



A Breath of Hopeful News

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November 2015

www.abreathofhope.org

Year End Issue

Lung Cancer Awareness Month—What's that? by Nancy Torrison

November is *National Lung Cancer Awareness Month*. We can all but guarantee that your neighborhood coffee shop, local hardware store and favorite NFL team are not sporting white ribbons. Not for lack of trying on the part of lung cancer organizations like A Breath of Hope, but simply for lack of interest, understanding and an ongoing societal stigma around this particular cancer.

What will change this public perception of America's deadliest cancer? **We will.** You, me and all who have experienced the unwanted burden of lung cancer.

A Breath of Hope Lung Foundation hosts awareness events throughout the year to provide lung cancer facts to the general public. Additionally, our events are designed to bring hope, resources and a sense of camaraderie to lung cancer patients, caregivers and family members.

This November we offer many opportunities to bring our community together to make yet another statement about lung cancer.

Shine A Light on Lung Cancer Vigil, Nov. 12 is a nationwide vigil to increase awareness and remember those who are fighting or have fought lung cancer. Dress warm! The vigil will be held in the parking lot of our office Thursday, Nov. 12th from 5:30 to 6:30 p.m. We will hear briefly from a local lung cancer physician, a survivor and a caregiver. Hot chocolate and treats will be served.

To have your loved one named in the vigil lighting ceremony, please email their first and last name and whether it is *in honor* or *in memory* of to: vigil@abreathofhope.org.

Vigil address:

700 Twelve Oaks Center Dr.
Wayzata (just off 394 & Carlson Pkwy)

Give to the Max Day, Nov. 12 is the giving campaign that has brought millions of dollars to Minnesota nonprofits. A Breath of Hope is grateful for a group of loyal supporters who have committed to match your donation \$1 for \$1 up to \$5000. In other words, your \$50 donation becomes \$100 in mission impact!

We hope our mission to fight lung cancer through research, awareness and patient support inspires you to help *A Breath of Hope Kick Cancer to the Max*. To donate, visit givemn.org from **Nov. 1 – 12** and search for A Breath of Hope Lung Foundation.

White Ribbon Pie Challenge, Nov. 1- 30. Email your 45 second or less video to molly@abreathofhope.org proving you have taken a pie in the eye for the cause. We will share your video on social media and our website. Don't forget to challenge two friends! Cell phone videos work great.

Gift cards will be awarded each week to the videos with the most 'likes' on our FB page and the grand prize will go to the most compelling video (must name A Breath of Hope Lung Foundation in video). Pie Contest Rules at abreathofhope.org/events.

Thanks for all you do to improve a dire 17% survival rate. We're honored to walk with you and your family on this important journey.

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Research Program Update by A Breath of Hope Research Committee Chair, Arek Dudek, MD, PhD

The year 2015 is going to be marked by two major events in the fight against lung cancer:

- Approval for financial reimbursement of computed tomography (CT) scanning by the U.S. Centers for Medicare and Medicaid Services for lung cancer screening; and
- A significant breakthrough in treating advanced lung cancer by immunotherapy.

CT scanning is a screening method for early detection of lung cancer. Complex mathematical models predict over the next fifteen years that nearly a million life years could be

saved with these CT scanning programs.

Additional research in early lung cancer detection will identify other technologies to improve the accuracy of current imaging techniques. ABOHLF is promoting this kind of research by supporting local Twin Cities health efforts with lung cancer screening grants.

In the past, the outlook for people diagnosed with advanced lung cancer was bleak in that the treatments available were not very effective. However, treatment of advanced lung cancer that has already spread to other organs has been enhanced recently by the intro-

duction of immunotherapies that give promise of long term control of lung cancer, and perhaps even cures for some individuals struck by this disease.

A Breath of Hope is excited about the accomplishments in the fight against lung cancer in 2015 and will continue to contribute to the field by introducing 2016 research fellowships centered on understanding the biology of lung cancer in women and developing novel strategies for the early detection of lung cancer.



November is
Lung Cancer
Awareness Month

Breast to Chest Stats:

40,000 women will die of breast cancer this year (89% 5-Year Survival Rate)

72,000 women will die of lung cancer this year (17% 5-Year Survival Rate)

GET SCREENED!

A Breath of Hope Ambassador Program—Testimonies



“My brother was recently diagnosed with stage 4 lung cancer. His diagnosis did not look good, but the biggest struggle is that his wife and family are not here in Minnesota. I was told about the *A Breath of Hope Ambassador Program* at Virginia Piper Cancer Institute. I had been my brother’s primary caregiver, setting up his appointments and driving him around. I was at a point where I could no longer help my brother on my own. I felt completely overwhelmed.

I called the number for the ABOH Ambassador Program and talked with Jill. It was a life saver. You have no idea how thankful I am for this service. The ABOH staff are great listeners, and always find a way to help us out. They have never said no when my brother needs a ride, even when the appointment was within a day or so. I no longer feel alone in this journey.

I work at a hospital and I see others waiting and waiting for their rides, but my brother never experiences that. His Ambassador is always there for him. The Ambassador volunteers are great! They pick him up at his house and then bring him right to his appointment and then back home. My mom loves the services as well. She even gets to ride along and be there for my brother during his treatment. **This help has allowed me, as a caregiver, to let go of one stressful piece of this journey.** And the A Breath of Hope volunteers have all experienced lung cancer so they understand how it affects families. If it wasn’t for A Breath of Hope, I would be missing hours of work to drive my brother to and from appointments.” Julie Santos

Hope and positive energy are known to bring healing. Every time we support a lung cancer patient, we have taken a step forward in the battle against this disease.

“My husband found out he needed radiation for twenty consecutive days and even with our five adult children, finding rides was difficult. My kids had to take vacation time from work just to drive him to appointments. One day our nurse, Jody, handed us an ABOH brochure and said, ‘They’re waiting for you to call.’ I called the office and gave them my husband’s treatment schedule. Jill matched us up with a volunteer right away. I thought, ‘**Oh boy, this is a life saver.**’ Our A Breath of Hope Ambassadors are just wonderful. They’re here on time and they’re friendly. There’s no guesswork. They won’t take money for gas, so instead we donate to A Breath of Hope to show our support. You don’t know how much of a life saver this program has been. We are so thankful.” LeaAnn Eng

News from A Breath of Hope Screening Partners & TC Lung Run/Walk Sponsors!

Center for Diagnostic Imaging (CDI) provides lung cancer screening exams that can detect lung cancer at the earliest and most treatable phase. Call today to schedule your screening or to check on insurance coverage/cost. The exams are available in our Burnsville, Coon Rapids, Eden Prairie, Maple Grove, Maplewood, Mendota Heights, St. Louis Park and Woodbury centers. **Call 952-541-1840 or visit myCDI.com/LungCancerScreening.**

St. Paul Radiology: Lung Cancer Screening, A Small Dose of Hope. At St. Paul Radiology, we think it is important to work with our healthcare partners to promote smoking cessation. Smoking greatly increases your risks of lung cancer. Preventative lung cancer screening is a proactive step toward early cancer detection. If you need help to quit smoking or believe you or a loved one are at risk of lung cancer, please **call 651-222-LUNG (5864)** to schedule your appointment at one of our St. Paul locations.

Suburban Imaging Clinics have been designated as Lung Cancer Screening Centers by the American College of Radiology (ACR). The ACR Lung Cancer Screening Center designation is a voluntary program that recognizes facilities that have committed to practice safe, effective diagnostic care for individuals at the highest risk for lung cancer. CT Lung Cancer Screening is now covered by most insurance, check with your insurance provider to verify coverage. If the screening is not covered, our cost is \$99. **Learn more at www.suburbanimaging.com**

A Breath of Hope Lung Foundation Honors Caregivers by Kim Anderson

“As I reflect on my role as a caregiver to my late husband, Wendell Anderson, I am grateful I had the opportunity. At the time, I didn’t realize I was being a caregiver; I just saw myself as his wife and best friend. However, it was more than that.

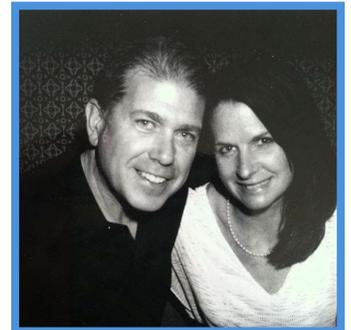
Being there and caring for someone ill, you get to do the things they can no

longer do for themselves, the little and the big things.

The big things were taking him to the doctors and really listening and taking notes. While I kept him company at his chemo treatments, sometimes we just talked, sometimes we laughed and sometimes we cried. Together, we made decisions about which path to take and doctors to see.

The little things were running errands for him, getting him a glass of water, massaging his head, and laughing at his favorite T.V. shows with him. I was his soundboard; I listened to all his fears of the things he didn’t know and shared comforting thoughts of the things he did know.

Being Wendell’s caregiver and sharing so many tender moments has given me a



peace that I will forever lean on.”

Kim Anderson

November White Ribbon Pie Challenge—Please Join Us!

Pie in the Eye How To:

- Videotape yourself taking a pie in the eye (cell phones work great), then email the video to our office: molly@abreathofhope.org. Photos welcome, too!
- Videos must be 45 seconds or less and start with: I support A Breath of Hope Lung Foundation because...
- Videos should mention one key lung cancer fact, such as:
 - Lung cancer research is funded 10x less than other cancers
 - Lung cancer claims nearly twice as many women’s lives as breast cancer
 - Half of the lung cancer cases each year happen to nonsmokers, yet the stigma persists
 - Lung cancer kills more people than breast, colon and prostate cancers combined
- Encourage your friends to visit our Facebook page and like your video. Weekly prizes will be given for the videos with the most likes on our FB Page!





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Incandescent Light: Mary Jane Benjamin and the Larry Benjamin Family, **Spot Light:** Don's Bald Eagles (Mills Family), Joan Maclin, Mary/Bill Zimmer, **Key Light:** Curt Anderson, Leo Benning, Gary/Rosey Brausen, Mark/Sara Solfelt, Paul Thurmes, **Reflection Light:** Sarah/Jim Diebel, Ed/Toni Egan, Mark/Georgia Helvick, Hilgendorf Family, Mark/Janet Huss, Shirley Kern, Sally McCabe, Bonnie/Paul Mueller, Ron Ungerman Family, **Ambience Light:** Darren/Jennifer Amdahl, Shanna/Justin Ballsrud, Myrnell/Tom Brusegaard, Lynn Bucka, Ray/Veronica Byrne, Myrna/Harry Camp, Steve Dale, Ronda/Dave Doble, Arek Dudek, Lee Engelbrecht Family, Jeff/Lisa Flaig, Robin Hille, Julie Opheim, Manish/Sheetal Patel, Ron Peppin, Lynn/Mitch Prust, Puttin' on the Ritz (Hooper Family), Craig/Sharon Rothgeb, Kevin Schilling, Steve/Jill Tigner, Nancy/Jerry Torrison, Harvey Weiss, Chris White.

Important Dates:

- **November 1— 30, 2015:** White Ribbon Pie Challenge
- **November 12, 2015:** Shine a Light on Lung Cancer Vigil
- **November 12, 2015:** Kick Cancer to the Max
- **November 16, 2015:** Fiesta Doc Spot (Circle of Light)
- **November 17, 2015:** A Breath of Hope Men's Group
- **December 15, 2015:** A Breath of Hope Men's Group
- **March 5, 2016:** Women's Wellness Tea: *Pearls of Wisdom*
- **June 10, 2016:** A Breath of Hope Golf Classic
- **August 13, 2016:** Twin Cities Lung Run/Walk

More information at:
www.abreathofhope.org/events

Phone: 952-456-2463

Email: info@abreathofhope.org



@ABOHLF_MN

Every step is a breath of hope!