



2022

H.O.P.E. LIFELINE



H.O.P.E.

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H.O.P.E.'s Office Hours are Monday through Friday, 9:30—3.

Please call in advance to set up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry

Please direct all calls to the H.O.P.E. office at **717-244-2174**.

Support Group Mtg.

Date: Wednesday,
November 9

Time: 7:00 p.m.

Location: H.O.P.E. Haven

H.O.P.E. (Help for Oncology Problems & Emotional Support) is an all volunteer cancer support network that provides free assistance to cancer patients and their families facing the challenges of cancer. H.O.P.E. is a 501 (C)(3) non-profit funded through donations. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. The official registration and financial information of Help for Oncology Problems and Emotional Support may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

H.O.P.E. does not receive funding and is not affiliated with the American Cancer Society. Funding comes from donations made by private individuals and the civic/business community.

Phone: 717-244-2174 or 717-244-2161.

(E-mail: barb@hopeforcancerfamilies.org www.hopeforcancerfamilies.org)

BASKET BINGO

SUNDAY,
NOVEMBER 6TH, 2022

New Freedom
Community Center
New Freedom, PA

Doors Open 12:30 p.m.

Bingo Starts at 2 p.m.

Donate non-perishable food
items for chances to win
prizes!

TICKETS \$20 BEFORE

NOVEMBER 4TH

\$22 AT THE DOOR

Refreshments for Sale by
Tasteful Occasions

FUNDRAISER RAFFLE

January 2023
Calendar Raffle
Donation \$20 per ticket

Prizes from
\$50 up to \$1000

GIFT CARDS
Diamond Necklace
Visit link to see prizes and
order online.

[https://hopelifeline.org/
calendarraffle/](https://hopelifeline.org/calendarraffle/)

H.O.P.E.'S NEW ADDRESS

Mailing Address:

P.O. Box 279,
Stewartstown, PA 17363

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FROM THE EDITOR'S DESK

It's the (second?) most wonderful time of the year: autumn. Now is the perfect time to get some of that healthy exercise you've been promising yourself. As you take your brisk walk you can enjoy the golds and reds and ambers of the leaves still on the trees and take in the wood stove aroma wafting on the nippy air. The dried corn still uncut stands out against the blue skies and wispy white clouds. No longer do you seek refuge from the sun but now happily soak up its rays. The air is clear and crisp, the obnoxious bugs are nearly gone, and most people's favorite holidays are just around the corner. 'Tis the season to be renewed.

Fall events are always fun for Barb and H.O.P.E. friends. The Bull Roast was another wonderful success, and as you'll read below in the Angel Corner the silent auction was especially popular this year. As with any other 'tweaking' of an event, the relocation of the Craft and Vendor show was well received, but the absence of food was less so. To remedy this we're engaging food trucks for hungry shoppers next year. Our popular Fall Bingo is coming soon, so get those dabbers ready. By now your car can find its way without you steering since it's at the same place as always, the New Freedom Community Center. See details on the front page.

This will be the third year we've held our "31 Chances to Win" **calendar raffle**, tied in with the PA lottery. Prizes range from a \$1,000 gold, diamond, and ruby necklace donated by Alexander's Jewelry, to \$100 gift cards from Visa, Lowe's, Kohl's, Target, Amazon, Home Depot, and Cracker Barrel, as well as gift cards for \$75 and \$50 from various places. And for those who love off-season getaways to the beach, the Plim Plaza in Ocean City is donating a two-night stay! Raffle tickets are \$20, with 31 chances to win. You can order them on our webpage hopelifeline.org/calendarraffle/ and pay through Paypal, or call the office and order them that way. They're a great stocking stuffer!

Although our patients are found far beyond this area, we are still a community-based organization and have had roots in this area for over 25 years. Recently a young art teacher at Kennard Dale High School was diagnosed with breast cancer. To honor her and assist in her expenses, the students decided to sell tee-shirts. The football team designed a shirt that reads "Tackle Cancer," with the mascot of the ram's head and the teacher's initials on one of the ram's horns. Rather than use the money raised by the sale, the teacher said she wanted it to go to H.O.P.E. to benefit others who are in more need of financial assistance.

November is Lung Cancer Awareness month and in this newsletter we give you information about new treatments as well as advice for pre- and post-surgery exercise programs. On page 4 you'll find an explanation of cancer terminology that can be another language to the newly initiated. Make sure you take note of the unique fundraiser/holiday decorating assistance on page 5.

Have a Happy Thanksgiving!

H.O.P.E.'S ANGEL CORNER

BY BARB TITANISH, PRESIDENT & CO-FOUNDER H.O.P.E.

With October comes the awarding of the **New Freedom Lions Club** donations. This wonderful club uses the money from its carnival to support organizations in the area. H.O.P.E. has been blessed to be on the receiving end for years. This year was no different. The Lions presented H.O.P.E. Board member Cheryl Schroeder with a check at their awards dinner for \$2,500.



We also want to thank the lovely ladies from **Penn Waste**, Amanda Moley, and Rachel Quinn, who nominated H.O.P.E. to receive a \$5,000 grant from their parent company. We were thrilled to win that grant.

My thanks go out to all the wonderful businessmen who donated items for our silent auction at the Bull Roast. A special thank you to **Dominic and Dottie Pope** and **Ray and Sharon Johnson** for donating the most coveted prizes. The bidding got hot and heavy on the smokeless fire pit and the pizza oven.

Our **Craft and Vendor show** was in a new location this year and we had a nice turnout of vendors. Fall is such a busy time with festivals and craft shows that we want to thank the vendors who choose to support H.O.P.E.

"Blessed are those who give without remembering and take without forgetting."
~ Elizabeth Bibesco

If you would prefer to receive our newsletter by email (and help us save postage), please send a note to our Assistant Director Carol Nelson, at assistant@hopeforcancerfamilies.org, and she'll put you on our list. (And it will have color!) Thanks!

Exercise For Lung Cancer Patients—"Prehabbing" and "Post-habbing"

This newsletter has regularly preached the importance of exercise for health. Now a review recently published in the journal of the American Academy of Physical Medicine and Rehabilitation says that exercise for cancer patients can improve clinical, functional, and sometimes even survival outcomes, and can be recommended regardless of the type of cancer.

Prehabbing—Exercise Before Surgery

This growing body of evidence is especially relevant for people who have lung cancer who particularly benefit from staying physically active during and after treatment. Plus, experts are learning that lung cancer patients who pursue an exercise regimen before treatment, a process known as prehabbing, may not only better endure the rigors of therapy but may increase their chances of survival.

Many people with lung cancer also have conditions like chronic obstructive pulmonary disease (COPD) and cardiovascular disease. They may be sedentary. They usually have trouble breathing so they don't exercise. For these patients who are in overall poor health and for whom surgery is risky, prehab has the potential to make it a safer option.

Newly diagnosed patients don't necessarily begin treatment immediately. There is often a several-week period in which a fairly intensive prehab program can have measurable effects. The program might include supervised, monitored aerobic exercise for 20 to 30 minutes, five days a week, at a moderate to vigorous pace. The aim is to get the person to 60 to 80 percent of the maximal oxygen uptake. Prehab for lung cancer patients might also include breathing exercises and work on posture and range of motion, as well as help quitting smoking if needed. As a result of six to eight week of prehab, patients in these programs improved their odds of being able to undergo curative lung-resection surgery, were able to recover from surgery more quickly, and with the guidance of physiologists and physical therapists gained the confidence to push themselves to get stronger.

Everyone's cancer journey is different, but for most people undergoing treatment movement is better than rest every time. For lung cancer patients it can help ease chemo-related fatigue, improve overall function, increase mental and emotional well-being, and improve survival.



Post-treatment Exercise

Post-treatment exercise is equally important. (Really, it should be a permanent part of post-treatment life.) Exercise can dramatically improve the quality of life by helping people re-engage in social activity and work and continue to improve physical and emotional health. A study published in 2021 in the journal BMC Cancer found that a three-month home-based walking regimen improved measures of quality of life in patients with advanced stage lung cancer.

Exercise can also help prevent falls. Cancer survivors fall at a significantly higher rate than others their age due in part to the effects of chemotherapy drugs which can lead to peripheral neuropathy and to weaker muscles and bones. Working with a physical therapist or cancer exercise specialist can help prevent falls by improving balance and strength.

Among what are called 'late effects' of chemotherapy is heart damage, particularly to the left ventricle, that over time can diminish cardiac function. There's a huge body of research that says exercise can help mitigate the left-ventricular decline (the decreased ability of the left ventricle to pump blood effectively) that can happen during cancer treatment. Chemotherapy drugs can cause inflammation and moderate exercise can stimulate the immune system, producing an anti-inflammatory cellular



H.O.P.E.'S CHRISTMAS PARTY

Tentative date of **December 11th, 2022**. Location to be determined.

Check **FACEBOOK** for Final Details!

We hope to see you there! With bells on!



Cancer Treatment Terminology

As with any other specialized field, that of cancer has a lexicon of its own. Many terms, like oncologist, or tumor, or benign, are words known to most everyone, but others, like biopsy, or adjuvant therapy, or Gleason score, are terms familiar only to those in the cancer world. In this newsletter and later ones, we'll offer a primer of some terms that patients and caregivers encounter in their interactions with their medical providers. This month we'll focus on terminology used in treatment.



“Life is like an onion. You peel it off one layer at a time and sometimes you weep.”

~ Carl Sandburg

- **Adjuvant therapy.** Also known as adjunct or add-on therapy, it is given in addition to the primary therapy (usually surgery), to maximize treatment effectiveness and reduce relapse. Adjuvant therapy is given after the primary therapy. Neo-adjuvant therapy is given before the primary surgery, such as chemotherapy (with or without radiation) given before removing a tumor.
- **Androgen Deprivation Therapy (ADT).** Also known as hormone therapy, it is given to men with prostate cancer. ADT involves using drugs or surgery to lower the level of hormones, called androgens, in the body. It also works by stopping androgens from getting into prostate cancer cells.
- **Biologic Therapy, or immunotherapy.** A treatment made using living organisms or artificially produced versions of substances made by living organisms, to treat cancer. The therapies usually stimulate the body's immune system to find and attack cancer cells.
- **Car T Therapy** stands for chimeric antigen receptor T cell. It is a therapy in which T cells (a type of white blood cell that is an essential part of the immune system) are removed from the patient's bloodstream, reprogrammed to attack the patient's cancer, and then delivered back into the patient's bloodstream.
- **Checkpoint Inhibitors.** Drugs that block proteins on cancer cells (like PD-1, PD-L1, and TLA4) that help these cells remain invisible to the immune system. Once the proteins are blocked by the drug, the immune system is able to 'see' the cancer cells and attack them as it would foreign invaders. Checkpoint inhibitors are used to treat lung cancer, metastatic melanoma, and Hodgkin lymphoma, among other cancers.
- **Chemotherapy.** Anti-cancer drugs, usually used in combination, that treat cancer.
- **Hormone Therapy.** Also known as endocrine therapy, this is used to treat cancers that rely on hormones to grow, such as breast and prostate cancer. It uses agents that block the body's ability to produce hormones or interfere with how hormones function within the body.
- **Maintenance Therapy.** Given after cancer has disappeared following initial treatment. The goal is to prevent or delay the cancer from coming back. It may include drugs, vaccines, or other treatments that are given for a period of time.
- **Monoclonal Antibodies.** A type of protein made in the lab from clones of an immune cell. The antibodies made by the cells are able to target and attack antigens (substances that cause the immune system to produce antibodies against it) on the surface of cancer cells. Monoclonal antibodies are sometimes combined with chemotherapy drugs or radioactive particles (conjugated monoclonal antibodies) delivering the therapy directly to the cancer cells.
- **Radiation Therapy.** A form of treatment that uses beams of intense energy to kill cancer cells. It is often used in combination with chemotherapy or surgery. Radiation therapy is considered a local treatment since it only treats the area that is specifically targeted.
- **Targeted Therapy.** Compounds known to interfere with cancer growth by precisely targeting specific molecules needed for a tumor's growth. Less toxic than chemotherapy, it is often done in conjunction with other treatments, such as radiation.

Repurposed Drugs and Treatments For Fighting Lung Cancer

Medical researchers continue to develop better equipment and techniques to combat diseases, as evidenced by the speed with which the Covid vaccines came into being. Not only are new drugs being created, but new uses for existing drugs are also being discovered. This is occurring with 'new' types of treatment for lung cancer.

A Breast Cancer Drug That May Help Fight Lung Cancer, Too

The tumors of some people with breast cancer express a high level of the protein HER-2, or there are HER-2 mutations that help the tumors grow and proliferate. The good news for people with breast cancer is that this protein can be targeted with the drug trastuzumab deruxtecan (T-Dxd). And the good news for people with lung cancer is that the HER-2 mutations have also been discovered in some people with lung cancer, especially those who are young, female, and nonsmokers.

In a small study published in the September New England Journal of Medicine, more than half of the participants with advanced HER-2 mutant non-small-cell lung cancer (NSCLC) responded to T-Dxd, 92 percent of whom experienced tumor shrinkage. Two phase-two studies are now underway—one to evaluate a lower dose of T-Dxd in lung cancer patients and the other to evaluate its efficacy for targeting HER-2 mutations across other types of cancer.

A Heart Disease Drug May Also Fight Lung Cancer

The protein endothelin, which is secreted by the endothelial cells lining blood vessels in order to make them narrow, has been linked to heart conditions such as high blood pressure, heart disease, and vascular problems. But new research has linked overexpression of a form of endothelin to adenocarcinoma, the most common type of lung cancer. When endothelin was blocked in a research setting, researchers found significant declines in cancer cell growth, a decrease in their ability to spread within the body, and improved programmed cell death, a process by which cells with excessive damage self-destruct. (Cancer cells often ignore signs to self-destruct.) Researchers are now determining if new or existing drugs that target the endothelin receptor will work on lung cancer.

A Lung Cancer Vaccine Being Used in Cuba

International researchers are studying several vaccines as a potential treatment for lung cancer. In general, these vaccines work by triggering the immune system to attack cancer cells in the body. One particular vaccine, called CIMAvax-EGF, is already being used in Cuba. It works by targeting epidermal growth factor receptor (EGFR), a protein that's overexpressed in lung cancer cells. The protein is involved in cell signaling pathways that control cell division and sometime mutations cause the protein to be made in higher than normal amounts on some types of cancer cells, causing the cells to divide more quickly. The vaccine prevents EGF from binding to the receptor, which can stop tumors from growing and proliferating. Results from one study conducted in Cuba revealed median survival among patients who received the vaccine was 12.43 months compared to 9.43 months for those in the control group.

Currently the vaccine is only available in the U.S. to people who participate in a clinical study. One clinical trial is currently enrolling to determine if the vaccine can prevent lung cancer in high-risk patients or stop lung cancer from recurring in survivors. If it's successful, CIMAvax could be the first preventative vaccine for lung cancer. Another study will examine how CIMAvax combined with other cancer therapies works as a treatment for patients with lung cancer or squamous head and neck cancer that has spread to other parts of the body.

Painless Holiday Decorating!

Order your holiday décor online this year from BloomBox between November 1st and November 15th. Shop from fresh wreaths, greenery, planters, trees, and more. Choose your delivery time and BloomBox will hand-deliver to you or anyone you choose.

Your order will also benefit H.O.P.E., who will receive 15 percent of all sales placed through these two weeks. Add sparkle to your home and help our cancer patients. The link is www.getblooming.com! Make sure you use code HOPE15 at checkout!!!



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"Of all the forces that make for a better world, none is so powerful as hope. With hope, one can think, one can work, one can dream. If you have hope, you have everything."



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