



Shining the Light on Esophageal Cancer

Esophageal Cancer Education Foundation
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NEWSLETTER

www.fightec.org

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REPORT

As we begin 2014, we wanted to bring to your attention the various services we have available for patients and caregivers who are experiencing or have experienced esophageal cancer. All of these services are available through our web site www.fightec.org.

Conference Call Support Groups

We have patients and caregivers who participate in our monthly conference call support group meeting. These meetings will last about an hour and they present an opportunity for patients to discuss issues that they are experiencing to see if other patients have had that same issue and what they did to solve that issue. From time to time we will have a speaker who will take 15 minutes to discuss his or her topic and we will open the call up for questions. The remaining unused portion of the meeting will be devoted to issues patients or their caregivers have.

All you need to do is join ECEF (no charge) and we will get you the 1-800 phone number and code to use.

Quality of Life Phone Line

We have a phone number 732-385-7461 available to assist patients and caregivers with quality of life questions. Medical questions need to be presented to your Doctors, but questions dealing with eating, sleeping and exercising can be presented and discussed.

Post Surgical Guide

We have put together a guide of the most frequently experienced issues. This book is called Esophagectomy Post Surgical Guide Questions & Answers. Check our web site www.fightec.org as to how to get this book.

Events

The first quarter of this year has been very active with events we have completed and the events we are planning for in the upcoming months.

Katz Letter Campaign

Annbeth Katz, a member of our Board of Directors, and her daughter Debra took on an awareness project that has also been a fund raising project In memory of Jerry Katz Husband and Father. They send a letter out to their family, friends and business associates informing them about esophageal cancer and

telling them about the research projects that we are supporting to find an early detection of this disease. This campaign has run over various years and has raised in excess of \$40,000.

Castanio Bowling Outing

On January 24th, Lorraine Castanio and her daughters hosted their Third Annual Bowling Outing in memory of Frank Castanio her husband and their Dad. They put on an extensive event with many gifts and prizes and this year they have raised over \$13,000 for our research projects and when you add the three years they have had this event, the total is over \$30,000.

Bill Reddig Events

Bill was a supporter of ECEF from the very beginning and gave the Foundation the money he raised in a benefit held in his honor. His daughters have continued that focus when they asked people to send donations to ECEF in lieu of flowers when Bill passed away. They also did a letter campaign to bring awareness of this disease and together they have given ECEF over \$10,000 for research projects that we are supporting.

During the second quarter we will report on the following events:

- ECEF Gala - April Event
- 5K Run / Walk in memory of Brad Chik - June Event
- The Michael DeBenedetti Benefit - April Event
- Esophageal Cancer Memory Walk- April Event
- The Periwinkle 5K Walk / Run – June Event
- The Ayco Event in Chicago and New Jersey – April Event

EC ARTICLES

On our web site www.fightec.org we have a category called EC Articles. We rely on Google to give us a copy of the original article that mentions Esophagus or Esophageal Cancer each day. We review the articles, and those that would be of interest to a patient and their family we will post to our web site under various categories within EC articles. These articles are also posted to our Facebook and Twitter pages.

Below are some of the articles we have selected for this quarters newsletter:

Heartburn and esophageal cancer you should know

Esophageal Cancer is the seventh leading cause of cancer death, so preventing and treating it is a priority. Cancer of the Esophagus is primarily caused by GERD (gastroesophageal reflux disease), also commonly referred to as indigestion heartburn or acid reflux.

Link to article: <http://www.digitaljournal.com/pr/1831505>

FOLFOX More convenient for esophageal cancer

In patients with inoperable esophageal cancer, definitive chemoradiotherapy offers a curative treatment option. Link to article: <http://www.medscape.com/viewarticle/822970>

Four newly identified generic variants enhance progression of Barretts Esophagus and esophageal cancer

Researchers at the Fred Hutchinson Cancer Research Center and the QIMR Berghofer Medical Research Institute (Australia) found that four genetic variants could increase the risk of Barrett's esophagus and esophageal cancer development.

Link to article: <http://bionews-tx.com/news/2014/02/14/study-identifies-4-genetic-variants-linked-to-esophageal-cancer-and-barretts-esophagus-non-texas-article/>

Endoscopic mucosal resection new Gold standard for esophageal adenocarcinoma

Endoscopic resection for mucosal esophageal adenocarcinoma is safe and highly effective, and should be the new standard of care.

Link to article: <http://www.oncologypractice.com/oncologyreport/news/top-news/single-view/endoscopic-mucosal-resection-new-gold-standard-for-esophageal-adenocarcinoma/d2399e6fec7a0c8a609b63f6a84cc772.html>

Conclusion

If you have any thoughts about what you would like to see more about in these newsletters please let us know. We are always interested in assisting the patient and caregivers as they journey through this disease. You can email us at info@fightec.org.

Respectfully submitted

Bart Frazzitta
President