

The SynCure Report – Fall 2006

Published by the SynCure Cancer Research Foundation

Coping with Cancer—a NEW program in the SynCure public education series - November 18, 2006, Hackensack, New Jersey.

As the professional cancer community increasingly comes to terms with the often “chronic” nature and “psycho-social” effects of cancer, SynCure has responded with a modified version of its successful UPDATE public education symposium that will focus more on the “human side of cancer.” Teaming with the Leukemia and Lymphoma Society, **Coping with Cancer** gathers leading experts from top cancer centers to address the very real concerns of cancer patients and survivors, their families and loved ones, healthcare support providers, and the general public. The program is scheduled for:

**Wilson Auditorium, Fairleigh Dickinson University
Hackensack, New Jersey
Saturday, November 18, 2006
9:00am-2:30pm**

The speakers and their topics are:

- **Living With Cancer As A ‘Chronic Disease’**
Scott D. Rowley, M.D., Hackensack University Hospital
- **Effects Upon The Family**
David W. Kissane, M.D., Memorial Sloan-Kettering CC
- **Stress Management**
Jon Levenson, M.D., Columbia Medical Center
- **The Patient-Oncologist Relationship**
Teresa A. Gilewski, M.D., Memorial Sloan-Kettering CC
- **Breakthroughs In Research & Treatment**
Margaret Mooney, M.D., National Cancer Institute

Like all other SynCure public educational programs, the event is FREE, including breakfast and lunch, and will feature an afternoon Q&A session with the speakers. Because seating is limited, advanced registration is required. For more information or to register, check our website at www.syncure.org or call toll-free 1-866-SYN-CURE.

UPDATE: Cancer Research and Treatment public cancer education series marches on.....

SynCure has continued to address the needs of cancer patients/survivors and their loved ones with the highly acclaimed ‘**UPDATE: Cancer Research and Treatment**’ symposia series. The aim of UPDATE is to disseminate the latest information on advances in the war on cancer. SynCure believes that the better informed patients and survivors are, the better lifestyle and health care choices they can make.

The most recent UPDATE programs were held in Ft. Lauderdale, Holy Cross Hospital, February 4, 2006 and Tallahassee, Florida, on March 10, 2006. Topics covered

included Advances in Treating Leukemia and Lymphoma, The Surgeon’s Role in Cancer Care, Targeted Therapies in Treating Breast Cancer, Monoclonal Antibodies for Treating Cancer, Living with Cancer, Colorectal Cancer and Genetics, and Advances in Diagnostics.

As expected, both of these recent programs received rave reviews from the participants. As one attendee stated in her evaluation, “It was my first update program and it was extremely impressive. Wonderful speakers with new information. It’s obvious a lot of work went into preparation.”



A panel of speakers address the audience during the Q&A session in Ft. Lauderdale.

Future UPDATE Programs Scheduled....

As this newsletter goes to press, there are several other UPDATE programs scheduled or in the early planning stages. Please check our website to register for any of the programs or for more up-to-date information. You can also call us at 1-866-SYN-CURE to register.

February 3, 2007, is the date for the 4th Annual UPDATE program at Holy Cross Hospital in Ft. Lauderdale, Florida. The first three years have seen attendances of 300-400 each; therefore, we expect another “sell out” crowd this coming year.

On March 10, 2007, UPDATE will be held for the 4th consecutive year in Tallahassee, Florida with the lead sponsorship of Tallahassee Memorial Hospital’s Cancer Center.



2nd Annual PSS-SynCure Charity Golf Tournament in New Jersey again honors Dr. Murray F. Brennan, Chief of Surgery at Memorial Sloan-Kettering Cancer Center (New York City). Read the story on page 3.



**2nd Annual
PSS-SynCure
Charity Golf Tournament
A Great Success!**



Steve Roman, Advisor to the SynCure Board, presented a research grant to Murray F. Brennan, MD, at Memorial Sloan-Kettering Cancer Center in New York City from the proceeds of the First Annual PSS-SynCure Charity Golf Tournament held Monday, July 25, 2005, at the Crestmont Country Club in West Orange, New Jersey. Dr.

Brennan was honored at the Tournament for his extraordinary contributions to cancer research and treatment.

The success of the 2005 tournament was repeated at the Second Annual PSS-SynCure Charity Golf Tournament which was conducted on September 18, 2006, again at the Crestmont Country Club. As with 2005, Mr. Dan Denenberg, Medical Sales Consultant, Physicians Sales & Service, Inc., was the event organizer and host, along with SynCure's Steve Roman. Everyone who has been touched by cancer owes Dan and the entire PSS company a debt of gratitude for the commitment they have made to support cancer research and education. The event was again first rate with over 90 golfers participating. In addition to golf, Amy Denenberg, Dan's wife, organized a tennis tournament that raised several thousand additional dollars for this important cause that resulted in another substantial research grant to Memorial Sloan-Kettering.



Thanks to the Green Village Volunteer Fire Department

SynCure is again very grateful to the Green Village Volunteer Fire Department (Chatham Township), New Jersey for conducting another charity sporting clays fundraiser to support SynCure—the **2006 FALL BLAST**. The event, held October 22, 2006, was again "sold out" with over 90 sporting clay enthusiasts participating in order to support cancer research and education. Fortunately, the weather turned out beautifully and the Green Village volunteers organized a fun event with 100 targets and great food. All who care about cancer research should thank the kind and generous contributions of time and effort of the GVVFD members.



**The SynCure Spring Classic 2006 at Orvis Sandanona Shooting Grounds
On May 21, 2006 at Millbrook, New York**

The SynCure Cancer Research Foundation held their 3rd Annual 'Spring Classic' sporting clays charity fun shoot on Sunday, May 21st at the historic Sandanona Shooting Grounds in Millbrook, New York, with proceeds donated to the SynCure-Murray F. Brennan, MD Research Fund at Memorial Sloan-Kettering Cancer Center in Manhattan. The 'sold-out' event attracted sporting clays shooters from New York, New Jersey, Connecticut, Rhode Island, Pennsylvania and Montreal, Quebec. Mr. John Gunn, Executive Vice President and CFO of Sloan-Kettering, discussed MSKCC's new research programs and the importance of SynCure's efforts in supporting those programs. Everyone had a terrific day in support of an important cause; the weather was superb, the food excellent, the targets and presentations first rate.

Support Cancer Research

SynCure Cancer Research Foundation is recognized by the U.S. government as a 501 (c)(3) nonprofit public charitable organization; all donations are fully tax-deductible (Federal ID Number 31-1574909). Over 95% of every dollar donated to SynCure goes directly into research and education initiatives.

I am pleased to donate \$ _____ in support of SynCure.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

PLEASE MAIL TO:

SynCure Cancer Research Foundation
3216 Sessions Road, Suite 200
Tallahassee, Florida 32303

Selected Cancer Questions and Answers

IMPORTANT: The following information has been extracted from the National Cancer Institute and other government sources. Always consult your personal physician for guidance in matters pertaining to your health and that of your family.

Should I consider participating in a clinical trial?

Participating in a clinical trial can potentially provide benefits to the cancer patient and benefits to future cancer patients by advancing cancer research; but, it may also create some risks to the cancer patient. Therefore, before making such an important decision one should first learn as much as possible about clinical trials generally and about clinical trials for your particular cancer diagnosis—good places to start are the National Cancer Institute website www.cancer.gov and the website of the American Society of Clinical Oncology www.plwc.org. After learning as much as possible from reputable sources, one should then talk to your doctor(s), nurses(s), family and friends to help decide what is best for you.

Some of the potential benefits from participating in a clinical trial can include:

- Treatment by leading physicians who conduct clinical trials
- Access to new, potentially superior treatments before they are widely available
- Careful monitoring of your health and any side effects of the new treatment

At the same time, participating in clinical trials can carry risks, such as:

- The new treatment being studied may be less effective than current treatment regimens.
- The new treatment may have adverse side-effects not known to the doctors.

In order to maximize the potential benefits and minimize the risks from clinical trials, the government and all institutions that conduct clinical trials have a highly regulated system in place to protect human subjects of research. No person can participate in a clinical trial without giving their Informed Consent, which is a process to explain to the participant the possible risks and their rights and responsibilities. If you do agree to participate in a clinical trial, one of the key features to protect your rights is that you can change your mind and leave the study whenever you want -- before the study starts or at any time during the study or follow-up period.

Does being overweight also increase the risk of developing cancer?

Data from a comprehensive survey in 1999-2000, indicates 64 percent of U.S. adults are overweight or obese. Among children from age 9-16, it is estimated 15 % are overweight, a 3-fold increase from 20 years earlier. People who are overweight or obese have a greater risk of several health problems including diabetes, high blood pressure, cardiovascular diseases, stroke, and certain cancers. Many factors can contribute to cancer in complex ways including genetics, so-called "lifestyle" factors (such as smoking, eating habits, exercise, etc.) and environmental factors (toxic chemicals in the environment, exposure to sunlight, etc.). Therefore, direct effects from being overweight on the risk of developing cancer are difficult to assess. Nevertheless, a 2003 study estimated that 41,000 new cases of cancer (3.2% of the total) were linked to being overweight or obese. Another 2003 report estimated that in the United States, 14 percent of deaths from cancer in men and 20 percent of deaths from

cancer in women were due to overweight and obesity. Cancer experts have concluded that cancers of the colon, breast (postmenopausal), endometrium (the lining of the uterus), kidney, and esophagus are associated with obesity. Some studies have also reported links between obesity and cancers of the gallbladder, ovaries, and pancreas.

In other words, maintaining a healthy weight can reduce the risk of many cancers. It is recommended that people establish habits of healthy eating and physical activity early in life to keep from becoming overweight or obese. For those who are already overweight, even a weight loss of only 5 to 10 percent can provide health benefits.

Does drinking wine really help reduce the risks of cancer?

Red wine is a rich source of biologically active compounds called polyphenols that are thought to have antioxidant or anti-cancer properties. Polyphenols are found in the skin and seeds of grapes; red wine contains more polyphenols than white wine because the making of white wine requires the removal of the skins after the grapes are crushed. Laboratory research on the antioxidants found in red wine has shown that they may help inhibit the development of certain cancers. Red wine also contains high levels of another type of polyphenol called resveratrol (as do grapes, raspberries, peanuts and other plants) that has been shown to reduce tumor incidence in animals by affecting one or more stages of cancer development. It has been shown to inhibit growth of many types of cancer cells in culture.

Studies of the association between red wine consumption and cancer in humans are in their initial stages. Some research studies have shown that drinking a glass of red wine a day may cut a man's risk of prostate cancer in half and that the protective effect appears to be strongest against the most aggressive forms of the disease. It was also seen that men who consumed four or more 4-ounce glasses of red wine per week have a 60 percent lower incidence of the more aggressive types of prostate cancer. Although consumption of large amounts of alcoholic beverages may increase the risk of some cancers, there is growing evidence that the health benefits of red wine are related to its non-alcoholic components.

SynCure to support translational cancer research...

SynCure expects to award two grants in early 2007 to support translational cancer research at leading comprehensive cancer centers for relatively young researchers. The goal is to support cancer research that will enhance the transfer of basic research to clinical applications. Priority will be given to projects that are the farthest along the path to clinical usefulness. Awardees must be in their first five years of a tenure-track faculty appointment. Proposals are being solicited from select cancer centers and are due November 30, 2006. Awards are expected to be made by January 31, 2007 based upon evaluations of the proposals by members of SynCure's distinguished Scientific Advisory Committee.