

PBCC Announces Research Grant Winners

RESEARCH GRANT WINNERS

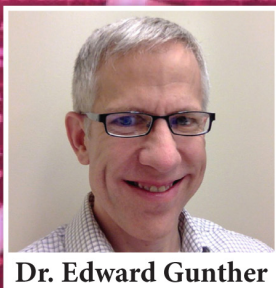
2016



Dr. Wendie Berg



Dr. Jeffrey Peterson



Dr. Edward Gunther



Dr. Andrea Mastro

The PA Breast Cancer Coalition is awarding four outstanding scientists in Pennsylvania with \$50,000 grants to aid in their breast cancer research. Through our annual Refunds for Research program, which allows people to donate their state income tax refund to breast cancer research, and generous contributions from anonymous donors, we will contribute \$200,000 this year to help find a cure for breast cancer now...so our daughters won't have to. This year's distinguished scientists, chosen through a peer-reviewed competitive grant process, are: **Wendie Berg, MD, PhD, FACR**, Magee-Womens Hospital of UPMC; **Edward Gunther, MD**, Penn State Hershey Cancer Institute; **Andrea Mastro, PhD**, Penn State University; and **Jeffrey Peterson, PhD**, Fox Chase Cancer Center.

These men and women are working tirelessly to find the cause of and a cure for breast cancer. You can also be a part of this mission. Look for the PA Breast Cancer Coalition's **Refunds for Breast and Cervical Cancer Research** on line 32 of your state income tax form, choose code "A" and donate your refund to breast cancer research. Every penny contributed goes directly to Pennsylvania scientists. By donating, you will join the thousands of PA tax filers who have contributed more than \$3 million to find a cure.

ACS Clarifies Mammogram Recommendations

In October, the American Cancer Society (ACS) issued new mammography guidelines which raised concerns, especially for us here at the PA Breast Cancer Coalition. The ACS recommendations suggest women begin annual mammograms at age 45 and every other year beginning at age 55. The PBCC believes that starting mammograms at 40 is the gold standard. Another concern was the possibility that insurance companies could use the new guidelines as an opportunity to eliminate free mammograms for many women. We know that Pennsylvania insurance representatives have already indicated their desire to roll back our state's guarantee of free mammograms for women covered under PA law.

In response, **Dr. Richard Wender**, Chief Cancer Control Officer for the American Cancer Society, sent an excellent letter addressing our concerns to the PA Secretary of Health, PA Insurance Commissioner and the PBCC, clarifying the intent of the latest ACS mammography guidelines. The letter explains the recommendations, stressing the importance of a woman's consultation with her doctor. The PBCC thanks and applauds the American Cancer Society for providing a more in-depth explanation of its screening guidelines and for making it clear that the ACS, in no way, supports removing current free mammography coverage for women 40 to 45.

// Because the ultimate decision as to when to begin mammography appropriately rests with the woman and her doctor, we continue to believe strongly that women of any age beginning at 40 should have access to annual mammograms without cost-sharing.

- Dr. Richard Wender
Chief Cancer Control Officer
American Cancer Society

To read the full letter, visit: pbcc.me/ACSletter

Frontline™

A quarterly publication of the
PA Breast Cancer Coalition
800-377-8828
www.PABreastCancer.org

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Lebanon, PA 17042

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President's Corner

The Results Are In! *Dense Breast Notification Law is Working!*



Pat Halpin-Murphy

The PBCC is pleased to report good news!

We sent questions to over 300 mammography centers from Pittsburgh to Philadelphia and everywhere in between to gather information and find out if they are complying with our recent breast density notification law. I am pleased to announce that an astounding **1/3** of all centers responded and **100 percent** of those centers are currently notifying women of their breast density. In addition, **60 percent** of facilities say they also include supplemental information to patients about what breast density means.

The survey followed the passage of the Breast Density Notification Act, sponsored by Sen. Bob Mensch, which requires facilities to inform women of their density level. The responses we received are remarkable and a monumental step forward for women in Pennsylvania. The PBCC is delighted to know that patients are now receiving critical information that could save their lives. Our Breast Density Mammography Center Survey proves the effectiveness of the Breast Density Notification Act and the tremendous commitment of mammography centers to educating patients.

To see the full survey results, visit pbcc.me/mammocenterresults

Do **you** work at a mammography center? Take our **new 1-question follow-up survey** at **pbcc.me/3DSurvey** about 3D mammograms and help the PBCC to continue compiling information on this important topic.

We're saving lives – thanks to YOU. Keep up the good work, Pennsylvania!



Mammography Centers:

Visit **pbcc.me/3DSurvey** to take our **new 1-question survey** and let us know if you offer 3D mammography at your facility.

*Thank you to the **650+** Pennsylvania women who have received mammograms and shared with us how they were notified about their breast density levels!*

SURVIVOR Spotlight

Elizabeth Pepper

Indiana County

Elizabeth shares her story about early detection and how finding a support group has made a difference in her life and the lives of newly diagnosed women.

When I was 12 years old, my mother passed away from breast cancer at the age of 45. So when I found a lump in my left breast when I was 33, that's what I thought of immediately. My doctor suggested I get a mammogram because even if it turned out to be nothing, we would have a baseline. He sent me to a surgeon who said that with my family history it would be a good idea to remove the lump. It was not cancer, but after that I started having yearly mammograms.

The year I turned 41, the mammogram showed something on my right breast and they did an ultrasound. The surgeon thought it might be the same thing as before but now on the other side. He also said once it's out it can't turn into anything, so I said OK and had it removed. That lump turned out to be cancer. It was extremely small, 7 mm, the size of a pencil eraser so it was caught quite early.

I had surgery to get all the margins and also had chemotherapy and radiation. My medical oncologist recommended chemo because she said I was young and she wanted to see me live a long life and die much later from something besides cancer.

I've worked at Marion Center Bank in Indiana for 32 years and am now Corporate Vice President of Credit Administration and Risk Management. For the past four years I've also served as one of South Mahoning Township's

auditors. It's interesting seeing how government works on a local level. I'm in a bowling league and bowl once a week, which is a great social event.

My husband, Raymond, and I have been married for 34 years. We have two sons, Matthew and Mitchell. Matthew and his wonderful wife have a two-year-old daughter, Rooney, who is the light of my life.

My sister is a nurse and we're very close. I didn't want to research breast cancer treatment myself because there are so many websites offering information that I wouldn't know which ones were reputable. I counted on her to tell me everything I needed to know.

Surrounded and supported by my sister, my husband, who was my rock, and the great bunch of people I work with, I didn't think I needed a support group. After several months of people asking how I was doing, I realized that as much as they cared, they really couldn't understand how I felt. I wanted to talk with someone who had heard the same words I heard, "you have cancer." I was relatively young when I first went and now it makes me feel good to say it's been 16 years and I still go to support group! I go because I want the new members to realize breast cancer is not the death sentence some people think it is. Hopefully they see me and think, "Oh wow, maybe I can do this."



Betty Pepper

"I want the new members to realize breast cancer is not the death sentence some people think it is. Hopefully they see me and think, 'Oh wow, maybe I can do this.'" - Elizabeth Pepper



MEET OUR *Patient Advocate*



**YOU ARE NOT
ALONE.**

Connecting You to Breast Cancer Resources

The PBCC advocates for all women and their families across the state. Our legislative victories have created changes that provide mammograms for uninsured women, insurance coverage for reconstructive surgery after a mastectomy, free treatment for breast cancer for uninsured and underinsured women, dense breast notification, and funding for researchers in Pennsylvania working to find a cure.

Dolores Magro, our patient advocate, advocates for individual women who might otherwise fall through the cracks in the health care system, who don't know about available resources or how to access them. Almost every day she talks with women who need guidance about how to navigate their way through an overwhelming maze of obstacles to medical care. It might be that an insurer doesn't cover the procedure that her doctor wants her to have. Or maybe her job is in jeopardy if she has to take time off from work for treatment. Or she has no health insurance and doesn't know there are programs she might qualify for. It is not unusual to hear the caller say "I've called everyone looking for help. You are my last hope."

Some days Dolores is sharing information about national, state, or local agencies that will provide the service a woman needs. Often she is explaining a complicated program in a way that makes it seem less intimidating and more accessible. At other times she is simply a reassuring voice providing a personal touch in a world of automation and computer-generated phone responses. If you, or someone you love, have questions and need answers, call Dolores today. You are not alone. The PBCC is here for you.

610-622-3390

CONTACT DOLORES TODAY

DOLORES@PABREASTCANCER.ORG

67 Women, 67 Counties: Facing **Breast Cancer** in PA



JOIN US AT THESE UPCOMING SITES IN 2016!

- Wednesday, March 23** ▪ ***Bucknell University***
- Tuesday, May 17** ▪ ***Einstein Medical Center Montgomery***
- Wednesday, June 1** ▪ ***Penn Highlands DuBois***

www.pbcc.me/UpcomingExhibits

Medical Article

Cancer Survivorship: A Growing Area for Research and Care

by **Ann H. Partridge, MD, MPH**, Dana-Farber Cancer Institute, Director of Adult Survivorship Program, Associate Professor of Medicine at Harvard Medical School



Cancer survivorship is a relatively new area of clinical focus and research, receiving increasing recognition over the past three decades as an important component in the trajectory of patient care. Today, survivorship has received widespread attention both nationally and internationally, with a growing number of new survivorship programs within cancer centers, and an increasing body of research and quality improvement initiatives focused on issues important to cancer survivors. This has been most recently highlighted by the inaugural ASCO Cancer Survivorship Symposium held recently in San Francisco.

The National Cancer Institute's Office of Cancer Survivorship and the National Coalition for Cancer Survivorship (NCCS) have defined a cancer survivor as a person diagnosed with cancer from the time of diagnosis and for the balance of life. This includes not only the patient, but family and loved ones. Practically speaking, however, survivorship often refers to the period in the cancer continuum after the completion of early active treatment and before end of life, when the person is through the initial diagnostic and treatment phases of care, and is trying to get back to a "new normal" life. This can include patients who are free from cancer as well as individuals who are living with chronic disease. However, many survivorship initiatives focus on patients who are free of disease or expected to be free of disease in the future, given that this population's needs have been documented as long-neglected and in need of improvements in attention and care.

In the United States alone, there are now approximately 12 million adult cancer survivors, and this population is estimated

to grow to approximately 18 million by 2022. The distribution of cancer survivors reflects both the incidence and survival of different cancer subtypes. Those with breast, colorectal, and prostate cancers make up over half of all survivors.

The essential components of survivorship care include: (1) surveillance, screening, and prevention of recurrence and new cancers, including fostering adherence to clinical guidelines for follow-up and adherence to chronic risk-reducing treatments; (2) identification and management of late and long-term including the potential medical, emotional and social aftermath that can vary substantially from patient to patient; (3) counseling, education, and providing resources and support for improvements in modifiable health behaviors including diet and exercise, alcohol intake, and tobacco cessation; and (4) coordination of care between providers including often multiple oncology providers, primary care as well as specialist care providers particularly when patients have other medical problems beyond cancer, to ensure that individual patients' health needs are met.

There are numerous initiatives underway worldwide to both study and improve these areas of care for the diverse cancer survivorship community, including technologically enhanced survivorship care planning. However, while great strides have been made in each of these areas, there is much work to be done in order to improve our understanding of the needs of cancer survivors as well as how to optimize cancer survivorship care to improve the long-term care as well as medical and emotional health of all cancer survivors.

"There is much work to be done in order to improve our understanding of the needs of cancer survivors as well as how to optimize cancer survivorship care."

- Dr. Ann Partridge

For more information, visit:
pbcc.me/survivorship

Grassroots Partners

Every year, hundreds of people have fun while raising awareness about breast cancer and supporting the PBCC! We are able to continue to serve women and their families battling breast cancer across the state because of fundraisers like these! Thank you Grassroots Partners!



Kathy Brown
Cheryl McMullen

\$50,000

Westmoreland Walks



Martin's Potato
Chips

Butch Potter
Chatney Almoney

\$17,385



Lebanon
Humane
Society

Kacy Hess

\$400

Pink the Coop

Brian and Nick Kontor \$4,531



Pink Out Motorcycle Ride

Ken Gesselman \$5,041



Henry Schein Dental Fall Festival

Rosemarie Cialini
Jim McCombs

\$619



Go Pink at Pocono

Rob Ziemba
Bill Martel
Kyle Martel
Lauren Kronthal

\$5,180



CJ's Tire & Automotive

April McConnell \$7,206



Budmen for Boobies
Wendy Keesee-Anderson
\$20,378



Fastpitch for a Purpose

Stephanie Lux
\$12,531



Support the PBCC in your community. Become a **Grassroots Partner**. To find out how, visit our website pbcc.me/youcanhelp or call Kristen at 717-769-2301. Send photos from your event to Kristen@PABreastCancer.org.

SEE MORE PHOTOS ON OUR WEBSITE
AND IN THE SUMMER 2016 EDITION!

Lancaster Newspapers

Linda Quenzer
Barbara Hough Roda

\$17,381

**Weis Markets**

Jennifer Sands

\$20,500

**Friendly's - High Pointe Commons**

Geoff Jordan Karen Burkholder

\$1,555

**Littlestown Eagles**

Ana Arredondo

\$3,000

**Field of Screams**

Tiana Bollinger
Gene and Jim Schopf

\$5,827

**Northern High School**

Savannah Furlow Rachel Hennessy

\$1,800

**Atria Bethlehem**

Dorin D'Andria

\$826

**Dig Pink at Bethlehem Catholic**

Sandy and Rachel Cray

\$706

**Brenner Family of Dealerships**

Jordan Rhone
Michael Brenner

\$5,425

**Drive Out Breast Cancer**

Freysinger
Tom Freysinger

\$2,500

**Hoffman Ford**

Jan Galloway
Ryan Hoffman

\$3,100



COMING TO
YOUR
COMMUNITY
pbcc.me/events

March 30
RESEARCH GRANT PRESENTATION AT UPMC
Pittsburgh, PA

April 23
RIDE FOR LIFE
Annville, PA

June 4
JEEPS, JAMS FOR JUGS
Coal Township, PA

June 4
STAUFFERS OF KISSEL HILL PINK DAY
Central PA

June 11
TOASTING A CURE AT THE VINEYARD
Newport, PA

June 20
BEYOND PINK GOLF OUTING
Lebanon, PA



2397 Quentin Road, Suite B,
Lebanon, PA 17042

Support the PBCC as
a Grassroots Partner.
Host a fundraising
event today!

To learn more visit
pbcc.me/youcanhelp



SAVE THE DATE!

PA Breast Cancer Coalition *Conference*
Monday, October 10, 2016 — Harrisburg Hilton
Register today at pbcc.me/conf

REFUNDS FOR BREAST CANCER RESEARCH



Your state tax refund
TODAY can ensure her
tomorrows.

This tax season **YOU** can help find a cure
for breast cancer!

Donate your state tax refund for breast cancer research!
Write in your donation amount and code "A" for the **PA
Breast Cancer Coalition Refunds for Research on line 32**
on your state income tax form.

Help find a cure for breast cancer now...so our daughters won't have to.

For more information visit pbcc.me/refunds

