

ESOPHAGEAL CANCER EDUCATION FOUNDATION (ECEF)
NEWSLETTER
SEPTEMBER 30, 2013

REPORT

ECEF had set as a goal to give \$110,000 for Research Projects for the year 2013. At our Day at the Races event held on September 8th at Monmouth Race Track, we were able to give Memorial Sloan Kettering Cancer Center a check for \$50,000.00 as a final payment to achieve this goal. We want to thank all of you for making this happen. In 2013 so far, we have received donations from companies and people residing in 37 of our 50 United States, and we have also received donations from Canada and Europe. We are truly thankful for what people have done. In addition, the various events that were staged to honor loved ones who have died from this disease in 2013 were a major factor in reaching this goal as well.

The research projects that we are supporting at MSKCC have received National Health Institute financial support. This is difficult to achieve and by ECEF giving these research projects the seed money to get their projects started, a major plus to the Medical Advisory Committee and Board of Directors in determining the true value of the projects being undertaken. We will provide a complete update on these projects as part of our next quarter's newsletter. If you would like to read about our research projects you can go to our web site www.fightec.org and click on "Donations at Work" on our Home Page.

As I have reported to you in the past, ECEF has no employees, full time or part time, and we do not have any rents or contracts to be considered. As a result of the small administrative expenses we have been able to give approximately 93% of our donations to our research projects. We will continue to follow this approach in 2014 and for as long as we can keep up with the administrative aspects of an active non-profit foundation.

WHAT'S HAPPENING

Our Annual Day at the Races Event took place on September 8th at Monmouth Race Track and we had 145 people purchase tickets for it. The weather was great and the food was outstanding. The event gave patients and doctors (surgeons, oncologist, and gastroenterologist) an opportunity to meet each other in a fun environment rather than the examining rooms at the hospital.

We have decided to honor our Medical Advisory Committee at a Gala Event in New York City at the Hilton Hotel on April 29, 2014. This will be the only event that ECEF itself will do in 2014 as it will take the place of our Day at the Races. We will also honor Kimberly Guilfoyle a member of our Board of Directors and a FOX News Anchor on the program THE FIVE. She lost her Dad to this disease and has been an advocate of awareness and education of this disease.

We will provide more about this event in Newsletters to follow.

EC ARTICLES

We have selected the following articles that have been published in various news media and we present them here for your information. These article as well as many more appear on our web site www.fightec.org under the heading of EC Articles. They are in categories for ease in reference. Before implementing any suggestions given by these articles we suggest you discuss them with your doctors before taking any action.

Acid Reflux, Barretts Esophagus and Esophageal Cancer

Posted on **Tuesday, September 17, 2013** in [About this Disease](#), [Acid Reflux](#), [Barrett's Esophagus](#), [New Findings](#)

A studies show a link between acid reflux and esophageal cancer and reveal a genetic influence.

Esophageal cancer is on the increase and many researchers are looking at the underlying factors. A team at the Mayo Clinic looked at 186 cases of esophageal and stomach cancer and found a link with acid reflux disease. Around five per cent of those with acid reflux will go on to develop Barrett's esophagus, a condition in which there are changes in the esophagus lining. Once someone has Barrett's esophagus, their risk of cancer is greatly increased.

<http://www.tele-management.ca/2013/09/acid-reflux-barretts-esophagus-and-esophageal-cancer/>

Obesity is linked to a rise in Esophageal Cancer

Posted on **Monday, August 12, 2013** in [About this Disease](#), [Acid Reflux](#), [Nutrition](#)

Increasing rates of obesity in the United States have led to a corresponding increase in gastrointestinal reflux disease, in which stomach acid goes back up into the esophagus. This, in turn, increases the rate of esophageal cancer – up by 350 per cent in the last 30 years, according to researchers at the University of Michigan.

<http://www.tele-management.ca/2013/08/obesity-is-linked-to-a-rise-in-esophageal-cancer/>

Managing to avoid esophageal cancer

Posted on **Saturday, August 24, 2013** in [About this Disease](#), [Barrett's Esophagus](#)

Barrett esophagus management guidelines discussed

<http://www.dailyrx.com/barrett-esophagus-management-guidelines-discussed>