A Breath of Hope Lung Foundation (ABOHLF) is proud to announce that we were named Minnesota Wild Charity of the Month during November, Lung Cancer Awareness Month.

Help us SHUT OUT LUNG CANCER by making a donation, attending or sponsoring an event. All November donors will be entered into DAILY DRAWINGS for prizes such as a MN Wild, Timberwolves and Guthrie “heater” tickets, Jason Zucker’s autographed hockey stick, gift cards to local restaurants, rides on the Fan Zamboni, and more! To get involved or learn more about lung cancer, visit abreathofhope.org, call 952-405-9201 or email us at info@abreathofhope.org.

What do your donations support?
Research: Lung cancer receives disproportionately less funding per cancer death than other types of cancer. This means that private funding for lung cancer research is vital to saving lives. Lack of funding drives talented young researchers away from lung cancer, despite their interest and commitment. Retaining talent in the field is critical to changing outcomes. The A Breath of Hope Research Fellow Program identifies America’s finest, young researchers to receive $135,000 grants to accomplish life-saving lung cancer research. Since being founded in 2008, ABOHLF has provided over $1,000,000 to U.S. lung cancer research and screening programs.

Awareness: The White Ribbon Awareness Program (WRAP) partners with individuals, businesses and healthcare systems to wrap lung cancer awareness around communities.

Patient Support: The Ambassador Program uses trained volunteers who have experienced lung cancer first-hand to provide rides, companionship and hope to those who face lung cancer alone or without the support they need. ABOHLF also offers support groups for patients, families, and those who grieve the loss of their spouse/life partner.
Research Update

This summer, A Breath of Hope Lung Foundation’s Research Committee and Board of Directors named a new fellow the winner of a national RFP focused on the early detection of lung cancer.

Dr. James Tsay is a researcher at New York University and his project focuses on understanding the progression and development of a malignant phenotype of a microbiome associated with lung cancer. His hope is not only to explore the associations of the lung microbiome community, but also uncover possible contributions and interventions in order to change the pathogenesis of lung cancer. The goals of this project will be to analyze distinct microbiome in different lung malignancies, to further describe in taxonomic and metagenomic detail the possible microbiome communities associated with each disease state, and to develop a methodology framework in which to address possible contributors to the pathogenesis of lung cancer.

As most A Breath of Hope supporters know, the Larry Benjamin Family has been a loyal supporter and donor since they last Larry five years ago. From donated buses at the Twin Cities Lung Run/Walk to event sponsorships to Circle of Light memberships to hosting third party events, the Benjamins have been instrumental in the success of this foundation. To recognize and honor this family, and specifically Larry’s widow, Mary Jane who leads the Larry Benjamin Golf Classic each year and Larry’s brother, John and his wife Wanda who own and operate Northfield Lanes, we named the 2016 Early Detection Fellowship: The Larry Benjamin Early Detection Award.

“We’re inspired by this family’s commitment to combating lung cancer outcomes for others as they remember and honor their beloved Larry. May the lung cancer survivor group grow through early detection!”

A Breath of Hope Volunteers (Article written by ABOH Volunteer, Julie Swedberg)

Back in November of 2015, I felt a lump in my breast. I immediately panicked and went to the doctor right away. I was praised for being proactive and attentive to my health and the symptoms that were presenting. The biopsy came back as benign, and I breathed a sigh of relief. Little did I know that the true enemy was lurking directly behind what I thought was my main risk for cancer.

Fast forward to April 2016. I started developing a cough in late March, and by mid April, finally decided I needed to get it checked out. Although I felt completely fine (no fever, no malaise, just the cough), I knew that something wasn’t right for me to be coughing that much. The doctors took x-rays and diagnosed it as pneumonia. After my first round of antibiotics, the cough persisted, so they put me on prednisone. Still no better. I felt foolish repeatedly going back to the doctor. I was told “it takes up to 8 weeks for pneumonia to clear up, give it time.”

Finally, after my third x-ray and my third doctor’s visit, I asked for a CT scan. The CT scan showed a large nodule in my right lung. I was immediately scheduled for a biopsy, PET scan and an MRI. It was official; I had stage IV adenocarcinoma, with cancer in both lungs, metastasized to my breast bone, and cancer in my lymph nodes near my esophagus (which was causing my cough). My biopsy was sent for molecular profiling and came back as EGFR positive, so I am on Tarceva, a targeted chemotherapy that I take daily. Now for the good news: My last scan in September showed no cancer in my left lung, my breast bone has healed, the lymph nodes are clear, and there is a significant reduction in the tumors in my right lung.

As a trained CPA, I’ve always been influenced by numbers and the story they tell. Imagine my surprise when I learned about all the “numbers/statistics” of lung cancer. How can lung cancer be the deadliest cancer, yet receive so little funding? How can so many women be dying of this disease, yet so many are unaware they are at risk? This is a true injustice. So now the lung cancer world has a new advocate.

I want to be part of the movement that helps change these “numbers.” I won’t be just a statistic, I will be an advocate, an educator and an activist, and I’m so thankful that ABOH is showing me the way!

Partners are Vital to Our Mission

The first ever A Breath of Hope Lung Run/Walk Duluth was a success and provided a tremendous opportunity to partner with organizations that care about lung cancer patients and their families. From the City of Duluth to our Title Sponsor, St. Luke’s Hospital to the local police department to the families of local lung cancer patients—the A Breath of Hope team and the work we do were welcomed. We are grateful for this warm reception.

A Breath of Hope Lung Foundation fights lung cancer through three important program areas: Research, Awareness and Patient Support. When we take a 5K out into a new community, it is because that community is looking for a way to raise awareness about lung cancer and support the families that must cope with it. Proceeds support lung cancer research and awareness programs that car lead to earlier detection. It is a win-win and we look forward to partnering with other communities as we expand our programming.

More than 800,000 people in and around Duluth received our messaging about lung cancer and specifically about asking their doctor about screening. This simple message has the power to save lives and we are proud to have delivered it to Duluthians!

November is Caregiver Appreciation Month

At A Breath of Hops events, participants are often part of teams. The teams are made up of the loved ones who support lung cancer patients on their journey—caregivers, family and friends. These teams provide cancer patients with the opportunity to see and feel the love and affirmation that surrounds them. It is beautiful to witness this love and is without doubt our staff’s favorite part of any event!

Caregivers rise to meet tremendous challenges and their burden is often overlooked due to the stress placed on a family fighting lung cancer. Their tireless care of their loved one can take its toll and often leaves them feeling terribly alone and depleted, especially when they lose their loved one.

This month, we applaud and recognize caregivers, and specifically those who have lost their loved one. We encourage you to stay involved and look for opportunities to connect with others who understand where you’ve been!

Shut Out Lung Cancer With A Breath of Hope and the MN Wild!

Donate and Win! All November donors will be entered into daily drawings for prize packages:

- 3 autographed Wild goal-scored puck and sticks
- 2 autographed Wild tickets to the 11/17 game
- 2 Wild tickets to the 11/19 game
- 2 Timberwolves tickets to a 2016/2017 season game
- Gifts cards to the Guthrie, Herbies on the Park and Lou Nanne’s Restaurant
- Wild swag bag with promo items

Join us this November at #ShutOutLungCancer November 1: Circle of Light Dcc Spot (for COL Members only), Forepaugh’s November 17: ABOH/F MN Wild Game, Xcel Energy Center, St. Paul November 19: Happy Hour, Bigger Moe’s, restaurant, St. Paul

More info at: abreathofhope.org/event/lcm