

When Pigs Fly

Survival Talk

Volume 6 Issue 1

Moonlight Cancer Foundation Newsletter

Spring 2006

Moonlight Cancer Foundation
Life Support for Survivors



Beer and Spirits Boost Colorectal Tumor Risk

By Will Boggs, MD

NEW YORK SEC 20, 2005 (Reuters Health) - Beer and spirits drinkers face a higher risk of colorectal tumors, but wine drinkers may face a lower risk, according to a report in the September issue of the American Journal of Gastroenterology.

"Alcohol is pernicious with regard to colorectal neoplasia," Dr. Joseph C. Anderson from Stony Brook University, New York told Reuters Health. "Lifestyle plays a role as genetics does in the development of colorectal neoplasia."

Dr. Anderson and associates investigated the impact of regular alcohol consumption on colorectal neoplasia in 2,291 patients undergoing screening colonoscopy. Patients defined as heavy beer or spirits drinkers faced more than twice the risk of developing significant colorectal neoplasia, compared with abstainers or moderate consumers, the authors report. Moderate wine drinkers, on the other hand, faced about half the risk of colorectal neoplasia experienced by abstainers.

The results did not change when the analysis was restricted to the development of advanced adenoma, the researchers note. Significant colorectal neoplasia was also associated with age greater than 60 years, smoking, and higher body-mass index, the report indicates.

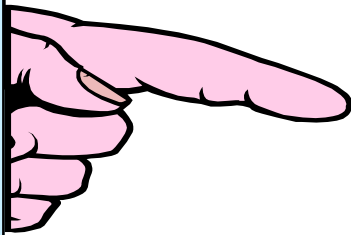
The investigators note that "patients who regularly drink spirits have an increased risk for significant colorectal neoplasia and perhaps should be targeted for risk modification by their gastroenterologist in addition to their primary care physician."

In fact, Dr. Anderson noted, "I would target anyone who has more than one beer or drink per day." He added that he and his colleagues are currently comparing the effects of red and white wine. "Red wine drinkers, due to the high levels of resveratrol," he added, "should have lower rates of colorectal neoplasia than white wine drinkers."

SOURCE: Am J Gastroenterol 2005;100:2049-2055.

OUR MISSION:

Moonlight Cancer Foundation is a nonprofit organization whose mission is to provide monetary assistance and other forms of support to those experiencing financial challenges as their result of living with cancer. We believe in assisting our local families now through these demanding times.



DONATION INFORMATION:

To make a donation to "Moonlight Cancer Foundation"
Moonlight Cancer Foundation
 P.O. Box 231454
 Encinitas, CA. 92023
www.moonlightcancerfoundation.org

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Strides for Survivors was a HUGE success!!!

Moonlight Cancer Foundation's 1st annual "Strides For Survivors" fundraising walk took place on Saturday, March 25, 2006 to benefit San Diego county cancer patients through Moonlight Cancer Foundation. And we are very proud to report we raised over \$4000.00 for our first walk!

We had an energizing walk all morning up and down the Coast Highway in Encinitas proudly wearing our "CANCER SUCKS" T-shirts and carrying our *I'm making Strides For Survivors* signs.

Below are pictures from the event. If you weren't able to make it this year, maybe you can join us next year.



Thank you, Thank you, Thank you!

Please know that 100% of all the money we raised went directly to San Diego County cancer patients through MCF to assist in their survival.

Brisha Cordella,
MCF Vice President

*Like setting aside time to exercise with a friend,
volunteering in tandem allows you to do two important things
at one time - nurture your friendship and serve the greater good.
Doing this kind of work together reinforces shared values,
which form the foundation of great friendships.
- John Gottman, The Relationship Cure*



Next Year:

Registration for walk begins in January
Free t-shirts to anyone who raises \$100 or more
1st, 2nd, and 3rd place prizes for the highest fund raisers
And lots of FUN, FUN, FUN!!!!

~ SAVE-THE-DATE ~

Moonlight Cancer Foundation's Annual Fundraiser For The Patients

Presenting ~
BARRY JONES
COMEDY HYPNOTIST

Also Featuring
Sean Kelly & Kurt Swan
Standup Comedians

Tickets
(760) 635-7820

The Ultimate Experience in Comedy Hypnosis!
Critically acclaimed Comedy Hypnotist & founder of the San Diego School of Stage Hypnosis

Saturday, November 11th @ 7:00PM

Seaside Church in Encinitas ~ 1613 Lake Dr, Cardiff
Doors open at 6:00PM

Tickets - \$20 Donation

Silent Auction ~ Hor'dourves ~ Desserts ~ No-Host Bar

* We are a 501(c)(3) organization of all volunteers *
ALL proceeds go to benefit San Diego County cancer patients
through Moonlight Cancer Foundation

Tea May Fight Ovarian, Breast Cancers

By Charlene Laino, WebMD Medical News

April 5, 2006 (Washington) -- Potent chemicals found in tea can help ward off ovarian and breast cancers, new research suggests.

Broccoli and kale are also rich sources of cancer-fighting flavonoids, says Margaret Gates, a doctoral candidate at the Harvard School of Public Health who has been studying their link to ovarian cancer. Flavonoids are believed to have antioxidant and anti-inflammatory activity. Her research suggests that women who increase their consumption of kaempferol, a type of flavonoid, can lower their risk of ovarian cancer by nearly 40%.

A second study shows that women who consume a diet rich in other types of flavonoids - specifically, flavones, flavan-3-ols, and lignans -- can reduce their chance of developing breast cancer by 26% to 39%.

If you can't keep all those scientific names straight, no worries: It basically comes down to the same thing, the researchers tell WebMD.

For lowering ovarian cancer risk, "tea in particular may be important," Gates says.

For breast cancer protection, "tea again is the predominant contributor," Brian Fink, MPH, a doctoral candidate at the University of North Carolina at Chapel Hill.

Both new studies were presented at the annual meeting of the American Association for Cancer Research.

Kaempferol Fights Ovarian Cancer

Gates analyzed data on 66,384 participants of the Nurses' Health Study, none of whom had ovarian cancer at the start of the study. Every few years, beginning in 1984, the women filled out detailed questionnaires that asked about their consumption of more than 120 foods.

Using the data, the researchers calculated each participant's intake of five different flavonoids -- myricetin, kaempferol, quercetin, luteolin, apigenin -- and of total flavonoids. Between 1984 and 2002, 344 of the women were diagnosed with ovarian cancer.

Gates says there was no link between total flavonoid consumption and ovarian cancer. Nor did myricetin, quercetin, luteolin, or apigenin significantly affect risk.

But the greater the consumption of kaempferol -- which the nurses got mostly from tea, broccoli, and kale -- the lower their chance of developing ovarian cancer.

So just how much kaempferol is enough? Gates says 10 milligrams to 12 milligrams a day, the amount found in four cups of tea or two cups of broccoli daily, appears to be protective. Both green tea and black tea will do the trick, she adds.

Gates says she'd like to see further research in this area. "If confirmed, flavonoid consumption would provide an important target for ovarian cancer protection," she says.

To look at the flavonoid-breast cancer link, Fink studied data from a large study of breast cancer rates and risk factors conducted among women living on Long Island, N.Y., in the mid-1990s. In 1996 and 1997, nearly 3,000 participants were interviewed at home about their lifestyle habits and given questionnaires that asked what they ate and how much they ate.

The study showed that postmenopausal women who consumed the most flavonoids were 46% less likely to develop breast cancer, compared with those who consumed the least. But the potent chemicals had no effect on risk in premenopausal women.

When the researchers looked at specific flavonoids in the postmenopausal women, they found that flavones reduce breast cancer risk by 39%, flavan-3-ols by 26%, and lignans by 31%.

In addition to tea, green salad, tomatoes, and apples are good sources of the breast cancer-fighting flavonoids, Fink says. Other flavonoids, such as flavanones, isoflavones, and anthocyanidins, showed no relationship to cancer risk.

"Tiny differences in chemical structure could determine why one flavonoid is protective and one is not," he says. "More study is needed."

Promising Area of Research

Cedric Garland, DrPH, a preventive medicine specialist at the University of California, San Diego, says flavonoids are a promising area of research for cancer prevention. He notes that flavonoids are available in supplement form.

The problem: "The research is only beginning to be done so we don't yet know how much to recommend," he tells WebMD. In the meantime, your best bet may be a plate of broccoli washed down with a cup of tea.

SOURCES: American Association of Cancer Research annual meeting, Washington, April 1-6, 2006. Margaret Gates, Harvard School of Public Health. Brian Fink, MPH, University of North Carolina at Chapel Hill. Cedric Garland, DrPH, University of California, San Diego.

REFLECTIONS & ENLIGHTENMENTS

Courage is being scared to death--
and saddling up anyway.
-John Wayne

I gain strength, courage and confidence by every
experience in which I must stop and look fear in the
face...I say to myself, I've lived through this and can
take the next thing that comes along.
- Eleanor Roosevelt

It's always too early to quit.
-Norman Vincent Peale

We either make ourselves happy or miserable.
The amount of work is the same.
-Carlos Castaneda

Look for things to feel good about, and watch how
everything in your life will unfold to reflect that
good-feeling vibration.
-Abraham-Hicks



Change online shopping for good
*You're going to spend money anyway
~ why not make it count!*

The **iGive** Mall keeps growing-- over 470 stores and counting!
An easy way to make your shopping always count and never
miss out on a donation to **Moonlight Cancer Foundation!**

Buy for *Charity*

Start your online shopping at BuyForCharity.com and buy the
gifts and things you need everyday at over 350 retailers ~
At no extra cost to you, up to **35%** of every purchase you make
automatically goes to the good cause of your choice ~

Easy as 1 2 3

Please select **Moonlight Cancer Foundation** for your cause

UPCOMING EVENTS

Moonlight Cancer Foundation

meets the first Tuesday of every month @ 7:00 PM
(*we can always use fresh ideas!*) Call **635-7820** for location

~

Ninth Annual Celebration of Life Sunday, 6/11 12:00 - 5:15 FREE

Bloch Cancer Survivors Park @ Harbor Dr. & Harbor Island Dr.
The celebration features activities, medical lectures, entertainment,
door prizes and more about surviving and living with cancer.
Sponsored by: **Cancer Survivorship:San Diego**

~

San Diego Festival of Beer

Friday, 9/22 6:00 PM - 11:00 PM

\$25 for 10 tastes, 4 oz each; Live Music
Downtown San Diego, at Columbia and B street
Sponsored by: **San Diego Professionals Against Cancer**

~

Oktoberfest ~ Sunday, 9/24

“On the Street” 10:00 AM-5:00 PM

@ El Camino Real & Mountain Vista Dr., Encinitas.
German bands, dancers, food, beer, as well as family fun.
Stop by the **Moonlight Cancer Foundation** booth!

~

“Harmony Harvest Benefit Concert & Auction” Saturday, 11/11 in Encinitas

Our annual fundraiser featuring “**Tim Flannery & Friends**”,
Corporate sponsorships are needed to make this event a success!
For tickets, sponsorships or auction donations call 760-635-7820

~

Relay For Life

A fun-filled overnight event celebrating survivorship and raising
money for research and programs with **American Cancer Society**.
Relay For Life represents those lost to cancer will not be forgotten,
those who face cancer will be supported, and one day, cancer
will be eliminated. For the dates & locations go to
www.acsrelay.org

THANK YOU TO OUR RECENT DONORS

Your support means so much to so many!

Life Support Benefactor (\$1000 or more) ~ Bristol-Myers Squibb Company

Supporting Hands Donors (\$500-\$1000)

Bucky & Jennifer Lasek
Richard M. Black, DMD
Mitchell's Flooring
The Chopra Center @ La Costa

Helping Hands Donors (\$100-\$500)

Colette Asmussen	Linda Heup	Jane Larsen
Chris Cordella	Mae Kakehashi	Kathleen Marre
Hansine B. Fisher	Tim Katzman	Daniel Roberts DDS
Randy Garland DDS	Nella Kressel	Crystal Roff

Why we do what we do

Judy ~ Yesterday in the mail I received Moonlight Cancer Foundation's generous check. Thank you and the foundation very, very much! Being a recently divorced 58 year old woman who has just been reduced to part-time work at best, it really will help me pay for the 3 surgeries, tests, etc. Believe me the expenses are great as I'm certain you would know. You have helped me tremendously & I hope to meet you in the future.

Peg ~ Thank you, your thoughtfulness meant the world to me. I really am grateful for the money that you sent to offset medical bills. God bless you all!

Robert ~ Thank you very much. Even though you didn't have to do it, you did it anyway. And it was much appreciated. I thank you with all my heart and soul. Sorry it took me so long to respond. My life has gone through some major changes! With all the love possible, Robert.

CANCER SUCKS!

Moonlight Cancer Foundation

Life Support for Survivors

Easing the burden of financial challenges for those living with cancer

~

HELP US HELP!

Make A Donation at
moonlightcancerfoundation.org

(760) 635-7820

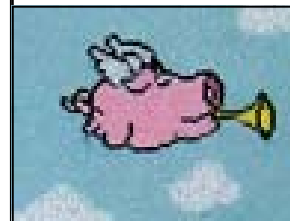


Moonlight Cancer Foundation

Life Support for Survivors

Board Members & Volunteers

Brenda Kakehashi ~ Foundation President
Brisha Cordella ~ Executive Vice President
Cathy Bacquet ~ Board Member/CoFounder
Robert K. Kakehashi, M.D ~ Board Member
Joana Henry ~ Board Member
Sandy Ackerman ~ Volunteer
Annette Allert ~ Volunteer
Sandy Atkinson ~ Volunteer
Michelle Gray ~ Volunteer
Tom Murnane ~ Volunteer
Stephen Phillips ~ Web Designer



FLAXSEED:

Cancer Prevention Food

Reprinted from CancerPage.com

Flaxseed, as an antioxidant believed to prevent and protect against cancer, contains alpha linolenic acid, which is an omega-3 fatty acid, and lignan, a phytoestrogen which appears to inhibit estrogen production -- a benefit for women with estrogen-positive breast cancers.

For maximum nutritional value, buy whole flaxseed, and measure out the amount the seeds desired for each recipe, grinding the flaxseed in a small coffee bean grinder. Grinding breaks down the outer shell and releases the beneficial oil.

Store whole flaxseed in a dry sealed container. Ground flaxseed needs to be refrigerated in an airtight container, and is good for about a month.

Flaxseed oil is available, usually in the cooler section of the store, and you can purchase flaxseed oil supplements.

To incorporate flaxseed into your daily diet, simply sprinkle fresh ground flaxseed on your breakfast cereal, on lunch or dinner salads, in baking goods, or as a topping for yogurt. The more you use flaxseed, the more uses you will find for it.

You can substitute flaxseed oil for other oils when making salad dressings or as a butter substitute on steamed vegetables.

Research is continuing to indicate that flaxseed might be a beneficial cancer prevention food for a number of cancers, including breast cancer, prostate cancer and melanoma.

HELPFUL WEBSITES

Assn. Of Cancer Online Resources www.acor.org
Behind The Cancer Headlines www.mabcie.com
Breast Cancer Resource Center www.pinkribbon.com
Cancer Care www.cancercare.org
Cancer Facts www.cancerfacts.com
Cancer 411 www.cancer411.org
Cancer Free www.cancer-free.com
Cancer Hope Network www.cancerhopenetwork.org
Cancer Link - seidata.com/~marriage/rcancer.html
Cancer Network www.cancernetwork.com
Cancer Page www.cancerpage.com
Cancer Source www.cancersource.com
Cancer Symptoms www.cancersymptoms.org
Cancer Track www.cancertrack.com
Conquer Cancer www.conquercancer.com
Dave Drevecky's Outreach Of Hope www.outreachofhope.org
Hope For Cancer www.hopeforcancer.org
Lance Armstrong Foundation www.laf.org
Living Beyond Breast Cancer www.lbcc.org
Living With Cancer www.jfssd.org
Living With It www.livingwithit.org
National Comprehensive Cancer Net. www.nccn.org
People Living With Cancer www.plwc.org
OncoLink www.oncolink.com
Oncology Tools www.fda.gov/cder/cancer
Oral Cancer Foundation www.oralcancerfoundation.org
R.A. Bloch Cancer Found www.blochcancer.org
SD County Cancer Navigator www.cancernavigator.org
Steve Dunn's Cancer Guide www.cancerguide.org
WebWhispers www.webwhispers.org
Yul Brynner Head & Neck Cancer Foundation
www.yulbrynnerfoundation.org

Boost Your Health With Houseplants

from [Health](#)

Houseplants (real ones) do more for you than just brighten up a room. Plants also soak up potentially toxic chemicals and, when sunlight is scarce, help keep winter blahs at bay.



Spider Plant

This easy-to-care-for household staple is beloved for its ability to reproduce quickly.

How it helps: Absorbs formaldehyde and benzene; gulps carbon dioxide.

Care tips: It thrives on rainwater or distilled water, which keeps tips from browning, and enjoys some winter sunlight. Place it on a pedestal or hanging near a window.



Ficus

This Weeping Fig type has a rainforest-like aura.

How it helps: Reduces trichloroethylene.

Care tips: It's unhappy when soggy or bone-dry. Place it in a corner, where dropped leaves can hide (don't worry, they grow back).



Parlor Palm

The attractive two-foot palm is a great decorating accessory.

How it helps: Reduces trichloroethylene and formaldehyde.

Care tips: This plant is a heavy drinker, and it flourishes with extra humidity from a tray of moist pebbles under the pot. It's happiest in a corner, backlit -- either alone or grouped with other tropical plants.



Philodendron

Because it's really tough to kill, the philodendron makes a great beginner plant.

How it helps: Reduces formaldehyde.

Care tips: This plant does well when fertilized once a month and gets along fine in dim light. Have it climb on a little trellis, or a piece of wire or string; it loves to twine around books in a bookcase.



Peace Lily

This pretty plant flowers year-round and exudes elegance as it grows as high as 3 feet.

How it helps: Reduces benzene and trichloroethylene

Care tips: It will tolerate and flower in low light, and it thrives on extra humidity from a tray of moist pebbles under its pot. Place it among a group of more modest nonbloomers.

Men Need More Info on Prostate Cancer Options

By Karla Gale; Reprinted from CancerPage.com

NEW YORK MAR 27, 2006 (Reuters Health) - When it comes to treating localized prostate cancer, treatment decisions frequently do not appear to reflect patient preferences, investigators report in an upcoming issue of *Cancer*.

"I think fear is a big factor, and I don't think patients have the information to discriminate between what it means to have prostate cancer versus what it means to have other types of cancer that are more aggressive," Dr. Steven B. Zeliadt told Reuters Health.

There is no "gold standard" for the best treatment of localized prostate cancer. The treatment choices include surgery (radical prostatectomy), X-ray therapy, implantation of radioactive pellets (brachytherapy) and "watchful waiting," the authors of the study note. Despite a plethora of studies examining how men decide on a treatment plan when they are diagnosed with localized prostate cancer, there is no consensus on what issues actually guide their decisions.

Zeliadt, from the Fred Hutchinson Cancer Center in Seattle, and his associates identified 69 studies concerning the treatment decision-making process for localized prostate cancer. The findings will appear in the May 1st issue of *Cancer*.

Cancer eradication is the primary concern of most patients. The advice men are given varies according to physician specialty and usually does not include all pertinent information required to make an informed decision about survival and quality of life, the researchers report. And the information does not always take into account the seriousness of the patient's cancer.

"Currently, patients don't have the tools needed to integrate and synthesize the pros and cons of treatment," Zeliadt said. "Discussions that physicians have with their patients are generally not geared towards that integration; instead physicians tend to emphasize the benefits" of the treatment they are most familiar with.

Nevertheless, physician recommendation is a major influencing factor for more than half of patients interviewed. Study results suggest that physicians' advice varies, with blacks and men with lower income or education levels receiving less aggressive treatment.

"It's important for men to know that there's not really a bad decision to be made when considering treatment for localized prostate cancer -- that all treatments are pretty favorable," Zeliadt noted. "Patients tend to worry about which one is better in terms of survival, but that might not be the place to focus their energy. Instead, they should consider the side effects with each treatment option and how they will impact their lives."

Zeliadt and his associates recommend more studies to examine how the patient's priorities evolve from diagnosis to treatment completion. They also suggest that researchers explore how patients' personal values affect their decisions, as well as the role of family members, patients' ethnicity and socioeconomic status, and the settings in which men receive treatment.

Chili Peppers Kill Prostate Cancer Cells in Study

Reprinted from Reuters Health Information

Capsaicin, which makes peppers hot, can cause prostate cancer cells to kill themselves, U.S. and Japanese researchers said on Wednesday. Capsaicin led 80 percent of human prostate cancer cells growing in mice to commit suicide in a process known as apoptosis, the researchers said. Prostate cancer tumors in mice fed capsaicin were about one-fifth the size of tumors in untreated mice, they reported in the journal *Cancer Research*. "Capsaicin had a profound anti-proliferative effect on human prostate cancer cells in culture," said Dr. Soren Lehmann of the Cedars-Sinai Medical Center and the University of California Los Angeles School of Medicine. "It also dramatically slowed the development of prostate tumors formed by those human cell lines grown in mouse models." While it is far easier to cure cancer in mice infected with human tumors than it is in human beings, the findings suggest a possible future treatment. They also may offer a good excuse for men who like spicy food to eat more of it. Lehmann estimated that the mice ate the human equivalent of 400 milligrams of capsaicin three times a week. That is about the amount found in three to eight fresh habanero peppers, depending on how hot the peppers are. The capsaicin inhibited the activity of NF-kappa beta, a molecular mechanism that helps lead to apoptosis in many cell types. Prostate cancer is the most common malignant cancer in U.S. men. It is diagnosed in 232,000 men every year and kills up to 30,000 of them. Worldwide, 221,000 men die every year from prostate cancer.



FINANCIAL AID APPLICATION

Applicant Name: _____ Birthdate: _____

Address: _____ E-Mail: _____

City/State/Zip: _____ Phone: _____ S.S.#: _____

(for IRS purposes ~ *must be legal US resident*)

Occupation: _____ Work Phone: _____

Employer: _____ Address: _____

Health Insurance: Yes No

Insurance Carrier (1) _____ Policy # _____

Insurance Carrier (2) _____ Policy # _____

Single Married Divorced Widowed Number of dependents living with you: _____

Dependants Name(s): _____ Age(s): _____

***All information is mandatory
Physicians will be contacted**

Reason for requesting aid, (attach additional sheets if necessary):

How will grant funds be used?:

Current Diagnosis: _____ Date Diagnosed: _____

Physicians Name: _____ Phone: _____ FAX: _____

Address: _____ City/State/Zip: _____

Income:

Source(s) of income: 1) _____ 2) _____

Annual/Monthly Gross: _____ Annual/Monthly Net: _____

Monthly Expenses:

Housing: _____ Utilities: _____ Auto(s): _____ Medications/Treatments: _____

Credit Cards: _____ Child Care: _____ Food: _____ Misc: _____

References: (not living with you)

Relative: Name/Address/Phone _____

Friend: Name/Address/Phone _____

Additional: Name/Address/Phone _____

APPLICANT ACKNOWLEDGMENT

In consideration of my receipt of a grant by Moonlight Cancer Foundation, Inc., the undersigned applicant (and guardian, if applicable), understands and agrees that:

- ~ The Foundation may disclose and release to the public and government entities the name and likeness of the applicant, the amount of funds received, the use of such funds and any similar relevant information.
- ~ The Foundation may use applicant's picture and biographical information in its promotional and/or marketing materials.
- ~ He/She/They shall indemnify and hold harmless the Foundation from any liability with respect to information provided to the Foundation in support of the application and the receipt of funds for which the grant may be used, and
- ~ All information provided to the Foundation in support of the applicant shall be considered true and accurate.

Applicants Signature: _____ Dated: _____

FOR OFFICE USE ONLY

Date application received: _____

Method of Information Verification: _____

Administrator's Recommendations and Comments: _____

Final Determination: _____

Administrator's Signature: _____ Dated: _____

"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others."

At Moonlight Cancer Foundation, volunteers play an important role. Volunteers are encouraged to participate in any area there is always something for everyone! If you can donate services in one of the following areas, let us know:

Fund-Raising Events: Volunteers help organize fund-raising events and assist at those events organized on behalf of the foundation.

Grant Writing: A volunteer grant writer is needed to assist in researching grant opportunities and writing grant proposals.

Publicity/Media Relations: You can help us to get the word out about our existence, contacting different aspects of the media.

Flyer Printing and Distribution: Create press materials, seek pro-bono advertising, printing and distributing event flyers

Business Services - The services of a non-profit advisor are needed; we could use your experience and guidance.

Speaker's Bureau: Trained volunteers are needed to speak to organizations, corporations, support groups, etc

If interested in volunteering, please contact:

our Volunteer Coordinator

(760) 635-7820

e-mail: moonlightcancer@aol.com

One More Reason Not To Smoke Cigarettes

*Reprinted from
CancerPage.com*

According to University of Texas M.D. Anderson Cancer Center researchers, of the patients diagnosed with stage III or IV non-small-cell lung cancer, those who have never smoked respond better to chemotherapy and had better cancer survival rates than current or former smokers.

Researchers speculate this might be due to the fact that patients who have never smoked do not have the same levels of genetic damage smokers do, in addition to better lung function.

For smokers who continue to smoke, compared to smokers who quit at diagnosis, the outcome of chemotherapy treatment remained the same. However, for smokers who quit, the chances for developing new lung tumors decrease.

The authors of the report conclude that continued efforts at campaigns designed to discourage people from taking up the smoking habit in the first place is a critical public health issue.

Study Finds No Link Between Breast Implants and Cancer Risk

Reprinted from Behind the CancerHeadlines@.com

April 27, 2006

Having breast implants is not associated with an increased risk of cancer overall, a new study reports in the *Journal of the National Cancer Institute*. Implants were associated with a decrease in breast cancer risk and an increased lung cancer risk, but these results likely reflect the lifestyles and smoking habits of the women in the study rather than an effect of the implants themselves, the authors conclude.

Past reports have examined the association between cosmetic breast implants and cancer risk, particularly breast cancer risk, but no consistent associations have been found. However, few studies have examined this association after more than 15 years.

Joseph K. McLaughlin, Ph.D., of the International Epidemiology Institute in Rockville, Md., and Vanderbilt-Ingram Cancer Center in Nashville, and colleagues examined the incidence of cancer in a nationwide cohort of 3,486 Swedish women who underwent cosmetic surgery for breast implants between 1965 and 1993 and were followed until the end of 2002. Data was obtained from the Swedish Cancer Registry, which reports on cancer occurrence for the entire country. The average follow-up time was 18.4 years. The study is the longest follow-up study on cosmetic breast implants and risk of cancer incidence to date.

The authors identified 180 cancers in women with breast implants, fewer than the 193.1 predicted to occur in this population. Cosmetic implants were not associated with an increased risk of cancer overall. Women with implants had an increased incidence of lung cancer (20 cases observed, 9.1 cases expected) and a decreased incidence of breast cancer (53 cases observed, 71.9 cases expected) compared with the general population.

The authors suggest the higher incidence of lung cancer may be due to the high rates of smoking in Swedish women with cosmetic breast implants. Lower breast cancer incidence could be explained by the lower body mass index, higher number of births, and younger age at first childbirth observed in the group of women who had undergone breast implantation.

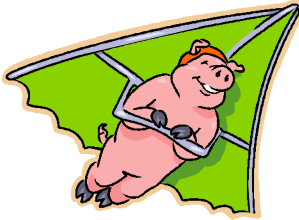
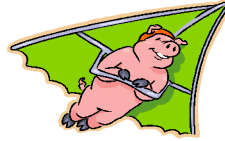
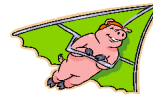
The authors write, "After an average follow-up of 18 years, and a maximum follow-up of 37 years, we found that women who have undergone breast implantation have a reduced risk for breast cancer, most likely due to differences in lifestyle or reproductive characteristics. We also found no increased risk for brain cancer or for lymphoma, sarcoma, or multiple myeloma," cancers of concern because of earlier suggestive observations.

SOURCE: *Journal of the National Cancer Institute*, April 19, 2006



Moonlight Cancer Foundation
Life Support for Survivors

PO Box 231454, Encinitas, CA. 92023



*Be kinder than necessary,
for everyone you meet is
fighting some kind of battle.*

In This Issue...

~ Strides For Survivors ~ Prostate Cancer Options ~ Helpful Houseplants ~

RESOURCES

The Medicine Program	(573) 996-7300	www.themedicineprogram.com
Hope For Others Foundation	(760) 741-3434	
Cancer Care	(800) 813-HOPE	www.cancercare.org
Cancer Community—Living with Cancer	(858) 674-6441	www.cancernavigator.org
National Cancer Institute	(800) 4-CANCER	www.ncih.nih.gov
American Cancer Society	(800) ACS-2345	www.cancer.org
The Wellness Community	(858) 467-1065	www.wellness-community.org
Y-Me Hotline	(619) 569-9309	www.y-me.org
Y-Me Local/Women's Task Force	(760) 839-1491	www.y-me.org
National Breast Cancer Coalition	(800) 622-2838	www.natlbcc.org
National Chemo Care Hotline	(800) 55-CHEMO	
Leukemia Society	(619) 277-1800	www.leukemia.org
CARE-A-VAN, Carlsbad	(800) 326-2450	
National Coalition for Cancer Survivorship	(301) 650-8868	www.cansearch.org
Care Plus International, Csbdb	(760) 434-0900	
Hair Mates, Encinitas	(760) 942-2994	
The Brighter Side	(858) 481-7565	www.brighterside.com
Hair Extensions, Del Mar	(858) 481-9631	
Hospice of the North Coast	(760) 431-4100	www.hospiceweb.com
Hospice By the Sea	(858) 794-0195	www.hospicebytheseafl.org
United Way	(760) 943-0997	http://unitedway.org
Breast Cancer Treatment Fund	(800) 487-0492	www.breastcancerfund.org
Scripps Breast Cancer Support	(760) 633-7551	
Susan G. Komen Breast Cancer Found.	(800) I'M AWARE	www.komen.org
Medicaid (medi-cal)	(800) 430-4263	
Health & Human Services	(916) 654-3454	