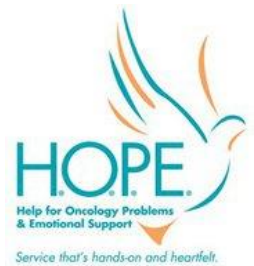


# H.O.P.E. LIFELINE



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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))

**Drink a Toast to HOPE**  
at the Park Inn  
Saturday, March 9  
from Noon to 3 p.m.  
19308 York Road in  
Parkton, Maryland.



Guest bartenders Laura-Ann and Marylee are donating their tips to HOPE.

Call the HOPE office at  
717-244-2174 for more  
information.

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, Feb. 14

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Speaker: Everyone

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

**Physical Address:**

**13275 Blymire Hollow Rd.,  
Stewartstown, PA 17363**

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Stewartstown, PA 17363**

**Phone: 717-244-2174**

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## FROM THE EDITOR'S DESK

Belated wishes for a happy new year. It hasn't begun on the healthiest of notes; in fact, almost everyone we know either was sick or had a family member who was under the weather. Which led to a general renewal of the discussion as to the efficacy of wearing a mask, which led to our article in this newsletter on just that.

We hope your Christmas holiday was spent with family and/or friends in pleasant circumstances. Our Christmas elves, led by **head elf Marty Streett**, painstakingly sorted, wrapped, and labeled hundreds of gifts for our 50+ families. As ever, it is due to the generosity of individuals and families and organizations that our patients' families are able to have a special Christmas in the midst of illness and worry. We thank the many people who shopped for gifts or donated gift cards to our families. Many of these same wonderful people have been helping us at Christmas year after year, never seeking recognition or credit. These are Barb's angels.

Did you know that there are more than 100 types of cancer? Some of course are more prevalent than others. According to the World Health Organization, the most common are lung (2.21 million cases), breast (2.26 million cases), rectum and colon (1.93 million cases), skin (non-melanoma, 1.20 million cases), stomach (1.09 million cases), and prostate (1.41 million cases). **February is National Cancer Prevention month**, and in recognition of that we've provided a brief history of cancer on the next page.

Have you ever wondered what keeps epidemiologists up at night? It's a safe guess that it has to do with the next new diseases that are lurking out there ready to strike. It used to mean something when an event was declared once in a lifetime, or once every hundred years, but those events seem to be happening with far greater frequency, and this includes diseases of all sorts. As our world shrinks pathogens are spreading, and the probability of the **next worldwide pandemic** increases. More about this can be found on pages 4 and 5.

As our HOPE family knows, February means our **annual pasta dinner!** Once again Dimos and Vicki Pageorgiou are donating all the proceeds from their special pasta dinner, featuring lasagna and other pastas, sauce, salad, garlic bread and soda or BYOB. What better place to spend a winter Monday than a warm restaurant filled with friends all enjoying wonderful food and camaraderie.

Spring may not be right around the corner, but it isn't too soon to think about a weekend retreat to our **HOPE Haven**. We will be welcoming guests again in April, and are looking for volunteer caretakers to help watch over the operation. If you're interested, a training meeting will be held on Saturday, March 2, at the Haven. The session will last approximately two and a half hours, with check-in time at 9 a.m. (and coffee and refreshments!). Please call the office at 717-244-2174 to hold your seat for the session, and if you are not currently registered with HOPE as a volunteer you will need to complete volunteer forms prior to training.

**SPRING BINGO** is on the calendar!! Sunday, April 7th will be our next BASKET BINGO! Times will be the same, doors open at 12:30, bingo starts at 2pm. Tickets \$20 before 4/7/2024 or \$22 at the door. Always hosted at the New Freedom Community Center with Tasteful Occasions having our refreshments.

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

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

Christmas came early to H.O.P.E. this year via Ken Anderson, his son Danny of York Firewood and Ken's merry band of You Tube "Woodhounds". Ken organized a work party over a weekend in early December to assist the regular volunteers in splitting wood. Over a dozen of his fellow You Tube outdoor enthusiasts came from as far as CT, NJ to the Chesapeake Bay and many places in between to split nearly 20 cords of both green and seasoned firewood. The green wood will sit the year and give H.O.P.E. a great head start on next year's sales, while the seasoned wood has been either sold or scheduled for delivery. To compliment the You Tube "Woodhounds", Ken reached out to his Lions Club membership to ensure this event had the extra manpower required to keep the physical aspects of processes flowing.

Additionally, the "Woodhounds" You Tube channels have generated monetary donations to H.O.P.E. Some of their viewership were so disappointed they could not attend this year's event they sent money instead. The group would like to make this a yearly event and H.O.P.E. would welcome that idea with open arms.

Thanks Ken, your initiative is greatly appreciated by all of us at H.O.P.E.

# LOVE

*"Man must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love."*

~ Martin Luther King Jr.

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!

# Cancer Has Been Around as Long as Humanity

February 4 is World Cancer Day. The three-year theme for this day (2022-2024) is “Close the Care Gap,” which focuses attention on the inequities in cancer care including income, education, location and discrimination based on ethnicity, gender, sexual orientation, age, disability, and lifestyle.

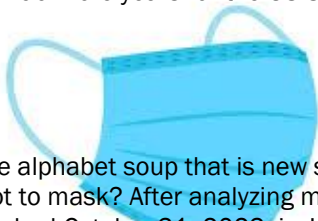
Since the month of February is National Cancer Prevention month, we thought you might be interested in a little history about cancer. From time immemorial, cancer has been with humanity, affecting people across the world regardless of their race, age, sex, or status. Evidence of cancer was first found in fossilized bone tumors of mummies in ancient Egypt. However, the word ‘cancer’ finds its origins in Greek. In 460 B.C. – 370 B.C., ancient Greek physician Hippocrates, the ‘Father of Medicine,’ referenced the name ‘cancer’ – karkinoma – crab in Greek, because the appearance of a tumor was likened to a crab.

The first ever-recorded case of breast cancer dates back to 1500 B.C. in ancient Egypt, and the earliest written description of breast cancer is found in the Edwin Smith Papyrus that was written approximately 3000 B.C.

In 1761 an Italian surgeon was the first to conduct autopsies to relate the patient’s illness to pathologic findings after death, which laid the foundation for scientific oncology, the study of cancer. The following century Rudolf Virchow, often called the founder of cellular pathology, first used the modern microscope to study diseased tissues, which aided the development of cancer surgery.

Another notable discovery occurred in 1775 when a London doctor described an occupational cancer in chimney sweeps, cancer of the scrotum, which was caused by soot collecting in the skin folds of the scrotum. This research led to many more studies that identified a number of occupational carcinogenic exposures and led to public health measures to reduce a person’s cancer risk at work.

Way back to 1620, a London doctor warned about the dangers of tobacco, where he wrote that “immoderate use of tobacco hurts the brain and the eye and induces trembling of the limbs and the heart.” A hundred and fifty years later, after recreational tobacco became popular in London, John Hill wrote a book entitled *Cautions Against the Immoderate use of Snuff*. It only took 200 more years for the US Surgeon General’s report definitively linking smoking to lung cancer.



## A Wardrobe Essential?

In the alphabet soup that is new strain after strain of covid, one method of prevention continues to be controversial – to mask or not to mask? After analyzing more than 40 studies conducted with seven different methodologies, a comprehensive review published October 31, 2023, in JAMA Network Open says the evidence is clear: masks can reduce the risk of spreading Covid-19 and of being infected by Covid-19.

Here are two highlights from the studies that showed the effectiveness of masks:

- A study published in February 2022 in the CDC’s *Morbidity and Mortality Weekly Report* found that compared with those who reported never wearing a mask, those who reported always wearing some sort of mask had from 56% to 83% lower odds for testing positive for Covid, depending on the type of mask they were wearing.
- A matched cohort study of 400 U.S. counties published in February 2022 in *Health Affairs* showed that enactment of a mask mandate was associated with a 25% reduction in Covid incidence four weeks later.

Masking is especially important for people in higher risk groups, including adults and people who are immunosuppressed. Masking can help decrease transmission indoors, in poorly ventilated areas, and when the virus is spreading rapidly through the community. Experts urge all Americans – including those not at high risk of severe illness – to opt for vaccines against both Covid and flu, to use masks and air purifiers to prevent infections, to be tested and treated, and to stay home if they become ill. Even those who do not become severely sick run the risk of long-term complications with every new viral infection, researchers say.

Covid isn’t going away, and other flu and virus strains continue to appear and reappear. Use precautions if your health is compromised or if you know you’ll be spending time with someone else whose health is compromised.

# What You Should Know About the Next Pandemic

Seven global epidemics of human diseases have occurred since 2000, and research all over the world suggests that viruses are emerging more frequently. This is due to a combination of factors such as increasing international travel and populations as well as climate change. These factors and others are resulting in an increasing threat posed by **zoonotic diseases**, those which can transmit from animals to humans, like avian flu. Zoonotic diseases may be caused by bacteria, parasites, viruses, or fungi. Rabies, Lyme disease, ringworm, and salmonellosis are some common examples of zoonotic disease.

According to the CDC, the probability of a future zoonotic spillover event resulting in a pandemic of Covid-19 magnitude or larger is between 2.5-3% annually. In other words, there is a 22-28% chance that another outbreak on the magnitude of Covid will occur within 10 years, and a 47-57% chance that it will occur within the next 25 years. Globally, zoonotic diseases are responsible for billions of illnesses and millions of deaths annually.

## How Does 'Big Ag' Contribute to the Problem?

Greater meat consumption is a factor driving concerns about the next pandemic. In 2020, Humane Society International published a paper outlining the various ways industrialized agriculture puts the world at a greater risk:

- As factory farms grow larger and encroach on the once remote wilderness, domesticated animals are more likely to contract viruses from wild animals.
- On cruelly overcrowded farms, disease spreads rapidly from animal to animal.
- Farmed animals are transported throughout countries and around the world, regularly coming into contact with humans and creating the potential for viruses to spill into human populations.

Additionally, scientists have cited the overuse of antibiotics in chicken farming in particular as the leading cause of resistance development in bacteria. One global study showed that in *E. coli* sampled from chickens across eight different countries, over 40% showed resistance to four different classes of antibiotics.

## Where Might the Next Pandemic Begin?

Efforts have been made to predict where pandemics may originate by identifying sites of emergence in the past, such as mapping all known emerging-infection incidents from the 1940s to the early 2000s and predicting that emergence would occur at one of those sites.

Researchers have observed that a significant percentage of communicable diseases jump from non-human animal populations into human populations in West and Central Africa, as well as South and Southeast Asia. These regions share some commonalities that make them more susceptible to zoonotic outbreaks. Factors like rapidly expanding human settlements, widespread poverty, intensifying agricultural development, and the exploitation of natural resources all put these regions at a higher risk.

## What Might Cause the Next Pandemic?

There are a few known **pathogens** (disease-causing germs) – either viruses or bacteria – that can cause pandemic or epidemic-prone diseases.

The **influenza virus** is an unstable virus, which originates in wild waterfowl which transmit infection to domestic birds and poultry, and they then pass it on to animals and/or humans. Sometimes, the influenza virus mutates into a form which can spread easily in humans. In those circumstances a pandemic can occur. The H1Ni swine flu virus had its origin in bird populations thought to have then transferred infection to pigs where it mutated in such a way that it could transmit easily from human to human – once humans had been infected directly by pigs.

There have been three outbreaks caused by **coronaviruses** in humans during the past 20 years. Each originated among wild animals and one of these viruses – SARS-CoV-2 – is the cause of the Covid-19 pandemic.

*[continued on next page]*

# What You Should Know About the Next Pandemic

[continued from page 4]

In addition, there are four coronavirus strains that are endemic in humans causing the common cold. (**Endemic diseases** are those that regularly occur within an area or community, such as malaria. They differ from pandemics because the virus is somewhat contained and not spreading out of control and not stressing the health care infrastructure, therefore more easily treated and prevented.) These are thought to have emerged from animals at some time in the past. SARS-CoV-2 will most likely become the fifth endemic strain.

Highly lethal infections with a short incubation period, such as the **Ebola virus disease**, are much less likely to become pandemic. They cause severe illness early in infection that incapacitates and kills those infected, giving the virus little time to be transmitted to others.

## What is Ahead of Us and What Should We Understand?

There have been five major influenza pandemics in the last century, four major pandemics caused by arboviruses (infections caused by ticks or mosquitoes) jumping from arthropods (invertebrate animals such as insects and arachnids) over the past 30 years, and 25 Ebola epidemics. There has also been an increase in other pathogens. Bacterial infections in ticks have caused a slow but steady increase in Lyme disease over the past several decades, and other tick-borne diseases are being discovered. It is generally accepted there will be another pandemic and that humans are giving pandemics more opportunities to occur. Here are some of the reasons why:

- **Travel.** Because of increased ground, water, and air transportation connectivity, more people are traveling from one country to another.
- **Urbanization.** The world is transitioning to being more urban. In many cases this means an increasing number of people living in overcrowded and unhygienic environments in which infectious diseases can thrive, without adequate health systems that can deal with these threats.
- **Climate Change.** Climate change affects the spread of disease in a number of ways, such as by altering the natural range of disease-carrying insects, like mosquitos.
- **Increased Human-Animal Contact.** The risk of having outbreaks from zoonotic diseases is increasing because of the changing animal-people interactions. It is well known that when pathogens jump the species barrier, from animals to humans, their ability to spread and the severity of the disease they cause is potentially a lethal unknown.
- **Shortage of Health Workers.** Constant migration of health workers from low-and middle-income countries to high-income countries deplete the health workforce in many nations in the regions where epidemic diseases, with the potential to become pandemics, are most likely to originate. Countries with inadequate health workforce in the health systems can easily be vulnerable to the increasing threat of disease outbreaks.

It is impossible to predict when the next pandemic will occur as they are random events. They can begin anywhere in the world where animals and humans are in close proximity and enable the spread of pathogens. Harvard University infectious disease clinician Jacob Lemieux says, "These pathogens affect all of us, and we need to work together to prevent, mitigate, and respond to pandemics. We are seeing pandemics emerge frequently, not once in a lifetime, but in fact every few years, and we need to start preparing."

### Attention Saubel's Shoppers! And HOPE friends!

From now until May 15, Saubel's will be giving stamps toward free KitchenAid cookware. From a small frying pan to an 8-quart covered stockpot - the Haven kitchen can use them all! We're grateful to Saubel's for their gifts and are grateful to our shoppers who have supplied us via past offers with storage containers, steak knives, and linens among other items. Drop your stamps off at the office or give them to our super shopper Bobbie if you see her in Saubel's, her home away from home.

Visit Us on the Web  
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"Like" Us on Facebook:



*"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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