

## Annual Advocacy Training Conference & Lobby Day 2008, an unforgettable event.



The theme of the 2008 National Breast Cancer Coalition Fund Annual Advocacy Conference was "When you invite people to think, you are inviting revolution", from Ivone Gebara. And revolution, amongst other things, it did spark. It was energizing and led the drive and momentum for a very successful Lobby Day in Washington. It all began on April 26 when hundreds of Breast Cancer advocates converged upon Washington D.C. for three intensive days of educational workshops, learning and networking. The culmination was the final day April 29, with a very successful lobby day for the State of Florida. Armed with a contingent of 14 Floridian advocates strong, as well as a delegation of 4 advocates from Japan that we adopted as our own, we donned our newly designed FCCRF T-Shirts and went to Capitol Hill. Our Floridian team was successful in meeting 21 of our state representatives and or their staff

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members. A lot was accomplished in less than 8 hours but there is still so much to do.



For more information on the conference and to view highlights don't forget you can visit the [NBCCF Conference Blog](#) to review highlights from the Conference and to get new updates in the coming weeks ahead. And be sure to visit our page on [Flickr](#) to see pictures from the Conference, and to share your own.

We invite all of you to save-the-date for next year's conference in Washington D.C. May 2-5, 2009 Omni Shoreham Hotel Washington DC. For more details check [www.stopbreastcancer.org](http://www.stopbreastcancer.org). We look forward to seeing you there.

So plan NOW to join us for another year of advocacy in action until we end breast cancer.

Please contact your Congressional Representative to urge them to show their support for ending breast cancer by signing the letter.

## Girls, Young Women Can Cut Risk Of Early Breast Cancer Through Regular Exercise

Mothers, here's another reason to encourage your daughters to be physically active: Girls and young women who exercise regularly between the ages of 12 and 35 have a substantially lower risk of breast cancer before menopause compared to those who are less active, new research shows.

In the largest and most detailed analysis to date of the effects of exercise on premenopausal breast cancer, the study of nearly 65,000 women found that those who were physically active had a 23 percent lower risk of breast cancer before menopause. In particular, high levels of physical activity from ages 12 to 22 contributed most strongly to the lower breast cancer risk.



The study, by researchers at Washington University School of Medicine in St. Louis and Harvard University in Boston, will be available online May 13 in the Journal of the National Cancer Institute.



### Breast Cancer Facts

In Florida, an estimated 1,125 cases of breast cancer are diagnosed every month. Each year over 40,000 Americans die from breast cancer. Breast cancer not only affects the person with the disease, it affects everyone, family, friends, and co-workers.

### Make a Difference!

Purchase the End Breast Cancer license plate, and visibly show your support in helping to end breast cancer. The funds generated from this license plate are used to support breast cancer research and education in Florida. As of February 2008 our Specialty License Plate sales have exceeded \$2,000,000.00.

Visit your local tax collector's office or tag agency to purchase your specialty plate today for only \$27.00 in addition to the regular fees. Or log on to [www.fbccrf.org](http://www.fbccrf.org) to purchase or renew your plate online.

The Department of Highway Safety and Motor Vehicles is now offering specialty plate gift certificates. This new program allows anyone to purchase a specialty license plate as a gift for a motor vehicle registrant.

Visit your local DMV or Tag Agency and purchase a Specialty Plate Gift Certificate today!

Upcoming  
Events



Benefit's Fair

"We don't have a lot of prevention strategies for premenopausal breast cancer, but our findings clearly show that physical activity during adolescence and young adulthood can pay off in the long run by reducing a woman's risk of early breast cancer," says lead investigator Graham Colditz, M.D., Dr.P.H., the Niess-Gain Professor and associate director of Prevention and Control at the Siteman Cancer Center at Washington University School of Medicine and Barnes-Jewish Hospital. "This is just one more reason to encourage girls and young women to exercise regularly."

One-fourth of all breast cancers are diagnosed in women before menopause. Numerous studies have shown that physical activity reduces the risk of postmenopausal breast cancer, but the few studies that have looked at the influence of exercise on breast cancer risk before menopause have produced conflicting results.

For the current analysis, researchers examined data on a subset of women enrolled in the Nurses' Health Study II, a prospective study of registered nurses ages 24 to 42. These 64,777 women had filled out detailed annual questionnaires about their levels of physical activity from age 12 on. After six years of follow-up, 550 women had been diagnosed with breast cancer.

The researchers found the age-adjusted incidence rates for invasive breast cancer dropped from 194 cases per 100,000 person-years in the least active women to 136 cases in the most active. The levels of physical activity reported by the most active women were the equivalent of running 3.25 hours a week or walking 13 hours a week. The benefit of exercise was not linked to a particular sport or intensity but related to total activity.

"You don't have to be a marathon runner to get the risk-reducing benefits of exercise," Colditz adds.

One leading theory to explain the lower risk of breast cancer among active young women is that exercise reduces their exposure to estrogens. Numerous studies have shown that the more estrogen a woman is exposed to, the greater her risk for breast cancer. Thus, women who begin menstruating later or enter menopause early have a lower risk of breast cancer. And young women who are physically active are more likely to start their periods later and less likely to have regular cycles when they begin their periods.

Maruit SS, Willett WC, Feskanich D, Rosner B, Colditz GA. A prospective study of age-specific physical activity and premenopausal breast cancer. Journal of the National Cancer Institute. May 13, 2008.

## Our Mission

Florida Breast Cancer Coalition Research Foundation (FBCCRF), affiliated with the National Breast Cancer Coalition, is a non-profit grassroots organization dedicated to ending breast cancer through advocacy, education and research.

**Our purpose is to raise awareness and mobilize the population of Florida to ensure:**

- \* Sufficient government and public funding for breast cancer research.
- \* Quality health care for all without fear of discrimination.
- \* An environment free of carcinogens.

To achieve our mission, FBCCRF welcomes all who are committed to ending the breast cancer epidemic. We have made great strides, but much more

DoubleTree Ocean Point Resort  
June 5, 2008

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**Breast Cancer Networking**  
Gilda's Club  
119 Rose Drive  
Fort Lauderdale, FL 33316  
June 10, 2008  
6:30p.m.- 8p.m.

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**Spring Health Festival**  
Mt. Nebo Baptist Church  
June 21, 2008

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**Orlando Small Biz Expo**  
Embassy Suites  
191 East Pine Street  
Orlando, FL 32801  
June 26, 2008  
7:30a.m. - 10:00 a.m.

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**Festival de la Familia**  
Central Florida Fairgrounds  
4603 W. Colonial Drive  
Orlando, FL 32808  
June 28, 2008  
8:00a.m. - 3:00p.m.

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**National Male Caregiver's Conference**  
Tremont Plaza Hotel  
Baltimore, Maryland  
July 25, 2008 - July 27, 2008

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**Project LEAD Institute®**  
Denver, Colorado  
July 29 - August 3, 2008

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**Health and Safety Fair**  
Gibson Park  
August 2, 2008

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**3rd Annual Shades of Pink**  
October 16, 2008  
7:00p.m.- 9:30p.m.

**Make a Difference!**

needs to be done, especially here in Florida. We need your involvement in the Florida Breast Cancer Coalition Research Foundation.

## Our Goals are to:

- \* Educate ourselves regarding current scientific data and research on the causes and cures of breast cancer, legislative issues regarding breast cancer, and environmental factors playing a role in breast cancer.
- \* Educate local, state, and national decision makers regarding issues pertaining to breast cancer.
- \* Educate and involve other organizations in our mission.
- \* Educate and involve the men and women of Florida of our mission.

## A Story of Hope

### Breast Cancer Survivor Finds Her Voice



"Filled with emotions, I edged toward the survivor tent. I asked for a pink bandana and wore it on my belt loop and admitted in the safety of a huge crowd that I had survived breast cancer."

On a clear summer evening at a waterside yacht club in Stamford, Connecticut the lessons and hardships of a four-year-long cancer experience all came together for Elizabeth April-Fritz. This petite mother of two nervously shared her story with a large audience gathered. By the end of her talk, she had a standing ovation and the conviction that her story could bring strength and hope to others affected by cancer.

"It was invigorating. The idea that I touched people was just great," remembers April-Fritz. Together with her sisters and parents, she went on to raise more than \$6,000.

April-Fritz didn't come by her hopeful, appreciate-each-day feelings easily. She tells people it took three battles with breast cancer for her to "get it." In March 1998, at age 38, she found a lump in her right breast. She had a lumpectomy with the removal of a few lymph nodes, and tried to put the experience behind her.

"It was a big secret. I was vain and embarrassed. I went with the least aggressive chemo because I absolutely did not want to lose my hair," she explained. "This is a small town," she added, referring to her hometown, Pound Ridge, New York. A few months later at her first Making Strides walk she began to let down her guard. She saw women wearing bright pink bandanas and edged toward the survivor's tent with mixed emotions.



### Volunteer your time

- Celebrate a life by making a donation in someone's honor
- Make an In-kind donation
- Host a Fundraising Event
- Take an FBCCRF "End Breast Cancer" license plate banner to your local tag agency

### FBCCRF is looking for volunteers to assist in the following areas:

- Administration
- Publicity
- Education
- Advocacy
- Newsletter Production
- Special Events
- Development
- Research

Contact Jessica Parker to see how you can make a difference by volunteering your time.  
[volunteer@fbccrf.org](mailto:volunteer@fbccrf.org).



"I asked for a pink bandana and wore it on my belt loop and admitted in the safety of a huge crowd that I had survived breast cancer." Owning up to being a survivor was the beginning of a healing process.

### Don't Uncork the Wine Yet

The two-year check up came, and April-Fritz was sure she'd be celebrating with wine later in the evening after getting a clean bill of health. But her doctor found a suspicious lump under her right arm; then an ultrasound scan showed a new mass in her right breast. Surgery removed the lumps and April-Fritz began strong chemotherapy this time.

Her sister, Suzi April, convinced her to shave her head before tufts of hair began falling out. So just before her 41st birthday, she went with the bald look. Wigs weren't her style, "so every outfit from April until September was oh-so coordinated to make sure the do rags matched the rest."

April-Fritz joined a weekly cancer support group on her sister's recommendation. "She just said, 'You're doing this!'" says April-Fritz. She drew strength from hearing other people's stories-a strength that helped her decide whether to have a double mastectomy. Doctors told her the surgery could help prevent the disease from coming back again in some situations, but her disease was not an exact fit, so the choice was up to her.

"The hardest part about this illness is the fear of not being around for my children," April-Fritz explained. "I want to grow my children. I *really* want to be here." Daughters Kyra and Julia were, respectively, 8 years old and 3 years old, when their mother was first diagnosed. "Every time they get their feet on the ground, the rug is pulled out from under them," she said.

April-Fritz went ahead with the double mastectomy for any protection it might offer from a return of the cancer. And she began to "get it" - to slow down and enjoy the little things. "How fortunate for me to live every day with a sense of appreciation," she now explains. She agreed to speak at the kick-off meeting for Making Strides.

### "Haven't I Done EVERYTHING Recommended?"

The inspiring speech April-Fritz gave that summer evening in Stamford, Connecticut had another amazing, infuriating, "why-me?" chapter. Two of three phases of breast reconstruction were finished, when the doctor found another malignant mass. From April-Fritz's speech:

"The reality of the possibility of being diagnosed with cancer *again* is simply too unbelievable to imagine. I mean, haven't I done *everything* recommended? I have a lot of living left to do."

The mass was removed and scans showed April-Fritz had no other signs of cancer. But the team of doctors explained that cancer appeared to be a chronic disease for her and it would return. Since then, regular treatments with trastuzumab (Herceptin) and letrozole (Femara) have kept April-Fritz healthy, along with love, family, and an exploration of alternative healing practices.

A massage therapist gently suggested she stop talking about "fighting" cancer and think about "dancing with cancer."

"I realize now it (cancer) is beside me each and every day," said April-Fritz. But while she accepts the disease, she intends to live a long, full life.



### FBCCRF & Newport Beachside Hotel & Resort Partnership

Through a partnership between Newport Beachside Hotel & Resort and FBCCRF you can receive a preferred corporate rate by calling the reservations office at (800) 327-5476 ext. 1280 and ask for the "Florida Breast Cancer Coalition Rate".

[www.newportbeachside.com](http://www.newportbeachside.com)

## Resources

**FBCCRF**  
1250 East Hallandale Beach Boulevard, Suite 501  
Hallandale, FL. 33009  
(954) 454-4156

[Annie Appleseed Project](#)

[NBCC](#)

[Chemotherapy](#)

[Women and Cancer](#)

[IBC Support](#)

[Force](#)

[Sharsheret](#)

[Positive Hope](#)

### Advocacy Groups

[American Cancer Society](#)  
1 (800) ACS-2345

[National Breast Cancer Coalition](#)  
1 (800) 622-2838

[Redes En Acción](#)

[Sisters Network](#)

[Susan G. Komen for the Cure](#)  
1 (877) GO KOMEN

"I believe my beautiful daughters deserve to have their mom on this earth, mothering them from this side, standing firmly and full of health. I look forward to being a grandmother to their beautiful children one day."

April-Fritz gathered her courage and spoke to a crowd of 4,000 people at last fall's Making Strides walk, explaining her plans to raise more money to fight breast cancer. "And God willing, I will see you all next year full of the spirit and healthy life that I pray for every day."

[Breast Cancer Network of Strength](#)  
1 (800) 221-2141

[Young Survival Coalition](#)  
1 (877) YSC-1011

## Government agencies

[Centers for Disease Control & Prevention](#)

[National Cancer Institute](#)  
1-800-4-CANCER

[National Institutes of Health](#)

## Additional Support and Information

[American Association for Cancer Research](#)

[American Cancer Society Cancer Survivors Network](#)

[American Society of Clinical Oncology](#)

[Association of Cancer Online Resources](#)

[Association of Community Cancer Centers](#)  
(301) 984-9496

[Be Bright Pink](#)

[Breast Health Global Initiative](#)

[CancerCare](#)

[Centerwatch Clinical Trials](#)

[Gilda's Club Worldwide](#)

[Lance Armstrong Foundation](#)

[Lauren's Light](#)

[Living Beyond Breast Cancer](#)

[Men Against Breast Cancer](#)  
1 (866) 547-MABC

[National Asian Women's Health Organization](#)

[National Cancer Institute Surveillance Epidemiology and End Results \(SEER\)](#)

[National Coalition for Cancer Survivorship](#)

## Purchase a Pink Ribbon Jersey, bring Awareness, and Help FBCCRF

The search for a pink ribbon jersey began for me in June 2007. I am a breast cancer survivor who wanted to combine my love of cycling with some means of increasing breast cancer awareness in my own small way. I started searching through bicycling catalogs and websites, looking for a pink ribbon cycling jersey, but couldn't find one. Although many company representatives told me they thought it was a great idea, no one had one at that time. Finally, many phone calls and emails later, the representative at Louis Garneau, a premier cycling apparel manufacturer, told me that they would be able to do a custom order, as long as I had the required minimum number. What started out as a search for one became a mission to get eleven more interested people. Not to mention a design!

My husband Dave and I are members of the Gainesville Cycling Club, so we sent out a group email to see what the response might be and the results were overwhelming, and men wanted a pink ribbon jersey, too! With the donated help of a local graphic artist, we came up with a design, submitted it to the Louis Garneau art department, made some adjustments here and there, and we were on our way to our own, one-of-a-kind cycling jersey to promote breast cancer awareness in a very positive way, via exercise! By August, we had orders from over 40 individuals for a total of 78 jerseys in both women's and men's sizes. They made their debut at the GCC's festival in October, and from there, interest has continued to grow. From the sales, we were able to donate \$644 to the FBCCRF.

Our second order recently arrived, and this time we also did matching gloves and shorts, and a sleeveless version of the women's jersey. Again, the proceeds will go to the FBCCRF. The short-sleeved jersey is \$65 (plus shipping if applicable).

A copyright for the design has been applied for and someday we may see the jersey on Sheryl Crow, a devoted breast cancer awareness advocate, since she has one of them. At least two of them will be worn at this summer's Ride Across Iowa (RAGBRAI), and others have been sent all over the U.S. Thanks to the Florida Bicycling Association's online newsletter, we've received orders from as far away as England.

Once the order is placed (minimum numbers still apply), it takes 8 to 10 weeks

to receive it. For more information about sizes, pricing, etc. please contact Barb Thomas at (352) 377-4427 or [bnbbarb@aol.com](mailto:bnbbarb@aol.com). We have a very few extra jerseys on hand, and a local bike shop is also carrying the jerseys, matching shorts and gloves.

For those of you who don't ride, the jersey is also great to wear on walks, especially the breast cancer awareness walks. The material is very soft, light, and breathable. It is extremely comfortable and does not stick to the skin. To those of you who have already ordered our jersey, Dave and I and the FBCCRF thank you for your support!

Happy and healthy exercising to you all,

Barb Thomas

## Join us at Project LEAD®



Quality Care Class of 2008

### What is ProjectLead?

Breast cancer advocates should play an integral role in all breast cancer decision making because they bring a unique and critical perspective to the research, scientific and policy review processes. Therefore, to be successful and effective in these areas, advocates have a responsibility to be prepared with the basic knowledge and background to critically appraise research proposals and policy initiatives. Others in the advocacy community look to Project LEAD® graduates to disseminate timely and accurate information, critically scientific research and evaluate research proposals.

Since 1995, Project LEAD® graduates have served on influential research boards and committees in federal and state government, universities, hospitals and private industry.

Project LEAD® strives to provide a foundation of scientific knowledge on which participants can strengthen and empower themselves as activists. Participants will:

- Learn the language and concepts of science
- Discover how to critically appraise scientific literature
- Acquire study skills necessary to remain educated on scientific aspects of breast cancer
- Study how breast cancer research decisions are made

[National Lymphedema Network](#)  
1 (800) 541-3259

[National Women's Health Resource Center](#)  
1 (877) 986-9472

[People Living with Cancer](#)

[Susan Love Research Foundation](#)

[The Wellness Community](#)

[Well Spouse Foundation](#)

[Woman 2 Woman](#)

[World Health Organization](#)



- Become familiar with the wide range of consumer advocacy opportunities
- Gain confidence to speak up, ask questions and find common ground with scientists

Renowned scientists from academic and research institutions such as Brown University, Harvard University, University of California at Los Angeles and the National Institutes of Health serve on the Project LEAD® faculty. Through lectures, group study, critical appraisal of scientific articles and research proposals, Project LEAD® faculty teach:

- Basic science, such as the biology of cancer, basic genetics, the roles of DNA, RNA and proteins and development of cancer at the molecular level;
- Basic epidemiology such as biostatistics, descriptive studies, analytic studies, clinical trials, causality, meta-analysis and screening; and
- Leadership and advocacy development skills and how to participate in the scientific community as a breast cancer advocate.

**Project LEAD Institute®**  
Denver, Colorado  
July 29 - August 3, 2008

**Application Dealine:**  
May 30, 2008

**Clinical Trials Project LEAD®**  
Northern Virginia  
November 13 -16, 2008

**Application Deadline:**  
TBA

[Click here to learn more and to apply](#)

Scholarships are available from the Jane Torres Scholarship Fund. Call 1 (877) 644-3222 or (954) 454-4156 for details on how to apply. You can also email us at [assistant@fbccrf.org](mailto:assistant@fbccrf.org). Application must be received two months before the event.



## **Announcing Men Against Breast Cancer's 3rd Annual National Male Caregiver's Conference**

**Save the Date: July 25-27, 2008, Baltimore, Maryland**

This annual conference empowers men to care for women in their life with breast cancer is a highly structured weekend in which participants will learn a proven problem solving model that is designed to educate men how to best support their loved one with breast cancer with goal of increasing communication skills and the quality of survivorship of the patient.

[Click here](#) to register for the conference.

Space is limited to 40 men to keep the learning atmosphere intimate so all attendees will have ample time to practice and master the C.O.P.E. model that we teach.

All participants will receive travel scholarships outlined in the [brochure](#), complimentary meals, lodging, and a great evening at Camden Yards to watch the Orioles battle the Los Angeles Angels.

If you have any questions, please email [oninfo@menagainstbreastcancer.org](mailto:oninfo@menagainstbreastcancer.org).

To hear what others have said about this great experience that has impacted their life in a positive please [click here](#) to view our "[Band of Brothers](#)" video.

Please email or fax your application as space does fill up fast with committed and caring men from all over the country

If you would like to have brochures sent for distribution please email [confinfo@menagainstbreastcancer.org](mailto:confinfo@menagainstbreastcancer.org)

[CLICK HERE TO REGISTER TODAY](#)

Scholarships are available from the Jane Torres Scholarship Fund. Call 1 (877) 644-3222 or (954) 454-4156 for details on how to apply. You can also email us at [assistant@fbccrf.org](mailto:assistant@fbccrf.org). Application must be received two months before the event.

## Faith in Education

The Faith In Education program is a free, hands-on breast cancer education and awareness initiative. The program focuses on educating underserved, under-insured and uninsured women on breast cancer, prevention, screening, and local healthcare resources. This outreach project engages communities of all socio-economic levels and religious denominations, but has particular interest on low income and underserved communities. The program's mission is to develop and expand faith communities' participation in breast cancer education activities to help lessen the impact of breast cancer in Florida.

Faith In Education also offers an additional component which is the Congregational Training Initiative (CTI). CTI is an exclusive training session designed for women's groups, health groups or any interested group of congregants within your congregation. This two-hour training, also provided by CIS, will cover a basic, but in-depth overview of the disease, types of breast cancer, stages, treatment methods and much more!

### **The Faith in Education Program includes the following key components:**

- Inclusion of congregations of any religious denomination that have the support of their religious leader.
- Identification of a volunteer Breast Cancer Education Coordinator who will lead the education program in the congregation.
- Creation of a training program for Coordinators to learn the

- communication of early detection practices and healthy living regimens.
- Establishment of an assessment and measurement component that will measure pre-program levels of knowledge and activity and compare them with post-program levels.

The reaction of the religious community has been uniformly positive and enthusiastic. We are very excited about this program and its potential to educate and save lives.

**For more information about the Faith In Education program or to schedule a Congregational Workshop, contact Jessica Parker at (954) 454-4156 or [jessica@fbccrf.org](mailto:jessica@fbccrf.org).**

## **Male Breast Cancer Survivor Speaks Out**

### **How Thurston Murray Overcame Stereotypes-and His Disease**



"If I can help one man by telling my story, I'm willing to do that," says Murray. "Men need to know they can get breast cancer."

Thurston Murray thinks we ought to wear blue ribbons as well as pink come October.

Although [breast cancer](#) is 100 times more common in women, it's possible for [men to develop the disease](#). The American Cancer Society estimates that in 2007 some 2,030 new cases of invasive breast cancer will be diagnosed among men in the United States.

And Murray, an outspoken man from South Carolina and long-term breast cancer survivor, is doing everything he can to spread the word.

#### **Persistence Pays**

Twenty four years ago, Murray, an avid jogger and exercise fanatic, was running in his Orangeburg, South Carolina, neighborhood 4, sometimes 5, times a week. After a particularly long run, Murray noticed a clear discharge coming from his left nipple. Six weeks later, he found a lump on his left breast. He promptly went to see his family physician, who didn't think men could get breast cancer and told him not to worry.

But Murray, now 62, decided to get a second opinion. He drove 35 miles to Columbia, South Carolina, and met the doctor he credits with saving his life.

Murray was diagnosed with early stage II breast cancer; 3 days after the initial consult, he underwent a modified radical mastectomy, followed by 23 radiation treatments. Two decades later, he's cancer-free and as active as ever, especially when it comes to raising awareness about men and breast cancer.

## **A Man With a Message**

When Murray was diagnosed in the 1980s, he was frustrated by the general ignorance and lack of information for men with breast cancer.

"These days you can go on the Internet and find support groups, but back then you were mostly on your own," he says.

Where some men might be embarrassed about discussing their health, let alone their breasts, Murray has been anything but shy.

"If I can help one man by telling my story, I'm willing to do that," says Murray. "Men need to know they can get breast cancer."

To get the word out, Murray is using every medium he can. He has written letters to local papers and major publications, posted on online message boards, and spoken at his church and at community events.

"Knowledge is power," he says. "It can save lives."

Murray has also been a long-time participant in [Relay for Life](#).

"I'm out there just about every year," he says of Orangeburg's event.

## **Coping With Loss**

Murray opted not to have reconstruction, but did have a type of mastectomy on his right side several years after his initial surgery.

His doctor had noticed some changes in the breast tissue on that side and was worried he might have cancer in his right breast, too. Fortunately, they didn't find any abnormal cells, but Murray decided to have the surgery anyway, in part, he says, "to even up."

"If you lose a body part, be it a hand or a toe or whatever, you're going to be self-conscious about it."

Murray says he felt more like himself after the second surgery, but he mostly credits his family and friends for helping him through the experience.

"My wife has been my biggest supporter," Murray says. And he also found strength in his church. "After my surgery, I must have received something like 70 get well cards from the congregation."

## **Like Father, Like Daughter**

Murray and his wife, Harris, both work at Orangeburg-Calhoun Technical College, and they've raised one daughter, 21-year-old Laura.

"Had I listened to my family physician, we wouldn't have Laura," he says.

And it seems Laura has inherited her dad's passion for health education. She plans to enter the profession, perhaps as a pediatric oncologist.

# Green Tea Boosts Production of Detox Enzymes to Defend Against Breast Cancer

Concentrated chemicals derived from green tea dramatically boosted production of a group of key detoxification enzymes in people with low levels of these beneficial proteins, according to researchers at Arizona Cancer Center.

These findings, published in the journal *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research, suggest that a green tea concentrate might help some people strengthen their metabolic defense against toxins capable of causing cancer.

In a study of 42 people, the concentrate – composed of chemicals known as green tea catechins in amounts equal to that found in 8-16 cups of green tea – boosted production of the enzymes, which belong to the glutathione S-transferase (GST) family, by as much as 80 percent in some participants.

GST enzymes are believed to be crucial to the body's defense against cancer-causing chemicals and other toxins, according to the study's lead investigator, H.-H. Sherry Chow, Ph.D., a research associate professor at the University of Arizona. They modify the cancer-causing molecules that would otherwise damage cellular DNA, thus rendering them inert.

"They actually convert known carcinogens to non-toxic chemicals, and studies have shown a correlation between deficient expression of these enzymes and increased risk of developing some cancers," Chow said.

"Expression of this enzyme varies dramatically in people due to genetic variation and environmental factors," Chow added. "Green tea catechins somehow increase gene expression of these enzymes, which can be an advantage to people with low levels to start with."

Green tea has long been of interest to researchers given studies that have shown populations in which it is often consumed, such as the Chinese and Japanese, generally have lower rates of cancer. To find out if green tea can protect against cancer, the NCI has sponsored a number of rigorous scientific studies testing capsules of the extract, Polyphenon E, that have been prepared in Japan to meet exact specifications. These pills contain epigallocatechin gallate (EGCG), a catechin known for its potent antioxidant activity, and are currently being tested against a variety of cancers in clinical trials.

This study was designed to see if green tea catechin concentrate had any effect on the levels of GST enzymes in healthy individuals – research that could explain the tea's anti-cancer properties. Healthy volunteers were asked to abstain from consuming any tea or tea-related products for four weeks. At the end of this "washout period," blood was drawn and baseline GST enzyme levels were determined for each participant. Then, the volunteers were asked to take four Polyphenon E capsules, for a total of 800 milligrams of EGCG, each morning on an empty stomach for four weeks and to abstain from drinking tea or eating many cruciferous vegetables, which contain other beneficial chemicals. Another blood sample was taken after four weeks, and GST activity was determined.

Researchers found that use of Polyphenon E enhanced GST activity when data from all participants were included for analysis. But it had its most significant effect in volunteers whose baseline blood measurements showed low GST activity – an 80 percent increase compared to baseline GST activity. Activity did not change in volunteers with medium GST expression, or in those with the highest levels, GST seemed to decrease slightly although researchers believe that decline was due to random variation.

"This is the first clinical study to show proof that chemicals in green tea can increase detoxification enzymes in humans," Chow said. "There may be other mechanism in play by which green tea may protect against cancer development, but this is a good place to start."

SOURCE: Cancer Epidemiology, Biomarkers & Prevention, August 2007 American Association for Cancer Research (<http://www.aacr.org>)



Support the work of the Florida Breast Cancer Coalition Research Foundation with [www.goodsearch.com](http://www.goodsearch.com). It's so simple & costs nothing!

Do you routinely or occasionally search the internet? Why not support the Florida Breast Cancer Coalition Research Foundation while surfing the net.

- Just go to [www.goodsearch.com](http://www.goodsearch.com) (rather than yahoo, google, etc.
- Type in "Florida Breast Cancer Coalition Research Foundation" and begin searching the internet.

Everytime you search money goes to your favority charity, FBCCRF. Give it a try and help us everytime you surf and search the web. The more you use the site the more money will go to the work of the Florida Breast Cancer Coalition Research Foundation. So be sure to tell your friends, family, and colleagues to use [www.goodsearch.com](http://www.goodsearch.com)

## The Sister Study

### Still Enrolling!

The Sister Study is the only long-term study of women aged 35 to 74 whose sister had breast cancer. It is a national study to learn how environment and genes affect the chances of getting breast cancer.

The Sister Study needs at least 50,000 women to join the effort to find the causes of breast cancer. We are almost there, but we still need more women of all backgrounds, occupations, ages, and ethnic groups to join. In order for everyone to benefit from the results of this landmark breast cancer research study, we want to **more than double** the number of sisters enrolled from the following populations:

### Currently Enrolled

African Americans - 4,353	High School education or less - 6,255
Latinas - 2,001	All women 65-74 - 6,788
Other ethnic minorities - 953	

### Be part of the solution.

If you are eligible, join the Sister Study today and tell other women!

***Woman by woman, Sister by sister, We can make a difference!***

## WHY IS THE SISTER STUDY SO IMPORTANT?

- The Sister Study is one of the first long-term studies to help us understand how women's genes and the things in their environment - homes, workplaces, and communities - influence risk of breast cancer. It is the first to collect such extensive and detailed information about environmental exposures.
- Women from different generations and from various racial and ethnic groups and geographic regions of the U.S. and Puerto Rico will take part in the study. Sister Study results can then be used to help as many women as possible. ([read more](#))
- The risk for breast cancer increases as you get older. It is the most ... ([read more](#))
- To find out more about who is leading the Sister Study, click here to visit the "[Who is Leading the Study?](#)" page.
- To meet the Sister Study Recruitment Team, click [here](#).

## Shop with Igive.com and support FBCCRF

Do you shop online? Why not have your online shopping activities turn into support for a truly worthy cause.

You can support the Florida Breast Cancer Coalition Research Foundation just by shopping online at over 689 online stores. Right now, your web surfing can help too: when you visit online stores through iGive.com, it counts as an entry in iGive.com's Surfathon sweepstakes for a chance to win a \$1,000 donation! They're giving away \$1000 to 5 winning causes every month for 10 months! We hope you'll join to help gain more chances to win - just join iGive.com for free and check out their stores. You don't even have to buy anything!



Making a purchase through iGive.com within 45 days of joining, iGive.com will donate an EXTRA \$5 to your favorite cause! With over 689 participating stores, it's easy to find the things you need AND support a good cause.

### How it Works:

#### 1. Join iGive.com to support Florida Breast Cancer Coalition Research Foundation.

It's free, safe, and easy to join. [Click Here to Join Igive.com](#)

#### 2. Shop through iGive.com OR just surf their stores.

Their online mall features trusted online retailers like Lands' End, Staples, NORDSTROM, JCPenney, eBay, Expedia.com, Barnes & Noble, QVC, & PETSMART to name just a few!

#### 3. Watch the \$\$ roll in for Florida Breast Cancer Coalition Research Foundation!

Up to 26% of EACH purchase is donated, plus a bonus \$5 donation if you shop within 45 days. The more stores you visit, the more chances to win a \$1,000 donation during the Surfathon!

### MORE INCENTIVES for iGive.com Shoppers:

- >FREE SHIPPING deals from great stores
- >SALES & COUPONS to save you money

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