



NEWSLETTER

FOR LIFE · FOR HOPE · FOR CHANGE · FOR THE FUTURE

VOLUME 13, ISSUE 4

WINTER 2008

IN THIS ISSUE:

A Word from the Board	1	Be Smart About Your Health	7
Director's Chair	2	BC Action Applauds Anemia Drugs Warning	8
BBCC Board of Directors	2	Left-Sided Breast Cancer Radiation Ups Heart Risk... 8	
In the Spotlight	3	It's Almost Here.....	9
St. John the Baptist Students Help Local Breast Cancer Patient.....	3	Many Thanks	9
2-Day Breast Cancer Walk	4	Assemblyman Sweeney Helps BBCC	9
BBCC Ends Summer with Beach Fundraiser	4	BBCC Golf Outing a Success.....	10
Families in Need	4	Il Villaggio Annual Spaghetti Dinner	11
Off Target in the War on Cancer.....	5	Dedicate a Brick	11
		Dates to Remember	12

A WORD FROM THE BOARD

BY STEPHEN FELLMAN

The sun was strong and the class was long. "These continuing education classes to maintain my status as an architect and building inspector are draining the life out me," were the thoughts consuming me at 3:00 p.m. on Friday the 13th of May, 2005. The class I was stuck in out at the Quogue fire house dragged on. Suddenly, my cell phone began to vibrate. A quick glance at the lens revealed my wife's phone number. Thank you, Lord, I now have an excuse to walk outside.

"Hi baby, how's it going?" I babbled. "Remember last year when you shaved your head to support our friend Sal when he was going through chemotherapy for his brain tumor?" my wife quivered. "Yesss," I replied in slow motion believing that Sal must have had a relapse.

"Well you're going to have to shave your head again because I have breast cancer," sobbed my wife of eight years, the mother of our one-year-old son, three-year-old daughter and stepmother of our 17-year-old twin daughters.

Thus began a mind-boggling two-and

a-half-year journey that can only be described as a nightmare that none of us could wake from.

There were no signs, no apparent symptoms, no family history – only a 36-year-old athletic woman who ran five to seven miles every day, who ate and drank all the right things and had never even heard of drugs. Her gynecologist, Dr. Herman Weiss (AKA: our Weiss Guy) told Patty that he knew we were done having children, so he did not think she would come back for a checkup for a couple of years. Based on that assumption, he wanted her to get baseline blood work and a baseline mammogram. The mammography saved her life. The cancer had broken out of the milk ducts in her right breast and was an early stage two diagnosis.

Needless to say, everyone's journey is unique, but the terror everyone feels is the same. I write this article for the husbands and caregivers that are part of the journey. Breast cancer consumes and defines the entire family village – relatives, friends, doctors, etc.

I have formulated a set of "suggestions" that I hope will help all those who are drafted into this battle. The suggestions are as follows:

1. Her first words are going to be "What are we going to do?" Your response without hesitation is "Whatever it takes ... case closed!"
2. Whatever she says, goes!
3. If you find yourself arguing with your wife ... see suggestion #2.
4. Don't forget about the kids. No matter what their ages they feel this big-time but they need to have hope and to go to school and do homework and have birthdays, etc.
5. Take control. You can shed some tears in front of your wife and kids but no breaking down in front of them. The family needs to feel strength, and you need to break down somewhere else. Trust me, you will be breaking down.
6. Be her bodyguard in all respects. Be with her every moment possible.
7. Be positive, positive, positive. There is no room for bad karma.

(continued on page 7)



DIRECTOR'S CHAIR

Donna Jurasits

My mother used to say you know you're old when you're always tired and time flies by like lightning. Well, if she's right, then I'm officially ancient and in shock. The calendar now says 2008 (and on every single page, no less!). The past 12 months have been a blur of activity: learning new things, meeting new people, creating new programs and helping develop innovative ways the BBCC can reach out to those in need.

Some of the more exciting developments from 2007:

- The expansion of the Lend a Helping Hand program to include women with gynecological cancers
- The creation of a Lend a Helping Hand video to be used to promote the program and encourage other organizations nationwide to adopt it
- The formation of a countywide cancer task force with the goal of creating neighborhood-based cancer screening, diagnosis and treatment for all uninsured and underinsured residents.

- The development of "Be Smart About Your Health," a BOCES-approved, interactive classroom presentation for third and fourth graders, informing students about healthy products and practices that can reduce toxic exposure in their everyday environment.
- A partnership with LI OCEANS (Long Island Ovarian Cancer Education Advocacy Networking Support) to help address the needs of women with reproductive cancers.
- New fundraisers designed to reach out to new supporters: the Fall Golf Outing and Goodbye Summer Beach Blast were big successes and will be repeated in 2008. Hopefully, February 1st's Long Island Pajama Party will become another yearly fundraising event.

Sometimes I suffer from tunnel vision; viewing breast cancer issues in terms of "Long Island Only." A recent trip to Cincinnati for the 2007 Breast Cancer and Environmental Research Centers Conference reminded me once again that breast cancer is a worldwide

disease that is being battled on so many different levels. I met with and listened to advocates and scientists from the United States and Europe. Some are involved with policymaking, some with education and outreach, others with environmental research. All served to hammer home a point I tend to sometimes lose sight of when concentrating on our little corner of the planet: Breast cancer is truly an epidemic, and answers to causation, treatment and prevention are, unfortunately, a long way off. We've learned much but still have such a long, long way to go. (See "Off Target in the War on Cancer," page 5)

What does it all mean for the BBCC as we move into 2008? We'll certainly continue our outreach, education and advocacy efforts, but we also need to think beyond the obvious. Prevention through environmental change is a topic whose time has finally come. Our focus for the year will be to apply the "precautionary principle" whenever possible: If there is even a small chance something might harm our health and planet, seek out a healthier option.

BBCC BOARD OF DIRECTORS:

DEBBIE BASILE, PRESIDENT
 DONNA JURASITS, EXECUTIVE DIRECTOR
 DEBBIE KOLAVICH, TREASURER
 CHRISTINE OLSEN, SECRETARY
 BETH ANDERSON
 MICHAEL BERNARD
 STEPHEN FELLMAN
 BARBARA FLETT
 TESS HELFMAN
 KAREN KUNKEL

KIM MASCOLO
 JON MASON
 EILEEN MOLLOY
 SUZANNE SCHETTINO

EDITORIAL BOARD

DEBBIE BASILE
 DONNA JURASITS
 CLAIRE MEIROWITZ, COPY EDITOR
 TRICIA AGAPITO, GRAPHIC DESIGN

The BBCC is now accepting donations on our website (www.babylonbreastcancer.org) through PayPal

IN THE SPOTLIGHT: *Rob Freyer*

One of the most frequently requested Lend A Helping Hand program services is house cleaning. It's a real responsibility for a third party (the BBCC) to send a company into a patient's home. While all our LAHH service providers are bonded and insured, we also need them to do a good job, be prompt and courteous, and most importantly, flexible. Treatments and doctor appointments have a tendency to mess up plans and appointments, no matter how far in advance they've been made. Fortunately for the Coalition and our Lend a Helping Hand clients, Rob Fryer and his company, Freyer's Cleaning Service, provide all of the above and more.

Hardly a month goes by without a call to the BBCC praising Rob. His compassion and understanding make him an instant favorite with all our clients, and he never hesitates to go above and beyond to help them.

Rob says he was impressed with the whole concept of Lend a Helping Hand from the minute the program

was explained to him and thought it an excellent opportunity to make good and do good. He provides cleaning at a discounted rate so the Coalition can stretch available funding to provide more services. In return, word of his reliable and courteous service has spread, and Freyer's Cleaning now provides cleaning for Lend a Helping Hand programs administered by other coalitions.

Rob enjoys being able to help out the BBCC and has become a staunch supporter, attending many fundraisers and other events. He appreciates how many people help support the BBCC and says he feels inspired by the clients when he cleans their home. "They've been tremendous examples of courage for me. I learn so much from them. Not a day goes by where I don't think of one of them. The greatest feeling is cleaning someone's house over a period of time and being able to watch them get well again and head back to work and not need the service any longer."

Rob and his wife, Dawn, are both



North Babylon natives and have lived in Babylon Village since 1988. The parents of five children, they are both involved in Babylon Little League. Rob mentions he's quite proud of Dawn's recent recognition for her years of commitment to that organization.

Rob says the highlights of his life are celebrating 25 years of marriage to Dawn and raising five terrific kids while being self-employed. "I've really been blessed. That's the attitude I bring into my client's homes. I love Babylon Village, and I am more than happy to give back to a community that has given so much to me and my family."

The Coalition feels blessed, too.

ST. JOHN THE BAPTIST STUDENTS HELP LOCAL BREAST CANCER PATIENT

Many thanks to the staff and students of St. John the Baptist Diocesan High School in West Islip for conducting a Dress Down Day that will help a young woman in her fight against breast cancer. At the request of Babylon resident and SJB senior Christopher Chevallier, \$500 from the fundraiser has been earmarked for airline tickets for a young Lindenhurst resident battling metastatic breast cancer.

The patient was fortunate to be selected for a clinical trial. However, to participate she must travel across the country once monthly for eight consecutive months.

Obviously, this is an enormous expense and one that she was incapable of handling on her own. Her request to the BBCC for travel expense assistance led to an outpouring of generosity from our friends and supporters. Many offered

their frequent flyer miles to the patient, others sent checks to offset ticket costs and others, like Christopher Chevallier, looked for creative ways to make sure her trips were covered. Again, thanks to St. John the Baptist students, Cure Mommy's Breast Cancer, Lindenhurst Rotary and everyone who helped the Babylon Breast Cancer Coalition give this patient a fighting chance.

2-DAY BREAST CANCER WALK

Babylon Breast Cancer Coalition is pleased to invite you to join the Long Island 2-Day Breast Cancer Walk being held on June 7th and 8th, 2008. Hundreds of Long Islanders of all ages and backgrounds will walk 35 miles over two days to raise awareness and funding for the fight against breast cancer in our communities. LI2DAY distributes 100 percent of the donations raised by participants/walkers to local breast health organizations that serve those affected.

Babylon Breast Cancer Coalition is proud to be a beneficiary and participant of the LI2DAY Walk. The BBCC will be holding training and informational sessions on a regular basis. Call

to find out more. Here are ways you can participate:

WALKER: Experience the sense of accomplishment that comes from knowing that you are helping to make a difference in the lives of those stricken by breast cancer. By registering as a walker, you are asked to make a commitment to raise \$1,000. Along the two-day, 35-mile walk, LI2DAY provides rest stops with snacks and water every two miles; tents for your overnight stay; dinner catered by Carrabba's Italian Grill; breakfast and lunch both days and so much more!

CREW MEMBER: Become involved in a fundraising initiative that serves Long Island. When you

sign up, you are committing to helping on both days of the walk. No registration fee or fundraising commitment is required of crew members.

VOLUNTEER: Be a part of a very important and powerful community event by volunteering on the days of the walk for three- to four-hour shifts. What a wonderful way to support family or friends who are walking! There is no registration fee or fundraising objective for volunteers.

Be on the lookout for training/informational meetings here at the BBCC office and around town.

Go to www.li2daywalk.org for registration or additional information.

WHAT'S RAISED HERE STAYS HERE!

BBCC ENDS SUMMER WITH BEACH FUNDRAISER

Prudential Douglas Elliman Real Estate of Babylon and Babylon's own No Request Band said "Goodbye" to Summer 2007 with a terrific night of music, dancing and cocktails, all in support of the BBCC.



The September 29th fundraiser at Cedar Beach was sponsored by Prudential Douglas Elliman and the Beach Hut. Coordinated by Coalition board members Tess Helfman, Jon Mason and Suzanne Schettino, the event took place under perfect skies with more than 300 BBCC supporters and band fans. The No Request Band played for well over two hours, donated proceeds from their T-shirt sales and motivated the crowd to generously donate more than \$2,600!

Special thanks to the talented Sarle brothers and their bandmates for a truly fun night.

FAMILIES IN NEED

The BBCC, this holiday season, is assisting two families who e-mailed an SOS to our volunteer listings and received many responses.

Please join the BBCC in thanking the following generous individuals, families and businesses for stepping up to the plate to help make this holiday season a happier one for the families.

- | | |
|--------------------------------|--|
| Carol Amelia | Esther Klein |
| Ginny Arceri | Gina Leone |
| Carol & Robert Ashmead | Francesca Lum |
| Paul & Debbie Basile | Jackie Marino & Babylon Sr./Jr. High School students |
| Lauren Basile | Kim Mascolo |
| Catherine Bracco | Claire Meyerowitz & Joseph Spiegel |
| Tom & Nancy Brown | Kathy Monison |
| Donna Cardello & Family | Mary Monison |
| Robyn Carney & "Glitter Girls" | Suzanne Schettino |
| Mindy Erlich | Camille & George Smith |
| Joni Flynn | Marianne & Aaron Stein |
| Dawn & Barry Frank | Nick Sweeney |
| Rob Freyer | April & Mark Syperna |
| Karen Goldstein | Doreen Viola |
| Jennifer Hertslet | Diane Wolffner |
| Laurie Horowitz | |

OFF TARGET IN THE WAR ON CANCER

- By Devra Davis, November 2007

We've been fighting the war on cancer for almost four decades now, since President Richard M. Nixon officially launched it in 1971. It's time to admit that our efforts have often targeted the wrong enemies and used the wrong weapons.

Throughout the industrial world, the war on cancer remains focused on commercially fueled efforts to develop drugs and technologies that can find and treat the disease – to the tune of more than \$100 billion a year in the United States alone. Meanwhile, the struggle basically ignores most of the things known to cause cancer, such as tobacco, radiation, sunlight, benzene, asbestos, solvents, and some drugs and hormones. Even now, modern cancer-causing agents such as gasoline exhaust, pesticides and other air pollutants are simply deemed the inevitable price of progress.

They're not. Scientists understand that most cancer is not born but made. Although identical twins start life with amazingly similar genetic material, as adults they do not develop the same cancers. As with most of us, where they live and work and the habits that they develop do more to determine their health than their genes do. Americans in their 20s today carry around in their bodies levels of some chemicals that can impair their ability to produce healthy children – and increase the chances that those children will develop cancer.

Consider the icon of American cancer, the cyclist Lance Armstrong. He's hardly alone as an inspiring younger survivor. Of the 10 million American cancer survivors who are alive five years after their diagnosis, about one in 10 is younger than 40. Could exposure to radiation and obesity-promoting chemi-

cals help explain why, according to a study in the *Journal of the National Cancer Institute*, the rates of the testicular cancer that Armstrong developed nearly doubled in most industrialized countries in the past three decades? Should we wait to find out?

I'm calling for prudence and prevention, not panic. The Centers for Disease Control and Prevention and the Environmental Working Group have confirmed that American children are being born with dozens of chemicals in their bodies that did not exist just two decades earlier, including toxic flame retardants from fabrics. A new study by Barbara Cohn and other scientists at the Public Health Institute in Berkeley, Calif., finds that girls exposed to elevated levels of the pesticide DDT before age 14 are five times more likely to develop breast cancer when they reach middle age.

Yes, the war has had some important successes: Cancer deaths in the United States are finally dropping, chiefly because of badly belated (and still poorly supported) efforts to curb smoking, reductions in the levels of some pollutants and significant advances in the control of cancers of the breast, colon, prostate and cervix. But new cases of cancer not linked to smoking or aging are on the rise, such as cancer in children and non-Hodgkin's lymphoma in people older than 55. And according to the CDC, cancer is the No. 2 cause of death for children and middle-age people, second only to accidents. The longer view is troubling: The National Cancer Institute reports that from 1950 to 2001, the number of cancers of the bone marrow, the bladder and the liver doubled.

Both public health and social justice

demand that we focus more on the things that cause cancer. For example, blacks and other minorities still die of many forms of cancer more often than do whites. Could this be tied to the fact that so many African Americans hold blue-collar jobs, which may bring them into contact with carcinogens? Or because poor blacks are more likely to live in polluted neighborhoods, or eat diets higher in cancer-causing fats? We can't say, and we're not even trying to find out. The vast cancer-fighting enterprise has decidedly different priorities.

Even our triumphs in battling cancer can leave us with tragic shortcomings. Consider one irony of oncology: Many of the agents that can so effectively rout cancer early in life, such as chemotherapy and radiation, can also increase the risks of falling prey to other forms of the disease later on. According to a study in the *Journal of the Royal Society of Medicine*, one out of every three girls treated with radiation before age 16 to arrest Hodgkin's disease – a cancer of the lymphatic system that often occurs in young people – will develop breast cancer by age 40. Of course, many cancers in children and young adults might have been avoided in the first place without earlier exposure to cancer-causing agents.

We also need to weigh the downsides of the way we use radiation today to find problems in the healthy public, especially the young. A consensus statement from the American College of Radiology notes that "the current annual collective dose estimate from medical exposure in the United States has been calculated as roughly equivalent to the total worldwide collective dose generated by the nuclear catastrophe at Chernobyl."

(continued on page 6)

OFF TARGET IN THE WAR ON CANCER

(CONTINUED FROM PAGE 5)

Most parents (and many emergency-medicine physicians) don't know that a single CT scan of a child's head can deliver the same radioactive dose as that in 200 to 6,000 chest X-rays. Some pediatric experts recommend that CT scans of children be restricted to medical emergencies and kept at doses as low as reasonably possible. Even so, according to the American College of Radiology, the use of CT scans has jumped tenfold in the past decade – a change that stems from the profitability and growth of "defensive medicine," and one that has not resulted in any improvement in our overall health that I can discern.

The Food and Drug Administration, the Consumer Product Safety Commission and the Environmental Protection Agency often lack the authority and resources to monitor and control tobacco smoke, asbestos, tanning salons and the cancer-causing agents in food, water and the everyday products we use on our bodies and in our homes. Under antiquated laws, chemical and radiation hazards are examined one at a time, if at all. Of the nearly 80,000 chemicals regularly bought and sold today, according to the National Academy of Sciences, fewer than 10 percent have been tested for their capacity to cause cancer or do other damage.

As a result of these policy failures, the United States often stands alone – and not in a good way. Unlike Italy, Ireland, France, Albania, Argentina, Uruguay and many other countries, the United States has failed to ban smoking in public spaces nationwide. Unlike European children, American kids are exposed to small levels of known carcinogens in their food, air, shampoos, bubble baths and skin creams – such as the clear, colorless liquid known as "1, 4-dioxane," a common contaminant that causes cancer

in animals and has been banned from cosmetics by the European Union.

In fact, our growing dependence on many unstudied modern conveniences makes us the subjects of vast, uncontrolled experiments to which none of us ever consents. Consider cellphones, whose long-term health consequences could prove disastrous. Experimental findings show that cellphone radiation damages living cells and can penetrate the skull. Widely publicized research on cellphone use in the early 1990s indicates that the phones are safe, but those studies did not include any children and excluded all business users. While exposure levels are much lower on newer phones, the effects of gadgets that have increasingly become part of our children's lives remain unstudied.

That's unwise. Recent reports from Sweden and France, published in the journal *Occupational and Environmental Medicine*, reveal that adults who have used cellphones for 10 years or more have twice as much brain cancer on the side of their heads most frequently exposed to the phone. The Swiss and Chinese governments have set official exposure limits for cellphone microwave emissions that are 500 times lower than those the United States mandates. In Bangalore, India, it is illegal to sell a cellphone to a child younger than 16. As a basic precaution, people should use the phones with earpieces or speakers, and young children should not use them at all – consistent with warnings recently issued by the German and British governments. Because brain cancer can take 10 years or longer to develop, national statistics cannot be expected to show the health impact of today's skyrocketing cellphone use. But we shouldn't wait for the cases to roll in before acting.

True, there are many uncertainties

about environmental cancer hazards. But these doubts should not be confused with proof that environmental factors are harmless. The confusion arises for three different reasons. First, studying the ways that our surroundings affect our cancers is genuinely hard. Second, public and private funding levels for research and control of environmental cancer are scandalously low. Finally, those who profit from the continued use of some risky technologies have devised well-financed efforts to sow doubt about many modern hazards, taking their cue from the machinations of the tobacco industry. The best-crafted public relations campaigns masquerade as independent scientific information from unimpeachable authorities.

No matter how much our efforts to treat cancer may advance, the best way to reduce cancer's toll is to keep people from getting it. We need to join the rest of the industrialized world by issuing a national ban on asbestos and forbidding smoking in the workplace and other public spaces. We must reduce the hazards faced by those working to build our homes, transport our goods and make the products we consume. We should restrict CT scans of children to medical emergencies, limit the use of diagnostic radiation in general, ban young children from using cellphones and keep the rest of us from using tanning beds. And we must recognize that pollutants do not need passports. Controlling cancer, like controlling global warming, can take place only on an international scale. We can – and must – do better.

Devra Davis, Ph.D, MPH, a professor at the University of Pittsburgh's Graduate School of Public Health, directs the Center for Environmental Oncology. Her most recent book is *The Secret History of the War on Cancer*.

BE SMART ABOUT YOUR HEALTH EDUCATIONAL PROGRAMS FOR CHILDREN & ADULTS

The Babylon Breast Cancer Coalition is proud to add another component to its **Be Smart About Your Health** program. The new addition, **Time for a Change**, is a 30-minute presentation for adults focusing on common, but little-known toxins in our everyday environment and the safer practices and products that can replace them. The BBCC hopes to present this program in libraries, at PTA and other school meetings, and to any church, fraternal or other organization interested in safeguarding personal health and

the environment.

Time for a Change is a complement to the children's **Be Smart About Your Health** program, a fun, 45-minute classroom presentation that also educates children about toxins in their environment. This program is BOCES-approved for grades 3 and 4 and creates awareness through stimulating visuals and games.

It is critical that we begin NOW to address the probable links between our environment and disease and learn how to protect our health. To

schedule **Be Smart About Your Health** or **Time for a Change**, or for more information regarding either presentation, contact the Coalition.

The BBCC would also like to express its appreciation to St. John the Baptist High School senior Christopher Chevalier and his mom, Gail. Both talented artists, they volunteered to create some of the great visual aids used in the **Be Smart About Your Health** program. Their whimsical, colorful drawings, greatly enhance the programs impact. Thanks again, Chris and Gail.

A WORD FROM THE BOARD (CONTINUED FROM COVER)

8. Plant a small tree. Tell her that you will both watch it turn into a giant one.
 9. Make plans. You must instill in her a sense that there is a future. Plan trips, dinners, birthdays, etc.
 10. Celebrate everything. The end of chemotherapy, the end of radiation, the full moon, everything.
 11. Laugh. As sense of humor is enormously helpful in dealing with stress.
 12. Sex. "Fuggetaboutit." Terror and medical procedures are very poor aphrodisiacs. Learn to do crossword puzzles for a while.
 13. People power. Make a date to go out to a restaurant the same day every week and make sure she is surrounded by friends and family.
 14. Shave your head. If she loses her hair, then you shave your hair or don't ever speak to me again.
 15. Get the information out. Friends and family need to know what they can do to help.
 16. Buy her a wig. Pick one that is the opposite of her normal color and style and give her a new name when she wears it. This actually leads to a great deal of laughter.
 17. Leave notes. Get-well cards, love notes, treasure hunt clues. Keep her mind on things other than cancer.
 18. Plan surprises. Breakfast in bed, new shoes, etc.
 19. Do things with the kids, like cleaning the house, making meals, making get-well cards, etc.
 20. Give her gift certificates. It implies there is a future time. I gave my wife a \$150 certificate for new bras at Nordstroms for when the reconstruction is finished. (She still hasn't gotten to the point where she can use it – but we're getting close.)
 21. Get a tattoo. With all that she has to go through you can go through a little pain. (I had the Breast Cancer Ribbon tattooed on my left arm.)
 22. Give her alone time.
 23. Nothing negative.
 24. Do the breast cancer events, walks runs, etc. I cannot stress enough how empowering it is not to feel alone.
 25. Use the Internet – it is an awesome tool for research.
 26. Question everything the doctors and hospitals tell you. Get 17 opinions.
 27. Encourage her to keep a daily journal.
- This will become the Number One best seller in your bookcase forever.
28. Encourage people to send food baskets or plants – not flowers because it smells like a funeral parlor and the flowers die (bad message).
 29. Demand some of her prescription drugs for yourself.
 30. Tell her that you are not a Boy Scout and she needs to stick around to help raise the kids.
 31. Get used to living with a strangers. The effort of the ordeal and the medications will have you wondering just who this person is at times.
 32. Tell her again, "Whatever it takes!"
 33. If you find yourself arguing with your wife, see suggestion #2 again.
 34. Encourage the kids to write letters to Mom or do drawings or paintings. They need to feel like an important part of the journey, plus it lights up Mom's smile.
 35. Take things at her speed – NOT your speed.
 36. Expect surprises and setbacks. The road to recovery will absolutely NOT be a straight line.

(continued on page 10)

BREAST CANCER ACTION APPLAUDS ANEMIA DRUGS WARNING QUESTIONS PHARMACOLOGIC INFLUENCE ON FDA

San Francisco, CA – Breast Cancer Action said that today's action by the U.S. Food & Drug Administration warning about the risks that certain anemia drugs pose to cancer patients was delayed by the influence of drug manufacturers on the drug approval process.

Breast Cancer Action (BCA) is calling for a decrease in the entanglement of the FDA with the pharmaceutical industry.

There has been controversy since 2004 over the safety and appropriate dosage of these drugs – which were approved by the FDA and promoted by the drug companies through direct-to-consumer advertising – without sufficient evidence of benefits outweighing risks.

Epogen, Procrit and Aranesp have been used to treat breast cancer

patients with anemia caused by chemotherapy. The FDA says the new warnings address the potential risks of these drugs, which are called erythropoiesis-stimulating agents (ESAs). The new boxed warnings emphasize that excessive doses of ESAs can cause tumor growth and shortened survival in patients with advanced breast, head and neck, lymphoid and non-small-cell lung cancer.

The labeling changes include a statement that symptoms of anemia, fatigue and quality of life have not been shown to improve in cancer patients who are treated with ESAs. The new boxed warning also clarifies that ESAs should only be used in cancer patients whose anemia is specifically caused by chemotherapy. Moreover, it states that ESAs should be discontinued once the patient's

chemotherapy course has been completed.

"The medical and scientific communities have known for a long time that these drugs pose risks to cancer patients," says BCA Executive Director Barbara A. Brenner. "These warnings are long overdue, and might well have been issued sooner if the pharmaceutical companies had less influence on the FDA's decision-making process."

Brenner added that, "Today's action by the FDA should finally help patients decide whether the dubious benefits of these drugs are worth the risks. The questions of how the FDA makes decisions, and who influences those decisions, still need to be addressed."

Press Release – November 8, 2007
©2000-2007, Breast Cancer Action

LEFT-SIDED BREAST CANCER RADIATION UPS HEART RISK

Women with early-stage cancer of the left breast, who are treated with radiation as a component of breast-sparing treatment, have an increased risk of developing radiation-related coronary damage, researchers report.

Nevertheless, "the benefits of radiation therapy for breast cancer still clearly outweigh the risks," said Dr. Candace R. Correa of the University of Michigan, Ann Arbor. "However," she added, "there may still be room for improvement in radiation techniques," when radiation is applied to the breast on the same side as the heart.

Correa and colleagues examined the

medical records of 961 stage I-II breast cancer patients to look into this issue of radiation damage to the heart's arteries.

At the time they were diagnosed, women with left-sided breast cancer and those with right-sided breast cancers had the same likelihood of developing coronary artery disease. At an average of 12 years after radiation treatment, 46 of the 485 left-sided women and 36 of the 476 in the right-sided group had needed cardiac stress testing, Correa's team reports in the *Journal of Clinical Oncology*.

The results showed that among those tested, 59 percent in the

left-sided group had abnormalities, significantly more than the 8 percent in the right-sided group.

"Careful monitoring and long-term follow-up to assess these risks ... is important," Correa stressed. For patients, she added, "It is most prudent to optimize their cardiovascular health by living a healthy lifestyle and speaking with their doctors about risk reduction tools and interventions that may be appropriate for their situation."

SOURCE: *Journal of Clinical Oncology*, July 20, 2007

ASSEMBLYMAN SWEENEY HELPS BBCC

New York State Assemblyman Robert Sweeney supported the BBCC's various patient programs with a 2007 \$10,000 grant aimed at advertising the many services offered by the Coalition. A long-time proponent of protecting personal health through safe environmental practices, Assemblyman Sweeney was recently awarded the Healthy Schools Hero Award by a variety of health organizations, including the BBCC, for his efforts in creating "green" schools in our community.

BBCC director Donna Jurasits and Assemblyman Sweeney viewing a LIRR platform poster at the Lindenhurst train station advertising the Lend a Helping Hand program.



MANY THANKS

Babylon Beautification Fair: Karen, Hannah and Cole Kunkel, Christian Amelia, Kristin Mazzie, Dawn Frank, Diane Wolffer, Nancy Godden, Eileen Molloy, Catherine Bracco, Emily Letteriello, Donna Jurasits, Christopher Chevallier, Debbie Basile
 Roomors for raffle donation
 The Samartinos
 Rotary Club of Lindenhurst
 Ladies Golf League @ E. Donald Conroy Golf Course
 Bob Conforte
 Forever Green

Walter and Anne Kamme
 St. John the Baptist and Christopher & Gail Chevallier
 David and Jean Marie Parker
 Camille Smith and Kathy Ruggeri for compiling **Be Smart** materials
 Beth Anderson and Mindy Ehrlich for working our table at the Sass Foundation's Breast Awareness Day
 Newsletter-Eileen Malloy, Emily Letteriello, Catherine Bracco, Suzanne and Danica Schettino
 Merchants Fair – Michael and Bob Kantor, LaTonya Roman, Diane Wolffer, Kathy Ruggeri, Karen Kunkel

Babylon Memorial Grade School for their Dress Down Day contribution
 JPMorgan matching funds
 Madeline Maffettone
 Babylon Jr.-Sr. High School DECA
 Kathleen's Hair Boutique
 Babylon Yacht Club
 Town of Babylon Dress Down Day
 Carolann Pembroke
 Carol Amelia
 Kim Mascolo
 Thomas and Yve Sullivan
 Tweezerman
 Tricia Agapito

IN LOVING MEMORY:

Marilyn Boskin by Joel and Toby Sikowitz; Frank and Nancy Aprea; Robert and Angela Marx
Keith Innes by Barbara Luebker
Mary Alice Boylon Christophersen by Antonia V. Gillespie
Rose LoGerfo by Ronald and Connie Bilello
Joanne Funigiello by Bernard and Judith Goldhamer
Phyllis Mysliwicz by South Yaphank Civic Association
Mary Jane Monson by Lido Lighting and Jane Rittman
Clara Maffettone by Nancy O'Rourke

Mary Mandato by Marie and Michael Petrucello; John and Joanne Presper; Barbara Trimarco; and Christine Spero
Vincenza Lavignani by Carl and Marie D' Angelo; John and Josephine D' Angelo
Henrietta Gottfried by South Shore Neurologic; Mr. and Mrs. Russell Day
Mary Maximuk by Keith and Rachel Higgins
Mildred Stefani by Victor and Susan LaBollita; Catherine Doherty; Lily Prestia; Hilary and Brian Unell; Agnes C. Stefani; and Francesca Calio
Kay Sullo by Cathy L. Lazarus
Ruth Jacknow by Esther Klein
Caroline Birt by Eunice Brewster

Judy Guden by Charlene Gibbs
Ena Murray by Louis and Theresa Rossi; and Philip A. Hinkelman
Bruce Antonius by Al and Lucille Leschik

IN HONOR:

Tess Helfman by John and Georgene Caruso; Kenneth and Maria Helfman; Helenia P. Broome; Dr. and Mrs. Bruk; Anthony Biancanello; Steve and Maureen Broome; Joe and Ellie Rubino; Leslie and Shep Doniger
Valerie Tricarico by Ronnie A. Hershman, M.D.
Ada Giorgini by Jacqueline and Robert Forman

BBCC GOLF OUTING A SUCCESS

The Babylon Breast Cancer's 2007 Fall Golf Outing at Mill Pond Golf Course in Medford was a successful first-time venture for the BBCC, garnering more than \$20,000. Although the Coalition had hosted several golf fundraisers in the past, all were held at the Cedar Beach Pitch and Putt, the most recent October 11th outing was played at Mill Pond. It was a wonderful, first-year turnout, complete with lots of food and great prizes. Even the weather cooperated, rain battered most of Long Island throughout the day, but miraculously,

the course remained dry until the last foursome hit the clubhouse.

Many thanks to our major supporters: United Parcel Service, Loudon Realty, and Highlander, and to an outstanding committee: Ed Anderson, Mike Bernard, Steve Fellman, Nancy Godden, Andy Jurasits, Maureen and John Rathjen, and Aaron Stein. Congratulations to Eileen Molloy, winner of the day's



UPS employees and BBCC board members enjoying the 2007 Fall Golf Outing.

grand prize raffle: a pair of round-trip JetBlue Airways tickets and a Royal Caribbean Cruise for two.

SPECIAL THANKS TO THE FOLLOWING SUPPORTERS FOR HELPING MAKE THE 2007 FALL GOLF OUTING A SUCCESS:

One 'Mo Sign	Norton & Siegel Insurance	George Martin, NY Giants	Michelle Giasasi
Unique Golf of Babylon	The Anderson Family	Diggers Restaurant	Broadhollow Theatre Co.
<i>Long Island Golf Magazine</i>	Joel & Toby Sikowitz	Sumpwams Golf Course	Danford's Inn
Heatherwood Golf Course	Nicolock Paving	John Boos	Old Time Barber Shop
Bergen Point Golf Course	The Van Bourgeniens	Finest Kind Wines & Liquors	Inner Balance
Pegalis Erikson	Village Sunoco	Lauren Moses, LMT	Huntington Hilton
Zwanger Pesiri	C&J Meats	Fins Up Sport Fishing	Lindenhurst Car Wash
Argyle Grill	Riverhead Building Supply	Pier 44	East Wind Spa
Gentiva Healthcare	Ron & Ellen Kestenbaum	Pineridge Golf Course	C&C Collision & Glass
Mark Harris, DDS	Assemblyman Bob Sweeney	Calverton Links	Gold's Gym
Incentives	The Anaboli Family	Spring Lake Golf Club	Swan Lake Golf Club
All Systems	Dynamic Car Care	Jedediah Hawkins	Bay Street Theatre
Sharon DeLeasa	North Fork Bank	Grassmere Inn	NY Jets
The Gallay Family	Schroder & Strom LLC	The Village Tobacconist	McAndrew, Conboy & Prisco, Esqs.
Powell Funeral Home	Scott DeSimone	Melville Mariott	L&B Lincoln-Mercury
Babylon Lions Club	Katherine Bracco	Fitness Incentive	Great Rock Golf Club
The Molloy Family	Emily Letteriello	Gone Fishing Marina	Theatre 3
Pandemonium Boutique	Plessers	Kustom Kutz	

A WORD FROM THE BOARD (CONTINUED FROM PAGE 7)

37. Make peace with God. Cancer is a brutal reminder of just how precious life is and that even with a long and healthy life, our time here is limited.
38. Tell her you love her no matter what ... and tell her every day.

39. Expect to wait in a multitude of doctor and hospital waiting rooms ... and wait, and wait, and wait.
- Your lives will be forever changed. The question is ... For better or worse? The answer will be based upon your abil-

ity to adapt and minimize the feelings of being victimized by a terribly dangerous disease. The BBCC is a tremendous asset to help you through this journey. Take advantage of this wonderful resource ... We did. God Bless you all; Stevie-Ray

IL VILLAGGIO ANNUAL DINNER

The BBCC would like to extend a very special thanks to our chefs/host/hostess Mike and Lucy Domingo and Jo Mannino for hosting yet another successful, fun-filled and delicious event. We were honored with a special guest and friend of the Il Villaggio family, Monsignor Jim Vaughn. Monsignor Jim "cheffed" alongside Mike and Lucy in the kitchen, a welcome addition with more guests attending and more dinners being prepared.

Thanks to Posh, Country Peddlers,

Village Art & Frame, Healthy Alternatives, Plessers and Claire Michaels for the lovely and generous raffle donations adding to the festivities and fundraising efforts.

Also, thanks to Michael Paul Bakery, La Rosa, Lavendimia, Domaine Select and La Cantella for their contributions.

Where would we be without our valuable volunteers: Catherine Bracco; Anna, Giovanna and Alessandra Domingo; Tess Helfman; Emily Letteriello; Jo Mannina; Beth



Ohman and Suzanne Schettino. Thank you for once again giving of your time unselfishly.

DEDICATE A BRICK

Our Vision of Hope Garden, besides the beautiful plantings, has a walkway created with bricks in the shape of the breast cancer awareness ribbon. BBCC is offering for purchase an engraved brick, either in memory of or in honor of a loved one who's been diagnosed with breast cancer, for \$35 each. After engraving, these bricks will be positioned throughout the walkway, weather permitting.

We extend our thanks to **Anthony Spadolini** of **Wellwood Memorials** for donating the engraving charges on all of the bricks and to **Jon Mason** for installing the bricks at the garden.

Here are the specifics: three lines with no more than 10 characters on each line. You can choose whatever you'd like on those lines as long as the sentiments don't exceed the 10 characters. If you have an extremely long first or middle name, consider using an initial.

Examples:

**VIRGINIA A.
MASON
1943-1994**

**HONORING
EILEEN P.
MOLLOY**

DEDICATE A BRICK

I would like _____ bricks at \$35 each. Total check \$ _____

In Memory _____

In Honor _____ NAME

Please make checks payable to: Babylon Breast Cancer Coalition
15 South Carll Avenue
Babylon, NY 11702

TEN CHARACTERS PER LINE INCLUDING SPACES

Line 1 _____

Line 2 _____

Line 3 _____ (Please print clearly)

Please send acknowledgement of the brick(s) purchase to:

Name _____

Address _____

Phone _____

Please notify the following when the brick has been installed

Name _____

Address _____

Phone _____



IT'S ALMOST HERE!

It's the **Long Island Pajama Party!** Ladies, get ready for a mid-winter blast and we're definitely not talking about the weather!

The LIPPzzz party promises to be an exciting night of shopping, cocktails, music, dancing, entertainment, psychic readings, spa treatments and fabulous prizes. It all makes for a glamorous, giggling, great time!

Sleepover is optional. Pajamas are a must! Ladies only, 21 and over, please.

Tickets are limited. \$75 each

**February 1, 2008 7 p.m.-12 a.m.
Huntington Hilton, Melville**

**Hosted by Babylon Breast Cancer
Coalition and LI OCEANS**

Knowledge is POWER

**BABYLON BREAST CANCER COALITION:
631.893.4110**

**ADELPHI HOTLINE & SUPPORT PROGRAM:
1.800.877.8077**

AMERICAN CANCER SOCIETY: 1.800.ACS.2345

**HUNTINGTON BREAST CANCER ACTION
COALITION: 631.547.1518**

**CANCER INFORMATION SERVICE:
1.800.4CANCER**

**CURE MOMMY'S BREAST CANCER:
516.967.1148**

**BRENTWOOD/BAY SHORE BREAST CANCER
COALITION: 631.273.4074**

**WEST ISLIP BREAST CANCER COALITION:
631.666.2026**

**NORTH SHORE NEIGHBORS BREAST CANCER
COALITION: 631.255.2401**

ISLIP BREAST CANCER COALITION: 631.968.7424

**LONG ISLAND LESBIAN CANCER INITIATIVE:
516.641.8776**

**MAURER FOUNDATION FOR BREAST HEALTH
EDUCATION: 516.883.6304**



15 SOUTH CARLL AVENUE
BABYLON, NY 11702

Non Profit
US Postage

PAID

Permit No. 05
Amityville, NY
11701