

ECEF Newsletter

President's Message 2013

This year, 2013 will represent the eleventh year that ECEF has been in existence, and I am in my thirteenth 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 lives.

IN 2013, we will once again focus on the patient and his or her family and try to provide assistance as patients navigate through this disease. We have conference call support groups available to patients and caregivers that will give them access to other patients and caregivers so a common ground in establish in these support groups. Information about our support groups can be found on our web site www.fightec.org and click on patient services to read more about what we offer patients and caregivers.

We realize that more and more patients are selecting the minimally invasive surgery as a means to remove the esophageal cancer. As we see more and more articles about this approach we will post them to our web site www.fightec.org and place them in the EC articles section.

GRANTS

We have, for 2013, made a commitment to grant \$110,000 representing the two existing research projects at Memorial Sloan-Kettering Cancer Center and Mount Sinai and we have added a third research project that deals with the esophagectomy surgery and the selection by the surgeon of the tissue he will use to reconnect the stomach and remaining part of the esophagus. This project also at Memorial Sloan-Kettering Cancer Center addresses leaks that occur in the post surgical recovery process in the days following surgery. You can refer to our Donations at Work on our Home page of our web site www.fightec.org to read more about these research projects and the commitment ECEF has made to them in the past and currently.

BOOK

We have completed the publishing process and the book called ***Esophagectomy, Post Surgical Guide, Questions and Answers*** is now available through our publisher "Authorhouse" and through our web site www.fightec.org. This guide is the product of our Medical Advisory Committee responding to the most frequently mentioned issues in a patient's recovery process from post esophagectomy surgery.

What's Happening

In 2013, we will have three events that are a repeat of events held in 2012.

A bowling outing was held in Long Island in memory of Frank Castanio and the turnout was amazing. Over two hundred people attended the money raised this year was doubled what was raised last year. A Special thank you to Lorraine and her family for all they have done in helping ECEF fight this disease. The two event have raised over \$20,000 for our research projects grants

A walkathon will be held on April 29th, in memory of John Warren a Professor at the Southern Illinois University in Carbondale. His wife Gina and members of Phi Beta Sigma Fraternity will host the event on Campus grounds. So far to date we have received over \$10,000 for the 2013 event.

The third event we want to mention is our Annual Day at the Races which this year will be on September 8th at Monmouth Park Race Track in Oceanport New Jersey. We will be posting more information on this event in the newsletters to follow.

We have each of these events posted on our web site. If you go to www.fightec.org and click on **What's Happening** you will be able to read about each of these events.

GALA EVENT

Because of time restraints, we had to cancel the Gala for 2013 and have rescheduled it for April 29, 2014. We will be providing more information about this event in subsequent newsletters. We will honor Kimberly Guilfoyle anchor person for Fox News whose Dad died of esophageal cancer and we will also honor ECEF Medical Advisory Committee.

EC ARTICLES

We have indicated below some interesting articles that we present here for your information. These articles plus other articles are also captured on our web site www.fightec.org under the caption **EC Articles**. Please check them out.

ESOPHAGEAL CANCER AWARENESS MONTH

Esophageal cancer is one of the fastest growing cancers in the United States. Approximately every 36 minutes someone dies from the disease. But new technology makes it easier to diagnose esophageal cancer in its earliest stages for the best treatment possible.

<http://insidegwinnett.com/esophageal-cancer-awareness-month/>

OBESITY DRIVING DEADLY RATES OF ESOPHAGEAL CANCER IN CANADA

The nation's (Canada) growing girth is being implicated in an alarming and rapid rise in cancer of the esophagus, one of the most deadly of all cancers.

<http://www.canada.com/health/Obesity+driving+rates+deadly+cancer+esophagus/8189553/story.htm>

ASPIRIN WEIGHT LOSS MAY REDUCE RISK OF ESOPHAGEAL CANCER

Local researchers have discovered lifestyle factors that may reduce a person's risk of developing esophageal cancer.

<http://www.komonews.com/living/health/Aspirin-weight-loss-may-reduce-risk-of-esophageal-cancer-200931511.html>

Respectfully Submitted

Bart Frazzitta
President

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