



JULY 2016

H.O.P.E.
Executive Director
Barb Titanish

Board of Directors

- Cheryl Schroeder—Chair
- Doug Burns
- Katy Lemmer—Secretary
- Jack Tillett—Treasurer
- Pam Hoffman
- Melissa McDade
- Wanda Mergler
- Robin Robinson
- Debra Smithson Peters

H.O.P.E.
Lifeline Production Volunteers

- Jean Lillquist—Editor
- Carol Slaven—Managing Editor
- Jo Huber
- Linda Johnson
- Kay Joy
- Jeannette Keech
- Mae Liggitt
- Cindy Moran
- Lynn Snook
- Marty Streett
- Rita Stephenson
- Linda Topper

If you know someone who might enjoy or benefit from receiving the Lifeline, please submit the person's name and address to:

H.O.P.E.
P.O. Box 175
Shrewsbury, PA 17361

H.O.P.E. LIFELINE



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 with offices on the second floor of the New Freedom Community Center at
150 East Main Street, New Freedom, PA 17349

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) 227-2824
17) 227-2963

Take A Swing At CANCER

H.O.P.E.'s 8th Annual Golf Classic Tournament

Friday, August 5

Hickory Heights Golf Course
Spring Grove, PA

7-7:30AM Registration
Continental Breakfast

Tee Off Time 8:00 A.M.

*Hole in One on #17 Wins \$5,000

*Hole in One on #6 Wins a
Luxurious 4-day, 3-night Golf
Vacation at French Lick Resort

Be a sponsor! Packages available
from \$800 to \$75.

Support Group Meeting

Date: Wednesday July 13, 2016

Time: 7:00 p.m.

Location: H.O.P.E. Serenity Room

Speaker: TBA

Topic: TBA

Music Fest

August 28

12—6 p.m.

Pond View Farm
Norrisville, MD

Featuring music by Foggy
Hollow, Long Ryde, Dakota, Set
Free

With D.J. Chris Wagman

Tickets (ages 16 and up)

in advance, \$18

At the door, \$20

Music, Games of Chance,

Food, Fun, BYOB

INSIDE THIS ISSUE...

From the Editor's Desk	Pg. 2
On A Positive Note	Pg. 2
Angel Corner	Pg. 2
The ABCs of Skin Cancer	Pg. 3
Melanoma; Sun Safety Suggestions	Pg. 4
Administrative Assistant Sought	Pg. 5
Best Sunscreens	Pg. 5

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 717-227-2824.

FROM THE EDITOR'S DESK

As I write this it's raining again. (Still?) sunny days seem few and far between. Nevertheless, when Mother Nature does bestow her sun on us, we have to be careful. Skin cancer rates, and most disturbingly melanoma rates, are steadily rising. More than two million Americans develop skin cancer each year, and the rate of new melanoma cases has tripled since the 1970s. So the following common sense advice is worth repeating:

- The hours between 10 a.m. and 4 p.m. (or 9 p.m. and 3 p.m.) are the most hazardous for UV (ultra violet) exposure in the U.S. UV rays are greatest during the late spring and early summer.
- Sunscreen alone won't do the whole job. Hats, sunglasses, time in the shade, and other essentials are also key.
- Spray-on sunscreen may offer less protection, because it evaporates quickly and it's hard to tell if you've covered your whole body.
- Sunglasses that block UVA and UVB rays offer the best protection. Most sunglasses now sold meet this standard.
- A wet tee shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.

This month's newsletter contains much more information that we hope will shed light on sun safety, from the best sunscreen products to use (and which to avoid) to a reminder that despite the risks of too much sun our bodies also require a sufficient amount. Timely information, as we also remind you to enjoy our two wonderful summer events: our eighth annual golf tournament on Friday, August 1, at Hickory Heights, and our first music fest on Sunday, August 28, at Pond View Farm in Norrisville, Maryland.

ON A POSITIVE NOTE...

Remember when the world learned a little over a year ago that President Jimmy Carter's melanoma had metastasized and spread to his liver and brain? When he made the announcement, President Carter told reporters he had "had a wonderful life...an exciting and adventurous and gratifying existence." Then do you remember seven months after that the former President announced he would no longer need treatment and that he was in fact cancer free?

His miraculous recovery was due to his treatment with the immunotherapy drug Keytruda (pembrolizumab). The immune system is the body's natural defense against disease and it sends T-cells throughout the body to detect and fight infections and diseases. One way the immune system controls the activity of T-cells is through the PD-1 (programmed cell death protein 1). However, some cancer cells hide from T-cell attacks by taking control of this pathway. Keytruda blocks that pathway so that the cancer cells cannot hide from the T-cells.

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

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

Our annual Voices for Hope event was our biggest yet. Attended by over 240 people it was an evening of wonderful food, wonderful people, and special honorees. Stan and Nona Brown's recognition brought a special warmth to the event. The venue was new but our veteran behind-the-scenes team planned and produced their usual outstanding gala. We'd like to take this opportunity to thank Heather McAuliffe, Gwen Newman, and Jeff and Pam Hoffman for the wonderful evening they provided. Anyone who has coordinated a large function understands the work involved in making it go off so smoothly, from the initial publicity down to the centerpieces on the tables. These three, with help from a bevy of volunteers, spent many hours coordinating and overseeing the details that went into this magical evening.



*"There shall be
eternal summer
in the grateful
heart."*

-Celia Thaxter

The ABCs of Skin Cancer

The skin protects against heat, sunlight, injury, and infection. Skin also helps control body temperature and stores water and fat. Skin cancer is the most common type of cancer. It usually forms in skin that has been exposed to sunlight, but can occur anywhere on the body.

Skin has several layers. Skin cancer begins in the epidermis (outer layer), which is made up of basal cells, squamous cells, and melanocytes.

There are several types of skin cancer. Squamous cell and basal cell skin cancers are sometimes called nonmelanoma skin cancers. Nonmelanoma skin cancer usually responds to treatment and rarely spreads to other parts of the body. Melanoma is more aggressive than most other types of skin cancer. If it isn't diagnosed early, it is likely to invade nearby tissues and spread to other parts of the body. The number of cases of melanoma is increasing each year. Only two percent of all skin cancers are melanoma, but it causes most deaths from skin cancer.

UV rays are the culprit. UVA rays penetrate deep into the dermis, the skin's thickest layer. Unprotected exposure can lead to premature skin aging and wrinkling and suppression of the immune system. UVA damages skin cells called keratinocytes in the basal layer of the epidermis, where most skin cancers occur. The beautiful golden or bronze tan we achieve is actually the result of injury by the sun to the skin's DNA and the consequent darkening of the skin to prevent further DNA damage. UVB rays will usually burn the superficial layers of the skin.

Basal Cell Carcinoma

Basal cell carcinoma is a cancer that grows on parts of your skin that get a lot of sun. It's the least risky type of skin cancer and if caught early can be cured.

The tumors start off as small shiny bumps, usually on your nose or other parts of your face. But you can get them on any part of your body, including your trunk, legs, and arms. If you've got fair skin, you're more likely to get this skin cancer.

Basal cell carcinoma usually grows very slowly and doesn't show up for many years after intense or long-term exposure to the sun. You can get it at a younger age if you're exposed to a lot of sun or use tanning beds.

This type of skin cancer rarely spreads to other parts of the body, and the treatment is almost always successful, especially if it's caught early. However, sometimes new carcinomas can grow, so it's important to check your skin for any unusual-looking growths and get them checked by your doctor.

Squamous Cell Carcinoma

Squamous cell skin cancer most often occurs on areas of the skin that have been in the sun, such as the nose, ears, forehead, lower lip, and hands. But it also may appear on areas of the skin that have been burned, exposed to chemicals, or had radiation therapy. Squamous cell cancers may rapidly grow into large masses and spread to nearby lymph nodes.

Squamous cell carcinoma is the second most common skin cancer in light-skinned people. It is rare in people who have dark skin. More than one million cases of squamous cell carcinoma are diagnosed each year in the U.S.

Signs and symptoms of squamous cell skin cancer may include a firm red bump, a growth or patch of skin that feels scaly, bleeds, or develops a crust, or a sore that doesn't heal.

Treatment involves surgical removal of the affected skin and may include radiation therapy or topical chemotherapy. When it is properly treated, the cure rate is high.

Melanoma

Like all cancers, melanoma develops when DNA damage in a cell triggers genetic mutations that cause the cell to multiply rapidly and to form new, abnormal cells. Melanomas can form anywhere on the skin, and they can also form in the eyes, mouth, and genital and anal areas. Close to one million people were living with melanoma in 2012, the last year for which statistics are available.

The rate of new cases of melanoma has been on the rise for the past 40 years, even among children. The major risk factor for developing the disease is exposure to ultraviolet (UV) rays, either through direct sunlight, tanning beds, or sun lamps. Other risk factors include:

- A family history of melanoma or multiple mole melanoma syndrome
- Fair skin that burns and freckles easily

(continued on next page)



“A perfect day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”

- James Dent

Melanoma

- A history of blistering sunburns
- A weakening immune system, either from disease or medical treatment
- Being a man over 45
- Increased age (although melanoma is one of the most common cancers among people under 30)

The American Cancer Society has a method it calls the ABCDE rule for checking moles for skin cancer, since the first sign of melanoma is often a new mole or changes in an existing one.

- A: **a**ssymmetrical shape
- B: irregular **b**orders
- C: different **c**olors within one mole
- D: a **d**iameter bigger than a pencil eraser
- E: **e**volving shape, color, or size of a mole

A mole that itches, oozes, bleeds, or is ulcerated is also suspect and should be examined by a dermatologist.

Treatment of melanoma can range from minimal surgery to remove the cancerous tissue to more extensive surgery, chemotherapy, radiation, immunotherapy, and targeted therapy.

Survival depends on what stage the cancer is found in. Stages 0 or I can have a five-year survival rate of 97 percent and a 10-year rate of 95 percent. Stage II's five-year survival rate ranges from 53 to 81 percent, and the 10-year rate from 40 to 67 percent. Stage III rates are 40 to 78 percent and 24 to 68 percent. When the cancer is found in Stage IV, the five-year rate drops to 15 to 20 percent and the 10-year rate to 10 to 15 percent.

On The Other Hand....

We're not trying to turn you into a mole person. Sun is vital to our health. But as with everything else, moderation is key. So here are a few more common sense points, as well as a few you may not have been aware of.

- Give your body a chance to produce Vitamin D, which is best gained from exposure to the sun. Expose large amounts of skin (at least 40 percent of your body) to sunlight for short periods daily. This usually occurs within 20 minutes or so of ultraviolet exposure during ideal conditions.
- When you're in the sun for longer periods, cover up with clothing, a hat, or shade (either natural or that you create using an umbrella, etc.). A safe sunscreen can be applied after you've optimized your daily Vitamin D production.
- Shield your face from the sun daily using a safe sunscreen or a hat, as your facial skin is thin and more prone to sun damage like premature wrinkling.

Consuming a healthy diet full of natural antioxidants is another incredibly useful strategy to help avoid sun damage to your skin. Fresh, raw, unprocessed foods deliver the nutrients that your body needs to maintain a healthy balance of omega-6 and omega-3 oils in your skin, which is your first line of defense against sunburn. Fresh, raw vegetables also provide your body with an abundance of powerful antioxidants that will help you fight the free radicals caused by sun damage that can lead to burns and cancer.

Hot weather is around the corner, and that means ice cream!

Visit Summers Ice Cream and Snowballs in Stewartstown and Bonkeys Ice Cream and Snowballs in New Freedom.

Now open every day! You can satisfy your sweet tooth and help H.O.P.E. by purchasing the H.O.P.E. Sundae: five layers of different delicious ice creams and toppings.

Take A Swing At Cancer 50/50 Raffle Tickets To Benefit H.O.P.E.

\$1.00/ticket or 6 tickets for \$5.00.

Drawing will take place at the Hickory Heights Golf Course, but you do not have to be present to win.

Tickets are available at the H.O.P.E. office or various locations throughout the community. More information will be forthcoming.

Get Robbed and Help H.O.P.E.



The James Gang is coming to town! On Saturday, July 23, the Steam Into History train is going to be held up by notorious robbers.

In addition to the trinkets and jewels they will take from the passengers (all provided in advance), they gang will also be taking actual donations for H.O.P.E.

Go to <http://www.steamintohistory.com/> for more information and to purchase tickets.

What better way to spend a summer weekend afternoon than riding an authentic steam train, learning about history from an expert on board, and helping cancer patients.

Wanted: Administrative Office Assistant

H.O.P.E. has a position available for an office assistant, 25-30 hours a week. People skills are a must, as is computer knowledge. The position has a writing component and will likely involve responsibilities beyond office hours (compensation would apply). This is a small office with a huge heart, staffed by the executive director and volunteers.

For more detailed information, please call the office at 717-227-2824. Resumes may be emailed to barb@hopeforcancerfamilies.org and hard copies may be mailed to address on page 1.

FYI—CLIP & SAVE

Best Sunscreens

The Environmental Working Group (EWG) has been publishing a list of best and worst sun products for the past ten years. This year the group looked at more than 750 products and concluded that nearly 75 percent of them offered poor protection or had ingredients the group found “worrisome.” Be especially wary of oxybenzone (believed to cause hormone disruptions and cell damage that may provoke cancer), retinyl palmitate (Vitamin A palmitate) which actually may increase the speed at which malignant cells develop and spread cancer when this form of Vitamin A is exposed to the sun, and synthetic fragrances.

The following products may seem unfamiliar, but many can be found at Walgreens, and some of the children’s products are sold at Toys R Us. All of them can be located online. More products are listed on www.ewg.org/sunscreen. **Some of the best beach and sport sunscreens are:**

- All Good Sunscreen and Sunstick, SPF 30 and 50
- All Terrain Aqua and TerraSport Sunscreens, 30
- Babo Botanicals Clear Zinc Sunscreen, 30
- Badger Sunscreen Cream and Lotion, 25, 30, 35
- Bare Belly Organics, 34
- Beauty Without Cruelty, 30
- Kiss My Face Organics Mineral Sunscreen, 30
- Nature’s Gate Face Sunscreen, 25
- Tropical Sands Sunscreen and Facestick, 30

The best for kids are:

- Adorable Baby Sunscreen, 30
- All Good Kid’s Sunscreen, 33
- All Terrain KidSport Sunscreen Lotion, 30
- ATTITUDE Little Ones 100% Mineral Sunscreen, 30
- BabyHampton Beach Bum Sunscreen, 30
- Blue Lizard Australian Sunscreen, 35
- BurnOut Kids Physical Sunscreen, 35
- California Baby Super Sensitive Sunscreen, 30
- Kiss My Face Organics Kids Mineral Sunscreen, 20

The worst for kids:

- Banana Boat Kids Max protect & Play Sunscreen Lotion, 100 (this was the only product to be rated a 10, which is the absolute worst)
- Coppertone Water Babies Sunscreen Stik, Wacky Foam, and Sunscreen Lotion, 55
- CVS Baby Sunstick Sunscreen and Spray, 55
- Equate Kids Sunscreen Stick, 55

Visit Us on the Web
<http://www.hopeforcancerfamilies.org>
"Like" Us on Facebook:
H.O.P.E. (Help for Oncology Problems and Emotional Support)

Upcoming Events

H.O.P.E.'s Support Group Meeting
2nd Wednesday of every month at 7pm
H.O.P.E.'s Serenity Room in the New Freedom Community Center
150 East Main Street, 2nd Floor (Elevator Available)

Everyone is Welcome!
(Cancer patients, care givers, families and friends)
Need transportation to the Support Group Meeting?
Call 717-227-2824



"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."

Nonprofit Org
U.S. Postage Paid
Permit No. 61
Shrewsbury, PA 17361

H.O.P.E.
Help for Oncology Problems & Emotional Support
16580 Green Valley Court
Stewartstown, PA 17363
(717) 227-2824
RETURN SERVICE REQUESTED