Survivorship Care
Tricia L. Cox, MS, RN, ANP, AOCNP
Cancer Survivorship & Research, Thomas Johns Cancer Hospital at CJW Medical Center, JW Campus

Survivorship care—what is it? Why are we hearing more about survivorship now than ever? In large part due to breast cancer survivors, the plight of cancer survivors is coming to the forefront. Organized cancer survivors (such as the National Coalition of Cancer Survivors) have long cried out for such care. Why now?

The Institute of Medicine (an esteemed group of physicians) came together in 1999 to look at what constitutes quality cancer care. From that, they began researching survivorship, to determine the needs of cancer patients as they exited active care. Three factors influenced their decision to delve deeper into the plight of cancer survivors:

- Cancer has become a chronic condition with people living longer due in part to improved access to screening, diagnosis and treatments.
- Research has shown that “models of care,” or complex care plans for individuals with chronic conditions, improve care and quality of life.
- Persistent & energetic consumer movement has demanded patient centered quality of care across the entire cancer trajectory (disease path).

There were ten recommendations issued in their 476 page document, ranging from establishing cancer survivorship as a distinct phase of cancer care to ensuring federal and state policy makers act to ensure affordable and adequate health insurance. All ten recommendations are indeed appropriate and the creation of them at least gives us direction.

What does this mean for breast cancer survivors specifically? Typical follow up visits 1, 3, even 5 years post treatment: focus on the physical exam, and medication schedules. Some care providers may ask about sexuality or emotional health, but all too often, dealing with the social, emotional and spiritual components of follow up care are overlooked. Some care providers will deal with managing side effects but can miss late effects (those side effects that can occur months to years later) Taking the time to really delve into the issues involved in survivorship can take more time than is allotted for most follow up visits. Continued on Page 11.
My past three months at VBCF have been very busy and interesting, so I would like to share a few of my thoughts and experiences.

First, after receiving numerous qualified applications and holding interviews, our Search Committee recommended Angela Lawrence as our new Executive Director. The Board of Directors unanimously agreed and Angela joined our team on June 5. I truly appreciate the hard work and attentiveness that the Search Committee put into this process. Serving on the committee with me were Patti Goodall, Anne McDonnell, Frank Poynter, Mary Saunders, Kathy Funk and Linda Seeman.

Also joining VBCF is Alison Gaucher who was recently elected to our Board of Directors. Alison is the Health Educator for the University of Virginia Breast Care Program.

Please join me in welcoming both of these ladies to our organization.

Second, we had the largest group ever to join us for National Lobby Day in Washington, DC on April 29. This is the first time that we had to request a larger capacity bus. Just your presence on Lobby Day can make a difference, but there are opportunities to serve in other capacities, such as Team Leader. If you have never attended, I highly recommend the NBCC Advocacy Conference, which precedes Lobby Day. VBCF does offer sponsorships to this conference.

Third, I have been truly touched by the thoughtfulness of two young persons in our community, Jenna Rose from Charlottesville and Timothy Wedock of Chesterfield County. So often we just hear negative items about young folks in the news, but here are examples of two young folks having such a positive influence in their community. Check out the article and pictures of these two amazing young persons. (Page 10)

Fourth, I was extended the opportunity recently to attend the ASCO conference in Chicago on behalf of HER2 Support Group Organization. Be sure to review the article by Vernal Branch, our Vice President and Board Member of HER2 Support Group, on some of the highlights of that meeting. (Page 8) I was certainly overwhelmed by the medical information provided at that conference. I thought I was pretty knowledgeable about Breast Cancer, but now I realize that I have so much more to learn.

Fifth, we recently held our annual All Chapters Meeting. We have four active chapters in the state, but we are a statewide organization and would love to have active chapters everywhere. If you are interested in learning about the current VBCF chapters or establishing a new one, contact Jaime Strohacker at our office (Jaime@vbcf.org).

Remember that you can contact me at any time about VBCF via email at president@vbcf.org. Together we will achieve the goals of VBCF, which are “EDUCATE, ADVOCATE, ERADICATE.”

Always With Hope for a Cure,

Gay Rudis, President
Vernal Branch, Vice President
CI George, Treasurer
Rita Handley, Secretary
Nancy Finken
Kathy Funk
Allison G. Gaucher
Barbara Geisler
Shirley M. George
Sharon J. Goodrich
Frank Poynter
Mary J. Saunders
Linda Seeman
Julie Shelton
Angela A. Lawrence
Executive Director
Jaime Strohacker,
Program Coordinator
Lisa Boudreaux,
Administrative Manager

This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF.

Jaime Strohacker,
Editor
Lisa Boudreaux,
Layout Editor

If you wish to join VBCF or have any editorial comments please call 1-800-345-8223 or write to: Virginia Breast Cancer Foundation, 5004 Monument Avenue, Suite 102, Richmond, VA 23220.
/BCF Welcomes New Executive Director

VBCF is pleased to welcome Angela A. Lawrence as our new Executive Director. Angela is a highly accomplished leader with more than 20 years experience working with public and non-profit organizations. She is the former Mayor for the Town of Ashland, VA, a graduate of Leadership Metro Richmond, and has served in leadership positions as staff, consultant, and volunteer for many non-profits on the local, state, and national level. She received her Masters of Business Administration with a concentration in public and nonprofit management from the University of Texas at Arlington.

As the daughter, niece, and friend of breast cancer survivors, she knows first-hand the importance of education, advocacy, and the eradication of breast cancer. Angela is excited to be at VBCF and is pleased to have the opportunity to continue the great work that has already been accomplished. She is confident that VBCF will grow in many positive ways in the coming years.

Karin Decker Noss Scholarship Program Announced

VBCF is pleased to announce the establishment of a scholarship program in memory of Karin Decker Noss. Although final selection criteria has not yet been established, the scholarship is intended to pay for costs related to persons attending science and research related conferences and trainings such as Project LEAD. Karin, VBCF’s Immediate Past President, was extremely dedicated to furthering knowledge of the scientific issues associated with breast cancer. She lost her decade long battle with cancer earlier this year.

Contributions to the scholarship program in memory of Karin may be made to the Virginia Breast Cancer Foundation at 5004 Monument Avenue, Suite 102, Richmond, VA 23230.

The Era of Hope 2008 Meeting: Department of Defense Breast Cancer Research Program

Vernal Branch, VBCF Board Vice President

It was a pleasure to help plan and participate in the 2008 Era of Hope meeting held June 25-28 in Baltimore, MD. This unique program highlighted the research that has been funded through the Department of Defense Breast Cancer Research Program (DOD BCRP). Funding for this program remains one of the highest advocacy priorities for VBCF and the National Breast Cancer Coalition.

Because the DOD BCRP is committed to innovative research the theme for this year’s meeting was “Time for Action.” The meeting was dedicated to the memory of VBCF’s Immediate Past President, Karin Noss, who was the chair of the Integration Panel for 2008. Karin also worked on the Technical Planning Committee for this meeting. The meeting consisted of early morning sessions that addressed current and future issues in breast cancer research. We heard from some of the outstanding awardees who have ongoing work in the areas of new imaging techniques and epigenetics.

One of the unique research projects discussed was a Center of Excellence Grant. It was multi-institutional and brought together scientists from different disciplines to attack the problem of breast cancer metastasis to the brain. The identification of 13 genes that correlate with brain metastasis could help with new targets for therapeutics. Since most of this work is in the early stages I can only give you a small portion of what is taking place, but this is an exciting avenue of research. There are also advocates who are collaborating with this grant.

This meeting is also a time for communication and interaction between the many diverse disciplines of breast cancer research and encourages a unifying theme for the eradication of breast cancer. Advocates and scientists co-chaired all of the symposia sessions and plenary sessions. This is the only program where transparency is evident at all levels of research.

I think that Karin would be pleased at the outcome of the meeting and at knowing that we will all try to help the scientific community see that we are an impatient group of survivors who want our dream of the eradication of breast cancer NOW. Many of us have participated as peer reviewers for this program. We need to continue to ask the right questions in order to make sure our concerns are addressed.

Volunteer Spotlight: Barbara & Don Geisler

Anyone who's been to State or National Lobby Day with VBCF or most of VBCF's state programs has seen – if not met – them – usually busy helping to make sure something gets done. They are often together at events, so we decided for this issue's volunteer spotlight that Barbara and Don Geisler should also be highlighted together.

Barbara and Don have known each other for 52 years and been married for 43 years. They met at the start of high school, and both went on to graduate from the University of Pittsburgh; Don in metallurgical engineering and Barbara in biology. They married shortly after graduation and moved to Richmond for Don to work at Reynolds Metals and Barbara in the Biochemistry Department at MCV. Don retired from Reynolds after 38 years, while Barbara continued at Chester Middle School until June 2004.

Barbara and Don have always been active in volunteer activities such as church groups, PTA, music boosters, public TV and civic groups. Barbara became involved with VBCF through former Board Member Libby Gatewood at a local support group meeting in 1997. Libby was interested in starting a VBCF chapter and the rest, as they say, is history. Barbara is most comfortable as a "worker bee", but has served as chapter secretary, treasurer, vice president and president over the years. Don has always been the chapter's go-fer/right hand man. Over the years he has helped in most every capacity. He is often one of, if not the, only man in a group of women at breast cancer awareness and advocacy events.

Breast cancer has touched Barbara and Don's lives more than once: first Don's mother was diagnosed at 71, then their son's mother-in-law, then Barbara, then her first cousin, followed by her younger sister, and finally Don's mother for a second time at age 87. In Barbara's words – it's time to ERADICATE this disease.

Save the Date

Central Virginia Chapter

Central Virginia Chapter is busy planning two fundraisers for the fall! Their Annual Breast Cancer Awareness Dinner will be Monday, October 27 at the Brickhouse Run Restaurant in Old Town, Petersburg. Enjoy great food while being waited on by local celebrities! Also, keep an eye out for more information on the Central Virginia Chapter's Jazzercise Dance for the Cause to take place in October.

Hampton Roads Chapter

Save the date for the Hampton Roads Chapter's 2nd Annual Victory Walk (see page 5) and the 6th Annual Rolling for Life Motorcycle Ride on October 4! Keep an eye out for more information in the coming months!

Peninsula Chapter

Save the date for the Peninsula Chapter's 14th Annual Golf Tournament at the Hamptons Golf Course, in Hampton, Virginia! This year's tournament will be October 4. For more information, please contact Diane Scott, 757-357-6774.

6th Annual All Chapters Meeting

VBCF held the 6th Annual All Chapters Meeting on June 7 in Richmond. A group of about 25 chapter members from throughout Virginia met to network and share information about their efforts during the past year to educate and advocate in their communities.

This year's topic was "Volunteer Recruitment and Retention: Keys to Success." Katherine Campbell, CVA, Skye Consulting, presented an excellent morning workshop focusing on three key areas to volunteer recruitment and retention: ensuring awareness of opportunity, maximizing the invitation, and sustaining involvement. VBCF Board President Gay Rudis spent time after lunch discussing opportunities for VBCF volunteers to be involved with various Board Committees. Angela Lawrence, VBCF's new Executive Director, was introduced and took a few minutes to introduce herself to the group. The afternoon was wrapped up with each chapter giving a brief report of their activities over the past year. For handouts from the All Chapters Meeting or more information on how to get involved with a VBCF Chapter, contact VBCF at (800) 345-8223.
Blue Ridge Chapter Members (l-r) Kathy Bigelow and Maggie Powers prepare for the Hi Tea.

The Blue Ridge Chapter's 4th Annual Pink Ribbon Hi Tea was held on April 5 in Staunton, Virginia. With the help of many volunteers and notably a wonderful group of students from Mary Baldwin College, a magnificent selection of pastries, sandwiches, cake, assorted goodies and of course lots of hot and cold tea was served to over 200 guests. This year's tea was dedicated to the memory of Karin Noss, VBCF's Immediate Past President. Gay Rudis spoke for all of VBCF when she shared Karin's dedication and hard work on her mission to eradicate breast cancer. This year's theme was "Hats on Parade" and the guest speaker was Diana Francis, a milliner that resides in historic Lexington, Virginia. She brought a bounty of hats for all to see and admire. Lisa Geiman, a celebrated local artist, donated a beautiful print for the chapter's first silent auction. The raffle table was a huge success again and the donated items inspired a great deal of ticket selling. Planning is underway for next year...the first Saturday in April. Hope to see you there!

The Central Virginia Chapter conducted a "Cup of Tea" Public Awareness Campaign in May for Mother's Day. They sent out letters with a tea bag enclosed and a poem about VBCF's mission.

The Hampton Roads Chapter of VBCF presents the 2nd Annual Victory Walk at the Umoja Festival in Portsmouth, VA. This 2 mile walk will begin at Ntelos Pavilion and wind along the waterfront.

Victory Walk

Saturday, Sept. 20, 2008
Portsmouth, VA • Umoja Festival

Registration Fee: $20 in advance, includes free t-shirt (prior to Sept. 13th) or $20 at the event.

$5 for Children Ages 5 - 11

For more information or to order a registration form please call VBCF at 1-800-345-8223 or visit www.vbcf.org.

The Peninsula Chapter of VBCF held its Annual Fashion Show and Luncheon, including the very popular Quilt Raffle and Silent Auction, on April 12, 2008, at the Omni Hotel in Newport News. Coldwater Creek provided the fashions and the commentator. The Maxwell Garden Club created lovely floral arrangements using the theme "Swinging Into Spring". The quilt raffle raised over $2,200. There were eighteen table sponsors and over sixty contributors for silent auction items and door prizes. The entire event raised approximately $14,000.

Red Hat Society members came decked out to enjoy the fashion show.
2007 VBCF Chapter Volunteers of the Year Awarded

Volunteers are vital to VBCF at both the local and state levels. Each year the chapters select one volunteer within their chapter who has gone above and beyond in their efforts in the previous year. The 2007 Chapter Volunteers of the Year were awarded at the All Chapters Meeting. Congratulations to our 2007 winners!

Carol and Ken Guyre – Blue Ridge Chapter

The Blue Ridge Chapter has selected Carol and Ken Guyre for this honor. She led the chapter through three highly successful Pink Ribbon Hi Tea events. They have been extremely supportive of the chapter both financially and with their time. Carol’s knowledge of social graces and fashion history plus Ken’s skills on the computer have contributed so much to the chapter. They designed, arranged for and paid for the printing of the first set of brochures (actually more than the first set.) They designed and paid for the first web site and maintain the chapter’s email address. They designed the tea invitations, programs, flyers, food table arrangements and the tickets for those first 3 teas and designed the invitation for this year’s event. They have advocated for VBCF in Richmond and D.C. and participate in a multitude of chapter events throughout the year. The entire chapter feels they are most deserving for this honor.

Carol Divers – Central Virginia Chapter

Carol Divers has been a Central Virginia Chapter member for a few years. She has been active and helpful in so many ways. Carol has been the Chapter Historian for approximately two years. She took a variety of old scrapbooks & pictures & put them together in a great looking album. She did a great job dealing with quite a few pictures with no names, dates or names of what the events were.

Carol has been instrumental in the successes the chapter has had with the Jazzercise event. This year the event was held in two locations and Carol volunteered to manage one of those locations. The chapter recently needed someone to step into the treasurer’s position. Carol volunteered again and is doing a great job at that. The chapter can always be assured that an excellent job will be done with any task that Carol takes on. The Central Virginia Chapter is proud to choose Carol as their Chapter Volunteer of the Year.

Rolandus “Duke” Garner – Hampton Roads Chapter

The success which the Hampton Roads Chapter has enjoyed with the chapter’s charity motorcycle ride, “Rolling for Life”, is the result of Duke’s work. The chapter came to know Duke and the members of the Thunder & Lightning Motorcycle Club when they hosted their initial ride in 2003. Duke is the impetus behind all of the activities during this event. He markets the ride through personal contact and distribution of flyers, he solicits items from local businesses to donate for auction and he makes and secures donations for his own handmade pink ribbons. Over the years, he has donated more than $3500.00 from his ribbon project.

Duke also does the logistics for the ride. He enlists the support of the sheriff, his deputies and police officers, both to ensure the safety of riders and also to gain attention for Breast Cancer Awareness along the route. Duke provides trophies for participating riders, then serves as auctioneer for the items he collects for donation.

During the chapter’s first walk last year, Duke picked up fruit from wholesalers, used his personal contacts to secure 100+ bottles of water when their first source defaulted, collected coolers, iced down the water and delivered it to the staging site. On the night before the walk, he personally made each of the directional signs used during the walk, then helped to place them along the route after he delivered the coolers of water and put up the chapter’s banner at the registration tent.

On several occasions, Duke has shared his experience at speaking events for the Hampton Roads Chapter. He also assists at tabling events and during exhibits. For all of his hard work, contributions, donations and especially his passion for the cause of breast cancer, the members of the Hampton Roads Chapter of the Virginia Breast Cancer Foundation chose the man with the heart to match his size, Rolandus Garner, as their Volunteer of the Year.

Jean Hopkins Harrell – Peninsula Chapter

Jean joined VBCF in 1997. Her mother died of breast cancer in 1955 at the age of 44. She has not had cancer but she saw that joining VBCF was a great way to help in the fight against cancer.

She has been Pink Ribbon Chairman for four years helping the chapter distribute 15,000 ribbons in 2007. Jean has worked very hard for the Annual Fashion Show which is one of the chapter’s two large fundraisers. She has served as model chairman for four years and modeled each year, table favor chairman, door prize chairman, and food chairman for four years for the Annual Golf Tournament, their second large fundraiser.

It is the chapter’s pleasure to present this award to Jean. Her many talents, good humor, and cooperative attitude are appreciated.
Nominations Now Being Accepted!

VBCF annually recognizes an exceptional healthcare provider or team through the Sharon H. Kohlenberg Healthcare Service Award. Virginians are asked to think about a healthcare provider who has gone above and beyond the call of duty in helping those affected by breast cancer and nominate them today.

The Virginia Breast Cancer Foundation (VBCF) established the Sharon H. Kohlenberg Healthcare Service Award in 1995 to recognize Virginians employed in the healthcare field who "exhibit a deep and abiding commitment to the fight against breast cancer." The award also honors the memory of Sherry Kohlenberg, a healthcare administrator and co-founder of VBCF, who died from breast cancer in 1993. The award honors a resident of Virginia who is a licensed / registered healthcare provider in the Commonwealth of Virginia and who is employed (not a volunteer) in a breast cancer-related field within a healthcare setting. The purpose of the award is to recognize healthcare professionals who go above and beyond what is normally expected of a competent, caring professional working with people affected by breast cancer. VBCF particularly seeks nominations of individuals reflecting the diversity of our Commonwealth.

If you would like to nominate someone for this award please see the enclosed nomination form. The deadline to submit nominations is Friday, August 8, 2008. If you have any questions please call VBCF at 804-285-1200 or 1-800-345-8223 or e-mail lisa@vbcf.org.

Book Review: PRETTY IS WHAT CHANGES: Impossible Choices, the Breast Cancer Gene, and How I Defied My Destiny

Reviewed by Joy Gallon, MS, Librarian, Richard Bland College of the College of William and Mary, VBCF Volunteer

Often when I begin reading a book about breast cancer it falls into one of two categories: overwhelming facts about the disease or mushy books that repeat over and over again about loving family members, good friends or their many blessings. I need these books with their information and uplifting ideals, but I don't always enjoy reading them. I seriously enjoyed reading Jessica Queller's book.

PRETTY IS WHAT CHANGES by Jessica Queller has bits and pieces of the facts and statistics and examples of outstanding friends and family, but tells a real story of a very young woman with an uncertain future she may be able to influence.

Being Pretty defined the lives of Jessica's mother and grandmother; these family descendants even double dated as sisters. Eleven months after the death of this "pretty" grandmother, Jessica's mother died from ovarian cancer. Jessica was tested for the breast cancer gene mutation. She was shocked when she learned she was positive with the BRCA-1 gene mutation, which gave her an 87% chance of breast cancer before age 50 and a 44% chance of ovarian cancer in her lifetime. With this knowledge, Jessica began the journey toward her life affirming choice: a prophylactic double mastectomy at age 35.

Many of us have traveled a journey with breast cancer and Jessica Queller involves us in hers - accompanying her mother into death, seeing several doctors for opinions, visiting with friends who support and disappoint, looking for a man to share her future and give her a child. There is a little Hollywood in this story because Jessica is a writer on several TV shows we have all seen. Her friends are TV stars, and her life includes jet-setting from coast to coast. The New York Times printed an article she wrote about her choice to have a prophylactic double mastectomy, and Jessica appears on Nightline with Cokey Roberts - a breast cancer survivor herself.

This book gives us enough facts to realize the seriousness of the BRAC-1 positive life, and enough of the ups and downs of family, friends and blessings. We all understand first hand how heroic Jessica appears to others and her choices influence her younger sister to undergo genetic testing.

Maybe there is a happy TV ending to this story; but as with each of us, the keyword is maybe.

Would You Like to Attend a Breast Cancer Conference?

VBCF offers educational sponsorship to numerous conferences throughout the year, including the NBCC Advocacy Conference, Project LEAD, and the San Antonio Breast Cancer Symposium. Conferences are a great opportunity for you to gain new knowledge about the latest in various areas of breast cancer research and advocacy, as well as to network and meet others who are involved in the fight against breast cancer.

VBCF sponsorship covers up to two-thirds the cost of hotel and transportation. Sponsorships are awarded on a competitive basis. Visit www.vbcf.org or call 1-800-345-8223 for more information on sponsorship opportunities and how you can apply.
ASCO News Update
Vernal Branch, VBCF Board Vice President

I have been fortunate to have attended the American Society of Clinical Oncologists (ASCO) annual convention in the past, so when I was asked to attend this year on behalf of an organization that is very dear to me, I knew that it would really be a unique experience again. This meeting is attended by clinicians from all over the world to get the most up-to-date information and data from research and clinical trials. I will try to give you an overview of just a few that were intriguing to me. However, you may also go to the ASCO website, www.asco.org, to review abstracts from the meeting.

Breast Cancer Tumor Markers

Since the 1990s, the field of evidence-based medicine has matured. There is now a more sophisticated understanding of tumor markers and more available research about potential new markers. Tumor markers can inform such aspects of care as early detection, treatment planning, monitoring treatment response and prognosis. However, unless a tumor marker shows benefit to outcome, it is not clinically useful. This was stated by Dr. Lyndsay Harris, Vice Chair of the Breast Tumor Markers Expert Panel. She also stated that we still don’t have a tumor marker better than mammography, and none are recommended for that purpose. The 2007 update contains six new tumor marker categories. Since the 2000 update, two new tests have demonstrated some clinical benefit and are recommended for their prognostic capability in some indications.

The new predictive marker Oncotype DX is a multiparameter gene expression analysis assay. It can be used to predict risk of recurrence in patients with node-negative, estrogen-receptor positive breast cancer who are to be treated with tamoxifen. Depending on the recurrence score the test produces, a patient may obtain sufficient benefit from tamoxifen alone and may not require adjuvant chemotherapy.

The other new marker categories addressed in the updated guidelines are uPA and PAI-1. These markers are part of a mechanism that has been associated with invasion, angiogenesis, and metastasis. These studies suggest that overexpression in breast tumors of uPA and/or PAI-1 combined is associated with a 2-fold to 8-fold higher risk of recurrence.

Both Oncotype DX and uPA and PAI-1 aid in therapy decisions, but because of practice differences that exist between the United States and Europe related to the size of tumor normally removed, the former test is more practical Continued on page 11.

A Novice Visits ASCO
Gay Rudis, VBCF Board President

Have you ever visited a foreign country where you knew some basic language phrases, but did not have a full understanding of the language and particularly the local slang? I was in that situation recently when I attended the American Society of Clinical Oncologists (ASCO) annual convention. Hosted in Chicago, there were over 30,000 members in attendance.

I came back with a notebook full of acronyms and scientific terms to be researched. Most of us have heard of breast cancer tumors being labeled as Triple Negative so two related acronyms are:

- TND: Triple Negative Disease
- TNP: Triple Negative Phenotype

Some of the other terms were:

- PFS: Progression Free Survival
- CBR: Clinical Benefit Rate
- AE: Adverse Event
- OS: Overall Survival
- ECD: Extra Cellular Domains
- PCR: Pathological Complete Response
- RoR: Risk of Relapse model
- CSC: Cancer Stem Cell

In presentations, I learned the statistic that 30% of ER- cancers are HER2+, but only 11% of ER+ cancers overexpress HER2. I heard the term stochastic event, which I had to look up. Per Wikepedia, a stochastic process is one whose behavior is non-deterministic in that a state does not fully determine its next state. Classical examples of this are medicine: a doctor can administer the same treatment to multiple patients suffering from the same symptoms, however, the patients may not all react to the treatment the same way. This makes medicine a stochastic process.

But the major thing that I learned is that while there is much research being done, there is so much more that needs to be done. The medical and research communities do not always agree on what should be done next and clinical trials take time and resources.

I also want to thank the HER2 Support Group Organization for sponsoring me to this event. Thanks also to Donna and Loren Burkett and Vernal Branch for teaching me about this organization. If you have been diagnosed with HER2+ breast cancer, I urge you to visit their web site at www.her2support.org.

ASCO also has information for "patients, families, and friends" on their web site at www.cancer.net.
/BCF Donates Funds to Every Woman’s Life

VBCF recently donated $10,000 to the Virginia Breast and Cervical Cancer Early Detection Program (BCCEDP), also known as Every Woman’s Life (EWL). With this money, the EWL Program is updating and reprinting their recruitment brochure. To be eligible to receive screening services, women must live in Virginia, be between the ages of 50-64, have no health insurance or be underinsured, and have an annual income at or below 200% of the Federal Poverty Level (FPL). In July 2006, upon the receipt of state funds, the program expanded services to younger women between the ages of 18-49 that are symptomatic for breast and/or cervical cancer. All other eligibility criteria for the EWL Program remain the same (i.e., health insurance status, income, and residency). To find out more about EWL, call 1-866-395-4968 or go to www.vahealth.org/breastcancer.

Every Woman’s Life Program Spotlight – Rappahannock Area Health District

Michelle Mahlan, Program Nurse Coordinator, EWL

The Virginia Breast and Cervical Cancer Early Detection Program (BCCEDP), also known as Every Woman’s Life (EWL), strives to reduce sickness and death from breast and cervical cancer through screening exams. The program contracts with screening sites throughout Virginia to provide mammograms, clinical breast exams, Pap tests and pelvic exams, at no cost to women who qualify. By the year 2010, the program has two outcome objectives. The first goal is to increase the percent of women 50-64 years of age who have had a clinical breast examination and mammogram to more than 80 percent. The second goal is to increase the percent of women in the primary population who are 50-64 years of age who have had a clinical breast examination and a mammogram in the preceding 1 to 2 years to 60 percent, and a Pap test within the last year to 80 percent.

The Rappahannock Area Health District is fortunate to have two screening sites located at the Fredericksburg Health Department and the Moss Free Clinic. To be eligible, women must be between the ages of 50-64, meet federal income guidelines, and be uninsured or underinsured. The CDC requires that the majority of patients enrolled through the BCCEDP be between the ages of 50-64; as a result limited appointment times may be available for women 45-49. The high incidence of breast and cervical cancer among low income, minority women in Virginia prompted the BCCEDP to make this population a priority.

Effective July 1, 2006, additional funds earmarked by the Virginia General Assembly allows the Every Woman’s Life program to provide diagnostic testing to eligible women between the ages of 18-49 who are symptomatic or at higher risk for breast or cervical cancer. However, the Rappahannock district has a very limited amount of appointment times for these women. Please consult Michelle first to see if there are any slots available.

For more Information, please contact Michelle Mahlan, Program Nurse Coordinator, at (540) 899-4142, Ext 217 (located at the Fredericksburg Health Department).
Wow! VBCF had a great turnout for NBCC Lobby Day in Washington, DC on April 29! Over 60 volunteers from across the state made the trip to DC to present a strong voice to our nation’s elected officials for legislation to help in the fight against breast cancer. Volunteers spent the day meeting with Virginia’s Senators and Representatives and/or their respective health aides to promote NBCC’s 2008 Priorities.

A big thank you goes to the volunteers of G.R.I.T.S. (Girls Rolling In The South) for their donation to VBCF from their Second Annual Bowling Tournament. There were 68 bowlers (almost double last year’s 36 bowlers) from all across the country, with the furthest being from Texas. Through the efforts of these volunteers and their many fundraising endeavors culminating with the tournament itself in May, G.R.I.T.S. was able to donate $8,200 to VBCF.

The Seafire Grill in Richmond celebrated its one year anniversary by hosting a “Pink Party” to benefit VBCF on Wednesday, June 11. Guests enjoyed live music, special dinner selections, and a pink champagne toast. Those who wore pink were eligible to win some great prizes. There was a wonderful turnout, and Seafire Grill staff and diners raised over $650 for VBCF.

Youth Make an Impact in the Fight Against Breast Cancer

Two Virginia youth recently worked to bring awareness to breast cancer and VBCF.

Timothy Wesdock is a 3rd grader at Robious Elementary School in Chesterfield County. Timothy set up a lemonade stand to raise money for VBCF following the quote, “be the change in the world you want to be.” Timothy, with his friends Aubrie Cundy, Ainsley Cundy, Jared Espigh, Madeline Espigh, and Caroline McGonegal, raised $180.51.

Jenna Rose is a 2nd grader at Afton Christian School who raced a car in the May 31 Blue Ridge Soap Box Classic. In the past, the Waynesboro derby has been the nation’s second-largest local race. Because her car was pink, she decided to take the opportunity to raise awareness about breast cancer. On race day, Jenna’s pink car sported the VBCF logo and ‘educate, advocate, eradicate’ ribbon. Blue Ridge Chapter members Myrtle Kite, Rita Handley, and Mary Saunders were on hand to pass out VBCF fans on race day.

Thanks to Timothy and Jenna, and their family and friends who helped them, for helping VBCF in the fight against breast cancer. Great job!

Newly Diagnosed?

Have you recently been diagnosed with breast cancer or know someone who has? Contact VBCF to receive a Newly Diagnosed Information Packet, which contains information on how to understand your pathology report, emotional healing, treatment options and more. To order a packet visit www.vbcf.org or call 804-285-1200 or 1-800-345-8223 or e-mail Lisa@vbef.org.
Survivorship Care - Con’t from Cover

There are eight domains of care that should be addressed for breast cancer survivors:

- surveillance for recurrent disease,
- monitoring/prevention of second primary cancer,
- management of late sequelae (after effects) of disease,
- management of late complications of treatment,
- management of psychological, social and spiritual issues,
- management of genetic issues,
- management of sexual and fertility issues and
- site of care.

Physical well-being is a primary focus during active treatment and health care providers are very comfortable with managing side effects such as peripheral neuropathy and chronic fatigue. Other issues can sometimes be overlooked, such as chronic pain, psycho-social concerns, sexual dysfunction and neuro-cognitive changes.

Survivorship care should address physical, social, spiritual and emotional domains and can be integrated into the current healthcare system of follow-up care. Several national organizations are developing care plans and treatment summaries for cancer patients. The Lance Armstrong Foundation (livesrong.org) is teaming with academic cancer centers to pilot survivorship templates (models of care). Cancer survivors around the country are saying, “What took you so long?”

References

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in the United States. Currently, a commercially available assay is not available for uPA and PAI-1 in the United States but is available in Europe.

AVADO Trial, Presented by David Miles, Mount Vernon Cancer Centre, Middlesex

This was a multicenter clinical trial from 26 countries that involved the use of bevacizumab plus docetaxel. This trial has confirmed the benefit of adding bevacizumab, an angiogenesis-inhibiting monoclonal antibody, to first-line taxane therapy for metastatic breast cancer. At a median follow-up of 10 months, progression-free survival was prolonged and response rates were higher.

This was a double-blind, randomized, placebo-controlled phase III study that is more commonly done in Europe than in the US. Over a period of 13 months the study quickly accrued 736 patients with locally recurrent or metastatic breast cancer that was confirmed HER2 negative. Patients who received prior neoadjuvant or adjuvant chemotherapy were allowed on the study if at least 6 months or 12 months had elapsed between the last treatment and relapse. Patient characteristics were relatively well-balanced.

For a low dose of bevacizumab, the hazard ratio for progression free survival was 0.79 compared with the placebo; for a higher dose of bavacizumab, the hazard ratio was 0.72. Dr. Miles noted that the shape of the progression free survival curves was influenced by the time intervals at which the patients were evaluated.

This stratified analysis was approved by the US FDA during an accelerated approval process. Response rates for patients with measurable disease were significantly higher compared with the placebo. The response rates were 44% in the placebo arm, 55% for the low dose bevacizumab, and 63% for high-dose bevacizumab, with no significant difference between the two bevacizumab arms.

Dr. Miles stated that the overall survival data will not mature for one more year. At the time of the current analysis, approximately 80% of the patients were still alive. In a prespecified 1-year analysis, survival was numerically higher in both bevacizumab arms.

Almost all of the patients experienced at least one adverse event (this reflecting the use of docetaxel), but no significant difference was detected among treatments for adverse events. In the end of this talk AVADO confirmed the benefit of adding bevacizumab to first-line taxane therapy, with no new safety signal being detected.
Dear VBCF Supporter,

Over the past several months VBCF has been busy converting our records into a new database. Now that our new program is up and running we would like to take this opportunity to ensure that your data is correct.

We would also like to take this opportunity to encourage you to join our e-mail alert list. We send out a monthly e-newsletter to keep you informed of VBCF's activities and occasional legislative alerts to notify you when your voice is needed to help us fight breast cancer.

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