

---

ADELPHI NY STATEWIDE

**BREAST CANCER HOTLINE & SUPPORT PROGRAM**

**800.877.8077**

**We are here for you. STAY CONNECTED.**

breast-cancer.adelphi.edu

One South Avenue, PO Box 701 • Garden City, NY 11530

Offices: 516-877-4320 • Fax: 516-877-4336 • E-mail: [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)



**YOUR CONTRIBUTIONS ARE ESSENTIAL.**

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is working hard to educate, support, empower and advocate for breast cancer patients, professionals and the community and we need your help. Please [click here](#) to donate today to support our program.

---

## **WINTER 2016 BREAST CANCER SUPPORT GROUPS**

The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers new on-going support groups.

### **WEEKLY GROUPS**

#### **General**

**Monday 6:00 - 7:30 p.m.**

Women who have had breast cancer will have the opportunity to meet in this group.

#### **Caregivers of People with Breast Cancer**

**Monday 6:00 - 7:30 p.m.**

Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

#### **Young Women 40 and Under**

**Tuesday 6:00 - 7:30 p.m.**

This support group will focus on the unique needs and concerns of women under 40 who are diagnosed with breast cancer.

### **Newly Diagnosed**

**Friday 10:00 - 11:30 a.m.**

When a person first hears they are diagnosed with breast cancer they have a million questions, fears, and are looking for support.

### **BI-WEEKLY GROUPS**

**Women with Metastatic Disease  
1st and 3rd Thursday of the Month  
7:00 - 8:00 p.m.**

Meet with other women who are surviving metastatic breast cancer.

### **MONTHLY GROUP**

**Knit and Chat  
Last Wednesday of the Month  
11:30 a.m. - 1:00 p.m.**

Spend time working on a project while chatting with other breast cancer survivors. Bring your knitting or crochet project or make a scarf to donate to someone currently undergoing treatment for breast cancer.

**All groups will meet at the Adelphi School of Social Work in Garden City.**

**A Virtual Support Group, Support Group for Men with Breast Cancer and BRCA+ Support Group is available upon request.**

***For information, questions, or to join a support group, call Erin Nau, LCSW, Counseling & Education Coordinator at 516-877-4314 or [enau@adelphi.edu](mailto:enau@adelphi.edu).***



***All services are free and confidential.  
These support groups are for ALL SURVIVORS.***

***Our 2016 support groups are sponsored by the Alpern Family Foundation***

# UPCOMING FORUMS

## BALANCING WORK & CANCER

Wednesday, March 16, 2016

6:00 - 8:00 p.m.

This forum will discuss how individuals can cope with a diagnosis of cancer in their workplace.



**Speaker:**

Christine Brennan

*Associate Director of Programs, Cancer and Careers*

Christine Brennan will explore the practical and legal issues that sit at the intersection of cancer and employment, including deciding whether to work during treatment, disclosure, managing side effects at work, tips for job-hunting, and more. Says Brennan “A lot of people face the challenge of balancing a cancer diagnosis and work. And many of them wonder whether and how to disclose the news to their employer. The fact is every situation is unique; so we provide information and tools to help people make the decision that’s right for them.”

**Date:** Wednesday, March 16, 2016

**Time:** 6:00 - 8:00 p.m.

**Location:**

Alumni House at Adelphi University  
154 Cambridge Avenue, Garden City, NY

**Registration:**

Seating is limited. Pre-registration is required.

Please call 516-877-4325 or

E-mail: [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)

or [click here](#) to register online

*\* Please specify that you are registering for the Balancing Work and Cancer Forum when calling or e-mailing*

**NUTRITION FORUM**  
**Monday, May 2, 2016**  
**5:00 - 7:00 p.m.**  
**(PLEASE NOTE THE NEW TIME)**

This forum will discuss The New Dietary Guidelines for Americans and Nutrition Defense Against Cancer.  
There will be a healthy recipe demonstration.



**Speakers:**

Diane Dembicki, PhD, LMT, CYT, Clinical Associate Professor

Kaitlin Morris, MS, Nutrition Graduate Student

Helene Konsker, MS, RD, CDN, Nutrition Director

Executive Chef William Wright

**Date:** Monday, May 2, 2016

**Time:** 5:00 - 7:00 p.m.

**Location:**

Alumni House at Adelphi University  
154 Cambridge Avenue, Garden City, NY

**Registration:**

Seating is limited. Pre-registration is required.

Please call 516-877-4325 or

E-mail: [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or [click here](#) to register online

\* Please specify that you are registering for the Nutrition Forum when calling or e-mailing

**I DON'T WANT TO BE A GUINEA PIG:  
Understanding Clinical Trials  
Tuesday, May 24, 2016  
6:00 - 8:00 p.m.**

In collaboration with Northwell Health Cancer Institute

Join us for a panel discussion that aims to shed light on the questions and concerns people have about cancer clinical trials and research.

Experts from Northwell Health Cancer Institute will walk us through the clinical trials process and explain what happens before and after a patient agrees to join a trial.

We will also hear the first-hand experiences of a patient who is going through the clinical trial process.



**Speakers:**

George Raptis, MD, MBA, Acting Executive Director, Northwell Health Cancer Institute

Barbara, Current Clinical Trials Patient

**Date:** Tuesday, May 24, 2016

**Time:** 6:00 - 8:00 p.m.

**Location:**

Alumni House at Adelphi University  
154 Cambridge Avenue, Garden City, NY

**Registration:**

Seating is limited. Pre-registration is required.

Please call 516-877-4325 or

E-mail: [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or [click here](#) to register online

\* Please specify that you are registering for the Clinical Trials Forum when calling or e-mailing

---

**If you are unable to join us for any of the forums, please [click here](#)  
to watch the livestream of the forum on YouTube the day of the event.**

*The 2016 educational forums are sponsored by  
The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer*



Creative Cups™ is a thought-provoking art exhibition & fundraising event to benefit the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

This life-affirming celebration features bras that are transformed by their creators into works of art.

We invite individuals of all ages and levels of artistic talent to join us and make a Creative Cup.

To register and for more information visit:  
[creativecups.adelphi.edu](http://creativecups.adelphi.edu) or call the Hotline: 800-877-8077

**Important Dates for participation in Creative Cups 2017**

June 1, 2016 - Registration Deadline  
July 15, 2016 - Postmark deadline for mailing your bra  
March 16, 2017 - Creative Cups Auction and Gala

**BECOME A SPONSOR!!!**

If you are interested in becoming a sponsor for Creative Cups™ 2017, please [click here](#) to see a list of sponsorship opportunities.

**FREE AND  
LOW COST  
MAMMOGRAMS  
FOR ALL**



EARLY DETECTION IS  
YOUR BEST PROTECTION  
AGAINST BREAST CANCER.



SISTERS UNITED IN HEALTH  
An initiative for breast health.  
HERMANAS UNIDAS EN LA SALUD  
Una iniciativa para la salud del seno.

**GET A REFERRAL FOR A FREE OR LOW-COST MAMMOGRAM**

For more information call Sisters United in Health at  
800.559.6348 or [click here](#) to learn more.



To find out more about the

**PET SCAN STUDY**

Please call 631-632-6245

All calls kept confidential.



**STUDY INVESTIGATORS**

**STONY BROOK MEDICINE**

MEDICAL ONCOLOGY

Dr. Jules Cohen

NEUROLOGY/RADIOLOGY

Dr. Anat Biegon

Dr. Paul Fisher

Dr. Cliff Bernstein

PATHOLOGY

Dr. Kenneth Shroyer

**WEILL CORNELL MEDICAL COLLEGE**

PET IMAGING CENTER

Dr. David Mozley

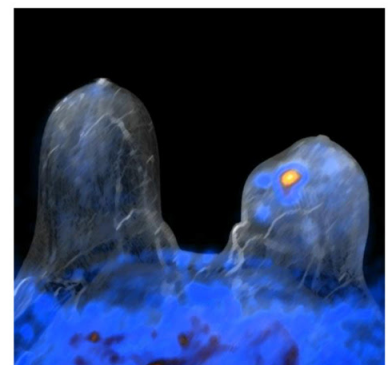
Dr. Shankar Vallabhajosula



Stony Brook Medicine

A NEW TYPE OF  
PET SCAN:  
[<sup>11</sup>C]VOROZOLE  
FOR DETECTION  
OF AROMATASE  
IN BREAST CANCER

*A Research Study*



## What is the study about?

This study uses a new type of PET scan to identify areas of the body that are rich in the enzyme aromatase. Aromatase is important for the synthesis of estrogen and is the target of medications used in the treatment of postmenopausal women with breast cancer. Since approximately 70% of breast cancers express high levels of aromatase, this study may lead to the development of a new technique for the early detection of breast cancer.

Your participation in this study will contribute to the many research efforts to fight breast cancer in order to help women like yourself in the future. Please note that this is a research study and not part of the standard medical care for your breast cancer. You should not expect to receive any direct medical benefit from your participation.

### You are eligible to participate if:

1. You are a postmenopausal woman who is at least 50 years old or who has had her ovaries removed.
2. You have had a biopsy that is positive for breast cancer.
3. EITHER (a) you are planning mastectomy (single or double) or lumpectomy for treatment of your breast cancer and have not yet undergone surgery;  
OR (b) you are planning to receive chemotherapy prior to surgery;  
OR (c) you have metastatic (stage IV) breast cancer regardless of whether you have had a mastectomy or lumpectomy in the past or plan one now.
4. Patients planning mastectomy or lumpectomy must have had a mammogram in the last 4 months.

## What does the study involve?

You will undergo **two** PET scans at Weill Cornell Medical College, located in New York City about 50 miles west of Stony Brook University. A PET scan takes pictures of the body's internal organs using a very low dose of radioactive material called a radiotracer. The radiotracer used in this study is called [<sup>11</sup>C]vorozole and is designed to accumulate in areas of the body that are rich in aromatase.

Here is an outline of what your day will be like: using a small needle, a nurse will place an intravenous (IV) line in your arm. We will then inject a small amount of the radiotracer into your bloodstream and take pictures using the PET scanner. After the first PET scan is complete, you will be asked to swallow a small pill containing letrozole (Femara™), an FDA-approved medication for breast cancer. Letrozole is very similar to the radiotracer [<sup>11</sup>C]vorozole but contains no radioactivity. Two hours later, you will receive a second dose of radiotracer and undergo a second PET scan. The PET scan is repeated after letrozole to show that the radiotracer specifically recognizes aromatase and not other substances in the body.

A car service will be provided to bring you from your home to Weill Cornell Medical College where the scans will be performed. The car service will bring you home at the end of the day. You should plan on the study taking all day, approximately 9 hours. You are welcome to bring a companion with you for the day. Lunch will be provided for you and your companion.

## Is the study safe?

The study is safe and has been approved by the Institutional Review Board of Stony Brook University and Weill Cornell Medical College. The study involves exposure to a small amount of radiation and a single 2.5 milligram dose of the FDA-approved medication letrozole (Femara™).

The two doses of radiotracer contain about 255 millirems of radiation which is about one-quarter the radiation exposure of a whole body CT scan your doctor may use in regular medical practice. The side effects of the radiotracer are likely to be minor but may be problematic in some patients.

Letrozole, which blocks the activity of aromatase, is approved in the United States for the treatment and prevention of breast cancer in postmenopausal women. This medicine decreases the amount of estrogen which is needed for the growth of most breast cancers. A single dose of letrozole does not cause any significant adverse effects in postmenopausal women whose estrogen levels are naturally low.

### Will I receive compensation?

If you complete both PET scans you will receive a \$200 volunteer fee as compensation for participation in this research study.

### Who is funding the study?

The study is made possible by grants from Brookhaven National Laboratory (BNL) and the National Cancer Institute (NCI), a branch of the National Institutes of Health (NIH).

Patients need to be postmenopausal, have a recent diagnosis of breast cancer, have NOT yet had surgery, and to be naive to systemic therapies.

The commitment is a single 8-9 hour day. A limo will drive the patient to and from the City (the Cornell PET facility on East 70th street or so) with door to door service. She will undergo 2 PET scans with radiolabelled vorozole (our aromatase inhibitor), before and after a dose of unlabelled oral letrozole (Femara).

Lunch is provided and she may bring a companion for the day.  
She receives \$200 compensation for her time.

If interested, please see the brochure for additional information.



# HAPPY BIRTHDAY



WE WOULD LIKE TO WISH A HAPPY BIRTHDAY TO ALL OF OUR VOLUNTEERS  
WHO WILL BE CELEBRATING IN THE MONTH OF MARCH

Genevieve P.  
Chris A.  
Jessica L.  
Vanesa C.  
Theresa L.  
Lita R.

---



Every friday we post a recipe on our facebook page.  
Please like us on Facebook to see the yummy recipes each week.

If you have any recipe you would like to see featured in Foodie Fridays,  
please e-mail [knewman@adelphi.edu](mailto:knewman@adelphi.edu).

Our very own Lyn Dobrin, PR Consultant for the Adelphi Breast Cancer Program  
wrote a wonderful piece about Angelica Medina, Bilingual Outreach Coordinator  
for Sisters United In Health and her family about Colombian food.  
The article has a recipe for Ajiaco con Pollo (Chicken and Potato Soup).  
[Click here](#) to read the full article

## STAY CONNECTED TO US!!!



### Reasons to connect to us on social media..

- See photos of our wonderful volunteers at our outreach events
- Stay up-to-date on events, forums and support groups
- Read news articles and new study's on breast cancer
- Read inspiring stories from our volunteers
- If you miss an event see videos of our speakers
- See the wonderful people and businesses that support us and more...

FACEBOOK: [www.facebook.com/adelphibreastcancerhotline](http://www.facebook.com/adelphibreastcancerhotline)

TWITTER: @AUBreastcancer

PINTEREST: [www.pinterest.com/nysbreastcancer](http://www.pinterest.com/nysbreastcancer)

YOUTUBE: [www.youtube.com/user/AUBreastCancer](http://www.youtube.com/user/AUBreastCancer)

---

## SISTERS UNITED IN HEALTH



SISTERS UNITED IN HEALTH

An initiative for breast health information.

HERMANAS UNIDAS EN LA SALUD

Una iniciativa para la información sobre la salud del seno.

### WE CAN...

- **Help you get a free or low-cost mammogram REGARDLESS OF YOUR HEALTH INSURANCE OR IMMIGRATION STATUS.**
- **Answer your breast health and breast cancer questions and provide educational materials.**
- **Provide breast health workshops at no cost. Available in English and Spanish.**

Sisters United in Health now has their own facebook page.  
Please [click here](#) to like the page.



We are happy to announce  
that we have added a LIVE CHAT feature to our website.  
You can visit our website [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)  
to live chat with a survivor or a social worker.

---

# MARK YOUR CALENDARS

LI2Day Walk - June 11, 2016

Balancing Work and Cancer Forum - March 16, 2016

Nutrition Forum - May 2, 2016

Understanding Clinical Trials - May 24, 2016

Creative Cups 2017 - March 16, 2017 (Remember to Register Now)

Please visit our website at [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)