director of Public Affairs, Cold Spring Harbor Laboratory after a lecture on genetics and cancer. (2) Lynda Distler, Executive Director, Breast Cancer Help, Inc., thanks Diane Raspanti, Certified Lymphedema Massage Therapist after her lecture on the Prevention and Treatment of Lymphedema. (3) Lorraine Pace, Co-President of Breast Cancer Help with Dr. Stephen Harris and Lynda Distler. Dr. Harris presented a lecture in March on breast reconstruction. (4) Lynda Distler and Joyce Rodler, Community Educator Pest Management, Suffolk County Cornell Cooperative Extension. Rodler spoke on the topic of the Three "C"s of Household Pesticide Use. Rodler used live insects in her demonstration and is seen showing them to some of the children attendees. (5) Barbara Chivvis of the ABC Center in Lindenhurst presenting a lecture on colon hydrotherapy. (6) Larry Swasey, a local journalist who received a heart transplant in 1988. On May 25th, he lectured about the importance of organ donation. (7) Lynda Distler and Arlene Sapoff, Marketing Manager, Utopia Home Care with lecture attendees. Distler is seen thanking Sapoff for presenting a lecture on the need for home health care services and the benefits of receiving health care at home. (8) Barbara Poldino, Lindenhurst Village Rainbow Senior Center Director (right) with seniors from the Center seen with hand-made picture frames and ribbon pins they are selling to benefit Breast Cancer Help.



**-Continued from Page 1**

to its lecture series, the Center holds a monthly cancer patient and survivor support group, weekly yoga classes and weekly art classes.

The Center is dedicated in the memory of Maureen McGrory, a life-long resident of Lindenhurst who lost her gallant fight against breast cancer in 2000. During her illness, Maureen, with her mother Marian, both employees of Grand Union Stores, raised over \$100,000 for Breast Cancer Help in the fight against breast cancer. Maureen also helped initiate the Our Lady of Perpetual Help LIFETEEN Walk. Held in conjunction with Breast Cancer Awareness month, the walk has raised over \$40,000 for Breast Cancer Help, Inc.

This Spring, Breast Cancer Help was pleased to announce that former Lindenhurst Village Mayor Lynda Distler was named its Executive Director. Distler's position includes the design and implementation of special programs at Breast Cancer Help's Long Island Cancer Help and Wellness Center, as well as fund-raising and grant-writing.

Distler is a lifelong resident of Lindenhurst and before serving as the Village Mayor from 2000 to 2004, she was a preschool teacher for 14 years. During that time, Distler was always very involved with her community and served on several boards for the Village of Lindenhurst. Distler's community involvement was not limited only to gov-

ernment; she was also a member of many civic organizations such as the Rotary Club, Lindenhurst Historical Society, Meridale Park Civic Association, Babylon Council on the Arts and Breast Cancer Help, Inc.

Distler was serving as Mayor when she first became involved with Breast Cancer Help. The organization came to her looking for help to do a walk against breast cancer in the Village of Lindenhurst. Distler helped them get permission to use the street and get other village and town officials involved. After the event, Distler wanted to continue her involvement with the organization and became an Advisory Board Member in 2001.

Distler was chosen as Executive Director of the Center because of her past experience as a community leader. Her involvement with various types of organizations at every level made Distler the ideal candidate for the position.

Distler is responsible for coordinating all programs and activities that are held at the Center. Since she was hired as Executive Director, Distler has launched many new programs at the Long Island Cancer Help and Wellness Center. These programs include an on-going breast

cancer support group which meets on the fourth Wednesday of every month; weekly yoga classes, and the 2004 Lecture Series featuring speakers presenting discussions on topics such as colon hydrotherapy, breast reconstruction, healthy cooking and skin damage.

"We are so proud to have Lynda here at the Center. From her very first day she has been a tremendous asset as she helps to develop new programs and services for Long Islanders who are suffering from breast and other cancers" said Lorraine Pace, Co-President of Breast Cancer Help.

"I am pleased to join Breast Cancer Help and work to develop this center. I feel we can really make a difference and provide needed support to so many through this center," said Distler.



Lynda Distler, Executive Director,  
Breast Cancer Help, Inc.

## Long Island Cancer Help and Wellness Center Programs

### Ongoing Programs

#### Cancer Patient and Survivor Support Group

7:00-8:00 p.m. Fourth Wednesday of every month.  
September 22, October 27, November 24, December 22.  
Facilitated by Dana Caruso, CSW

#### Yoga Classes for Cancer Patients and Survivors

Begins on Monday, September 20th.  
Weekly on Mondays 4:00-5:15 p.m. and 6:00-7:15 p.m.  
Linda Olson, Instructor

#### Art Therapy

Begins on Tuesday, September 28th.  
Tuesdays 6:30-8:30 p.m.  
Ellen A. Newman, Teacher

Coming Soon - Massage Therapy

### Fall 2004 Lectures

#### A Course in Life - Healing Naturally

September 21, 7:30 p.m.  
Christopher D'Orta

#### Natural Ways to Achieve Detoxification

September 29, 7:30 p.m.  
Linda Trudden

All events held at the Long Island Cancer Help and Wellness Center in Memory of Marian McGrory's daughter Maureen located in the Lindenhurst Rainbow Center, 293 Buffalo Avenue, Lindenhurst. Call Lynda Distler at (631) 226-1772 for more information.

## Special Effects Salon in East Hampton Raises Funds for Breast Cancer Help

Pictured are members of the staff of Special Effects Hair Salon presenting a check in excess of \$10,000 to Breast Cancer Help, Inc. The funds were raised to support Breast Cancer Help's programs in the fight against breast cancer during a "Cut-A-Thon" held on Sunday, October 5, 2003. Owner, Elaine Hayes, pictured fourth from the left, held the event in the memory of its customers who have faced breast cancer. Special Effects is a unisex hair salon located at 1 Osborne Lane in East Hampton.



## Special Effects Salon Kicks Off 2004 Fund-raising Campaign Owner, Elaine Hayes, Raises Funds in Memory of Sister-In-Law Sally Schuerlein



Pictured (left-right) are Lynda Distler, Executive Director, Breast Cancer Help's Long Island Cancer Help and Wellness Center; Adriane Toscano Ballard, Fund-raising Chairperson, Breast Cancer Help; Lauralee Bennett, Advisory Board Member, Breast Cancer Help; Lorraine Pace, Co-President of Breast Cancer Help; Elaine Hayes, Owner of Special Effects Hair Salon; Brooke Peele, Special Effects; Elaine's children Lyndsey and Michael; Nancy Braun, Special Effects; Jamie Morgan, Special Effects; and Allison Lien, Special Effects. Pace is seen presenting a plaque to Hayes recognizing the staff at Special Effects for their efforts in having raised over \$10,000 for Breast Cancer Help's programs in the fight against breast cancer and other

**SPECIAL EFFECTS HAIR SALON**  
**2<sup>nd</sup> ANNUAL FUND-RAISER**  
**TO BENEFIT**  
**BREAST CANCER HELP, INC.**  
*"In Memory of Sally Schuerlein"*

**Sunday October 3, 2004**

9:00 a.m. - 5:00 p.m.

Location:

**Special Effects Hair Salon**  
**1 Osborne Lane**  
**East Hampton, NY 11937**

Please come and join Special Effects Hair Salon and Breast Cancer Help in the fight against breast cancer on Long Island. 100% of all proceeds will be donated to Breast Cancer Help.

**Services Available at Regular Prices.**  
**Walk-ins Welcome. First Come - First Served.**  
**Raffles and Refreshments. Prizes Donated**  
**by Local Merchants**

If unable to attend, donations may be made payable to Breast Cancer Help, Inc. and mailed to Special Effects at the address above.

For more information about this event or to donate, please contact Elaine Hayes at 631.324-5996.

To learn more about Breast Cancer Help, Inc., please call 631.661-7223 or 631.226-1772

**We Thank You for Your Support!**

cancers. Special Effects also kicked off their 2004 fund-raising campaign which culminates in a Cut-A-Thon to take place on Sunday, October 3rd to coincide with Breast Cancer Awareness Month. For more information about Special Effects call (631) 324-5996.



# Long Island Curves Weight Loss Marathon Raises Funds for Breast Cancer Help

The Breast Cancer Help and Curves Weight Loss Marathon began on January 1, 2004 and was kicked off with an opening ceremony on New Year's Eve. Coordinated by Fund-raising Chair Adriane Toscano Ballard, participating members were weighed in on January 1st, with the New Year to determine their weight loss goals. The members received pledges and donations from family and friends based on how much weight and inches they lost at the end of the three month period.



Pictured is Marnie Alongi, Owner of Curves of Carle Place and Curves of Oyster Bay with owners and managers from Long Island region Curves at a press conference at the kick-off of the Curves 2004 Weight Loss Marathon.



Lorraine Pace with owners and managers from Long Island region Curves at a kick-off event for the Curves 2004 Weight Loss Marathon.

"The Weight Loss Marathon was a great experience for everyone involved. It gave the members extra incentive to lose weight because it was for such a good cause and it was also beneficial for my members to have access to up-to-date information about breast cancer issues," said Tony Mauro, owner Curves of Lindenhurst and Deer Park.

Curves members were able to raise over \$30,000 for Breast Cancer Help as a result of their weight loss efforts. Breast Cancer Help plans to use that money to further its mission to provide Long Islanders with increased awareness and access to the best possible medical care and diagnosis available. That includes the development of specialized programs at its Long Island Cancer Help and Wellness Center in Lindenhurst as well as making monthly lease payments for a digital mammography unit at Stony Brook University Hospital.

"We were thrilled to work with Curves and bring together so many women in the fight against breast cancer. We are grateful to Curves and to all of the members who worked so hard to lose weight and support our organization," said Lorraine Pace, Co-President of Breast Cancer Help, Inc.

Each of the 44 participating Curves locations were recognized and thanked individually for their participation in the event. In addition, the woman who lost the most weight and inches and the woman who raised the most money from each Curves location received recognition and a certificate of appreciation at the closing ceremony. Curves of Lynbrook raised the most funds with \$3,311.00.

## Participating Curves Locations

|                        |               |                    |
|------------------------|---------------|--------------------|
| Middle Village         | North Babylon | Huntington         |
| Mastic/Moriches        | Centereach    | Holbrook           |
| Manorville             | Selden        | Hampton Bays       |
| Miller Place           | Bayside       | Islip Terrace      |
| Middle Island          | Jamaica       | Lindenhurst        |
| Patchogue              | Riverhead     | Deer Park          |
| Medford                | Brentwood     | Lynbrook           |
| Ronkonkoma             | West Islip    | Levittown          |
| Port Jefferson Station | Bay Shore     | Southold/Mattituck |
| Syosset                | Carle Place   | Wading River       |
| Williston Park         | Oyster Bay    | Kew Gardens        |
| Wheatley Heights       | Elmont        | Bellmore           |
| Brookhaven             | Floral Park   |                    |
| Glen Cove              | Glen Oaks     |                    |
| Whitestone             | Greenlawn     |                    |
| Melville               | Northport     |                    |



## Sons of Italy Donates Funds to Support Breast Cancer Help's Programs in the Fight Against Breast Cancer

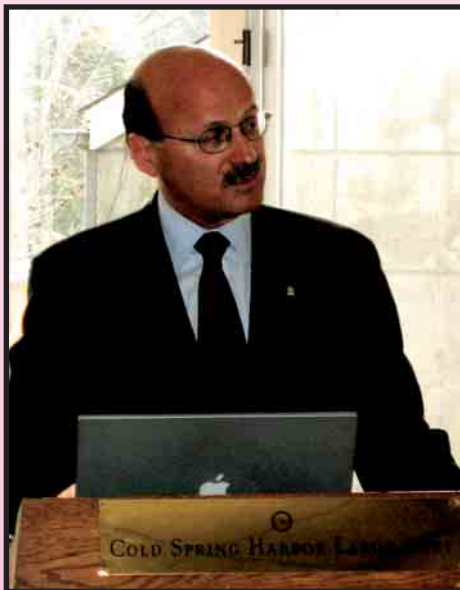


Top Left Photo: Pictured (left to right) are Lynda Distler, Executive Director, Breast Cancer Help, Inc.; John Pace, General Counsel, Breast Cancer Help; Lorraine Pace, Co-President of Breast Cancer Help; Micki Cangemi, Breast Cancer Committee Chairperson, NYS Grand Lodge Sons of Italy; Charlie Gandolfo, Sons of Italy; Janet Rodgers, Sons of Italy; Sue Ellen Farina, Sons of Italy; Louise Corsello, Sons of Italy; Michelle Ment, Sons of Italy. Sons of Italy's \$10,000 donation to Breast Cancer Help will be used to help fund their efforts to find the causes of and a cure for breast cancer, including the purchase of advanced cancer research equipment and cutting edge breast cancer detection technology.

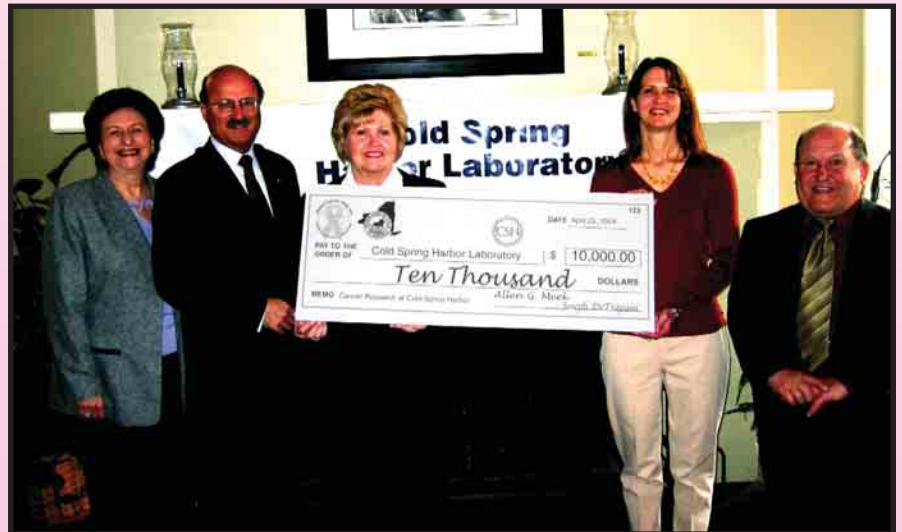


Top Right Photo: Pictured (left to right) are Lorraine Pace, Co-President of Breast Cancer Help; Micki Cangemi, Breast Cancer Committee Chairperson, NYS Grand Lodge Sons of Italy; and Janet Rodgers, Sons of Italy. Pace is seen thanking Cangemi and Rodgers for their support of Breast Cancer Help.

## Sons of Italy and Breast Cancer Help Donate \$10,000 to Support Research at Cold Spring Harbor Laboratory



Pictured is Joseph DiTripani, President of NYS Grand Lodge Order Sons of Italy, speaking at Cold Spring Harbor about the importance of supporting cancer research at Cold Spring Harbor Laboratory



Pictured (left to right) are Micki Cangemi, Breast Cancer Committee Chairperson, New York State Grand Lodge Order Sons of Italy; Joseph DiTripani, President, NYS Grand Lodge Order Sons of Italy; Lorraine Pace, Co-President, Breast Cancer Help, Inc.; Holly Cline, Director of Research, Cold Spring Harbor Laboratory; and John Pace, General Counsel, Breast Cancer Help. Cangemi and DiTripani are seen with Pace, presenting a check in the amount of \$10,000 to Cline for the purchase of a confocal laser scanning microscope. The device will allow Cold Spring Harbor researchers to view cells in 3-D which will aid in understanding the early stages of breast cancer and could ultimately help to explain its causes.



## 2003 OLPH LIFE TEEN Walk Raises Funds for Breast Cancer Help



Pictured (left-right) are Babylon Town Councilman Lindsay Patrick Henry, Lorraine Pace, Co-President of Breast Cancer Help, Inc.; Babylon Town Supervisor Steve Bellone; Marian McGrory, Vice President, Breast Cancer Help; and Babylon Town Councilman Wayne Horsley. The officials were on hand to support LIFE TEEN's annual breast cancer walk which has raised over \$40,000 since its inception to support Breast Cancer Help's programs in the fight against breast cancer.

## OLPH LIFE TEEN Walk Set for September 19th

Breast Cancer Help and Our Lady of Perpetual Help LIFE TEEN will hold their Sixth Annual Walk Against Breast Cancer in Lindenhurst on Sunday, September 19th from 1:00 to 5:00 p.m. The three mile walk will take place in memory of Marian McGrory's daughter, Maureen who was a Lindenhurst resident. The proceeds from the event will benefit Breast Cancer Help, Inc. and its programs in the fight against breast cancer, including those provided by the Long Island Cancer Help and Wellness Center located in Lindenhurst. Tickets are \$20 each.

Each Fall, Our Lady of Perpetual Help LIFE TEEN, Breast Cancer Help and the Village of Lindenhurst host a Walk in the memory of Marian McGrory's daughter Maureen. The walk was initiated six years ago by Father Rich Kammerer, LIFE TEEN, and Maureen. Since the Walk's inception, over \$40,000 has been raised for LIFE TEEN and Breast Cancer Help. The Walk will begin at the playground area of Our Lady of Perpetual Help and end at Babylon Town Hall followed by a reception and awards ceremony held for all participants. Music will be presented by Jimmy B Music and refreshments will be provided by Applebees and Snapple. This marks the first year that the Town of Babylon will be helping to host the event.

Breast Cancer Help will use the funds from this year's walk to create specialized programs for cancer patients and survivors at their Long Island Cancer Help and Wellness Center, located in Lindenhurst, established in memory of Marian McGrory's daughter Maureen..

Breast Cancer Help's Executive Director Lynda Distler, former Mayor of the Village of Lindenhurst, said, "Like many on Long Island, our community has been deeply affected through the loss of many of its citizens young and old at the hands of breast cancer and other cancers. This annual walk is a great way for the community to get involved in the fight against breast cancer. Events like these help fund the purchase of advanced medical equipment and research that could one day lead to a

**JOIN BREAST CANCER HELP, INC.**  
FOR OUR  
**6<sup>th</sup> Annual Walk Against  
Breast Cancer**  
Founding Sponsor

**OLPH**

**LIFE TEEN**

|   |  |
|---|--|
| <b>Benefactors</b>  |  |
| <p>Applebee's of Lindenhurst<br/>Snapple<br/>OJ MedTech<br/>Chateau La Mer</p>                | <p>United Parcel Service<br/>All Town Collision<br/>Town of Babylon<br/>Village of Lindenhurst</p> |
| <b>Advocates</b>  |  |
| <p>North Fork Bank</p>  | <p>Jimmy B Music Entertainment</p>   |
| <b>Leaders</b>  |  |
| <p>Ridgewood Savings Bank<br/>Prudential Real Estate-<br/>Joanni Boettcher<br/>World Tile</p> | <p>World Carpet<br/>Dolan Rental<br/>Surfside Marina<br/>South Bay Diner</p>                       |
| <p>Lindenhurst Medical Lab<br/>Lindenhurst Carwash<br/>Chase Morgan Bank<br/>Quizno's Sub</p> |  |

**In Memory of Marian McGrory's Daughter, Maureen**

Sunday, September 19, 2004. 1:00-5:00 p.m.  
Registration - \$20.00  
Registration Begins at 1:00 p.m.  
3 Mile Walk Starts at Our Lady Of Perpetual Help Playground And Ends at  
Babylon Town Hall

For More Information Call:  
**LONG ISLAND CANCER HELP AND WELLNESS CENTER**  
**631.226.1772**  
[www.breastcancerhelpinc.org](http://www.breastcancerhelpinc.org)

Breast Cancer Help, Inc. is a Section 501c(3) non-profit organization

cure for cancer."

"My daughter would be proud to know that she is remembered in this way. I thank the community for its on-going support. As a cancer survivor myself, I know how devastating this disease is, and that is why we need to make every effort possible to find a cure," said Marian McGrory, mother of Maureen.

To purchase tickets or for more information about the walk call (631) 226-1772

**October 2003**

**Breast Cancer Help in the News**

## **Central Business Systems Thanked for Support in Fight Against Breast Cancer**

Pictured (left – right) are Lorraine Pace, Co-President of Breast Cancer Help; Michael Chambers, President, Central Business Systems; and Sean Infante, Vice President, Central Business Systems. Pace is seen thanking Chambers and Infante for Central Business Systems' equipment donation to Breast Cancer Help's Long Island Cancer Help and Wellness Center located in Lindenhurst. For more information about Central Business Systems contact (631) 249-1990.



**October 2003**

## **Tweeds Raises over \$8,000 for Breast Cancer Help during 2003 Farm Picnic and Antique Car Rally**



Pictured (left-right) is Chef Peter Psyllos; Ed Tuccio, Co-Owner of Tweeds; Dee Muma, picnic organizer and Tweeds Co-Owner; Lorraine Pace, Co-President of Breast Cancer Help, Inc.; Sarah Manarel, Picnic Coordinator; and Chef Jeff Trujillo. Pace is seen thanking Tweeds for raising over \$8,000 to benefit Breast Cancer Help through its 2003 Farm Picnic and Antique Car Rally. Funds raised will be used to support Breast Cancer Help's programs in the fight against breast cancer. Tweeds is located at 17 East Main Street, Riverhead, NY.

**October 2003**

## **Lindenhurst Post Office Holds Breast Cancer Awareness Day**

Pictured (left-right) are Sandy Buttacy, North Fork Bank; Frank Garofalo, Lindenhurst Postmaster; Lynda Distler, Lindenhurst Village Mayor; Mary Terrusa, active member of Breast Cancer Help, Inc.; Wayne Horsley, Babylon Town Councilman; John Pace, Secretary / General Counsel of Breast Cancer Help, Inc.; Douglas Madlon, Lindenhurst Village Deputy Administrator; and Marian McGrory, Vice President of Breast Cancer Help, Inc.; and Kathryn Delprete, Supervisor of Customer Services, Lindenhurst Post Office. The Lindenhurst Post Office holds an annual Breast Cancer Awareness Day during which customers were provided with vital information for the early detection of Breast Cancer. Also, customers were able to purchase stamps, of which a portion is donated to breast cancer research.





**November 2003**

**Breast Cancer Help in the News**

## **Curves of Sayville Raises Funds for Breast Cancer Help**

Pictured are Curves of Sayville Owner Dawn Gomez and Lorraine Pace, Co-President of Breast Cancer Help, Inc. Curves of Sayville raised over \$1,400 from the sale of raffle prizes donated by local merchants and purchased by its members. The donation will be used to support Breast Cancer Help's programs in the fight against breast cancer.



**April 2004**

## **Stony Brook University Hospital Thanks Breast Cancer Help Breast Cancer Help Covers Half The Purchase of CADstream Breast MRI Reader**



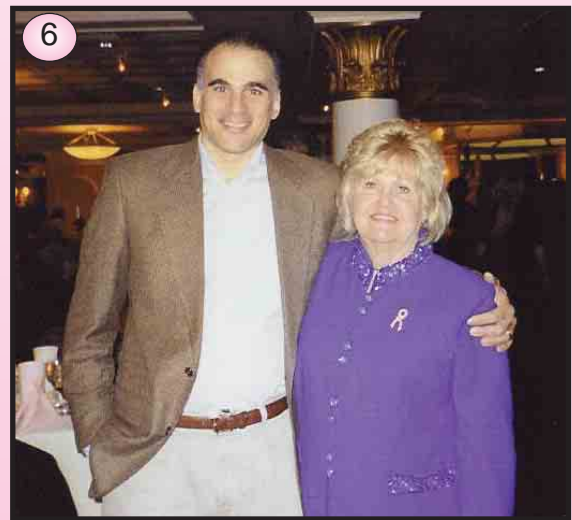
Pictured (left-right) are Lynda Distler, Executive Director, Breast Cancer Help, Inc.; Lorraine Pace, Co-President, Breast Cancer Help with Dr. Paul Fisher, Chief of Breast Imaging at Stony Brook University Hospital. Dr. Fisher is pictured thanking Distler and Pace for Breast Cancer Help's contribution to the purchase of the Confirma CADstream MRI Reader. Breast Cancer Help, Inc. donated \$19,800 towards the purchase with the remainder donated by the Walk For Beauty Committee. The reader is in use in the Long Island Cancer Center at Stony Brook University Hospital and is able to provide the most accurate real-time breast detection capabilities available.

## **Breast Cancer Help Thanks Grand Rental of West Babylon Clothing Drops Make it Easy to Join in the Fight Against Breast Cancer**

Pictured (left-right) are Kelly Langion, owner of Grand Rental with Lynda Distler, Executive Director of Breast Cancer Help, Inc. Distler is seen presenting a certificate of appreciation to Langion in front of a Breast Cancer Help Clothing Bin to thank her for her participation in the Breast Cancer Clothing Recycling Program. Grand Rental is located at 280A, Route 109 in West Babylon. Grand Rental is a rental company with over 40 years of experience in renting anything from trucks and power tools to party tents and balloons. With over 150 drop locations in every community throughout Long Island, Breast Cancer Help's clothing drop program makes it easy for everyone to join in the fight against breast cancer.



## 2003 Annual Gala







(1) John Pace, Lorraine Pace, Babylon Supervisor Steve Bellone, Marian McGrory, Dr. Allen Meek. (2) Lorraine Pace and Steve Bellone. (3) John Pace, Pamela Greene, Islip Town Councilwoman; Dr. Robert Peyster, Radiologist, Stony Brook University Hospital; and Lorraine Pace. (4) Madeline Ignaszewski and Alex Fezza. (5) New York State Assemblyman Steve Englebright, Lorraine Pace, Dr. Allen Meek, Dr. John Kovach, Stony Brook University Hospital. (6) B-103's Keith Allen with Lorraine Pace. (7) Mr. and Mrs. Frank Garofalo, Lorraine Pace, Sandy and Randy Buttacy. (8) Don and Judy Scarcella with their son Christopher. (9) Francine Berger, Dr. Allen Meek, Lillian Morales, and Dr. Robert Berger (10) Dr. John Kovach, Dr. Allen Meek, Lillian Morales and Father Thomas Arnao (11) Mary Terusa, active member of Breast Cancer Help. (12) Richard Cirincione presents Adriane Toscano Ballard the First Annual Harry Ballard Humanitarian Award posthumously in honor of her husband. (13) Dr. Paul Fisher of Stony Brook University Hospital discusses the importance of digital mammography unit and CADStream MRI Reader to early diagnosis. (14) Richard Cirincione and Donna Cirincione, Chairs of the Annual Gala. (15) Dr. Magdy Shady and Heather Shady. (16) John Pace, Richard Cirincione, Lorraine Pace, Father Thomas Arnao (17) Judy Scarcella and Marian McGrory. (18) Father Thomas Arnao in front of a banner thanking James O'Donnell, Gold Sponsor of the 2003 Gala.

**July 2004**

**Breast Cancer Help in the News**

## **Pace and Distler Appointed to the Suffolk County Cancer Awareness Task Force**

Pictured are advocates from throughout Long Island, including Lorraine Pace, Co-President of Breast Cancer Help, Inc. and Lynda Distler, Executive Director of Breast Cancer Help to the right of Suffolk County Executive Steve Levy at a press conference announcing the formation of the Suffolk County Cancer Awareness Task Force. The task force had its initial kickoff meeting on Thursday July 22, 2004. The task force will be charged with the responsibility of collaborating with the Department of Health Services and the Director of Environmental Affairs to develop and implement strategies to raise awareness about early detection and precautionary methods that can be taken to reduce cancer risks. Other issues that will be explored include environmental links to cancers, access to care and addressing the needs of diverse communities and special populations.



## **World Tile & Carpet Kicks Off Fundraiser to Raise Funds for Breast Cancer Help**

Pictured (left-right) in front of World Tile & Carpet in Copiague are Manager Robert Rose; Co-Owner Michael Desousa; Marian McGrory, Vice President of Breast Cancer Help, Inc.; and Lynda Distler, Executive Director of Breast Cancer Help. As part of its program to raise funds, World Tile & Carpet has agreed to donate fifty cents from each yard of carpet sold during the months of August, September, and October in its three World Tile & Carpet stores, located in Copiague, Riverhead, and Smithtown. For more information about World Tile & Carpet call (631) 208-8488.



## **A Day of Fun and Bowling In Memory of Joan King Raises Funds for Breast Cancer Help**



Pictured (left ) is Ray Cavagnaro, Co-Owner of Farmingdale Lanes; Stephen King (center) along with members of the King Family. On July 24th, Farmingdale Lanes sponsored The Joan King Day of Bowling in memory of Joan King to raise funds for Breast Cancer Help, Inc. Joan King was 52 years old when she passed away after fighting breast cancer for three years. She was a resident and worked in the public schools of Deer Park for over 15 years. Chris Oleaga, with the help and sponsorship of Ray Cavagnaro and John Laspina, Co-Owners of the Farmingdale Lanes, organized the fundraiser.



## Breast Cancer Help Holds Summer Meeting on Fire Island

Pictured below left (left-right) are Janet Rodgers, Babylon Town Councilman Wayne Horsley, Lorraine Pace, John Pace, Joe Lagano of Captree Deli located in West Islip, and Lynda Distler. Below right, Lagano is seen with Jeannine Corsini, also of Captree Deli, at the barbecue. Despite inclement weather all morning, Breast Cancer Help's Annual Summer meeting held on Fire Island was a great success.



-Continued from Page 1

### Integrative Care

progress, and achievement. Utilizing interventions that seek to enhance the body's own abilities to heal itself and that allow patients to achieve a sense of control has a positive effect.

These complimentary modalities include holistic and psychosocial support services such as yoga, massage therapy, support groups, aromatherapy, sound therapy and nutritional protocols that seek to detoxify the body and lessen the impact of the environmental assault plaguing all of us. They are seen as a means to release tension, foster the ability to de-stress, and allow the individual to find an inner balance - a harmony - improving the quality of life and having an effect on the outcome of treatment.

Diagnosis of cancer and the consideration of impending treatment have a tremendous psychological impact producing emotions including anguish, fear, uncertainty, sadness and vulnerability. Stress results, depressing every aspect of the immune system, in turn working against treatment and undermining its effect. Stress is a fact of life in our society, especially to those battling cancer. The toll stress takes is extremely detrimental to treatment and recovery. Integrative modalities that meet the psychosocial needs of patients and survivors and alleviate the impact of stress are vital and necessary. Furthermore, changing perspective, creating optimism and peace

of mind and fostering a positive outlook and a "can-do" spirit is a far more optimal environment in which to dwell, especially while undergoing treatment.

For example, art as a form of expression has been seen as a therapeutic experience, producing a sense of accomplishment. Stress can be reduced when a sense of control develops as progress and advancement is achieved. Art students are encouraged, through artistic self expression to seek personal satisfaction through growth, one step at a time. Art provides a positive way of demonstrating their ability to overcome and move forward. The atmosphere is conducive to individual achievement, but as participants work among and along side other patients and survivors, a sense of camaraderie is fostered, combating feelings of loneliness and isolation.

Another example that demonstrates the advantages of incorporating integrative modalities into an overall protocol of treatment is yoga. Low impact yoga and stretching exercises release tension. Yoga "de-stresses" participants in a warm, supportive and nurturing environment and eases pain. Feelings of fatigue and instances of insomnia are reduced and feelings of well-being are increased. Sessions usually incorporate music, aroma therapy and imagery to create an environment of relaxation. The utilization of gentle moving and breathing techniques allows participants to achieve a sense of control over their bodies.

Massage therapy can play an important role in both maintaining general wellness and in assisting individuals who are undergoing treatment for various diseases by encouraging relaxation and reducing stress and chronic pain. The body's own energy system can be strengthened utilizing certain massage modalities thereby enhancing the body's ability to heal.

Busy oncology offices and regional hospitals are often over burdened and find it difficult to take on the role of providing integrative oncology services or they do not necessarily have the ability to meet the needs of all those requiring services. Even a perfunctory and rudimentary needs assessment would demonstrate a great need among the population to have a grass-roots facility to provide services close to home, targeted to meet the specific needs of all patients and survivors and one that would augment and enhance the services offered by regional hospitals. Here is where the role of facilities like the Long Island Cancer Help Wellness Center can be fundamental. One distinctive aspect of the center's mission focuses on the vital roles support and integrative and psychosocial modalities play as a patient journeys through treatment and recovery. Our support programs are designed to meet the needs of all cancer patients and survivors and place an emphasis on the individuals overall well being. The comprehensive programs being made available at the center incorporate alternative and integrative modalities

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## Chase Bank Employees Raise Funds for Breast Cancer Help



Pictured is the West Islip High School Vocal Motion with (left – right) Lorraine Pace, Co-President, Breast Cancer Help, Inc. with event organizers Beth Tornabene; Rose Shaughnessy; and Trisha Knight. The West Islip Vocal Motion kicked the night off with over 30 minutes of lively song and dance.

Pictured (left – right) are Wendy Murphy; Dr. Allen Meek, Chairman, Breast Cancer Help, Inc.; and Beth Tornabene. Dr. Meek is seen presenting Murphy and Tornabene with plaques in appreciation for their hard work in planning a second annual Fundraiser to benefit Breast Cancer Help. Murphy and Tornabene, along with Rose Shaughnessy and Trisha Knight planned the fundraiser with the goal to surpass the \$4,500 raised in 2003. The event took place on May 3rd at John Anthony's On The Water in Babylon.



## Ladies Workout Express Raises Funds for Breast Cancer Help



Pictured left (left-right) are owners and managers of local Ladies Workout Express locations with (top-center) Lorraine Pace, Co-President, Breast Cancer Help, Lynda Distler, Executive Director, Breast Cancer Help; and Adriane Toscano Ballard, Fundraising Coordinator, Breast Cancer Help. They are seen kicking off the campaign to raise funds for Breast Cancer Help. From May 1st through May 31st, twenty-two Ladies Workout Express locations throughout Long Island donated \$10 to Breast Cancer Help, Inc. for each new member who



joined. Through the program, \$4,840 was raised to benefit Breast Cancer Help, Inc. and its programs in the fight against breast cancer.

Pictured Right (left to right) is Shelly O'Leary of Massapequa Park, Anna Colasante of Rockville Center, Arline Lask of Massapequa Park, Vita Zorbo of West Hempstead, Michele Loft of Huntington Station, Lia Zumbrunn of North Babylon, Lynda Distler, Executive Director, Breast Cancer Help.



## Activist Update: The History of the Breast Cancer Mapping Project

- by Lorraine Pace, Co-Founder and Co-President of Breast Cancer Help, Inc.

When I was diagnosed with breast cancer in 1992, I found out that 20 other women in my community were also diagnosed with breast cancer. I was determined to find out if I was living in a high incidence area, so I contacted the Suffolk County Department of Health. After repeated calls to the Health Department, they informed me that at that time Port Jefferson was a higher risk area than West Islip. However, at that time cancer information reported from New York hospitals and submitted to the Department of Health in Albany was done by post cards that sat in boxes for approximately 5 years before being documented.

It was for this reason that I began the West Islip Breast Cancer Mapping Project in 1992 that pinpointed breast cancer clusters. This original mapping project, which spearheaded the breast cancer environmental movement, has now spread to other parts of New York, the U.S. and abroad. These mapping projects also helped prompt the Long Island Breast Cancer Study Project, a five year study, funded and coordinated by the National Cancer Institute.

The first 50 years of my life were filled with family, a career in real estate, and a return to college where I earned a bachelor and masters degrees. I am a mother of 3, but nothing in those years prepared me for my 50th year in 1992- the year that I discovered that the lump I had been feeling in my left breast for many years was what I had feared all along- it was cancer and had spread to my lymph nodes.

That is when I became an activist. I never smoked in my life and I am only an occasional social drinker. I was not on hormone replacement therapy and was on birth control pills for only 2 months. I had all my children before the age of 30. I was in excellent health, had good eating habits, and exercised regularly. Neither one of my grandmothers or my mother had breast cancer. I did everything that I was supposed to do for early detection, includ-

ing having regular mammograms since my early 30's. I knew there had to be another reason why I developed breast cancer.

Like many women, I was shocked and angry that I was diagnosed. It was my priest and friend Father Thomas Arnao who encouraged me and motivated me to turn this anger into action. It was his hope that something positive could come from my diagnosis.

After I was diagnosed with breast cancer, it struck me that 20 other women I knew had also been diagnosed. After a great deal of thought, the one thing I could see that we had in common was that most of us lived on dead-end streets. I started to think about what this could mean.

Our community has lovely-fresh air and water views. The only thing that was odd about this environment was that occasionally my tap water was rusty. I began to wonder if possibly, the metals that made the water rusty could have anything to do with the breast cancer rate in my neighborhood and the rest of Long Island. I read that the Center for Disease Control was to come to Long Island. I testified before them in 1992, less than two months after being diagnosed with breast cancer. I showed my rusty water and asked them if there was any connection.

Once I began to suspect the culprit might be the water, I looked around at other communities and at other environmental factors that could be involved. I found that New York City has a much lower rate of breast cancer than Long Island. Yet they are so close to us—just a few miles. I had to wonder was it because they get their water from upstate reservoirs? Or that they don't have lawns that they obsessively fertilize—dumping every kind of chemical into the underground aquifer that is our sole source of water? Or, is it because their wires are buried underground instead of overhead like they are in parts of the suburbs?

When there appeared to be no answers to my questions, I asked my

oncologist, Dr. Michael Feinstein, to help me prove a theory I had about dead-end water mains. My concern was that if you lived on a dead-end street, the water did not circulate as well as if you lived in the middle of the block and you were exposed to more contaminants. He offered his help to see if this theory could be proved. On his days off we met with former Suffolk County Health Commissioner Dr. Mary Hibberd and the head of the Suffolk County Water Authority, Michael LoGrande to develop a survey. Through our contacts with Good Samaritan Hospital, I was able to contact Lou Grasso, editor of Suffolk Life Newspapers and Dave Wilmott, publisher of Suffolk Life. They in turn printed the survey on the front page of their West Islip edition which is how the breast cancer mapping project got started.

My radiation oncologist, Dr. Allen G. Meek encouraged me to pursue the mapping project. With the help of Maria Diorio and many other volunteers from the neighborhood, we put the responses from the survey on to a map. This was done from my dining room table every day for 18 months. We received a 69% response from the community, and that was due to efforts by friends, neighbors and volunteers. The map showed clusters of breast cancer with definite patterns of concentration in certain areas. This was the first breast cancer related geographic information system ever completed. NJ Burkett of Channel 7 Eyewitness News did a series on breast cancer mapping and was awarded a FOLIO Award for his coverage. Suffolk Life Newspaper also received a FOLIO Award for their newspaper coverage.

In 1992, as we started the West Islip Breast Cancer Coalition, we received calls from women in Huntington, Great Neck, Garden City, Manhasset, Babylon, Southampton, Brentwood, Islip and Brookhaven asking for assistance on how to do mapping in their towns. New York State Senators

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# Breast Cancer Help, Inc. Accomplishments



- Originated the ever-expanding breast cancer mapping project in 1992. This original mapping project spearheaded the breast cancer environmental movement.

- Helped more than 25 breast cancer coalitions form and map locally, nationally and abroad, including two minority coalitions at Sisters for Sisters with Beth El AME Church in Copiague and another in Coram. These included the Marin County Breast Cancer Watch in 1995 with Chris Mason, Francine Levien and Dr. Roger Grimson.



Former U.S. Senator Alfonse D'Amato with Lorraine Pace at the dedication of Alfonse D'Amato Federal Courthouse. Pace's brother-in-law, Anthony Pace, a former Islip Town Republican Committee Chairman, was an early supporter of D'Amato's 1980 Senate campaign.

- The mapping project also led to the first rally in Suffolk on the steps of the H. Lee Dennison Building in 1993. This resulted in the formation of Suffolk County Breast Health Partnership, of which Lorraine Pace is a charter member.

- Through the West Islip Breast Cancer Coalition, Initiated a breast cancer centers at Good Samaritan Hospital and another at Stony Brook University Hospital through Breast Cancer Help, Inc.

- Initiated the Walk for Beauty in a Beautiful Place held annually in Stony Brook, resulting in the Unique Boutique.

- Initiated the move to establish the toll-free Cancer HELPLINE at Stony Brook University Hospital and Medical Center.

- Supporting the petition resulting in former President Clinton's full commitment to a National Action Plan to fight breast cancer and a \$250 million increase in federal funding for breast cancer research.

- Helped to change federal regulations to provide insurance coverage for stem-cell infusion therapy for federal employees.

- Supported passage of the NYS law that ends the practice of drive-through mastectomies by ensuring that HMOs and insurance companies offer hospital coverage to mastectomy patients until each patient and her

physician have determined they are ready for discharge. The law also mandates insurers to cover mastectomy patients choosing reconstructive surgery.

- Spearheaded the effort to create the Breast Cancer Awareness Stamp and supported the Breast Cancer Research Stamp, which donates funds to breast cancer research.

- Initiated the move to update and expand the NYS Breast Cancer Registry and to require, through the efforts of NYS Senator Kemp Hannon, hospital registrar certification for medical records to ensure the completeness and accuracy of the Breast Cancer Registry. These efforts helped the NYS Cancer Registry receive the top ranking gold certificate from the North American Association of Central Cancer Registries. For more information on the zip code registries go to [www.health.state.ny.us](http://www.health.state.ny.us).

- Lead the movement, along with then Breast Cancer Help Vice President, Diane Nannery, to create the "Give a Gift to Breast Cancer" check-off on the NYS income tax form, enabling taxpayers to make a contribution to the NYS Breast Cancer Research and Education Fund, and supporting the subsequent legislation, introduced by NYS Assemblyman Steve Englebright, authorizing the state to provide a dollar-for-dollar match for each contribution made to the Breast Cancer Research and Education Fund.

- Advocated the establishment of a toll-free hotline for the latest clinical trials for breast cancer and other life-threatening diseases.

- Testified at hearings on the environment and its link to breast cancer and petitioning the CDC to explore the breast cancer epidemic



Lorraine Pace is seen at Beth El AME Church helping to form Sisters for Sisters.

on Long Island and helping to launch the five-year Long Island Breast Cancer Study.

- Supported passage of the NYS Adoption law, introduced by NYS Assemblyman Robert Sweeney, allowing breast cancer patients to adopt children.

- Obtained \$80,000 in 1994 from NYS Assemblyman Paul Harenberg to improve

prostate and breast cancer care in the Dept. of Radiation Oncology at Stony Brook University Hospital.

- Initiated the NYS breast/testicular education law, introduced by NYS Senator Ken LaValle.

- Successfully supported DOD surplus funds for breast cancer research.

- Supported passage of the NYS Neighborhood Notification law that requires 48-hour notice to immediate neighbors before the spraying of any pesticide. Supporting the bill to create the NYS Pesticide Registry signed into law by Governor Pataki and supporting the Suffolk law that bans the use of pesticides on new golf courses.

- Helped form the Carol M. Baldwin Breast



NYS Governor Pataki signs bill providing matching funds for "Give a Gift to Breast Cancer" Income Tax Check-off program.

Cancer Research Fund with John Pace performing the legal work, pro bono. Initiated the naming of the Carol M. Baldwin Breast Care Center at Stony Brook.

- In 2001, contributed \$100,000 and procured an additional \$250,000 through the help of Suffolk County Executive Robert Gaffney and Legislator Cameron Alden to allow Stony Brook University Hospital to purchase the first two of three modules for the Novalis Radio Surgery system.

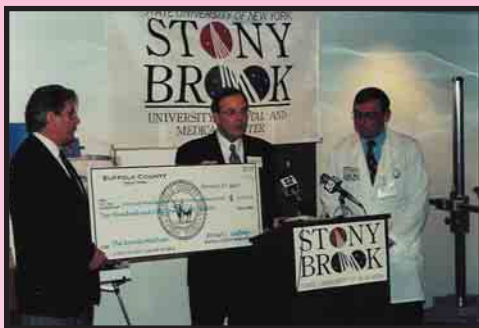
- Beginning in 2001, guaranteed a 63-month lease for the GE Digital Mammography System and began making lease payments exceeding \$7,000 per month.

- In March of 2003, opened the Long Island Cancer Help and Wellness Center in Memory of Marian McGrory's daughter Maureen in Lindenhurst to provide increased awareness and promote early detection, while providing cancer patients and survivors with support.

- Contributed half of the funds to purchase Confirma, Inc.'s new CADstream MRI reader for Stony Brook University Hospital. Procured \$5 million for the L.I. Cancer Center at Stony Brook Through former U.S. Congressman Michael Forbes.



## Accomplishments -Continued from Page 16



Suffolk County Legislator Cameron Alden and County Executive Robert Gaffney present Dr. Allen Meek, Chairman of Breast Cancer Help, Inc. a check in the amount of \$ 250,000 towards the purchase of the second of three modules for the Novalis Radiosurgery system.

- Successfully obtained \$1 million with the assistance of former U.S. Congressman Felix Grucci for the Long Island Cancer Database Project at Stony Brook University Hospital.

- Supporting legislation signed into law in 2003 by Governor Pataki requiring clinical breast exams by a physician when a mammography is performed.

- In 2003, introduced Doctor Jack Kovach to Babylon Town Supervisor Steve Bellone, Babylon Town Councilman Wayne Horsley, and Connie Davis, Human Rights, Town of Babylon, which launched the start of the WITNESS Project through Beth El AME Church to provide early detection and support to African American women with breast cancer. Supported the first WITNESS Walk held on May 1, 2004.



Pictured (left - right) are NYS Senator Dean Skelos; NYS Assemblyman Harvey Weisenberg; Lorraine Pace; NYS Assemblyman Robert Sweeney; NYS Senator Owen Johnson; Governor Pataki; and Geri Barish of 1 in 9. Pataki is seen handing Pace a pen used to sign legislation requiring that physicians perform a breast examination when a woman receives a mammography.

## Activist Update -Continued from Page 15

Owen Johnson and Caesar Trunzo gave a grant to the West Islip Breast Cancer Coalition to study the map, and Dr. Roger Grimson a biostatistician of Stony Brook University did the scientific analysis.

We could not have accomplished all of this without the help and support of my community, especially my neighbors in West Islip. Without Good Samaritan Hospital lending their name to the project, we couldn't have received such an enormous response to the surveys. I also thank my family

for their help and support including my husband for forming the 501(c)3 pro bono, my daughter Lisa, who worked hard helping to stuff eight thousand surveys into envelopes, and my daughter-in-law, Donna, who took her time to answer all of the calls from the survey while she was at work in my son John's real estate office.

After leaving the West Islip Breast Cancer Coalition in 1993 I started Breast Cancer Help, Inc. in 1994. I am currently co-president of this organization which I formed to help find the

cause(s) of and a cure for breast cancer. Breast Cancer Help is a not-for-profit grass roots organization with a focus on action and advocacy to eradicate breast cancer. In 1994, we were the only breast cancer organization to have a Catholic Priest, Father Thomas Arnao, as our Co-President. We also had men on our Board, serving as Chairman, Treasurer, Secretary and General Counsel.

*This article is an un-edited version of an article written by Lorraine Pace appearing in the Spring 2004 edition of the Ribbon, Newsletter of the Cornell University Program on Breast Cancer and Environmental Risk Factors.*

## Breast Cancer Help Clothing Bins Drop

Funds from Clothing Recycling Program Make it Possible for Breast Cancer Help to Pay for Digital Mammography and Advanced Breast Imaging Systems

With over 150 drop off locations in communities throughout Long Island, Breast Cancer Help's clothing recycling program makes it easy for everyone to join in the fight against breast cancer, while helping to preserve the environment. Local residents are asked to drop off their used or unwanted clothing at drop off locations. Proceeds from the sale of the clothing benefit Breast Cancer Help and its efforts in the fight against breast cancer, including its commitment to contribute in excess of \$450,000 over five years in monthly lease payments for the digital mam-

mography system and its purchase of an advanced breast imaging system for Stony Brook University Hospital.



## Breast Cancer Help Coupon Books



On sale now for \$5.00 at the Wellness Center. Call (631) 226-1772.

Since 1999, Breast Cancer Help, Inc. has worked with Community Discount Coupons and its President Joe Romeo to provide residents of Long Island with an opportunity to raise funds for Breast Cancer Help and receive outstanding discounts and savings opportunities from local merchants and businesses within the community. To purchase coupon books, call the Wellness Center at (631) 226-1772. For more information about this program call (516) 810-6865.

**For information about the drop off location nearest you, call 631-580-7092 or visit [www.breastcancerhelpinc.org](http://www.breastcancerhelpinc.org)**

# Early Detection of Ovarian Cancer: A Reality

- by Doris Weisman, N.P., M.S., Stony Brook University Hospital

In Counsel with Dr. Eva Chalas, FACOG, FACS, Coord. Clinical Cancer Services

The American Cancer Society estimates that in 2004, there will be 25,580 new cases of ovarian cancer in women, and that 16,090 will die (2004 Cancer Facts and Figures). More than 80% of the patients with ovarian cancer are diagnosed in very advanced stages and only 25% will survive 5 years or more. Ovarian cancer is the 5th leading cause of cancer deaths in U.S. women. However, when ovarian cancer is diagnosed at an early stage, more than 90% are expected to enjoy long-term survival.

Women have annual mammograms to detect breast cancer, Pap smears to detect cervical cancer, and now scientists believe that in the very near future, we may have a blood test to detect ovarian cancer.

The test is a simple blood drawing from a patient with results in under an hour. The serum is tubed and placed into a Mass Spectrometer where the proteins are prepared for pattern reading. The pattern reading is done by a mathematical algorithm called Proteome Quest; the software was developed by Correlogic Systems. This computer based test is an achievement in the evolving field of Proteomics, the study of the expression of proteins and their relationship to the development of diseases. The test was developed by collaborating scientists at the National Cancer Institute, the Food and Drug Administration, and Correlogic Systems (CS) of Maryland. Peter J. Levine, President of CS, states "The concept is that patterns of protein expressions rather than individual proteins can be diagnostic at the earliest and most treatable stages."

Research focused on ovarian cancer

because it is so difficult to detect in early stages. Blood samples from women with ovarian cancer were compared with samples from women without ovarian cancer. The newly created computer program, Proteome Quest, searched for patterns of protein distinguishing the two types of samples. Researchers were able to identify 5 proteins (out of a set of 15,200) that expressed at high levels in the cancer samples but not in the non-cancer samples. Further testing of additional samples correctly identified all cancer samples and 63 of 66 non-cancer samples (Lancet 2002).

For the test to be placed in practical use, it must have a very low false positive rate. Studies are ongoing to validate the test and determine its accuracy. If these studies confirm high level specificity, this simple, non-invasive and patient-friendly test could become a very powerful tool to diagnose this deadly disease early, when chances of successful outcome are much better.

In contrast, the currently used test of a protein level, the CA-125, is used to monitor women diagnosed with ovarian cancer to evaluate treatment effectiveness. The CA-125 test cannot be used as a screening test for ovarian cancer because the protein can be associated with other inflammatory conditions not specific for ovarian cancer.

In the meantime, Rep. Steve Israel (D-NY), and Rep. Rose DeLauro (Conn.) who is an ovarian cancer survivor, have introduced the Ovarian Cancer Screening Bill (#3485) which was approved in July 2002 in the House. The Resolution directs the Secretary of Health and Human Services to support

further research of Proteome Quest and to submit to Congress a research report. It is hoped that if the report shows positive results, then federal health care programs - Medicare and Medicaid, and other health plans - would cover the procedure similar to the Pap Smear coverage.

Quest Diagnostics and LabCorp Laboratories have signed licensing agreements to commercialize this test, which is called Ovachek.

Once protein patterns for other diseases are identified, CS hopes we will be able to diagnose many other types of disease with a test of one's blood samples, such as breast, prostate, and pancreatic cancers.

Dr. Emanuel F. Petricion, Co-Director of the NCI Clinical Proteomics program (NCI-FDA) and with Ohio State University physicist Mauro Ferrari are developing a Star Trek-like technology, crafting 'nanoparticles' that would bind to telltale proteins in the blood. The probes would then be collected, perhaps using a magnet on the patient. "We've just started the odyssey," says Dr. Petricoin, "I really think it's going to be quite astonishing what we can do."

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## Warning Signs of Ovarian Cancer

- Abdominal pressure or discomfort
- Nausea or indigestion
- Constipation or diarrhea
- Abnormal bleeding
- Unusual fatigue
- Unusual increase in size of abdomen

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-Continued from Page 13

## Integrative Care

that will allow individuals to be kind to themselves, focusing on all aspects of health and wellness, especially the inner self.

Believing that no patient, regardless of economic means, cultural inhibitions, or language barriers, should be denied access not only to cutting edge

diagnosis and treatment, but also have the opportunity to explore and incorporate integrative modalities and other resources into their treatment protocols, our center seeks to provide a safe, supportive and inviting haven conducive to creating peace of mind and a positive outlook for the patient,

survivor and their families. It is therefore our mission to see that all Long Islanders benefit from the best medical care available and that the inclusion of complimentary and integrative modalities into an overall treatment protocol becomes reality and no one travels the road from diagnosis to recovery alone.



## CALENDAR OF EVENTS

**Thursday, September 9, 2004**

### Breast Cancer Help Gala

This annual event, Breast Cancer Help's major fund-raiser of the year, will be held on Thursday, September 9th beginning at 6:30 p.m. at the Watermill in Smithtown.

For Tickets, call  
(631) 444-1167.

**Saturday, September 18, 2004**

### Prostate Cancer Awareness Day at Country Fair Park

Country Fair Entertainment Park is teaming up with Breast Cancer Help to hold this first annual event on Saturday, September 18th from 12:00 - 5:00 p.m. Breast Cancer Help will be on hand to provide prostate cancer awareness information. 10% of proceeds from the day's sales will be donated to Breast Cancer Help.

**Sunday, September 19, 2004**

### Walk for Beauty

This 6K walk through beautiful Stony Brook benefits breast cancer research at Stony Brook University Hospital. The Walk will take place on Sunday, September 19th. Registration begins at 8:30 a.m. For more information call (631) 444-4000 or (631) 751-2244 or visit [www.stonybrookhospital.com](http://www.stonybrookhospital.com).

**Sunday, September 19, 2004**

### 6th Annual Our Lady of Perpetual Help LIFE TEEN Walk Against Breast Cancer

In Memory of Marian McGrory's daughter Maureen, this Walk will take place in Lindenhurst on Sunday, September 19th from 1:00 - 5:00 p.m.. The Walk starts at OLPH in Lindenhurst and concludes with a reception at Babylon Town Hall. \$20 donation benefits Breast Cancer Help, Inc. For more information, call (631) 956-0938.

**Sunday, October 3, 2004**

### Breast Cancer Awareness Day at the Long Island Game Farm

Join the Long Island Game Farm for Breast Cancer Awareness Day on Sunday, October 3, 2004 from 10:00 a.m. - 5:00 p.m. Breast Cancer Help will be on hand to provide breast cancer awareness information. \$2 from each adult and \$1 from each child's admission will be donated to Breast Cancer Help.

## ONGOING FUND-RAISERS

### Clothing Drops

(see page 17)

### Coupon Books

Enjoy the benefits of merchant discounts while joining in the fight against breast cancer. Call (631) 661-7223 for information.

## Breast Cancer Help Site Provides Valuable Information in Fight Against Breast Cancer

For the latest in news, information and valuable links related to breast cancer, go to Breast Cancer Help's web site at

**[www.breastcancerhelpinc.org](http://www.breastcancerhelpinc.org)**



## Breast Cancer Resources

Breast Cancer Help, Inc.  
(631) 661-7223

Long Island Cancer Help  
and Wellness Center  
(631) 226-1772  
[www.breastcancerhelpinc.org](http://www.breastcancerhelpinc.org)

### LONG ISLAND COMMUNITY

CANCER HELPLINE  
Stony Brook University Hospital  
and Medical Center  
(800) 862-2215  
[www.stonybrookhospital.com](http://www.stonybrookhospital.com)

New York State Breast Cancer Hotline Adelphi  
University  
(800) 877-8077  
[www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer)

Suffolk County Dept. of Health Services  
Division of Patient Care  
(631) 853-3013

Carol M. Baldwin Breast Care Center  
(631) 444-4550  
[www.stonybrookhospital.com/baldwin](http://www.stonybrookhospital.com/baldwin)

WITNESS Project of Long Island  
(631) 444-7789

### SPECIAL NEEDS BOUTIQUES

Jodee Post-Mastectomy  
Fashions Catalogue  
(800) 932-4115

Tender Loving Care Catalogue  
American Cancer Society  
(800) 850-9445  
[www.tlccatalogue.org](http://www.tlccatalogue.org)

Unique Boutique  
631-751-2244

### ORGANIZATIONS & RESOURCES

American Cancer Society  
(800) 227-2345  
[www.cancer.org](http://www.cancer.org)

National Cancer Institute Cancer Information  
Services  
(800) 4-CANCER  
(800-422-6237)  
[www.cancer.gov](http://www.cancer.gov)

Susan G. Komen Breast Cancer Foundation  
(800) 462-9273  
[www.komen.org](http://www.komen.org)

UCLA Breast Center  
(800) 825-2144  
8:00 a.m. - 4:00 p.m. pt  
[www.cancer.mednet.ucla.edu](http://www.cancer.mednet.ucla.edu)

Y-ME Hotline  
(800) 221-2141  
Spanish-(800) 986-9595  
[www.y-me.org](http://www.y-me.org)

Women's Health Partnership  
(American Cancer Society)  
(631) 436-5262

National Breast Cancer Coalition  
(202) 296-7477  
[www.natlbcc.org](http://www.natlbcc.org)

New York Cancer Mapping by Zip Code  
[www.health.state.ny.us](http://www.health.state.ny.us)

Breast Cancer News  
[www.breastcancer.net](http://www.breastcancer.net)

## How You Can Help

### Join Us Today!

Your Membership and support help bring us closer to understanding the possible causes of breast cancer and closer to seeing a Healthy Environment for a Living Planet. All members receive:

- Our Newsletter
- A coupon book worth hundreds of dollars in discounts for restaurants, shops, and services on Long Island.
- Information on opportunities to learn more and get more involved in projects regarding breast cancer and related environmental issues.



This newsletter is published by Breast Cancer Help, Inc. All correspondence should be sent to: 400 Montauk Highway, Suite 100 West Islip, New York 11795-4476 (631) 661-7223 (631) 661-6678-fax Web: [www.breastcancerhelpinc.org](http://www.breastcancerhelpinc.org) E-mail: [breastcancerinc@optonline.net](mailto:breastcancerinc@optonline.net)

This newsletter is dedicated to the memory of Breast Cancer Help members Maureen DePalma, Mary Fezza Carmen Imbo, Harry Ballard and Diane Nannery. It is also dedicated to the men and women of the United States Armed Forces, whose sacrifices on behalf of our country make it possible for us to work towards finding a cure for breast and other cancers.



Breast Cancer Help, Inc.  
400 Montauk Highway, Suite 100  
West Islip New York 11795-4476

☐ Yes, I want to join Breast Cancer Help, Inc. and increase my awareness about breast cancer and related environmental issues. Here is my (tax deductible) contribution.

☐ \$15 for Annual Membership

☐ Additional Donation \$10 \$20 \$ 50 \$100  
\$500 \$1000 Other \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Breast Cancer Help, Inc. is a non-profit 501c(3) corporation. Donations are tax deductible.

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#### Co-President

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