



The Question with No Answer

Often when a person is diagnosed with cancer, one of the first questions that comes to mind is, 'Why?' The answer to this question is confusing and vague. 60% of cancer deaths are caused by smoking, diet, obesity and physical inactivity, but that figure doesn't include all cancer cases, only deaths. A 30-year old statistic claims that only 6% of cancers are caused by environmental and occupational exposure, but many in the scientific community believe that statistic is out of date and highly inaccurate. "It's an erroneous exercise to try to assign each chemical or exposure a specific fraction of cancer", said Richard Clapp of Boston University's School of Public Health. Many in the scientific community believe precautionary practices should be adopted where there is uncertainty about the risk. That can be difficult when there are 132 known carcinogens listed by the CDC. It is likely that a variety of factors cause many cancers. The best thing we can do is remain conscious about our everyday decisions including smoking, drinking, diet, exercise and the environment around us, while we search for better answers, early detection methods and treatments. For a full list of internationally recognized carcinogens visit:

<http://monographs.iarc.fr/ENG/Classification/ClassificationsGroupOrder.pdf>

Get Ready - MAY 19TH! 2012 STAN WONG 5K FOR CANCER

Mark your calendars for Saturday **MAY 19, 2012!** We hope to see you with your walking/running shoes on ready to join in our fight against cancer.



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Healing Harmonies & Hors d'oeuvres SWF Hosts Musical Performances for Hope Lodge Guests

Music has been used for centuries to ease the woes of the ill. More recent research, into what is now called 'music therapy', validates the healing powers of music. According to the American Cancer Society, "there is some evidence that, when used with conventional treatment, music therapy can help to reduce pain and relieve chemotherapy-induced nausea and vomiting. It may also relieve stress and provide an overall sense of well-being. Some studies have found that music therapy can lower heart rate, blood pressure, and breathing rate." With this in mind, representatives of the Stan Wong Foundation along with some very generous and talented performers visited the Hope Lodge on February 19, 2012.

Jessica Tortorice, Joseph Tucker and Misaki Sekimoto are three talented young musicians who attend graduate school at the Aaron Copland School of Music. Together this violin, percussion and piano trio created music that soothed and brought peace to a room full of patients and their guests. One woman sat in a large chair near a

fireplace with a mask over her face. Cancer treatment often compromises the immune system so much that this precaution is necessary. In many cases, patients are simply bound within their homes by the dangers of common everyday germs found in abundance in the outside world. But the Hope Lodge offers a place where these patients can escape and share their experiences with others who have similar concerns. As Jessica's bow danced over the strings of her violin, Joseph's mallet struck the bars of his xylophone and Misaki's fingers tickled the keys of the piano, you could visibly see the posture of this woman relax. The power of the music was visible and tangible. Since this trio possesses many accolades, years of education with distinguished musicians, and practice performing with renowned orchestras and famous musical talents, it was no surprise they had this effect on everyone in the room. The musical gifts they presented to the guests, along with some delicious hors d'oeuvres served by SWF volunteers, provided a welcomed respite from the daily struggle of fighting cancer.

But this was not all that the SWF had to offer. Dylan Jenet Collins has an impressive resume, especially for a 14

year old. Her tremendous vocals have been heard on Broadway as young Nala in the Lion King, at Carnegie Hall, the Democratic National Convention and at President Obama's Neighborhood Inaugural Ball, to name a few. She will also be starring in an upcoming movie called "Family Court". Dylan sang several songs, including a touching tribute to one of her vocal heroes, Whitney Houston. More than one teary eye could be spotted during this tribute.

Together these great performers along with the SWF, the staff at the Hope Lodge and all those who support this amazing sanctuary, including all of you, offered guests an opportunity to relax and heal from the many stresses of cancer treatment. They expressed their gratitude fervently and repeatedly. We were thankful for the opportunity to share this experience with them as well, especially on a day that would have been Stan Wong's 72nd birthday.

As we journey together toward a cure, we hope to continue offering the support and assistance cancer patients need to keep fighting and surviving.

Uniting Against Lung Cancer

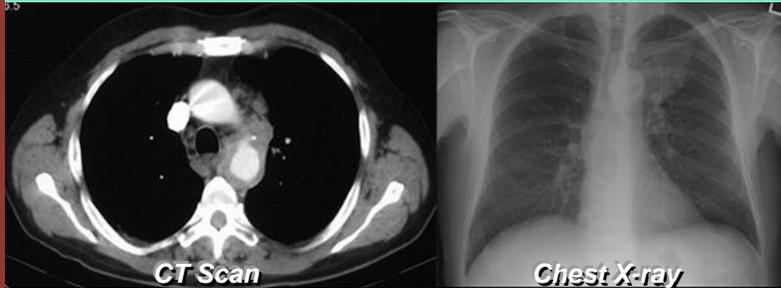
www.unitingagainstlungcancer.org

Formed in 2001, UALC was known as Joan's Legacy until 2009. The name changed to reflect its commitment to uniting all families and organizations dedicated to conquering lung cancer. Many smaller organizations and family events has helped to fund the \$8 million in lung cancer research grants it has awarded so far. The grants focus on lung cancer amongst non-smokers.

For the past 2 years, the Stan Wong Foundation has been a proud supporter of UALC. A portion of our proceeds helps fund their research grants. One such grant is funding research lead by Dr. Samir Hanash. The goal of Dr. Hanash's research is to be able to identify biomarkers, molecules or cells that you can measure, in lung cancer patients. This type of biomarker identification is similar to the abnormal cells that can be found in a PAP smear to indicate the development of cervical cancer. However, in the case of lung cancer the biomarkers could be found with a blood test. The hope is to develop early detection strategies and also new ways to monitor the growth of tumors. His team has already had some success. They've identified individual protein signatures for distinct types of lung cancer and discovered that the networks of proteins provided insight into the genes that drive tumor development. Eventually, this discovery may lead to a screening test for high-risk individuals, but may also lead to improved diagnosis methods, since the protein signatures are different for different types of lung cancer.

Important developments like these are only made possible through the support of ULAC, along with the Canary Foundation, who fund Dr. Hanash's research. 15% of the proceeds from the 2012 Stan Wong 5K for Cancer will support UALC research grants.

\$ Your Dollars at Work \$



A Variety of Advances Will Benefit Many

Although it may seem logical to think that a more precise scan of a body part would be better at detecting cancer, science and insurance companies require proof of that. This year a large study called the National Lung Screening Trial (NLST) announced that their data showed high-risk patients who had tri-annual CT scans showed a 20% decreased risk of death from lung cancer compared to those who had tri-annual chest x-rays. Although Medicare has not yet changed to cover these CT scans as a diagnosis tool in asymptomatic individuals, those changes are expected sometime during 2012. This has the potential to have a tremendous impact in the number of lung cancer patients who catch their cancer in the early stages.

The highest risk factor for breast cancer is age, especially after menopause. In the past women who were determined to be 'high-risk' according to a Breast Cancer Risk Assessment Tool called the Gail Model, had 2 choices, a preventative mastectomy or taking one of two FDA approved chemoprevention drugs, tamoxifen or raloxifen (aka: Evista). Since both of these drugs have a long and nasty list of side effects, most women have chosen not to take them even though they've been shown to reduced the risk of breast cancer by 50%. A new drug called exemestane (aka: Aromasin) was shown to reduce risk by 65% and does not have the severe side effects.

There are 2 new drugs for a hard to treat type of melanoma, skin cancer.

Last year, we reported on the impressive results of PLX-4032 (aka: Zelboraf) when used in melanoma patients with the BRAF gene mutation. That drug has now been approved by the FDA and another melanoma drug called ipilimumab (aka: Yervoy) is showing promising results in a large population of melanoma patients, not just those with the BRAF gene mutation. Ipilimumab is being study in combination with an older drug called dacarbazine. The median response using the combination was more than double when compared to the dacarbazine alone.

One final drug that represented a major advance in 2011 was the use of a high dose chemotherapy combination, busulphan with melphalan, to treat neuroblastoma, which usually afflicts children. This combination and dosage yielded a 16% increase in survival rate (49% survival) after 3 years, as compared

to the standard treatment of carboplatin, (33% survival). More research is needed, but "it's a very, very encouraging result" says clinical oncologist Dr. Nicholas Vogelzang.

There were several important drugs that were approved by the FDA in 2011. Crizotinib (aka: Xalkori), which we reported on last year, received approval in August for treatment of lung cancer with the ALK mutation. In June, abirateron acetate (aka: Zytiga) was approved for use in combination with prednisone for the treatment of prostate cancer.

Finally, there were several major advances in halting the recurrence of cancer. A 3 year treatment of Gleevac, following treatment for gastrointestinal stromal tumor(s), was found to be better than a 1 year treatment. For

"It's a very, very encouraging result."

breast cancer, expanding the radiation field around the breast tissue to include the lymph nodes after treatment was found to significantly reduce reoccurrence. Lastly, when treating ALL, Acute Lymphoblastic Leukemia, a large, consistent dose of methotrexate proved better than the standard regimen of gradually increasing doses.

These are just some of the advances that cancer research funding like ours has made possible in 2011.

Prevention Corner

Plant-Based Diets?

Recently, I read a fascinating book called "The China Study" which offered some startling information about the effect diet has on the activation of cancer cells in the body. The book's author, Dr. T. Colin Campbell is a respected physician who has performed years of research. According to Dr. Campbell, his studies reveal a strong correlation between diets high in certain types of animal proteins and the incidence of cancer. He advocates a plant-based diet for the prevention of many diseases including cancer. The book is not without its critics. They claim Dr. Campbell's conclusions are too broad. American Cancer Society nutritional guidelines do recommend a diet "with an emphasis on plant sources" which "limits processed and red meats." In any case, diet is extremely important in cancer prevention and treatment. Read up and educate yourself so you can make informed choices.



Top Fundraiser Jeff Pinkosh • 2nd Fundraiser Jacki Powers • Overall Winners Corey Zlatniski & Elisabeth Sorenson

Volunteer Spotlight

The mission of the Stan Wong Foundation could not be achieved without our volunteers. We'd like to give a special thanks to Lou Baer, who has been volunteering on our race day safety crew for several years. Lou volunteers because he is a lung cancer survivor and because he was friends with Stan Wong. The two traveled with their wives and the rest of a church group to Portugal and Spain the year before Stan was diagnosed. Lou was diagnosed more recently, and was fortunate enough to catch his lung cancer in its early stages. Like Stan, Lou is a non-smoker. When going for a routine check-up, the doctors discovered an abnormality with his heart and ordered a CT scan. This is when they inadvertently discovered the cancer. He underwent surgery, and they successfully removed his cancer. We are grateful for his successful treatment and for him!

Fundraising Results

The fundraising goal for the 2011 Stan Wong 5K for Cancer was \$20,000. With a total gross income of \$20,100, we met that goal. Only 3% of that was spent on administrative costs and 34% on the fund raising costs of the event. \$11,886 or 63% went toward our programs and services, including the funds we gave toward American Cancer Society Research Grants, Uniting Against Lung Cancer Research Grants and the Hope Lodge. Since our first event in 2007, we have given \$33,359 toward cancer research and support services. Please help us reach our fundraising goal of \$25,000 this year.

Here's is how you can help:

1. Sign up for your own online fundraising page and send e-mails to everyone you know asking them to sponsor you.
2. Bring the sponsor sheet to work, to your neighbors and your friends to ask for sponsorship donations.
3. Do you know of any businesses that might want to sponsor our event and get some advertising as well? Give them the [business sponsor form](#).
4. Participate or volunteer in the 2012 Stan Wong 5K for Cancer and bring all your friends!

To volunteer or for more information Contact Lisa Serrell at : lserrell@stanwongfoundation.org or call (631) 445-4600.

Top Runners

It's time to start training!! Research has proven that exercise lowers your risk of cancer. So get moving. Maybe you can even catch our top runners.

TOP MALE OVERALL

- COREY ZLATNISKI 17:55

TOP FEMALE OVERALL

- ELISABETH SORENSON 22:28

14 & UNDER AGE GROUP

- (M) RYAN LESSARD 28:23
- (F) LAUREN LOREFICE 24:23

15-19 AGE GROUP

- (M) GREGORY HORBATIUK 18:00
- (F) MEREDITH NUGENT 23:14

20-29 AGE GROUP

- (M) TAYLOR MUCARIA 20:59
- (F) CAITLIN GOLDEN 24:49

30-39 AGE GROUP

- (M) PETE MAHNKEN 22:04
- (F) GENEVIEVE SMITH 24:48

40-49 AGE GROUP

- (M) KENNETH DEMULDER 19:36
- (F) DEBRA BEATTIE 24:44

50-59 AGE GROUP

- (M) LARRY COSTANTINO 20:39
- (F) ANNETTE RACOND 25:19

60 & OVER AGE GROUP

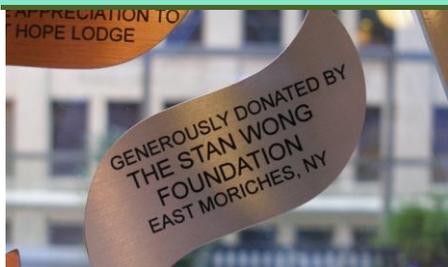
- (M) JOE D'AGOSTINO 26:52
- (F) YOSHIKO TAKAHASHI 27:03

Honor Roll Fundraisers/Donors

Our most heartfelt thank you goes out to all of you. A special thanks to those who excelled in their fundraising efforts.

- JEFF PINKOSH \$1,100
- ED & KAREN WONG \$700
- JACKI POWERS \$615
- BERNADETTE SHIVERS \$486
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- NORA BARTHA \$100
- VIN & DFR BAI ZANO \$100

Tree of Hope Leaf Hope Lodge New York



As members of the Triumph Circle of donors, having given \$2,971 in 2011, the Stan Wong Foundation was honored to be recognized by the Hope Lodge's "Tree of Hope". Our gift, made possible by all of you, can provide 59 days and nights of free lodging at the Hope Lodge. Thank you!

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Resources

For a full list of resources used for this letter, go to our website and view the digital version of this letter with links.

Healing Harmonies: [1] cancer.org **Question with No Answer:** [2] [Scientific America](#), [3] [Cure Today](#), [4] [CDC](#), [5] [World Health Organization's International Agency for Research on Cancer](#) **Your Dollars at Work:** [6] [Podcast of American Society of Clinical Oncologist's \(ASCO\) 2011 Clinical Cancer Advances](#), [7] [Written Report of ASCO's Clinical Cancer Advances 2011](#), [8] [Cure Today Highlights of ASCO's 2011 Annual Meeting.](#), [9] [National Cancer Institute's National Lung Screening Trial](#), [10] [Lung Cancer Alliance](#), [11] [Cure Today on Aromasin](#), [12] [CBS News on Avastin](#), [13] [Cure Today on Melanoma advances](#), [14] [American Cancer Society's Recent developments on cancer](#), [Uniting Against Lung Cancer](#) [15] [Uniting Against Lung Cancer's Breathing Room from Fall 2011](#), [16] [Science Daily on Lung Cancer signatures](#), [Prevention Corner](#) [17] [American Cancer Society on Vegetarianism](#), [18] [Spotting Bad Science](#), [19] [The China Study](#), [20] [The documentary 'Forks Over Knives'](#)



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Thank You All !!