



February 2017

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

It 's Pasta Time!



What better way to fight the cold than dinner
with friends in a cozy restaurant?

Join us at the New Freedom Restaurant and
Coffee Shop and support H.O.P.E.



on Monday , February 27

from 4 to 9 p.m.

Support Group Meeting

Date: Wednesday February 8, 2017
Time: 7:00 p.m.
Location: H.O.P.E. Serenity Room
Speaker: Marcie Goodfellow
Topic : Fun and Easy Hula Hooping

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FROM THE EDITOR'S DESK

February is cancer screening and awareness month. As you are no doubt aware, recommendations for testing have changed (seesawed even) as more research continues to be done. False positives can cause anxiety and lead to unnecessary procedures, while false negatives can cause delays in treatment. Screening tests may be read or interpreted incorrectly or their accuracy compromised and the body itself may present a problem (women with dense breast tissue know all about this). Nevertheless, most health organizations recommend three important screening tests. These are for colon and colorectal cancer, breast cancer, and cervical cancer. Prostate and lung cancer screenings can also be done but are not considered mandatory. See page 3 of this month's newsletter for more guidelines about these tests.

February is also **pasta dinner** time! Despite our gradually warming climate it's still fairly certain that the best place to be on a Monday evening in February is inside the bright, cozy New Freedom Restaurant among family and friends. Enjoy delicious homemade pasta and sauce while raising money for H.O.P.E. This will be the sixth year that Vicky and Dimos Papageorgio generously turn their restaurant over to H.O.P.E. and donate all proceeds of the night (including the servers' tips!) to help us help our patients and their families through this difficult time in their lives. So please join us for great food and company as well as the opportunity to help a wonderful cause.

Did you know that February 4 is **World Cancer Day**? This is a day designated by the Union for International Cancer Control, which was founded in 1933 and whose membership includes over 800 organizations across 150 countries. More than eight million people die from cancer worldwide every year. On this day around the world communities will hold festivals, walks, seminars, public information campaigns, and other events to raise awareness and educate people on how to fight cancer through screening and early detection, through healthy eating and physical activity, by quitting smoking, and by urging public officials to make cancer issues a priority. Each year the day is given a theme, and the theme for 2016-2018 is "We can. I can." One of the most visible events marking the occasion in the United States will be in New York, where the Empire State Building will be lit blue and orange, the colors of the UICC, for the sixth year in a row.

ON A POSITIVE NOTE...

A recent report from the American Cancer Society announced that cancer death rates in the U.S. have dropped 25 percent since the early 1990s. This is primarily due to large declines in the four major causes of cancer death – lung, colorectal, breast, and prostate – which account for almost half of all cancer deaths. This progress is driven by declines in smoking, beginning in the 1960s, and improvements in the early detection of and cancer treatment. Now, for the 'fine print.'

- Although men are still more likely to be diagnosed with and die from cancer compared to women (men still drink and smoke more), their overall risk for developing cancer has fallen, while the rate for women has remain unchanged.
- Since 1991 cancer diagnoses for men have fallen about two percent per year, while holding steady among women.
- Thyroid cancer among women is rising and lung cancer rates dropped only half as fast in women as men.
- Racial gaps exist, though not quite as marked as in the past. The researchers suggest that this is because more black Americans were insured under the Affordable Care Act.

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

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

Last year, on the Tuesday after Thanksgiving, November 29th, 2016, H.O.P.E. participated in our very first **#GivingTuesday**, a global day dedicated to giving. It was to encourage people to start their year-end giving by making a contribution to their favorite charity.



Each year, more organizations come together to celebrate GivingTuesday. Since 2012, GivingTuesday has inspired giving around the world, resulting in greater donations.

H.O.P.E. wants to thank and acknowledge our friends and family who have earned their Angel Wings for participating in 2016 GivingTuesday. We had a fabulous response! Our final total was \$3,375.00! Amazing!

So let us remember when the Holiday giving season arrives to mark it on the calendar for this year, Tuesday, November 28th, 2017, GivingTuesday. We hope you will make this coming GivingTuesday bigger and better!



*"Your heart is
greater than your
wounds."*

- Henri M. Nouwen

Recommended Screening Guidelines from the American Cancer Society

Breast Cancer Screening Guidelines

Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.

Women ages 45 to 54 should get mammograms every year.

Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. They also should know how their breasts normally look and feel and report any breast changes to a health care provider right away.

Colon and Rectal Cancer Screening Guidelines

Starting at age 50, both men and women should follow one of these testing plans:

Tests that find polyps and cancer

Flexible sigmoidoscopy every 5 years*, or Colonoscopy every 10 years, or Double-contrast barium enema every 5 years*, or CT colonography (virtual colonoscopy) every 5 years*

Tests that mostly find cancer

Yearly guaiac-based fecal occult blood test (gFOBT)**, or Yearly fecal immunochemical test (FIT)**, or Stool DNA test (sDNA) every 3 years*

* If the test is positive, a colonoscopy should be done.

** The multiple stool take-home test should be used. One test done in the office is not enough. A colonoscopy should be done if the test is positive.

Cervical Cancer Screening Guidelines

Cervical cancer testing should start at age 21. Women under age 21 should not be tested.

Women between the ages of 21 and 29 should have a Pap test done every 3 years. HPV testing should not be used in this age group unless it's needed after an abnormal Pap test result.

Women between the ages of 30 and 65 should have a Pap test plus an HPV test (called "co-testing") done every 5 years. This is the preferred approach, but it's OK to have a Pap test alone every 3 years.

Women over age 65 who have had regular cervical cancer testing in the past 10 years with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if testing goes past age 65.

A woman who has had her uterus and cervix removed (a total hysterectomy) for reasons not related to cervical cancer and who has no history of cervical cancer or serious pre-cancer should not be tested.

All women who have been vaccinated against HPV should still follow the screening recommendations for their age groups.

Prostate Cancer

The American Cancer Society recommends that men make an informed decision with a health care provider about whether to be tested for prostate cancer. Research has not yet proven that the potential benefits of testing outweigh the harms of testing and treatment. The ACS believes that men should not be tested without first learning about the risks and possible benefits of testing and treatment.

Starting at age 50, men should talk to a health care provider about the pros and cons of testing so they can decide if testing is the right choice for them.

African American men or men who have a father or brother who had prostate cancer before age 65, should have this talk with a health care provider starting at age 45. Men who decide to be tested should get a PSA blood test with or without a rectal exam. How often they're tested will depend on their PSA level.

The Latest in Cancer Screening: Genetic Testing



“Life is a great big canvas; throw all the paint on it you can.”

- Danny Kaye

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 asstant@hopeforcancerfamilies.org, and she'll put you on our list. (And it will have color!) Thanks!

Twenty years ago a discovery was made that revolutionized the approach to cancer. The BRCA1 gene, which was linked to an increased risk for breast and ovarian cancer, was discovered. Ten years after that, in 2003, the Human Genome Project was completed. Scientists sequenced the three billion letters in the human genome, which is the complete set of DNA in the human body. From this over 1,000 disease genes have been discovered, 2,000 genetic tests created, and at least 350 biotechnology-based products are currently in clinical trials. Today's researchers can find a gene suspected of causing an inherited disease in a matter of days, rather than the years it took before the genome sequence was in hand.



We all carry certain genes that are normally protective against cancer – they correct any DNA damage that naturally occurs when cells divide. Inheriting faulty versions or ‘variants’ of these genes significantly raises the risk of developing cancer, because the altered genes cannot repair the damaged cells, which can build up and form a tumor. BRCA1 and BRCA2 are two examples of genes that raise the cancer risk if they become altered. Having a variant BRCA gene greatly increases a woman's chance of developing breast and ovarian cancer. They also increase a man's chance of developing breast cancer and prostate cancer.

BRCA genes are not the only cancer risk genes. Researchers have identified more than 100 new gene variants associated with an increased risk of breast, prostate, ovarian, and thyroid cancer. Individually, these new gene variants only slightly increase the risk of cancer, but a combination could mean a high risk overall. It is becoming increasingly common for doctors to recommend genetic testing for patients who might be at risk for a cancer caused by inherited gene mutations.

Many experts recommend that genetic testing for cancer should be strongly considered when all three of the following criteria are met:

- The person being tested has a personal or family history that suggests an inherited cancer risk condition.
- The test results can be adequately interpreted (that is, they can clearly tell whether a specific genetic change is present or absent).
- The results provide information that will help guide a person's future medical care.

It is strongly recommended that a person who is considering genetic testing speak with a professional trained in genetics before deciding whether to be tested. These professionals can include doctors, genetic counselors, and other health care providers such as nurses, psychologists, or social worker. Genetic testing includes a detailed review of the individual's personal and family medical history related to possible cancer risk. Genetic tests are usually requested by a person's doctor or other health care provider. Although it may be possible to obtain some genetic tests without a health care provider's order, this approach is not recommended.

Testing is done on a small sample of body fluid – usually blood, but sometimes saliva, cells from inside the cheek, skin cells, or amniotic fluid. The sample is then sent to a lab that specializes in genetic testing. The lab returns the test results to the doctor or genetic counselor or, in some cases, directly to the patient him/herself. Counseling about the results then follows to help the patient understand the results and the course of action, if any, to take.

This is barely an overview of a huge new field of medicine. If you want more detailed information you're advised to look it up on any of the major, reputable cancer sites on the internet: These include the National Cancer Institute, the American Cancer Society, the National Institutes of Health, M.D. Anderson, as well as Healthline, Everyday Health, Web M.D., and more.

H.O.P.E. Has Partnered With Community Aid (Neighbors Helping Neighbors) to Collect Clothing.

We Need Your Clothing, Shoes, Bedding, Curtains, and Drapes.

These Items Will Benefit H.O.P.E. With Every Pound You Donate!

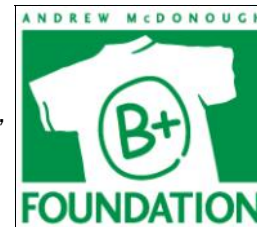


(No Small Appliances or Furniture, Please.)

The Container Is In the H.O.P.E. Parking Lot. Four More Containers Will Be Located in Shrewsbury and Stewartstown Next Year.

The B+ Foundation (“B Positive”) is one of the largest providers of **financial assistance** to families of kids with cancer.

The Andrew McDonough B+ Foundation honors the life of Andrew McDonough. Andrew battled leukemia, septic shock, and complications of childhood cancer for 167 days before passing away on July 14, 2007, at the age of 14. Andrew’s B+ blood type became his family’s and friends’ motto throughout his fight against childhood cancer – to “Be Positive.”



The foundation’s main mission is to provide financial assistance to families of children with cancer. If you’re interested, go to **bepositive.org** where you can learn more about the organization and print out an application.

Dig Out Those Snow Shovels and Stand By To Help H.O.P.E.

The white stuff is beautiful but not if you have to go somewhere. And often people don’t have a choice. Every year we put together a “Snow Brigade” to help people who need to get to a doctor’s appointment or treatment.

If you would like to help these cancer patients and their families, please call the H.O.P.E. Office at



The Jessie Rees Foundation was created to honor a very brave 12-year-old who fought brain cancer for two years and before her death created **Joy Jars** to share with children with cancer. The foundation’s logo is NEGU, for Never Give Up, Jessie’s personal motto and message.

If you’re interested in signing up for the **Year of Joy program**, go to **negu.org** to read more about this remarkable young woman and her organization.



Caring Bridge provides free websites for people with cancer to connect with their loved ones. Anyone affected by cancer can easily set up a unique, personal website. Users can select their website design and add health updates and photos, and visitors can leave messages in a guestbook.

For more information, go to www.caringbridge.org or call (651)789-2300 to speak with a Caring Bridge representative.

New Freedom Indoor Farmers Market

Saturday, February 4

10 a.m. until 1 p.m.

Inside the Rose Fire Company

200 E. Main Street, New Freedom

Plants, herbs, flowers, soap, hand-crafted items, cookies, pies, jam, honey, eggs, local beef and chicken, sweet treats, hot food, coffee, and much more. Free activities for kids including stories and crafts. Stop by and get the

Coming Attractions...

- Spring Bingo Sunday, April 9
- Voices for Hope Thursday, May 4
- Music Festival Sunday, July 23
- Golf Tournament Friday, August 4



Support Us When You Shop for Valentine’s Day.

Buy Your Gifts Online at **smile.amazon.com** and Amazon donates back to H.O.P.E!



To support H.O.P.E. and shop for the holidays or anytime, go to <http://smile.amazon.com/ch/23-2765683>

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."

H.O.P.E.
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