



NEWSLETTER

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Second Quarter 2011

ECEF Activities

The Esophageal Cancer Education Foundation (ECEF) had a very active second quarter and that activity will continue for the remainder of the year.

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Research Project

ECEF has committed \$100,000 to a Dr. Adusumilli a research surgeon at Memorial Sloan-Kettering Cancer Center and on June 8th he gave several of our Board Members and other interested members a presentation of the progress they are making in identifying a bio marker that will lead to a blood test that will detect esophageal cancer at early stage of this diseases development. This grant is payable in two installments. The first installment was due in January, 2011 and that has been made. The second and final installment is due January, 2012 and the fund raising project we have completed and have on the drawing board for the remainder of this year will help meet this 2012 commitment.

Fund Raising Events

We have completed our 8th Annual Day at the Races at Monmouth Park Race Track in Oceanport New Jersey. We had 125 people in attendance and we raised gross \$20,000 and when you eliminate the cost of the tickets to the Track, the barbeque lunch picnic and the T-shirts we distributed it brought our net to approximately \$15,000 which will be targeted for the January 2012 research project installment.

“Research project aimed at identifying a blood test to detect early stages of esophageal cancer.”

Future fund raising events include:

1. A young lady running the Chicago Marathon in October in honor of her Dad having died of esophageal cancer decided she will donate the proceeds from her fund raising efforts to ECEF.
2. A young man who also lost his Dad to esophageal cancer will run in the Rock & Roll Marathon in Georgia in November in an effort to bring awareness to this disease and have the proceeds of his fund raising efforts come to ECEF.

3. A Young Couple is getting married in July and one of their groomsmen has been diagnosed with esophageal cancer. They have decided that instead of giving favors at their wedding they will make a donation to ECEF in honor of the person in their wedding party.

4. Other events are on the drawing board and we will have a walk-a-thon this year. In addition, individuals who want to make people aware of this disease and hopefully raise some donations have taken to sending letters to their family, friends and business associates making them aware that esophageal cancer exists. ECEF will help construct the letter and send that letter either by email or by hard mail with the hope of raising awareness and supporting our Goal to educate and make the public aware of this dreaded disease.

*“Support Group
conference calls help
loved ones through trying
times.”*



Support Group Conference Calls

Our Support Group Conference Call Meeting for patients and caregivers is growing in size as we now have 27 people who have signed up for these meetings. The meeting has attracted people from all over the United States and each meeting is held for about an hour. The first 15 minutes is used by a presenter who speaks on a topic that is of interest to patients and caregivers. The remaining 45 minutes of the meeting is used by participants in the conference call to make comments about their journey and to see what advice can be given by patients who have experienced the issues being discussed. If you would like more information about this unique group meeting please contact bart@fightec.org

Our conference call support group for people who have lost a loved one to this dreaded disease continues to develop. We have purchased a book called Death and Grief which we have sent to those participating in the group to see if we want to follow this book as a guide to our meetings. Having lost someone is a sensitive area and we are hopeful of finding a qualified professional that can lead this group and hopefully help them through these trying times.

Articles of Interest

The following articles have appeared in various publications around the world during the quarter of this newsletter. They are presented here to assist esophageal cancer patients and caregivers as they journey through this disease. They are presented as information only. Any course of action you intend to take as a result of these articles should be cleared by your doctor or medical professional before you implement them.

ABOUT THIS DISEASE

The main cause of this cancer is reflux of gastric acid from the stomach with heartburn as the main symptom.

In recent years, the number of cases of adenocarcinoma of the esophagus (or gullet) has been on the rise. At the same time, however, new ways of treatment are improving the outlook for patients. [Read more](#)

“The main cause of this cancer is reflux of gastric acid from the stomach, with heartburn as the main symptom.”

BARRETT’S ESOPHAGUS

Leftover Embryonic cells connect gastric reflux with esophageal cancer. Scientists from Singapore and the United States have made the striking discovery that Barrett’s esophagus, the precursor of the most deadly esophageal cancer, can form without mutations in a matter of a few days. [Read more](#)

RED MEAT DIET LINKED TO ESOPHAGEAL AND GASTRIC CANCERS

Meat cooked at high temperature causes the formation of certain chemicals that are potent cancer causatives and it was shown that excess intake of such chemicals was associated with stomach cancer. [Read more](#)

ACID REFLUX

“400 times more common now than it was 40 years ago.”

Acid Test could be a warning sign of esophageal cancer. Esophageal cancer doesn't get a lot of attention from the public, even though it's 400 times more common now than it was 40 years ago. [Read more](#)

8th Annual Day at the Races

A good time was had by all at ECEF's 8th Annual Day at the Races held at Mammoth Park Race track in Oceanport, NJ on June 12, 2011. The money raised from this event will go directly into a fund that will be used to contribute to the Research Project that ECEF's Medical Advisory Committee and Board of Directors have agreed to support like the one by Dr. Adusumilli.

