



## NEWSLETTER

[www.fightec.org](http://www.fightec.org)

### PRESIDENT'S MESSAGE

This year, 2012 will represent the tenth year that ECEF has been in existence, and I am in my twelfth year, with no further evidence of esophageal cancer disease (NED). Thank God for this time and giving me the opportunity to give something back and hopefully make a difference in patient and caregiver lives.

In 2011, ECEF made major strides in its development, and we are very proud and thankful for the people we have come in contact with as patients, caregivers and people interested in helping us spread our message about this disease. We continue to walk the journey with patients who have this disease, and during 2011 have spoken to 140 patients who have been recently diagnosed with esophageal cancer.

### NEW EXECUTIVE MEMBERS

In 2012 we plan to take ECEF to still a higher level. We have developed a very strong and informative web site and we have built a strong Medical Advisory Committee. We have added Dr David Cooke from UC Davis in California. He brings his enthusiasm and professionalism to our Medical Advisory Committee.

Our Board of Directors has gotten stronger as we enter 2012, with the additions of Kimberly Guilfoyle, a News anchor for FOX News and Scudder Fowler of the New York Office of Methodologie, a strategic marketing firm that specializes in branding and corporate social communications, each adding their unique talents to our existing Board.

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Kimberly Guilfoyle



Dr. Thomas Cooke



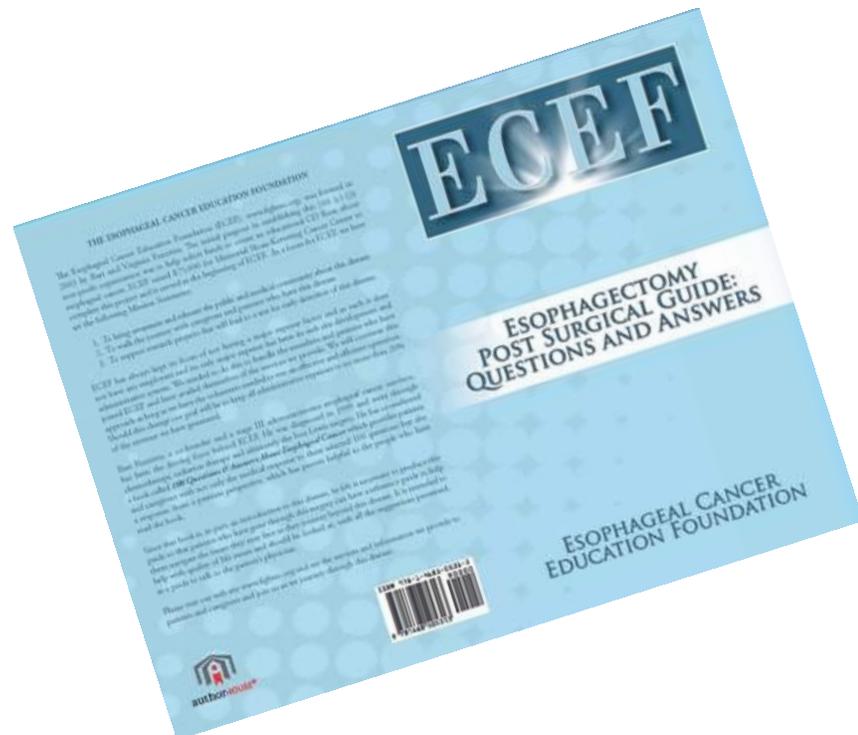
Scudder Fowler

## GRANTS

During 2011, we made the commitment to grant \$100,000 to Memorial Sloan-Kettering Cancer Center for a research project that will lead, ultimately, to a blood test that will detect esophageal cancer at an early stage. We will make the final \$50,000 payment of this grant in 2012. We have taken on an additional project from Mount Sinai for 2012 that is entitled **Early Detection of Esophageal Adenocarcinoma Using Targeted fluorescent imaging**. This \$60,000 grant will be paid over the 2012 and 2013 period of time. We believe with this fluorescent imaging and seeing cancer tissue 1100 X greater than the normal endoscopic machine will bring awareness of adenocarcinoma at a very early stage. In effect with these two grants we will need \$80,000 in donations to achieve our goal for 2012. As additional donations become available during 2012, they will go to support these two projects with additional grants.

## BOOK

The book is now published and will be at the end of January. This book called **Esophagectomy, Post Surgical Guide, Questions and Answers** will be available through Authorhouse and through ECEF. This guide is the product of our Medical Advisory Committee responding to the most frequently mentioned issues in a patient's recovery process post esophagectomy surgery. Please see our website [www.fightec.org](http://www.fightec.org) for our Merchandise section that will be available in January.



## ECEF COMMITTEES

We will continue our growth during 2012, refining the committees we have within ECEF. We have decided to focus on the following committee during 2012.

The **Ambassador Program** will assist people in their desire to volunteer for ECEF and help their local communities aware of Esophageal Cancer.

### Membership/ Patient Services Committee

During 2012, we will bring on two additional patient advocates and we will expand our patient and caregiver services and hopefully help more people journey through this disease.

Our Support Groups, which meet monthly via conference call, will continue to grow in 2012. We have had speaker presentations at some of these meetings, and we will continue to do that to provide direction to patients and caregivers in their journey.

We have patients and caregivers, who are members of ECEF. They have asked about ECEF services and we have told them, in detail, what we have to support them as they journey through this disease. We need to have a committee that will stay in touch with these members, and provide assistance, should that be needed. Diane and Bob Quaranta will spearhead this project, and be available to assist members as the need arises.

### Volunteer "Get Involved" Committee

Our Goal, as we enter 2012, is to establish a formal program which we will call **The Ambassador Program** that will assist people in their desire to be a volunteer for ECEF and help make their local communities aware that this dreaded disease exists. We have created this Ambassador Program and it reflects 10 areas that a volunteer can choose from to help with our goal of Awareness. We will have this program up on our web site [www.fightec.org](http://www.fightec.org) shortly.

### Marketing Committee

To bring awareness and educate the public and medical community about this disease is the first priority of our Marketing Committee. Our plan for 2012 is to approach Corporations and other Foundations to see how we can work with them to get the message out to their employees, that heartburn can cause esophageal cancer. In addition, we will approach Foundations that give Grants to Foundations like ECEF, to see if we can secure grants to help us with our effort to support our Mission Statement. Scudder Fowler, a recent addition to our Board of Directors, has taken this project on, and he will lead this committee in its efforts to bring awareness, at the corporate level, for both other Foundations and Corporations.

**GET INVOLVED!**

## EVENTS

We would like to thank the following people who participated in an event with the proceeds they raised from that event coming to ECEF:

Annbeth  
Family Awareness Program

Emily  
Chicago IL Marathon

Kim & Ed  
Columbus OH Half Marathon

Janice & Rob  
Family Awareness Program

Jeff  
Baton Rouge Beach  
LA Marathon

Sarah  
Hendersonville TN 5K Race



Happy  
New Year  
2012

We would like to take this opportunity to wish you all a Happy, Healthy and Blessed New year. We certainly can use your help in spreading the message and making people aware of this disease. If you would like to help in whatever way you can please let us know with an email to [bart@fightec.org](mailto:bart@fightec.org)

## ARTICLES OF INTEREST

### Obesity can lead to esophageal cancer increase

With global obesity levels rising, an increasing number of people find themselves suffering from acid reflux, which in turn could lead to a higher rate of those contracting esophageal cancer, according to a new study published last week in the journal Gut.

[Read More](#)

### Acid reflux on the rise

Heartburn and other symptoms of acid reflux seem to be much more common than they were a decade ago.

[Read More](#)

### Barretts Esophagus – A sign of more serious problem?

Just about everyone experiences heartburn and indigestion once in awhile, but people with a type of long-term heartburn called gastroesophageal reflux disease, or GERD, should talk to their doctors about getting a test called an endoscopy. *A procedure that uses an endoscope to examine the inside of the body. An endoscope is a thin, tube-like instrument with a light and a lens for viewing. It may also have a tool to remove tissue to be checked under a microscope for signs of disease.* to make sure they don't have a more serious problem.

[Read More](#)