One Goal: A World Without Blood Cancers

The Leukemia & Lymphoma Society (LLS) exists to find cures and ensure access to treatments for blood cancer patients. LLS is the world’s largest voluntary health agency dedicated to finding cures for leukemia, lymphoma, myeloma and other blood cancers. Thanks to research, survival rates for patients with many blood cancers have doubled, tripled and even quadrupled since the early 1960s. Despite these advances, about one third of patients with a blood cancer still do not survive even five years after their diagnosis, which is why more funding is needed to bring better therapies to patients, and faster.

To date, LLS has invested more than $1 billion in research to advance therapies and save lives. LLS research grants have funded many of today’s most promising advances, including targeted therapies and immunotherapies. Sustained research investments are fueling an explosion of innovative science and clinical successes. New safe and effective treatments, once unimaginable, are saving lives today.

And, advances are far-reaching. From 2000 through 2015, 40 percent of new anti-cancer drugs were FDA-approved for blood cancer patients — more first-ever approvals than for any other group of cancer -- and many of these were advanced with funding from LLS. Some therapies are even helping patients with other cancers and other serious, nonmalignant diseases.

LLS supports the world’s best and brightest academic researchers to address these urgent, unmet needs. It provides funding across the continuum from basic and translational research through clinical trials, from bench to bedside. Recognizing that therapies were not getting to patients fast enough, LLS created the Therapy Acceleration Program, supporting applied research and forging collaborations with biotechnology companies to help bridge the gap between academic discovery and successful drug development. LLS is a catalyst for collaboration and are leaders in venture philanthropy in oncology.

LLS is the leading source of free blood cancer information, education and support for patients, survivors, families and healthcare professionals. In North America, LLS’ co-pay assistance program has raised more than $250 million to date to help eligible blood cancer patients afford health-insurance premiums and prescription drug co-pays. The program has assisted more than 60,000 patients since its inception in 2007. LLS’ Information Resource Center, which provides the public, families, health professionals and people living with blood-related cancer accurate, up-to-date, disease-related information and referral services: teleconferences and educational webcasts; support groups; information on the latest clinical trials and treatments; workshops that address survivorship issues; and

Candidates outside The Globe Theatre at Universal Studios, Hollywood

LLS NAMES “MAN & WOMAN OF THE YEAR” FOR 2016

On Saturday, June 4th The Leukemia & Lymphoma Society (LLS) celebrated their 2016 Man & Woman of the Year campaign at The Globe Theatre at Universal Studios in Hollywood. Nearly 450 guests attended to celebrate the 21 candidates who competed for the title of Man and Woman of the Year. The Man & Woman of the Year campaign is a spirited fundraising competition among a select group of nominated individuals in the community. By accepting the nomination, candidates have 10 weeks to accumulate the most “votes.” Every dollar raised counts as one vote and the person who raises the most earns the prestigious title. Woman of the Year went to Anna Donlon and her team, Team Imagine and Man of the Year went to David Stone and his team, Team Imagine. The campaign collectively raised over $1.29 million dollars in ten weeks.

Candidates run in honor of the Boy & Girl of the Year, who are local blood cancer patient survivors and sources of inspiration. The 2016 Boy & Girl of the Year were Cooper and Aubrey, both leukemia survivors. Cooper is six, finished up his treatment last November, and loves dinosaurs. Aubrey is five, finished up her treatment year ago in July, and hopes to see the Eiffel Tower one day. The Man & Woman of the Year campaign raises vital funds for blood cancer research. Since its inception in 1949, LLS has invested more than $1 billion in research to find the cause and cure for blood cancers. This research has led to groundbreaking treatments - such as chemotherapy, radiation, stem cell transplantation and most recently, immunotherapy – that are vital to treating blood cancers and many other forms of cancer. In 2015, in Southern California alone, LLS invested over $4,000,000 in research grants.

Congratulations to the Class of 2016 Candidates and thank you for making such a significant impact on the mission of The Leukemia & Lymphoma Society!
CANCER AWARENESS & PREVENTION

Cancer Care for the Whole Family at Cancer Support Community Benjamin Center

By JULIA FORTH

With 1 in 3 women and 1 in 2 men diagnosed with cancer during the course of their lifetime, it is likely that anyone reading this article has a friend, colleague, or family member affected by cancer. Or maybe you yourself have had a diagnosis. It is also likely that anyone reading this article has been or will be a caregiver. Cancer affects almost everyone.

The Cancer Support Community Benjamin Center provides free of charge programs for anyone impacted by cancer—patients and families. In July 2009, The Wellness Community and Gilda’s Club joined forces to become the Cancer Support Community, the largest provider of cancer support worldwide. CSC’s mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Cancer survivors and their loved ones contend with numerous stressors—anxiety, fatigue, fear of recurrence, cognitive changes and financial challenges. Friends and family, while a great support, don’t necessarily understand what the cancer patient is going through, physically or emotionally. Having access to a community with professional therapists and survivors can be critical to not only being heard and understood but to overall wellness.

The cost of cancer care is staggering, and there is much talk these days about the “financial toxicity” of cancer. CSC is proud that it has never charged a penny for its life-changing programs. With group support, counseling, healthy lifestyle classes, education and social gatherings, CSC works to ameliorate damaging stressors and is recognized by the medical community as an integral part of quality cancer care.

In October 2007, The Institute of Medicine’s Report stated that “…it is not possible to deliver good-quality cancer care without addressing patients’ psychosocial health needs.” In 2012, standards developed with strong input from CSC were released by the American College of Surgeons Commission on Cancer for the delivery of “patient-centered care”, one key area of which is addressing and improving cancer survivors’ quality of life.

So many of our community members face challenges they never anticipated, for example, Kenya and Layron DeJarnette. Kenya has Stage 3 breast cancer. The couple lives in Palmdale and is a true team. When Kenya moved to Los Angeles to undergo treatment for six months, Layron slowed his work life so he could focus on helping Kenya while keeping up their home.

The DeJarnette’s found their way to Cancer Support Community Benjamin Center. Here, they participate in two couples programs, while Kenya immerses herself in healthy lifestyle classes, educational workshops and a support group. This extraordinary couple often travel three hours in one day to attend CSC.

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Today, CSC Benjamin Center is a proud part of a 50+ strong worldwide affiliate network with 100 satellite locations. Our headquarters in Washington, D.C. oversees the CSC Cancer Policy Institute and Research & Training Institute to ensure that patients’ and caregivers’ voices are heard. CSC worldwide now serves over 1 Million people each year through face-to-face, online and telephone support. Amazing to think that when CSC was founded in 1982 by Dr. Harold and Hurriet Benjamin, here in Santa Monica, there was nothing like it in the world!

Locally, Cancer Support Community Benjamin Center provides a home-like setting at 1990 S. Bundy Drive in West Los Angeles. With its beautiful mind-body class studio, presentation space, and kitchen facility, CSC serves its members in an inviting and healthy atmosphere. We also validate parking. But West Los Angeles is not where our commitment ends. CSC Benjamin Center’s service area extends from downtown to Malibu, Sherman Oaks, El Segundo and all destinations in between. CSC strives to partner with community-based organizations and area hospitals. Our sprawling community of Los Angeles is lucky to have other local CSCs to choose from, too, in Pasadena, Valley Ventura and Redondo Beach.

Cancer Support Community Benjamin Center has come a long way since 1982, but an estimated 1,695,210 new cases of cancer will be diagnosed in the United States this year alone. How can we deal with such an overwhelming situation? We’ll begin with our local communities—making sure there is a CSC to provide a space to support families. We’ll partner with hospitals to help our amazing medical teams give the best quality care, which includes emotional and social services. And, we’ll support each person, each family, wherever there is a need.

Julia Forth, Executive Director, Cancer Support Community, has been with the organization, serving in various capacities, for almost twenty years. She has been executive director since 2014.

To learn more about CSC, visit www.cancersupportcommunity.org or call 310-314-2555 or www.cancersupportcommunity.org for an affiliate near you.
THE LEUKEMIA & LYMPHOMA SOCIETY

CONGRATULATES

THE 2016 MAN AND WOMAN OF THE YEAR CANDIDATES

2016 Woman of the Year
Anna Danlion, Riot Games
Team Imagine

2016 Man of the Year
David Stone, William Morris Endeavor
Team Imagine

Woman of the Year
Katie Plichta
Akin Gump Strauss Hauer & Feld LLP
Dream and Do

Man of the Year
Runner-Up
Eloe Michaelson
KABC-TV

Heads: “We’re All in It Together”

Sarah Chambers Maratt, Philbeck & Phillips, LLP
#TeamCooper

Dannielle DeMott
Mclean & Associates

Ben Dukes
AOL

Jonathan Eisenberg
We & Sharpe

Kacy Flowers
Girls Inc.

Vivienne Gomez
Union Bank
Love Saves

Toni Anita Hull
The Leukemia & Lymphoma Society
LA’s Finest

Rebecca Kantor
Children’s Hospital of Los Angeles
Team ImPact Cancer

Timothy Lane
21st Century Fox
Help Them Be

Joseph McKenna
Ernst & Young
Team LV

Tempe McKenzie
Real Estate Agent Magazine
Watts Up, Career Dawn

Lauren Nichols
Metropolitan State Hospital
Team m11S

Heidi Nadloy
Team Happy Feet!

Megan Randolph
Magical Difference

Midge Raisman
Remembering MX & PAX

Star Tenfjord
The Brain Co.
All-Stars

Victoria Venturini
Paper Ephemera
Magic in the Night

The Leukemia & Lymphoma Society congratulates this year’s Man & Woman of the Year and the entire class of candidates who competed for the titles. The Class of 2016 raised $1,129,877. Their efforts and commitment have made an impact in the search for cures and effective blood cancer therapies.

For more information, please visit www.mwoy.org/calso or call 310.846.5176.
CANCER AWARENESS & PREVENTION

Targeted Therapies and Personalized Care Helped Leukemia Survivor Gus Perez Return To His Passion

Gus Perez is one of the guys who, when everyone is running out of the fire, is running into it. Fit and strong, Perez is a veteran Los Angeles firefighter with the Hazardous Materials Unit in San Pedro. Saving lives is his business. But he never expected to be on the receiving end.

During a routine physical when he was 41, Perez’s blood work led to an unexpected diagnosis: Chronic myelogenous leukemia (CML). “It was a game changer,” he recalled. “That was really, really difficult to wrap my head around.”

Perez came to City of Hope and began receiving the drug Gleevec, which put him into remission. Yet his best chance at long-term survival was to undergo a bone marrow transplant.

Before his transplant operation, Perez remembers, he went to his favorite surfing spot. Aware this could be the last time he’d ever go out on his board, he counted the steps to the water. But he also remembers thinking, “I’m going to beat this. I’m going to come back and retrace these steps.”

“And I’m happy to say I’m here, that I was able to do it,” he said, smiling broadly. He attributes no small part of his complete recovery to the powerful love of his wife and two children, and to the care of Dr. David Snyder, associate chair of the Department of Hematology & Hematopoietic Cell Transplantation, who understood Perez as a person, and provided him the personalized care he needed to return to the ocean as soon as possible.

To learn more about City of Hope, visit www.cityofhope.org

AICR Welcomes New Study, Reinforces How Many Cancers are Preventable

About half of US cancer deaths and a large proportion of cancer cases could be prevented if people were active, had a healthy weight, and adopted healthy lifestyle habits, according to a new study published in JAMA Oncology. The study from Harvard University reinforces much of what AICR research shows: what you eat and how much you move make a difference for cancer risk. Here in the US, AICR estimates that healthy eating, staying lean, and being active can prevent almost a third of the most common cancers.

“We welcome this study, which strongly supports what AICR has been saying for years: everyday lifestyle choices play a huge role in cancer risk,” said AICR Vice-President for Research Susan Higginbotham, PhD, RD. “This has been demonstrated repeatedly in reports from our Continuous Update Project, which systematically reviews and analyzes thousands of studies involving millions of people around the globe.”

HEALTHY CRITERIA FOR LOW RISK

This new study analyzed data from 136,000 women and 122,000 men with no personal history of cancer. The researchers separated participants into two groups: those who followed a healthy lifestyle pattern (low-risk) and those who did not (high-risk).

When comparing the low- and high-risk groups, the researchers calculated about 20 to 40 percent of cancer cases and about half of cancer deaths could be prevented if people were to adopt the healthy lifestyle pattern of the low-risk group.

For individual cancers, colorectal cancers could be prevented by 29 percent of women and 20 percent of men. Over 60 percent of esophageal cancers could be prevented. Lung cancer was the most preventable, with approximately 80 percent of these cancers avoidable.

The people in these studies were nurses and health professionals. The percent of preventable cancers was even more dramatic — ranging from 41 to 63 percent — when the researchers compared the low-risk group to the broader US population of white people.

FROM DATA INTO EVERYDAY ACTION

Although diet was not a specific criterion in this study, the low-risk group ate healthier than the high-risk group.

“This study reinforces our message that what you eat and how much you move make a big difference for your cancer risk,” said AICR Head of Nutrition Alice Bender, MS, RDN.

“For example, choose whole grain bread for your sandwich and dish up a healthy portion of vegetables at dinner — these are cancer-protective plant foods that can also help you be a healthy weight. Add a brisk walk to your daily routine and find ways to sneak in activity throughout the day. These steps add up to powerful protection.”

In an accompanying editorial, Graham A. Colditz, M.D., MPH, and Stohsia Sutcliffe, Ph.D., of Washington University School of Medicine, St. Louis stressed the urgency of taking action: “As a society, we need to avoid procrastination induced by thoughts that chance drives all cancer risk or that new medical discoveries are needed to make major gains against cancer, and instead we must embrace the opportunity to reduce our collective cancer toll by implementing effective prevention strategies and changing the way we live,” they wrote.

“We agree strongly with what Dr. Graham Colditz makes clear in the editorial accompanying this new study: ‘Our challenge now is to act on this knowledge,’” said Higginbotham.

AICR provides tips, guidance and support to help you change your life for lower cancer risk at AICR.org. Follow AICR on Twitter @aicrtweets for the latest on cancer prevention research and resources.

This study reinforces our message that what you eat and how much you move make a big difference for your cancer risk. For example, choose whole grain bread for your sandwich and dish up a healthy portion of vegetables at dinner — these are cancer-protective plant foods that can also help you be a healthy weight. Add a brisk walk to your daily routine and find ways to sneak in activity throughout the day. These steps add up to powerful protection.
Every day, just northeast of Los Angeles, the world-renowned research hospital, City of Hope, is pioneering some of the most unanticipated cancer breakthroughs of our time. From teaching T cells to destroy cancer to developing the technology behind four of the world’s most widely used cancer drugs, City of Hope produces medical miracles that make lives whole again. But it’s not enough to just heal the body. By caring for the individual, we help you re-become the person you were. At City of Hope, we combine science with soul to create miracles. To find out more about how we’re saving lives by outsmarting cancer, go to: CityofHope.org or call 800-826-HOPE.
CANCER SUPPORT LA
CANCER AWARENESS & PREVENTION

CANCER AWARENESS & PREVENTION

CANCER SUPPORT
COMMUNITY.

Benjamin Center

OUR MISSION
To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

GROUP SUPPORT & COUNSELING. HEALTHY LIFESTYLE CLASSES. EDUCATION. SOCIAL ACTIVITIES. FAMILY PROGRAMS.

CancerSupportLA Instagram.com/cancersupportLA
cancersupportcsc cancersupportcommunity.blogspot.com

For people with cancer and their families and caregivers.
All programs and services are provided free of charge.

LOCATION
1990 S. Bundy Drive, Suite 100, Los Angeles, CA 90025
310-314-2555 • www.cancersupportcommunitybenjamincenter.org

SERVING GREATER LOS ANGELES

Continued from page 27

an award-winning website. Since its inception in 1997, its Information Resource Center has interacted with more than one million callers. Last year alone, LLS specialists fielded almost 60,000 inquiries and performed more than 6,000 clinical trial searches using the LLS’s TrialCheck tool.

LLS is the voice for all blood cancer patients and it is working to ensure that all blood cancer patients have access to the best available therapies. It touches patients and their families through our chapters across the United States and Canada. LLS advocates for policies at the federal and state levels to accelerate the approval of new treatments and ensure access to quality, affordable and coordinated care.

LLS is changing the landscape of cancer with more than 200 active research projects that explore different avenues of new and adventurous research; ones with promise and ones that will save lives not someday, but today.

With LLS’s research partnerships and collaborations with pharmaceutical and biotechnology companies, patients’ support services and advocates working for blood cancer patients everywhere, someday is today.

YOU CAN HELP SAVE LIVES
As a participant, volunteer or donor to LLS, you will be supporting projects across the entire research continuum, from basic laboratory science through clinical trials. And LLS’s business alliances with biotechnology companies and contract research organizations are helping advance projects more quickly from the laboratory to clinical trials for blood cancer patients.

Your contribution also supports LLS’s services that provide patients with the latest disease and treatment information as well as support programs.

Many LLS funded therapies are not only saving the lives of blood cancer patients but also helping other patients as well. Blood cancer treatments such as Gleevec, Rituxan and Velcade are now used to treat patients with stomach cancer, autoimmune disease and are being tested in lung, brain, breast and prostate cancers.

Visit www.LLS.org today to join in the fight against blood cancers.

HELP BY SPEAKING OUT
You can promote the work of LLS by advocating for increased research funding, by communicating with legislators, by representing blood cancer patients among local healthcare coalitions, and by bringing media attention to impending issues affecting blood cancer patients, family members or caregivers.

Visit www.LLS.org/raiseyourvoice today.

This article was provided by The Leukemia & Lymphoma Society. Learn more by visiting www.LLS.org.