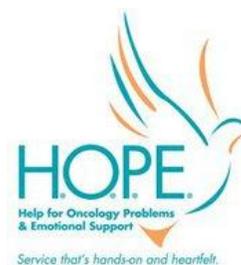


H.O.P.E. LIFELINE



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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



Sunday, November 3

**New Freedom Community
 Center**

**Tickets \$15 before November
 1 or \$18 at the door**

**Doors Open at 12:30
 Games Begin at 2**

**Refreshments for Sale by
 Tasteful Occasions**

**Donate items for food pan-
 try for chance to win prizes**

Holiday Murder Mystery Theater

Saturday, November 16

Pine Ridge Farm

9313 Blue Ball Road, Stewartstown

\$75 per person

Tickets Include Cash Bar * Silent
 Auction * Delicious Dinner by Tasteful
 Occasions * Murder Mystery Perform-
 ance



5:30—10 p.m.

(See full menu on page 5)

Support Group Meeting

*No Support Group Meetings for the
 months of November and December
 due to our move from the office to
 the Hope Haven.*

*Happy Holidays. See you next year
 at our new address! More informa-
 tion coming.*

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FROM THE EDITOR'S DESK

As we move into the holiday season we look forward to our special holiday events—the Christmas Party and Christmas Tea. The Christmas Party, always held the first Sunday in December, is a smorgasbord of festive food, carols everyone can sing along to, and a visit from Santa with gifts for the kids. What a perfect way to ring in the holidays. Make sure you leave two hours on December 1, from 2–4, to join in the festivities at the Stewartstown Presbyterian Church.

Our other very special event, the Christmas Tea (grownups only), takes place a little over a week later, at the Hope Haven. Nestled in the woods, the Haven is the perfect spot for a lovely holiday celebration. Since seating is limited, make sure you call the office to reserve your place at a table filled with all the trappings of a traditional tea—sandwiches, scones, pastries, and lots of tea.



“We must find time to stop to thank the people who make a difference in our lives.”

- John F. Kennedy

Thanksgiving Prayer

Ralph Waldo Emerson

*For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything Thy goodness sends.*

*For flowers that bloom about our feet,
For tender grass, so fresh, so sweet;
For song of bird, and hum of bee;
For all things fair we hear or see,
Father in heaven, we thank Thee!*



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

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

This month H.O.P.E. wants to recognize two “Angels.” The Twin Rose Lady Riders, Barb’s biker family, held their annual poker run on October 6 and raised over \$8,000 for our patients and their families. These amazing ladies have been helping H.O.P.E. over a decade and have donated tens of thousands of dollars. During this time they have welcomed Barb into their family and she has been part of many of their events. We also want to thank Barb Spurlock for organizing our successful Craft and Vendor Show. Barb recruited and coordinated vendors and she and our usual team of volunteers saw to it that everything ran smoothly. Always the perfect way to kick off the season of shopping, attendees enjoyed a variety of unique items and lots of great food provided by Tasteful Occasions. These angels have been blessings to H.O.P.E. for many years.



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!

Lung Cancer is STILL Killing Us

Lung cancer is the leading cause of cancer death. It kills 433 Americans every day, and almost twice as many women as does breast cancer. Despite these statistics, federal funding for research is far below that of breast, prostate, and even colon cancers. Lung cancer also has the lowest survival rate of the other most common cancers: only 17%, versus prostate at 99%, breast at 89%, and colorectal at 65%.

Lung cancer can start in the windpipe, the main airway, or the lung tissue. Although there are no early signs and symptoms, the condition will eventually develop symptoms such as a persistent cough, coughing up blood, persistent breathlessness, fatigue, weight loss, and aches and pains when breathing or coughing.

Doctors typically diagnose **two lung cancer types**, small cell and non-small cell, depending on how they appear under a microscope. A person is more likely to have non-small cell lung cancer (NSCLC) than small cell (SCLC); generally, small cell cancer is more aggressive than non-small cell.

Early diagnosis of lung cancer can be lifesaving. This is because lung cancer cells can travel to other areas of the body before a doctor detects them in the lungs. If this spread or metastasis has taken place, it makes treating the disease much more difficult. Sometimes a doctor will recommend a person have lung cancer screenings. These are performed using a low-dose CT scanner. Not everyone is a candidate for this screening, but it can help doctors identify lung cancer earlier in some individuals. Other tests for lung cancer are nasal swabs and blood tests. According to the American Lung Association, people who may be candidates for lung cancer **screenings** are those who:

- Are between 55 and 80 years of age.
- Are a '30 pack-year' history of smoking, meaning they smoked one pack per day for 30 years or two packs per day for 15 years.
- Are a current smoker or smoker who has quit within the past 15 years.

Smoking is the main risk factor and cause for lung cancer. Smoke and the chemicals that it contains can damage the lungs. Additional risk factors include exposure to second-hand smoke, living in an area with significant air pollution, older age, past exposure to radiation, exposure to arsenic and other chemicals, having a family history of lung cancer, having HIV.

Treatment depends on type and stage of cancer, but may include surgery, radiation therapy, or chemotherapy, targeted therapy, or immunotherapy. Targeted therapies are drugs that target mutations in the lung cancer's cell's genome that are causing the growth and spread of the cells. Immunotherapy are drugs that target the cells that evade the patient's immune system. Treatment can depend on the cancer's location and stage, as well as the overall health of the individual.

- **Surgery.** A doctor may operate to remove cancerous lung tissue and tissue in the surrounding areas where cancer may have spread. This sometimes involves removing a lobe or large segment of the lung in a procedure called a lobectomy. In severe cases, the surgeon may remove a lung in its entirety.
- **Chemotherapy.** This treatment uses drugs to shrink or eradicate cancer cells. These medications target rapidly dividing cells. Chemotherapy treatment has a more significant impact on cancers that have spread to different parts of the body and require a body-wide attack. However, chemotherapy is a powerful intervention and can have side effects including extreme nausea and weight loss.
- **Radiation therapy.** This approach uses high-energy rays to kill cancerous cells. A doctor may also use radiation to shrink a tumor before removing it surgically. Radiation is mainly useful on cancers that occur in one location and have not spread.
- **Targeted therapy.** This is the use of particular medications that specifically target a particular behavior in cancer cells. Examples include medicines that stop cancer cells from multiplying.

A good online resource for lung cancer is Lung Cancer Foundation of America (<https://lcfamerica.org>). At the top of the page, in the section titled About Lung Cancer, in addition to easy-to-understand information about the types, diagnosis, detection, and treatment, there is a section listing resources and organizations, latest research, and videos.

Latest in Lung Cancer Research

Exercise, Exercise, Exercise

Men who are current or former smokers may be less likely to develop or die from lung cancer when they're more physically fit, a recent study suggests. Researchers gave treadmill tests to 2,979 men who were former and current smokers to assess their cardiorespiratory fitness. They followed the men for almost 12 years and found that the risk of developing lung cancer was reduced as the level of exercise increased, and for those who had lung cancer, the risk of dying also was lessened with the higher levels of cardiorespiratory fitness.

"Aerobic exercise at moderate to vigorous intensity such as walking, jogging, running, biking, or elliptical for 20 to 30 minutes three to five times a week can improve cardiorespiratory fitness," the lead study author Baruch Vainshelboim of Stanford University said. It is possible the being fit helps limit exposure to toxins from cigarettes in the lungs. In addition, physical activity improves activity in immune cells and produces a cancer-inhibiting environment in the tissue. The exercise may also encourage smokers to quit smoking.



"I come from a family where gravy is considered a beverage."

- Erma Bombeck

Blood Pressure Medication Could Increase Risk of Lung Cancer

A study published last month in the BMJ (British Medical Journal) concludes that treatment with a particular blood pressure medication increases the risk of lung cancer, compared with other blood pressure drugs. People use angiotensin converting enzyme inhibitor drugs (ACEIs) for managing hypertension. They are effective, and doctors consider them relatively safe when people take them for short periods of time. Scientists from McGill University in Canada accessed the medical records of almost one million people in the United Kingdom. All patients had started taking blood pressure-reducing drugs in 1995-2005. The team followed them for an average of 6.4 years and during that time doctors made almost 8,000 lung cancer diagnoses. The scientists compared the risks of developing lung cancer in individuals who had started taking ACEIs against those who were taking a group of blood pressure drugs called angiotensin receptor blockers (ARBs). They concluded that after five years, taking ACEIs was associated with a 14 percent increase in lung cancer risk. As patients continued to use the drug, their risk steadily increased, and after a decade or more it had risen to 31 percent.

Chili Peppers—Good For What Ails You?

New research suggests that there may be a nutritional compound that can hinder lung cancer metastasis. Capsaicin, which is the chemical compound that gives chili peppers their pungent flavor, stopped lung cancer metastasis in rodents and cultured human cell lines. Researchers found that capsaicin stopped metastasis by blocking the activation of the Src protein – a protein that is key in regulating the proliferation, survival, and motility of the cancer cells. Previous research with capsaicin found that the compound can inhibit the development of triple-negative breast cancer cells, and other studies suggest it may reduce the risk of colorectal cancer. Also, previous research has suggested the compound can extend our life span.

More Reasons They're Man's Best Friend

"Right now, it appears dogs have a better natural ability to screen for cancer than our most advanced technology. Once we figure out what they may know and how, we may be able to catch up," said Professor Thomas Quinn, lead researcher in a study that used beagle dogs to detect lung cancer.

Three beagles were trained for eight weeks to distinguish between blood samples collected from individuals with non-small cell lung cancer and a set of blood samples obtained from healthy individuals. The researchers placed all the samples in one room, at a height at which the dogs could comfortably sniff them. The team had trained the beagles to sit down when they could smell cancer, or to move on if the sample was from a healthy person. The dogs successfully made the distinction between the two types of samples, identifying the presence of cancer with 97.5% specificity, and 96.7% sensitivity.

Women’s Health Initiative— Saving Lives and Money

More than 20 years ago, in 1993, researchers wanted to determine whether estrogen being prescribed to women to manage menopause symptoms was helping women more than it was hurting them. For years doctors had been prescribing long-term use of estrogen and progestin, so the National Institutes for Health recruited 161,808 postmenopausal women aged 50-79 to study. This study, named the Women’s Health Initiative (WHI), was the first ever done for women in the history of medicine.

The women were divided into groups, some taking just estrogen, some taking estrogen and progestin, and some taking placebos. After over a decade of observation the researchers stopped the trials early, in 2002 and 2004, because it was so clear that hormones posed serious health risks to the women. Researchers found that post-menopausal women taking combination (estrogen and progestin) hormone therapy for menopause symptoms had an increased risk for breast cancer, heart disease, stroke, blood clots, and urinary incontinence. When the WHI trials started, there were many reports that in addition to relieving hot flashes and other menopausal symptoms these treatments could also prevent heart disease. So the findings in 2002 that estrogen plus progestin actually increased the risk of heart attacks and stroke, in addition to increasing the risk of breast cancer, came as a shock to the medical community and public. The estrogen plus progestin trial was halted three years earlier than planned because the data were so clear.

One of the most important outcomes of the WHI was the sharp decline in breast cancer in 2003 after the WHI results were released in 2002. It is estimated that there have been 15,000-20,000 fewer breast cancer cases each year. Today, the FDA urges women who take hormone therapy to take the lowest helpful dose for the shortest amount of time.

Fast forward to the present. The WHI extended its study from 2005 to 2010, and then again until 2020, with the focus in the most recent study on cardiovascular events and aging. Since its inception, research and results have saved an estimated \$37.1 billion in U.S. healthcare expenses and increased quality of life. Here are some of the most important recent findings:

- You probably shouldn’t take hormones longer than you have to due to the increased risk for breast cancer, heart attack, stroke, blood clots, and colon cancer (although they do decrease the risk of hip fractures). As with any other medical decisions, consult your primary care doctor before beginning or ending use of these medications.
- Taking vitamin D and calcium may not be worth it. Although the supplements did increase bone density in the hip, they didn’t significantly decrease the number of hip fractures the women experienced. Nor did they lower the risk of colorectal cancer. They did, however, increase the risk of kidney stones.
- Ditch diet soda. More than 80,000 women were asked about their diet soda consumption in the previous three months. Researchers found that those who drank two or more artificially sweetened drinks a day were almost 25 percent more likely to have a stroke over the 12-year study period than women who rarely or never drank diet drinks. Diet soda drinkers were also almost 30 percent more likely to suffer heart disease and 16 percent more likely to die from any cause.

Murder Mystery Dinner Theater Menu

*Seasonal fruit, Veggie and Cheese Appetizers
Crab Spinach Artichoke Dip*

Buffet Dinner

Cranberry Apple Salad

Mixed greens, romaine, cranberries, apples, goat cheese, walnuts, Balsamic vinegar

Slow Roasted Beef Brisket

(No wine of any sort in the marinade)

Chicken Florentine

Grilled chicken breast in creamy Parmesan, garlic, spinach, mushrooms sauce

Penne Vodka

Tender penne pasta tossed with sautéed onions, mushrooms, and vodka sauce and topped with shaved parmesan

Signature Mashed Potatoes

Sour cream, cheddar, and chives

Savory Green Beans

Butter, red onion, garlic and herbs

Fresh Bakes Dinner Rolls

Dessert Display

H.O.P.E. Invites You to Two Festive Christmas Events!

**Christmas Party—Sunday, December 1
2—4 p.m.**

**Stewartstown Presbyterian Church
14 College Avenue
Please RSVP if attending.**

**Christmas Tea—Tuesday,
December 10
Noon—2**



Held This Year at the Hope Haven.

**Seats are limited, so call the office asap to
reserve a spot and get directions.**

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)
For more information
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."

RETURN SERVICE REQUESTED

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(717) 227-2824

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