



September 2016

H.O.P.E. LIFELINE



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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.'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.

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

*13th Annual Shrimp and
Bull Roast*

*All-You-Can-Eat Buffet Menu—Meat,
Shrimp, Sides, and Desserts*

Draft Beer and Wine Included

7-11 P/M



Saturday, September 24

Jarrettsville Gardens

3825 Federal Hill Road

Jarrettsville, MD

\$40/person; tickets are limited.

*Special offer: Buy 9 tickets before
August 30, get 10th ticket free & a
reserved table.*

Support Group Meeting

Date: Wednesday September 14, 2016
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: Lisa Severn/Raiki Instructor
Topic: Healing technique that restores physical & emotional wellbeing.

H.O.P.E. Holiday Craft & Vendor Show

Saturday, October 22

8:30 a.m.—2 p.m.

New Freedom Community Building
150 E. Main Street

50+ Crafters and Vendors

Chinese Auction/Raffle

Delicious food provided by Tasteful Occasions Catering



Admission: 2 cans of food for the H.O.P.E. food pantry

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FROM THE EDITOR'S DESK

September seems to be the cancer catch-all month. According to the American Cancer Society September is:

- Childhood Cancer Awareness Month
- Gynecologic Cancer Awareness Month
- Leukemia and Lymphoma Awareness Month
- National Ovarian Cancer Awareness Month
- National Prostate Cancer Awareness Month
- Thyroid Cancer Awareness Month
- Take a loved one to the doctor day (the last week in September)

Due to space constraints and volumes of information, this issue will go into more detail about childhood cancer and leukemia and lymphoma.

Kids always return to school with mixed emotions, but our cancer family kids returned in style. Over 60 students received backpacks stuffed with school supplies and sported new clothes and shoes purchased with gift cards courtesy of our wonderful donors. Now that we've gotten our kids off to a great start, we're turning our attention to, believe it or not, Christmas. Watch for more information from the elves.



*“Each day we
live our lives we
make deposits in
the memory
banks of our
children.”*

-Charles Swindoll

ON A POSITIVE NOTE...

Here's news people probably didn't expect to hear: the ozone hole shows signs of shrinking! It was a little over 30 years ago, in 1984, that scientists discovered the hole in the protective ozone layer over Antarctica, and three years after that when almost all the nations in the world came together to sign the Montreal Protocol banning chlorofluorocarbons, CFCs.

Ozone high in the stratosphere protects life on Earth by absorbing damaging ultraviolet rays from the sun, but ozone is destroyed by reactions with chlorine and other atoms that are released by CFCs and similar chemicals, which were used for decades in the manufacture of aerosol sprays, blowing agents for foam and packing materials, and as solvents and refrigerants. More ultraviolet radiation leads to increased incidence of skin cancers, cataracts, and other health problems.

Scientists are quick to point out that the improvement has been slight, and full recovery of the ozone hole isn't expected until the middle of the century. The hole is seasonal; depletion occurs between late August and October in the Southern Hemisphere and then the layer gradually recovers in the ensuing months. In some years the hole, or depleted region, has been larger than the North American continent.

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

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

We couldn't have asked for a nicer day on August 5th for our eighth annual "Take A Swing At Golf Classic." The sun was shielded by thin clouds, the breeze was gentle, and the golfers were on their game. Seventy six players teed off, ranging in age from 12 to 93. Millie, our nonagenarian, was also the proud winner of the basket of cheer.



Special thanks, as ever, go to our wonderful golf committee. Andy Bobby, Tom Goebeler, Ray Hasner, and Ed Titanish have been working since last year's tournament to acquire sponsors, prizes, and players. We're grateful to the people and organizations who return year after year to contribute to our cause, and we welcome all who were newcomers to the tournament. All participants received a bag of goodies and some really lucky ones took home such prizes as a weekend at Ocean City with a round of golf for four, a foursome of golf at Bridges, a bushel of crabs, and a 50/50 raffle. You can see why our wonderful committee, sponsors, and golfers have earned their Angel Wings.

Every Four Minutes, Someone is Diagnosed With Blood Cancer

- **What are the blood cancers?**

Leukemia, Lymphoma, Myeloma, and Myelodysplastic syndromes (MDS) are types of cancer that can affect the bone marrow, the blood cells, the lymph nodes, and other parts of the lymphatic system. Leukemia is a malignant disease of white blood cells in the blood and bone marrow. White blood cells traditionally are the disease fighters, but cancerous cells do not behave the way normal cells do, so they cannot fight disease effectively. Leukemia is divided into four types: acute lymphocytic leukemia (ALL) and acute myelogenous leukemia (AML), which are rapid progression leukemia; and chronic lymphocytic leukemia (CLL) and chronic myelogenous leukemia (CML), which are slow progression.

- **Whom does leukemia affect?**

Leukemia is age-dependent. Children are at higher risk for ALL and adults are more at risk for ALL. Adults are increasingly at risk for AML as they age; the incidence of this disease increases even more rapidly in patients over 60. CML begins to occur in young to middle-age adults, but is slightly less common in older adults. Leukemia also occurs in twice as many patients who smoke cigarettes. The cure rate of childhood ALL is very high, approaching 75% of patients. The cure rate of in adult ALL patients is not quite as good, but has been improving.

- **What causes leukemia?**

In most patients with leukemia the disease does not have any identifiable cause. It appears to be initiated by genetic events (inherited patterns for certain characteristics) occurring in the stem cells at a particular stage in development.

- **What are the symptoms of leukemia?**

Signs or symptoms include tiredness or no energy, shortness of breath during physical activity, pale skin, slow healing of cuts and excess bleeding, black and blue marks (bruises) for no apparent reason, night sweats, enlarged lymph nodes. As with any cancer, some signs or symptoms are similar to other more common and less severe illnesses.

- **How is leukemia diagnosed?**

Specific blood tests and bone marrow tests are needed to make a diagnosis.

- **What are the treatments?**

Treatments and outcomes depend on the type and subtype of the leukemia. Patients with acute leukemia are treated with chemotherapy and bone marrow transplantation. Patients with chronic leukemia may be treated with an oral drug to keep the disease under control, or stem cell transplantation to cure it.

Lymphoma

The name for a group of blood cancers that develop in the lymphatic system. The two types are Hodgkin lymphoma (HL) and non-Hodgkin lymphoma (NHL).

Hodgkin lymphoma is one of the most curable forms of cancer. It affect the lymphatic system, and is caused by an abnormal change to a white cell important to the body's immune system (lymphocyte) which then becomes a lymphoma cell and spreads through the lymphatic system throughout the body. If untreated, the cancerous cells crowd out normal white cells and the immune system can't guard against infection effectively. The most common early sign of the disease is painless swelling of one or more lymph nodes. Most people have affected lymph nodes in the upper part of their body, usually the neck or upper chest. Sometimes you can feel the affected lymph nodes in your armpit, stomach area, or groin. Many Hodgkin lymphoma patients are cured after their initial treatment. For the smaller number of patients who have disease recurrence or relapse, additional treatments with chemotherapy, sometimes combined with stem cell transplantation, is often successful. A large number of these patients are cured or have long disease-free periods. The five-year relative survival rate is 94.1 percent for people with HL who were less than 45 years old at diagnosis.

Non-Hodgkin lymphoma, which generally develops in the lymph nodes and lymphatic tissues, affects the lymphatic system. It starts with an abnormal change in one of three major types of lymphocytes, B, T, or NK (natural killer) cells. These abnormal lymphocytes accumulate and form masses (tumors) and if not treated crowd out normal white cells. The most common early sign is painless swelling of one or more lymph nodes in the neck, armpit, or groin. In addition to this, other signs or symptoms may include fever, drenching sweats, especially at night, tiredness or no energy, loss of appetite, and unexplained weight loss. Diagnosis usually involves performing a lymph node biopsy. Treatment can include chemotherapy and other drugs, radiation, usually in combination with chemotherapy, stem cell transplantation, watch and wait, or participation in a clinical trial. The five-year survival rate for people with NHL is 71.9 percent as of 2011.

Children—Our Most Vulnerable Cancer Patients

Childhood or pediatric cancer is more prevalent than you may have realized. Currently, one in nearly 300 children in the United States develops cancer before the age of 19, and the incidence of cancer among children is increasing. Although pediatric cancer death rates have declined by nearly 70 percent over the past four decades, cancer remains the leading cause of death by disease in children under the age of 15, and two thirds of childhood cancer survivors will have long lasting chronic conditions from treatment.

Childhood cancers are mostly those of the white blood cells (leukemias), brain tumors, and lymphomas. Each of these behaves differently. Cancers in very young children are highly aggressive and behave unlike malignant disease seen at other times of life. The median age for childhood cancer is six. Children frequently have a more advanced stage of cancer when they are first diagnosed; 80% of children show that cancer has spread to distant sites in the body when the disease is first diagnosed.

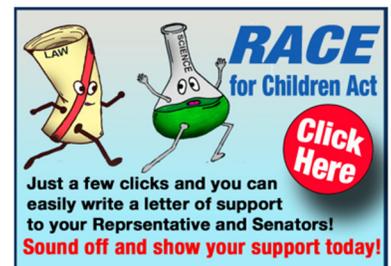
The causes of most childhood cancers are not known. About five percent are caused by an inherited mutation, while others are thought to develop as a result of mutations in genes that lead to uncontrolled cell growth and eventually cancer. In adults, these gene mutations are often the result of exposure to environmental factors, such as cigarette smoke, asbestos, and UV radiation from the sun. However, environmental causes of childhood cancer have been difficult to identify, partly because cancer in children is comparatively rare, and partly because it is difficult to determine what children might have been exposed to early in their development.

Children's cancers are not always treated like adult cancers.. Children who have cancer are often treated at a children's cancer center, which is a hospital or unit in a hospital that specializes in treating children with cancer. Most children's cancer centers treat patients up to age 20. The types of treatment that a child with cancer receives will depend on the type of cancer and how advanced it is. Common treatments include: surgery, chemotherapy, radiation therapy, immunotherapy, and stem cell transplant. There are exceptions, but childhood cancers usually respond well to chemotherapy because they tend to be cancers that grow fast. (Most forms of chemotherapy affect cells that are growing quickly.) Children's bodies are also generally better able to recover from higher doses of chemotherapy than are adults' bodies. Using more intensive treatments gives doctors a better chance of treating the cancer effectively, but it can also lead to more short- and long-term side effects. Unlike chemotherapy, radiation can often cause more serious side effects in children (especially very young children) than in adults, so its use sometimes needs to be limited. Children face unique issues during their treatment for cancer, after the completion of treatment, and as survivors of cancer. For example, they may receive more intense treatments, cancer and its treatments have different effects on growing bodies than adult bodies, and they may respond differently to drugs that control symptoms in adults.

And this.....

Did you know that in the last six years 77 new cancer drugs have been approved by the FDA? Yet only two new drugs have been approved for pediatric cancer (bringing it to a grand total of three). This is because a federal law that requires companies developing drugs for adults to also develop them for children, the Pediatric Research Equity Act (PREA), has never applied to cancer. Because children's cancers occur in different organs than adult cancer, PREA pediatric study obligations are waived. So a number of cancer specialists and cancer centers (among them MD Anderson, St. Jude's, Dana Farber, Duke University) and more than a hundred pediatric cancer advocacy organizations are seeking passage of a better law, The RACE (Research to Accelerate Cures and Equity) for Children Act, which will authorize the FDA to "Require PREA pediatric studies when a molecular target of an adult cancer drug is relevant to a children's cancer."

On July 15 a bipartisan group of U.S. Senators and Representatives introduced the RACE for Children Act in Congress. If you are interested in reading more about the act and signing a petition, go to 4sqclobberscancer.com. Childhood cancer is not going away.



Gimme An E

At the risk of sounding like a broken record (there's a metaphor that we won't be able to use much longer), in the past several months I have read a half dozen articles on the benefits of exercise. The three I've excerpted below I found to be especially persuasive.

In the May 18 Health section of the New York Times science writer Gretchen Reynolds wrote the following: "Anyone who still needs motivation to move may find it in a new study showing that, in addition to its other health benefits, exercise appears to substantially reduce the risk of developing 13 types of cancer—far more than scientists had thought might be affected by exercise. The comprehensive study also suggests that the potential cancer-fighting benefits of exercise seem to hold true even if someone is overweight." These cancers are breast, lung, colon, liver, esophagus, kidney, stomach, endometrium,

Yard Sale For H.O.P.E.

Saturday, September 10
The Markets at Shrewsbury
12025 Susquehanna Trail
All Proceeds Benefit H.O.P.E.

Interested sellers call 717-235-6611

Come and say hi to us at our H.O.P.E. booth and see what other bargains you can find. A great way to enjoy the fall weather.

Get Your Red Hot Ravens Tickets Here!

The Ravens Nest is selling a pair of tickets for every home game except Oakland and Washington. This includes the Steelers!



Seats are located in section 517, upper deck, row 17, seats 20 and 21.

Contact Phil Franco at 717-515-2698 or pfranco@homesale.com

The Ravens Nest donates proceeds of these tickets to various charities, one of which is H.O.P.E.

One More Round of Golf for H.O.P.E!

Sunday, October 9 at the Bon Air Country Club

2287 Club House Road, Glen Rock

717-235-2091

(Or, if you would like to help by donation, sponsorships are available and silent auction items are being sought.)

Have you checked out our webpage? The address is <http://www.hopeforcancerfamilies.org/>. It contains everything you want to know about H.O.P.E.—our programs and services, meetings, events, as well as articles on different topics.

You should also 'friend' our Facebook page: <http://www.hopeforcancerfamilies.org/> Here you'll find links to the latest cancer news, uplifting sayings, reminders of events, and other interesting items.

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."

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