



2021

# H.O.P.E. LIFELINE



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**H.O.P.E. Lifeline**

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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, Oct. 13  
Time: 7:00 p.m.  
Location: H.O.P.E. Haven  
Speaker: Everyone

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](mailto:barb@hopeforcancerfamilies.org) [www.hopeforcancerfamilies.org](http://www.hopeforcancerfamilies.org))

**BASKET BINGO**  
**SUNDAY,**  
**NOVEMBER 7TH, 2021**  
**PARTNERING WITH**  
**"NO ORDINARY JOE"**  
**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 \$15 BEFORE**  
**NOVEMBER 5TH**  
**\$18 AT THE DOOR**  
**Refreshments for Sale by**  
**Tasteful Occasions**

**Shrimp and Bull Roast**  
**Saturday, October 16**  
**7—11 p.m.**



**Jarrettsville Gardens**  
**Jarrettsville Fire Hall**

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**Jarrettsville, MD 21084**

**All You Can Eat Buffet**  
**Shrimp, Pit Beef, Pit Tur-**  
**key, Sides**  
**Beer and Wine**

**Silent Auction \* Door**

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

**Physical Address:**  
**13275 Blymire Hollow Rd.,**  
**Stewartstown, PA 17363**  
**Mailing Address:**  
**P.O. Box 279,**  
**Stewartstown, PA 17363**  
**Phone: 717-244-2174**

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## FROM THE EDITOR'S DESK

The corn is starting to turn brown and the acorns are crunching under feet; Mother Nature is letting us know she hasn't forgotten to do what she is supposed to do. We even had a few days with temperatures under 90. Now if she would just ease up on the hurricanes.

The angels were smiling on us on Saturday, August 21, when 100 golfers swung for fun and prizes at the annual **Take a Swing at Cancer Golf Tournament**. The rain held off until the last prize was awarded, and then the heavens opened. Never an organization to do what everyone else does, H.O.P.E. awarded the top prize to the foursome who placed 13th—in honor of it being the 13th tournament. These four lucky golfers won a free round of golf from their choice of six different courses. The other teams who placed one through five also won rounds. And the last-place foursome were awarded \$25 gift cards for Seven Sports Bar. (To drown their sorrows?)

A reminder of the **Bull Roast** later this month. Tickets are still available for this evening of great food and fun. The combination of food and beverages and live music gets the joint jumping, so make your reservation so that you can be a part of the merriment.

For those who participated in last year's hugely successful online **raffle** or those who wished they had, we're doing it again this year. Tickets will be available at the end of this month, and information will be posted on facebook and the website as it becomes available. Some of the prizes include a \$400 diamond necklace, a \$350 Coach purse and \$100 Coach wallet, \$100 gift cards from Amazon, Home Depot, Kohl's, Lowe's, Wal Mart, and Texas Roadhouse, and lots of dining out gift cards. Raffle tickets are ideal Christmas gifts, stocking stuffers, and gifts to family and friends and yourself!

Our Haven is nearing completion, thanks to so many volunteers and organizations and companies. The Three Amigos are back on the job cutting, stacking, and delivering **firewood**. The front brick walk is beautiful, and there are several more walkways in need. Names etched on the bricks are clearly visible and honor a variety of people (and even pets). Look on our website or call the office to order your **memorial brick** for a loved one.

One more Haven item: the **waterfall**. Or should we say waterfalls. Five, 10-foot-wide falls will be cascading in front of the house, in view of the large porch, the fire pit, and the driveway. Splash Supply Company has designed and is installing the waterfalls, and owner Mike Wallaby has been working closely with Barb to shape and fulfill her vision. One of the special features is the pool at the bottom where visitors, even those confined to wheelchairs, can dangle their toes in the water.

October is **breast cancer awareness month**, the one people are most aware of. On the next page you can read some basic information about causes, symptoms, and screening guidelines. On page 4 are two articles with some new information. The first concerns a relatively new gene mutation that some are even referring to as BRCA3. The other article, in keeping with daily news stories about vaccines, talks about a breast cancer vaccine that is now in trial. Modern medicine is truly amazing.

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

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



Thanks to **Glatfelter Insurance Group, UPMC, Hartenstein Funeral & Cremation Care, Visiting Angels, CGA LAW, People's Bank, Traditions Bank and Irene McCullough** for sponsoring the Voices for HOPE Banquet, September 16th at the Out Door Country Club in York. Thank you to the VFH Committee, **Heather McAuliffe**, for her year-round work in making the event so special. Thanks Carol. We also thank **Chris Wagman**, our emcee, as always a great job! A special Thank You to **Tricia Seaman** for sharing her heart touching story. You could have heard pink drop as she was speaking. Everyone was so in awe of her story. These hardworking people truly deserve Angel Wings.



*"I know God will not give me anything I can't handle. I just wish he didn't trust me so much."*

- Mother Teresa

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](mailto:assistant@hopeforcancerfamilies.org), and she'll put you on our list. (And it will have color!)

Thanks!

# Breast Cancer—We're Beating It But Not Enough

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States, and in women ages 20 to 59 it has the highest mortality rate of any cancer. It can occur in both men and women, but is far more common in women. The incidence of breast cancer overall is only slightly higher for white women than Black women, but in women under 45, breast cancer is more common in black women. Black women are also more likely to die from breast cancer than women of other races or ethnicities. At least some of this increased risk is due to less access to follow-up care after an abnormal mammogram or lower rates of health insurance.

Substantial support for breast cancer awareness and research funding has helped create advances in the diagnosis and treatment of breast cancer. Survival rates have increased, and the number of deaths associated with the disease is steadily declining. This is due largely to factors such as earlier detection, a new personalized approach to treatment, and a better understanding of the disease. Overall, 90 percent of women will survive at least five years after being diagnosed with breast cancer. As of January 2020, more than 3.5 million women in the United States have a history with breast cancer.

Breast cancer starts in the breast with a malignant tumor, a mass of cells that grows out of control. The cancerous cells can also metastasize, or move to other tissues or parts of the body. The cancer can develop in any of the three types of breast tissue: lobules, ducts, and connective tissue. Most cancer begins in the lobules (the milk-producing glands), or in the ducts, along which milk travels to the nipple. But tumors can also develop in the fibrous and fatty connective tissue that surrounds the lobules and ducts. Several types of breast cancer exist. The type of cancer and its stage, or how far it has grown, determine the treatment for it. Breast cancer that spreads into normal tissue is called invasive breast cancer. Noninvasive breast cancer stays within the breast lobule or duct.

**Screening guidelines** have varied since screening has been going on, but most organizations seem to take this approach:

- Women between the ages of 25 and 40 should have an annual clinical breast examination.
- Women 40 and older should have an annual mammogram in addition to an annual clinical breast examination.
- Ultrasound or 3D mammography may be recommended for women with dense breast tissue.
- All women should consider performing a monthly self-breast exam beginning at age 20 and become familiar with their breasts so they are better able to notice changes.

Here are some **symptoms of breast cancer** to be aware of:

- Any lump in or near the breast or underarm
- Warmth or unexplained tenderness in the breast
- A hardening, thickening, or swelling in the breast
- Nipple tenderness or discharge
- Swelling, redness, scaliness or general pain in the breast or nipples

While a lump can be a sign of cancer, nearly 80 percent of lumps found in the breast turn out to be noncancerous. Screening tests look for possible signs of breast cancer but cannot diagnose it. If doctors see a suspicious lump or mass of cells, they may have to perform a biopsy to confirm their suspicion.

## Causes and Risk Factors:

- Being female. The #1 risk factor.
- Increasing age (risk increases over age 50).
- A personal history of breast conditions or breast cancer itself.
- A family history of breast cancer.
- Inherited genes that increase cancer risk, particularly the well-known gene mutations BRCA1 and BRCA2. See page 4 for a third gene mutation risk.
- Radiation exposure to chest as a young child or young adult.
- Obesity.
- Beginning period at a younger age (before 12).
- Beginning menopause at an older age.
- Having your first child at an older age or having never been pregnant.
- Postmenopausal hormone therapy.
- Drinking alcohol.

[Continued on page 4]

## A 'New' Gene Mutation for Breast Cancer

For years, women with breast cancer in their families have been getting tested for mutations in two genes, BRCA1 and BRCA2, to determine whether they have a sharply elevated risk of the disease. BRCA1 (Breast Cancer gene 1) and BRCA2 (Breast Cancer gene 2) are genes that produce proteins that help repair damaged DNA. Everyone has two copies of each of these genes – one copy inherited from each parent. However these genes can sometimes change, or mutate, leading to cancer.

People who inherit harmful variants in one of these genes have increased risks of several cancers – most notably breast and ovarian. They also tend to develop cancer at younger ages. Tests are available to see if someone has inherited a harmful variant in BRCA1 and BRCA2. However, testing is not currently recommended for the general public. Instead, expert groups recommend that testing be focused on those who have a higher likelihood of carrying the variant, such as those who have a family history of certain cancers.

Now, doctors are increasingly recommending that anyone who was tested before 2014 go through genetic testing again – to look for a different mutation, one much less widely known. It's on a gene called PALB2 that normally repairs DNA damage and prevents tumor growth. If you have a PALB2 mutation the gene won't perform these functions the way it should. PALB2 is short for partner and localizer of BRCA2 because it partners with the BRCA2 gene.

Anyone who gets a genetic test for breast cancer now is likely to be screened for PALB2 mutations, which were found in 2014 to significantly raise breast cancer risk. (These genes have also been linked to an increased risk of pancreatic cancer.) But many patients screened before 2014 were not tested for it and may have a false sense of security if they were found to be free of the BRCA mutations.

A 55-year-old Illinois woman whose mother had breast cancer years ago had genetic testing which turned up no BRCA mutation. The woman had breast calcification and was alternating mammograms and MRIs every six months when her doctor suggested genetic testing. It showed she had PALB2. After consulting with an oncologist, the woman opted for a prophylactic mastectomy. After the surgery, pathology showed she had Stage 1 breast cancer in one breast and five precancerous lesions in the other, despite the six-month testing regimen. They acted early enough that she needed no radiation or chemotherapy.

## A Vaccine to Prevent Cancer

A vaccine to prevent cancer?! The Cleveland Clinic is conducting a Phase 1 clinical trial to test a vaccine for triple negative breast cancer (TNBC). The vaccine targets certain proteins produced by a patient's own body – so called self proteins – that are made only at certain times during development, before retiring or disappearing.

The target of the vaccine is the alpha-lactalbumin protein. It is normally produced in the mammary glands during lactation, but then goes away. However, alpha-lactalbumin reappears in certain breast cancer cells, particularly in the case of TNBC, the disease's deadliest form. The doctors hypothesize that a vaccine targeting this protein could help prevent the occurrence of breast cancer if given after a woman's child-bearing years, since in this period of time, the appearance of the protein would theoretically be in the context of cancer. In vaccinated women, the immune system would be able to specifically destroy cancer cells before the tumors could grow.

## Breast Cancer—Treatment and Medication Options

*[Continued from page 4]*

A treatment plan will depend on the type and stage of breast cancer and how aggressive it is. Breast cancer is most commonly treated with surgery, often accompanied by treatments to help rid the body of cancer cells, or to ensure that it remains cancer free.

Surgical treatments include lumpectomy, in which a small portion of the breast (where the tumor is located) is removed. If more tissue needs to be removed, a partial or full mastectomy may be performed. This is removal of one or both breasts and may include removal of lymph nodes and armpit tissue.

Along with surgery, radiation may be used to kill cancer cells that remain in the area.

A range of medications, involved in chemotherapy, hormone therapy, and biologic targeted therapy, may be used to treat breast cancer.

## Pediatric Cancer Foundation Brooke's Blossoming Hope



Brook Hester was a happy, three-year-old girl when she was diagnosed with stage IV, high-risk, neuroblastoma, in 2010. Two years later her family established a foundation they called Brooke's Blossoming Hope, with a mission of "raising global public awareness of childhood cancer and to raise money primarily for research into earlier detection, newer treatments, and cutting edge, targeted therapies and cures for pediatric cancer that will be gentler and more tolerable through all stages: discovery, diagnosis, treatment, and remission."

The website contains information about Brooke and the organization. Their primary program is Brooke's Blossoms and Buddies, which provides headwear to patients and sends care packages to kids battling cancer at no cost, as well as siblings upon request. For more information about this young woman, whose 14th birthday was celebrated in April with a marathon and half marathon, and her remarkable organization, go to <https://www.brookesblossoms.org/>.

## Papa Pals—Companions and Assistants for Senior Citizens

Papa is an online demand assistance service to help people and their family members stay independent while living securely and happily at home. Papa pairs older adults and families with Papa Pals for companionship and assistance with everyday tasks.

- They provide companionship: Chat, play board games, watch a movie, take a walk, exercise.
- They help with house needs: Light cleaning, meal prep, organizing, pet help.
- They provide transportation: Doctors' appointments, errands, grocery/pharmacy shopping.
- They help with technology: Computers, smart phones, tablets, accessing telehealth.

You can sign up for free. All you have to do is call 1-800-348-7951 or go to their website <https://www.joinpapa.com/>

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For more information  
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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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