

When Pigs Fly

Survival Talk

Volume 7 Issue 1

Moonlight Cancer Foundation Newsletter

Winter 2007

Moonlight Cancer Foundation
Life Support for Survivors



February is "National Cancer Prevention Month"

(from PreventCancer.org)

Only a few decades ago, many people thought that there was little that they could do to protect themselves against cancer.

In recent years, however, scientists have taken a closer look at cancer. They've learned more about how the disease develops and what biological and environmental factors increase cancer risk.

Based on this groundbreaking research, we now have better weapons for fighting the disease, more options for diagnosis and treatment, improved therapies and new technologies for early detection.

Perhaps most importantly, we also now know that people can take steps to protect themselves against cancer.

Piloting prevention strategies

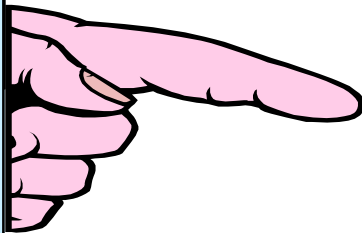
As one of the pioneers in cancer prevention education and research, the Cancer Research and Prevention Foundation has spearheaded campaigns that empower people to take charge of their health by reducing their cancer risks.

All people can lower their overall cancer risk by being active and eating a diet rich in fruits and vegetables.

But, in addition to regular exercise and healthy eating, there are other ways that you can protect yourself against cancer, based on your age, gender and family history of the disease. Take a look inside this issue.

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

IN THIS ISSUE:

2ND ANNUAL STRIDES FOR SURVIVORS WALK	2
5 WAYS TO PREVENT CANCER	3
REFLECTIONS & ENLIGHTENMENTS and UPDATES & EVENTS	4
WHY WE DO WHAT WE DO; HELPFUL WEBSITES ON THE INTERNET	5
IT'S NEVER TOO EARLY FOR CANCER PREVENTION	6
GUIDELINES FOR THE EARLY DETECTION OF CANCER	7
MCF FINANCIAL AID APPLICATION	8
ENVIRONMENTAL CANCER RISKS; VITAMIN D MAY CUT RISK	9

2nd Annual Strides For Survivors Walk

Our 2nd annual “*Strides For Survivors*” walk will take place on **Saturday, March 31, 2007**, at **9:00 AM** to raise money to help San Diego cancer patients through the Moonlight Cancer Foundation. This is a beautiful round trip stroll from Moonlight Beach to Swami’s Beach in Encinitas. Sponsored by **Ruby’s Diner** of Carlsbad.

Please come join us!

Raise \$100 and receive a “*Strides For Survivors*” T-shirt and a raffle ticket for our opportunity drawing.

Prizes awarded to the top 3 fundraisers!

1st Place: Del Mar Thoroughbred Clubhouse 2007 Season Passes for Two - **\$500 Value**

2nd Place: “Romance for Two” in Encinitas - **\$260 Value**

(Dinner at Firenze Trattoria, a stay at Encinitas Inn & Suites, breakfast at Encinitas Café, and box of See’s Candies)

3rd Place: Custom Gourmet Gift Basket from Bristol Farms - **\$250 Value**

“Thank You”
drawing
will be held
immediately
afterwards

*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*



your raffle
ticket could win
you a prize!

Fresh air, good friends, and a fun time!



Register online at www.MoonlightCancerFoundation.org or on **page 5** of this newsletter.

Please know that **100%** of all the money we raise will go directly to the many San Diego County cancer patients through Moonlight Cancer Foundation to assist in their survival.



Carlsbad

From the bottom of our hearts, **Thank You** for assisting us!

**Brisha Cordella, MCF Vice President,
Strides For Survivors Coordinator**



February is National Cancer Prevention Month

(from *CancerWise.org*)

Educating the public about reducing cancer risk and detecting the disease early may become more of a major focus throughout the country, due to the new designation of February as National Cancer Prevention Month by the U.S. Senate.

The designation known as U.S. Resolution 252 states that:

- Cancer is one of the most prevalent and devastating diseases in the United States, affecting 550,000 lives each year
- Early detection can prevent the disease from reaching an advanced, potentially fatal stage
- Citizens need to be aware of research advances and early detection opportunities so they can better understand how to prevent cancer in themselves and their families

The resolution promotes:

Early detection measures, including regular health screenings, risk assessments and genetic counseling sessions. Early detection of cancer allows doctors the opportunity to find cancer at its earliest stages when it is most treatable.

Healthy preventive behaviors, such as good nutrition and diet, regular exercise and smoking cessation.

Diet and lifestyle can prevent cancer by as much as 70%, according to the National Cancer Institute (NCI)-sponsored Institute for Cancer Prevention (ICP).

Twenty percent of all cancers are related to obesity, according to the Centers for Disease Control (CDC). Although many cancers have no known cause, others are preventable. In the case of smoking-related cancers, cessation of cigarette smoking alone could reduce those types of diseases by one-third or more, M. D. Anderson researchers say.

How many steps have you walked today?

5 Ways to Prevent Cancer

(from PersonalBest.com)

Over 70% of all cancers are preventable through diet and lifestyle?

Nearly 600,000 Americans die of cancer every year, and many of these deaths are preventable. In addition to scheduling routine screening for the most common cancers, act proactively to reduce your risks.

1. **Snuff it out.** The major cancer culprit is tobacco (cigarettes, cigars, chewing tobacco). This villain — linked to cancers of the lung, mouth, esophagus, pancreas, cervix, kidney and bladder — caused more than 180,000 cancer deaths annually nationwide in 2004, according to American Cancer Society estimates.
2. **Fight with food.** Eat foods from plant sources — fruits, vegetables, legumes and grains — which have an abundance of vitamins, minerals, fiber and other cancer-fighting substances. Also, if you eat a high-fat diet or are overweight, you're at increased risk of cancers of the colon, prostate, uterus and breast.
3. **Skip the alcohol.** Even a moderate amount of alcohol may raise your cancer risk which increases with the amount of alcohol you consume and the length of time you've been drinking regularly.
4. **Be sun smart.** Skin cancer is the most common form of cancer and the most preventable if you cover up — wear sunscreen outdoors all year to protect against the sun's damaging radiation.
5. **Keep moving.** Exercise plays a key role in weight control and preventing obesity — key factors for several kinds of cancer. Studies show regular exercise throughout your life can significantly reduce your risk for cancers of the breast and colon.

For more cancer prevention tips and statistics, visit the [American Cancer Society](http://www.AmericanCancerSociety.org), 800-227-2345.

REFLECTIONS & ENLIGHTENMENTS

A SHORT HISTORY OF MEDICINE:

"Doctor, I have an ear ache."

- 2000 B.C. "Here, eat this root."
- 1000 B.C. "That root is heathen, say this prayer."
- 1850 A.D. "That prayer is superstition, drink this potion."
- 1940 A.D. "That potion is snake oil, swallow this pill."
- 1985 A.D. "That pill is ineffective, take this antibiotic."
- 2000 A.D. "That antibiotic is artificial. Here, eat this root."

Only I can change my life. No one can do it for me.

-Carol Burnett

Ralphs will donate 4% of your purchases to **Moonlight Cancer Foundation** every time you swipe your registered **Ralphs Club Card**



Simply register online at Ralphs.com using NPO # **80259**



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

~

MCF's 2nd Annual "Strides For Survivors" Walk

will take place on **Saturday, March 31, 2007, 9:00 AM** to raise money to help San Diego cancer patients through the Moonlight Cancer Foundation. This is a beautiful round trip stroll from Moonlight Beach to Swami's Beach in Encinitas.

Sponsored by **Ruby's Diner** of Carlsbad.

~

February is National Cancer Prevention Month

and M. D. Anderson Cancer Center is taking this opportunity to provide information about choosing healthy lifestyle alternatives to reduce your risks for developing cancer.

Their website is chock full of the latest information and guidelines to help all of us get and stay on track. For those of us who have had a diagnosis of cancer, following these guidelines can also help reduce the risk of recurrence in many cases.

~

Tenth Annual "Celebration of Life"

Sunday, 6/10 11:00 - 4:45 FREE

The Celebration of Life is for cancer patients, their families, the health care community and the general public. It will feature a fashion show, informative medical lectures, entertainment, cancer screenings, a Health Fair of more than 30 organizations, door prizes, munchies & scrumptious desserts!

Bloch Cancer Survivors Park - Spanish Landing,
4100 N. Harbor Dr. (across from Lindbergh Field)

Sponsored by: **Cancer Survivorship:San Diego**

In the News: Exercise Protects Against Breast, Colon Cancers

(from American Institute for Cancer Research)

- In the Iowa Women's Health Study, those postmenopausal women who engaged in the most physical activity had a 14 percent lower risk for breast cancer in general, and a 33 percent lower risk for developing breast tumors known to be aggressive (estrogen-positive breast cancer). The study appears in this month's issue of the *Archives of Internal Medicine*.
- New data from the huge EPIC (European Prospective Investigation into Cancer and Nutrition) study shows that the risk of colon cancer was cut by 22 percent among those participants who engaged in vigorous exercise, compared to those who did not. Among lean participants (those with a BMI under 25), those with the highest activity levels had a 37 percent lower risk than those who were inactive. These findings are published in the December issue of *Cancer Epidemiology Biomarkers and Prevention*.

Experts at the American Institute for Cancer Research (AICR) say this new information serves to reinforce their standing advice: **Take an hour's brisk walk or similar exercise daily, and try to exercise more vigorously for at least one hour every week.**

Why we do what we do

Jamie S. ~ I'm writing to tell you how sincerely grateful I am to have received a financial grant from your organization to aid in my cancer treatment expenses. As you know cancer is a devastating, expensive disease - especially for a single woman with minimum income; and, of course, those with no income or medical insurance. Your volunteer efforts have helped tremendously and I am forever in your debt. With caring, generous people like you, we can make living with cancer and cancer treatment more manageable and less of a financial burden. My sincere thanks!

Patricia A. ~ I've been wanting to send this card to you and the organization, that you represent the kindness and support expressed for me during this sensitive time in my life. I always will be thankful.

Bob H. ~ Thank you for your generous gift, it was greatly appreciated. You are special people. Thank you very much.

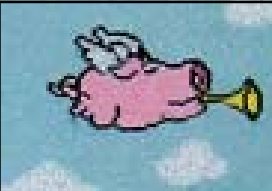
CANCER SUCKS!
Moonlight Cancer Foundation
Life Support for Survivors
Easing the burden of financial challenges for those living with cancer
HELP US HELP!



Moonlight Cancer Foundation
Life Support for Survivors

- Brenda Kakehashi ~ Foundation President
- Brisha Cordella ~ Executive Vice President
- Cathy Bacquet ~ Co-Founder/Board Member
- Robert K. Kakehashi, M.D ~ Board Member
- Joana Henry ~ Board Member
- Sandy Ackerman ~ Board Member
- Sandy Atkinson ~ Board Member
- Michelle Gray ~ Board Member
- Stephen Phillips ~ Board Member/WebSite

Make A Donation at
 moonlightcancerfoundation.org
 (760) 635-7820



**2nd Annual...
 Strides For Survivors!
 Fundraising Walk**

Registration Information

(Please print clearly)

Name _____
 Address _____
 City/Zip _____
 Phone _____
 Email _____

T-Shirt Size *(circle one)*

S M L XL XXL

♥ My goal is to raise \$ _____

♥ I cannot participate this year, but I'd like to make a tax deductible contribution of \$ _____ to help our San Diego Cancer Patients in their battle to fight this disease.

Please make checks payable to:

Moonlight Cancer Foundation
 or, donate by credit card via PayPal at
 www.MoonlightCancerFoundation.org

Mail registration to:

Moonlight Cancer Foundation
 P.O. Box 231454
 Encinitas, CA. 92023

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 Outreach of Hope www.outreachofhope.org
- Hope For Cancer www.hopeforcancer.org
- Lance Armstrong Foundation www.laf.org
- Living Beyond Breast Cancer www.lbbc.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

It's Never Too Early for Cancer Prevention

(from *American Institute for Cancer Research*)

Factors at all stages of life, even the prenatal period, can influence a person's cancer risk. To take into consideration all of the possible factors and all possible exposure times is a daunting task. But at AICR's most recent International Research Conference on Food, Nutrition and Cancer, scientists discussed how to use this approach, called the life course approach, for cancer prevention.

Scientists are beginning to understand how events that occur during certain life periods, such as adulthood, adolescence, childhood, infancy - even before a woman conceives - can affect cancer risk decades later. Scientists agree that preventive behaviors should start early. But even older adults can reduce their cancer risk by adopting healthy behaviors.

This way of thinking about cancer is called the life course (or life cycle) approach. Several scientists addressed the topic at AICR's annual International Research Conference held during July 2005.

The Early Years

"Life course cancer prevention should start before conception. Mothers should start pregnancy with a healthy weight and avoid excessive weight gain or weight loss during pregnancy, as well as eat a good diet to provide key micronutrients to the developing fetus," said Richardo Uauy, M.D., Ph.D., Professor at the London School of Hygiene and Tropical Medicine and the Institute of Nutrition and Food Technology at the University of Chile.

He mentioned a large Danish study of more than 100,000 women born between 1930 and 1975, which suggests that birth weight and growth during childhood and adolescence influence the risk of breast cancer later in life. Too much fat tissue may produce higher levels of estrogen, which may cause cells in the breast to differentiate and become mature earlier than normal, creating conditions for breast cancer to develop.

"These and other findings have important implications for preventive strategies." Dr. Uauy said. "For example, avoiding excess weight and rapid growth by girls as they approach puberty could be beneficial for preventing breast cancer."

The Complex Cancer Environment

The ability of the cell to repair or prevent cancer-causing DNA damage from a range of physical, chemical or microbiological factors depends on its microenvironment, explained Alan Jackson, M.D., Director of the Institute of Human Nutrition at the University of Southampton in the U.K. "However, the microenvironment of the cell is the product of the integration of metabolic regulation at the level of the whole body."

The health of cells, he said, depends on the nutrients that people have been eating all along, as well as on their nutritional status and environmental exposures early in life, when their metabolic programming was being shaped.

For instance, research suggests that the waist circumference of adults may be shaped by internal setting of their metabolic regulation during infancy or inside the womb. Fat that is concentrated in the waist and abdominal regions may increase the risk of breast, colon, endometrial and ovarian cancers, he said.

Another conference speaker, Jeremy K. Nicholson, Ph.D., Head of Biological Chemistry at Imperial College in the U.K., talked about metabonomics, which is the science of studying the metabolisms of animals in their entirety to measure the individual variations in responses to nutrients, toxins, diseases and drugs. This approach is proving to be a powerful tool for scientists to understand the basic mechanisms of disease and develop better monitoring strategies and treatments.

Advice for Caregivers

Because events during fetal, childhood and adolescent growth stages could possibly be risk factors for cancer in adulthood, said Dr. Uauy, it is essential for caregivers to develop children's dietary diversity early in life. Parents should expose their children multiple times to a variety of plant-based foods - vegetables, fruits, whole grains and beans - to overcome any innate aversion to unfamiliar foods.

"Not only is it important to develop a tolerance and appreciation for the widest range of tastes and foods early in life, but guidance away from the salty, sugary, fatty and meaty fares that typify classic fast food menus is an important part of education for nutritional health," he advised. Although the importance of physical activity early in life is still not fully understood, Dr. Uauy mentioned one study that suggests physical activity in girls 12 to 24 years old reduces the risk of breast cancer. He encouraged parents to help their children establish lifelong habits of regular physical activity.

GUIDELINES FOR THE EARLY DETECTION OF CANCER

MICHAEL P. OSBORNE, MD

For Men:

These are guidelines recommended by Strang Cancer Prevention Center and only apply to individuals who do not have symptoms. If you do have symptoms, discuss them with your doctor.

If you have a personal or family history of any of these cancers, your doctor should discuss your individualized screening recommendations with you.

TEST OR PROCEDURE	AGE	FREQUENCY
Digital Rectal Examination	40	Every year
Stool Occult Blood Test	50	Every year
Flexible Sigmoidoscopy	50	Every 3-5 years
Prostate Exam	50	Every year
Prostate-Specific Antigen	50	Every year
Complete Cancer Related Check-up	20	Every 3 years
	40	Every year

A complete cancer-related check-up should also include examination of the skin, mouth, thyroid, lymph nodes, and testicles. Health counseling should also include smoking cessation, weight and exercise management, and nutritional counseling as appropriate.

For Women:

These guidelines are recommended by Strang Cancer Prevention Center and only apply to individuals who do not have symptoms. If you do have symptoms, discuss them with your doctor.

If you have a personal or family history of any of these cancers, your doctor should discuss your individualized screening recommendations with you.

TEST OR PROCEDURE	AGE	FREQUENCY
Breast Clinical Exam	20	Every year
Breast Self-Examination	20	Every month
Mammography	40	Every year
Pap Test	18	Every year
Pelvic Examination	18	Every year
Digital Rectal Examination	40	Every year
Stool Occult Blood Test	50	Every year
Flexible Sigmoidoscopy	50	Every 3-5 years
Complete Cancer-Related Check-up	20	Every 3 years
	40	Every year

A complete cancer-related check-up should also include examination of the skin, mouth, thyroid, lymph nodes, uterus and ovaries. Health counseling should also include smoking cessation, weight and exercise management,



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

Reduce Your Exposure to Environmental Cancer Risks

There are some precautions you can take to reduce your exposure to environmental contaminants.

- Eliminate or limit exposure to potentially harmful and cancer-causing substances by buying non-toxic materials (e.g. non-toxic glue and paint).
- Follow manufacturers' directions about using and storing hazardous chemicals safely.
- Wear protective clothing while handling hazardous products and wash your hands immediately afterwards. It's especially important to wash the hands of children frequently as they are more likely to put their hands in their mouths.

Until scientific evidence can clarify the link between exposure to magnetic fields from high voltage power lines and cancer risk, you may not want your children to play directly beneath them for long periods of time on a regular basis.

Source: Canadian Cancer Society, "[What You Can Do About Cancer and the Environment](#)," 12/14/2006

Vitamin D Intake May Cut Risk of Colorectal Cancer

(from *CancerPage.com*)

NEW YORK FEB 09, 2007 (Reuters Health) - Intake of 1000 to 2000 IU of Vitamin D each day may safely reduce the risk of colorectal cancer, according to the results of a meta-analysis of published data.

The current findings contradict what was seen in previous studies, such as the Women's Health Initiative. In those trials, Vitamin D intake did not seem to protect against colorectal cancer. However, it is possible that the dose may simply have been too low to provide a benefit.

The present analysis, reported in the American Journal of Preventive Medicine for March, included data from five studies, identified through PubMed, that examined the association between serum 25(OH)D levels and colorectal cancer risk.

As serum levels of 25(OH)D rose, the risk of colorectal cancer fell, lead author Dr. Edward D. Gorham, from the Naval Health Research Center in San Diego, California, and colleagues note. Compared with the lowest serum level quintile (median 12 ng/mL), the highest quintile (median 37 ng/mL) cut the risk by 54% ($p < 0.0001$ for trend).

On the final pooled analysis, a serum 25(OH)D level of 33 ng/mL or higher was associated with a 50% decreased risk of colorectal cancer relative to a level of 12 ng/mL or lower.

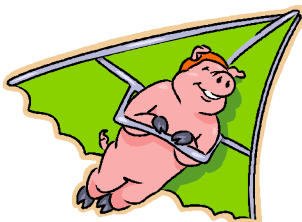
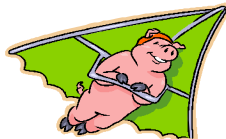
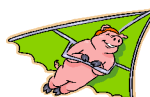
The researchers believe that the target serum levels could be achieved with intake of 1000 to 2000 IU of Vitamin D per day. Moreover, they note that the National Academy of Sciences has established that a dose of 2000 IU/day is safe.



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 - National Cancer Prevention Month - Vitamin D -

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 for the Cure	(858) 573-2760	www.sdkomen.org
Medicaid (Medi-cal)	(800) 430-4263	
Health & Human Services	(916) 654-3454	