

**Cancer
Research &
Treatment
Fund, Inc.**



DECEMBER 2007

HALL OF FAME DINNER - 2007

Over 400 friends and guest honored Margo Urban as the 2007 Survivor Inductee at the Cancer Survivors Hall of Fame Dinner held at the Hilton, New York in Manhattan November 1. Richard Bo Dietl received the Cancer Research and Treatment Humanitarian Award.

It was an exciting evening for old friends to

visit and new friends to become acquainted. Both of the honorees moved the audience with their personal stories of Margo's struggle with a rare form of cancer to Bo responding to a friend who needed help. Margo and Bo donated their private label wine to the affair and pledge future profits from its sale to CR&T.

The evening included an auction led by MC

Ron Insana. Items included of such the first pitch at the Yankee Stadium season opener in 2008, jewelry, a walk-on role on the TV series Law and Order, Tables at RAO's and the personal services of the RAO's chef at a private home party. The auction brought over \$275,000 for research and education projects.

Our spirits ran high as we heard from Dr.

David Scheinberg about breakthroughs in molecular treatments and the developments of vaccines for some forms of cancer. The evening was topped off with music from the 60s and 70s performed by Johnny Maestro and the Brooklyn Bridge.

Because of the efforts of the organizers, Lori and Richard Grasso, and through the work of the Dinner Chair, Joseph Grano of Centurion Holdings and our honorees, the group was the largest to attend a Hall of Fame function and over \$1 million was raised for the work of the Cancer Research and Treatment Fund.

We wish to thank all who made the evening such a grand success!



HALL OF FAME DINNER CONTRIBUTORS

The Board of Directors of Cancer Research & Treatment Fund wish to express its heartfelt thanks to the following friends who have donated so generously to this event.

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4TH INTERNATIONAL PATIENT SYMPOSIUM

A capacity group of 225 patients and their support persons met with internationally recognized experts on myeloproliferative diseases at the Harmonie Club in Manhattan on November 1. The event was co-hosted by the Cancer Research and Treatment Fund and the MPD Foundation.

The speakers included: Dr. Richard T. Silver (Weill Cornell Medical College), Dr. Gary Gilliland (Dana Farber Cancer Institute, Harvard), Dr. Ayalew Tefferi (Mayo Clinic), Dr. Jerry Spivak (Johns Hopkins University School of Medicine), Dr. Ronald Hoffman (University of Illinois, Chicago), and Dr. Ruben A. Mesa (Mayo Clinic, Dr. Tiziano Barbui (Italy), Robert Rosen (MPD Foundation) and Keith Muhleman (CR&T). The topics were: JAK2, PV research, stem cell advancements, treatments of myelofibrosis and myeloid metaplasia, marrow transplantation, ET, and exercise and physiology.

Comments from the patients:

Rita: I am very well aware that each doctor has his own theories about treatment. That's what makes it so frustrating for us (patients). But on the other hand, I am so very impressed with each doctor's expertise in the field, and most of all their PASSION to get to the bottom of it, and find a cure. To be able to meet and speak to these fine doctors and hear what each one had to say was well worth the effort of being there. One other point I'd like to make: My husband accompanied me and he was so glad he did so. He now has a much broader knowledge of the MPD issues—and was also extremely impressed with the work that is being done.

Lu: I've found, as you have, that experts do NOT always agree!!!!

Looking forward to the video of this conference.

Paula: I found it interesting to hear from the experts, but I also so found it frustrating in many ways because they don't agree with each other about the best treatments. Spivak likes to use aspirin and plebes alone, (does that prevent the progression of the disease?), Silver doesn't like HU and really likes INF, Gilliland uses HU, Tefferi doesn't like transplants, Hoffman spoke positively about them, etc. I was hoping to clarify what I should do next and left more unsure than before.

Ed: I have never met anyone with PV before, and here was room full of people who know what I go through. If the doctors cannot agree on one treatment for what I have, at least I know if there isn't a magic bullet, there are always alternatives.

A video of the event is available at www.crt.org

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Dr. Richard Silver meets with the patients



Amanda Johns welcomes Symposium Guests



Dr. Jerry Spivak hears patient questions



Patient ask a question of Dr. Gary Gilliland

NEW YORK CONGRESS

More than 500 physicians and medical professionals attended the 4th International Congress on Myeloproliferative Disease and Myelodysplastic Syndromes held at the Brooklyn Bridge Marriott in early November.

Presentations and panel discussion were given by 45 researchers from across the globe. Topics included Myelodysplasia, Myelofibrosis, PV, ET, JAK2, molecular drug

targeting, CML and a discussion of national and international phase III clinical studies.

As one of the sponsors for the event, CR&T along with numerous pharmaceutical companies provided refreshments and support throughout the three day meeting. For information regarding a video of the event contact Imedex at their web site: www.imedex.com

Thanks to dinner co-sponsors Amgen and Imedex



Dinner with the faculty at the River Café



Dr. Ruben Mesa shares his "Iron Man Run" quest



Dr. Silver and speaker Dr. Michael Baden at the NY Police Museum



Dr. Ayalew Tefferi (center) discussing findings with other researchers

FACT SHEETS FROM THE AMERICAN CANCER SOCIETY

The observations below are the result of environmental research on many forms of cancer. We provide them as guidelines for your activities.

Alcohol and Cancer

The more a person consumes alcohol, the higher his or her risk of getting certain cancers. Combining tobacco with alcohol drives the risk even higher.

Breast Cancer

Nearly all breast cancers can be treated successfully if detected early. Some breast cancer risks cannot be changed, such as age, but there are things you can do to lower your risk of getting the disease.

Cervical Cancer

Cervical cancer can be prevented, detected, and treated successfully when caught early enough. Scientists are trying to make Pap testing more cost-effective, and a vaccine is now available.

Colorectal Cancer

You can reduce your risk of getting colon cancer by following screening guidelines, increasing activity levels, and eating a low-fat, healthy diet. Colon is the third most common cancer in both men and women.

Esophageal Cancer

This cancer can be prevented by not smoking and by moderating alcohol use. Screening for those at high-risk can improve early detection and survival.

Lung Cancer

Lung cancer is the leading cause of cancer death. Stopping all tobacco use could nearly wipe out this cancer. Symptoms include prolonged cough, chest pain, fever, repeated pneumonia or bronchitis.

Nutrition and Cancer

If Americans ate a healthy, balanced diet emphasizing the vegetables, fruits, whole grains and beans that help maintain a healthful weight, as many as one-third of all cancer deaths in the United States could be prevented.

Occupation and Cancer

Certain industries pose a higher risk of cancer for workers. A range of many carcinogens can pose a problem when workers are exposed over time.

Oral Cancer

Quitting tobacco and limiting alcohol sharply reduce any risk of oral cancer, even after many years of use. Find oral cancers early with routine screening.

Physical Activity and Cancer

Regular activity can protect against some cancers, such as colon and breast, and can help reduce side effects of chemotherapy. Kids need regular exercise, too.

Prostate Cancer

Age is the main risk factor. Men should discuss all treatment options with their physician, as it is not clear whether all men need to be treated immediately.

Skin Cancer

Skin cancers are the most common cancers but most can be prevented by limiting sun exposure. Usually they can be treated successfully when found early.

Testicular Cancer

This cancer affects men age 15-40. It cannot be prevented, so the best protection is knowing the signs and symptoms and getting early treatment.

Tobacco and Cancer

Stopping tobacco use, or not starting, is the single most important thing you can do to avoid cancer.

UV Radiation and Cancer

Wear protection to avoid damage to your cells that can lead to melanoma and other skin cancers.

YOUNG PROFESSIONAL TOY DRIVE

In early October Young Professional met for the Annual Toy Drive at the Essex in the East Village. They were joined by Coco, a loving eight year miniature poodle who is a certified therapy dog that visits hospitals and nursing homes to raise the spirits for the patients. She did that that night and no one was even sick! CR&T thanks her mistress, Susan Grundfest for joining in the fun of the evening.

The drive raised over \$2500 in toys, stuffed animals and a vast assortment of Crayola products. We wish to thank all those who helped to bring a smile to the children of the Pediatric Center at the New York Presbyterian Hospital this year.



A Bequest: A Gift for the Future

There are many ways that you can give to CR&T to help in the fight against cancer. You can give a cash gift periodically, a planned gift of annuities or establish a trust. Another option is to leave an outright bequest to CR&T.

When you prepare your will, instruct your legal counsel that you would like to leave a percentage of your estate or an outright gift to:

The Cancer Research and Treatment Fund, Inc
74 E. 79th Street, Suite 5-B, New York, NY 10075

This gift will make a difference in the future as we continue the look for methods to make cancer a word in the history books. Be a part of the future of this fight.

Questions: call 212-288-6604

BLOOD TESTS AND CERVICAL CANCER

During the last 50 years, the Papanicolaou tests, or Pap smears, have been the screening standard for cervical cancer. There is a new molecular screening that may be proving to be more effective.

For the Pap smear, cells are scraped from the cervix and analyzed under a microscope for physical abnormalities. Blood tests developed during the last decade, however, can detect the presence of human papillomavirus (HPV), a sexually transmitted disease that causes cervical cancer.

More than 10,000 Canadian women participated in the HPV/Pap smear test. The HPV tests detected almost 95% of the cancers where the Pap smear detected only 55%. When something is visible in the microscope, that is when the Pap test is positive and valuable. But the HPV test can detect the virus long before it is visible giving us a window of safety for early treatment, explained Eduardo Franco of McGill University in Montreal.

He and his team recommends, however, that the Pap test be conducted if the HPV is positive to detect the stage and severity of the disease. (Source: Science News, 10-20-07)

SAVE THE DATE

Are you a golfer? Do you play tennis? Come play at the 6th Annual Cancer Research and Treatment Fund Golf and Tennis Tournament at the Delwood Country Club in New City, NY.

THE DATE — Monday, May 12

Great course, great courts, great food, great company, great fun!!

Details: call 212-288-6604

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Cancer Research and Treatment Fund, Inc.

is a non-profit group of physicians, nurses, and other medical professionals dedicated to research for the treatment of cancer and other blood diseases. Richard T. Silver, MD FACP founded CR&T in 1968.

Dr. Silver is Professor of Medicine and Director of the Leukemia and Myeloproliferative Center at Weill Medical College at Cornell University. He is Attending Physician at New York Presbyterian Hospital/Weill-Cornell Medical Center.

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