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MessageLine

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A PUBLICATION OF THE AMERICAN BRAIN TUMOR ASSOCIATION

CARE FOR THE CAREGIVER



Save the Date

American Brain Tumor Association

Sharing Hope Family Weekend

July 18-20, 2003

Please see page 5 for more information about this weekend event.

Being a caregiver to a family member can be one of the most challenging, but rewarding experiences a person can have. It can also be frustrating, lonely and overwhelming. The focus of this article will be suggestions for how caregivers can care for themselves — not an easy task, but an essential one. As you read, remember that there's nothing magical about any of these suggestions and that you are the expert on what works (and doesn't work) for you. These suggestions are presented like food on a buffet table, take what you like and leave the rest.

Be kind and patient with yourself. This is something many of us need to constantly remind ourselves. Here's something to try: When you are feeling particularly self-critical, stop and ask yourself, "What would I say to a friend who was feeling guilty about something he or she did or neglected to do?" Would I think less of my friend or would I understand that he or she is doing the best anyone could under the circumstances? When we apply this test, I think most of us have no problem letting our hypothetical friend "off the hook." But somehow, when it's ourselves, we're not nearly as understanding. When you fall short of your expectations, be at least as kind to yourself as you would be to a good friend.

Inside this Issue

FEATURES

- Intensity-Modulated Radiation Therapy 3
- Sharing Hope Family Weekend July 18-20 5
- Primary Central Nervous System Lymphoma 8
- Complementary and Alternative Medicine 12
- Our New Web Site 16

DEPARTMENTS

- Mailbox 2
- News & Announcements 15
- Raising Funds & Raising Fun 17
- Shopper's Corner 25
- ABTA Tributes 26
- Save the Date **Back Cover**

Continued on page 10

Our Mission: The American Brain Tumor Association exists to eliminate brain tumors through research and to meet the needs of brain tumor patients and their families.

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Mailbox

My grand-daughter was diagnosed with a brain tumor at 4 years of age — next month she will be 21 years! She is doing beautifully. We all protect her so much and pray everyday. She has a job plus goes to college. She does beautiful art work and is very talented. We are all so proud of her.

MICHIGAN

I just wanted to thank you for the extremely detailed information packet which I received this morning. I know that it will prove to be invaluable to both my Mom and me.

Thank you also for continuing your work which is so vital to the continued education and health of so many people.

AUSTRALIA

I am a brain tumor survivor. Your booklets and information helped me to better understand to participate in my care plan and recovery. I am back to work full-time in healthcare. May God be with you in your efforts to find a cure and educate us.

INDIANA

I have been looking for a long time for information on brain tumors. This is the best site yet, especially for children! Our daughter was diagnosed when she was 4 years old with an anaplastic oligodendroglioma. She has been cancer free for 6 years! Thank you, thank you.

ALABAMA

[Editors Note: The American Brain Tumor Association web site can be found at www.abta.org. A site designed for kids can be accessed at www.abta.org/kids/home.htm.]

FLORIDA

Just a quick note to thank you for your wonderfully helpful materials and speedy delivery of them. Our sister's anaplastic astrocytoma was such a shock — and we were so ignorant! It was especially helpful to have hard, medical information and suggestions presented in a way we could understand. Keep up your good work!

MARYLAND

I am sending along a donation that I would like to offer in memory of my late wife...she was a great fighter and we are all proud of the way she took control of her situation and was determined to fight this dreaded disease with everything she had. Your organization was a blessing to us throughout this trying time with the literature and support we received. We always spoke highly of this to all who inquired about help for cancer. We truly believe in your goals and hope you can continue in the quest to eradicate brain tumors for others in the future. Please accept this gift in humble gratitude for all you folks are doing and may God be with you and your organization. Thanks!

MICHIGAN

Thank you so much for your concern and the great packet you sent. We are very grateful for your information and concern for our daughter. At present she is a happy playful 7 year old. We have hope with guarded concerns.

Mailbox may be edited for clarity or space.

Sharing Knowledge

INTENSITY-MODULATED RADIATION THERAPY: A REVOLUTION IN CANCER CARE



Linear accelerators, such as this unit from Varian Medical Systems, may be used to deliver the finely targeted radiation therapy of IMRT.

As the world waits hopefully for a miracle that can eradicate brain tumors, tremendous progress is coming from an unexpected direction. Technological advances have led to dramatic improvements in radiation therapy—improvements that have already made a difference in the lives of many brain tumor survivors.

Radiation therapy — the treatment of disease with high-energy xray beams — has long been a primary weapon in the war on cancer. It is used today in more than half of all cancer treatments, either alone or in combination with other treatment modalities. It injures or destroys cells in the area being treated (the “target tissue”) by damaging their genetic material. Healthy cells can repair themselves to a degree and con-

tinue to reproduce themselves, if the dose received is not too high. Cancer cells, however, often have faulty repair mechanisms and lose the ability to reproduce normally. Repeated exposure to high-energy xrays eventually impairs or kills the cancer cells — a desirable goal in treating tumors.

ENOUGH WAS TOO MUCH

For years, radiation oncologists faced a frustrating challenge. They knew that by delivering a high-enough dose of radiation to a localized brain tumor, they stood a very good chance of eradicating the tumor and possibly curing the patient. On the other hand, such doses could pose a risk to the normal brain tissue surrounding the tumor and other nearby structures, such as the optic nerve. This conundrum has required that some patients be treated with less radiation than ideal for local tumor control and has made it difficult, if not impossible, to optimally treat some tumors.

However, recent advances in radiotherapy are changing the equation. Intensity modulated radiation therapy, or IMRT, is a new technique that enables physicians to deliver greater amounts of radiation to the precise location of a tumor while minimizing the dose to the surrounding healthy tissues. IMRT accomplishes this by carefully shaping the radiation beam so

that it conforms to the three-dimensional shape of the tumor, while also allowing the intensity of each radiation beam to be varied or “modulated.”

MODULATING THE DOSE

IMRT uses computer-generated images to plan and deliver more tightly-focused radiation beams than are possible with conventional radiotherapy. In addition, with IMRT radiation oncologists acquired the ability to divide the treatment area into hundreds of tiny segments — as small as 2.5 mm by 5 mm. They can deliver a different dose to each segment, hence the term “intensity modulation.” Consequently, the dose can be higher in the most aggressive areas of the tumor and lower in areas where the beam is near or passing through healthy tissue. This results in better coverage of the tumor, and greater sparing of the surrounding healthy brain tissues.

TECHNOLOGICAL ADVANCES

Three major technological developments over the last fifteen years paved the way for IMRT:

- 1) the digital linear accelerator which generates high-energy xrays and delivers them very accurately,
- 2) the computer-controlled multileaf collimator — a beam-shaping device with up to 120 computer-controlled

Continued on *following page*

Continued from *page 3*

INTENSITY-MODULATED RADIATION THERAPY: A REVOLUTION IN CANCER CARE

mechanical “leaves” or “fingers” that control the shape, size, and timing of the radiation beam, and

3) sophisticated treatment planning software programs that use complex algorithms to optimize a treatment strategy based on each patient’s unique diagnostic images.

THE LINEAR ACCELERATOR

The first of these advances is the linear accelerator — a very large piece of equipment that generates the radiation beams used in radiotherapy treatment for cancer. This machine stands approximately 9 feet tall by nearly 15 feet long and weighs as much as 18,700 pounds. It rotates around the patient to deliver radiation from nearly any angle. Linear accelerators use microwave energy, similar to that used in satellite television transmission, to “accelerate” electrons to nearly the speed of light (186,000 miles per second). As the electrons reach maximum speed, they collide with a metal target releasing photons, or xrays. That energy release is measured in millions of volts (MV).

THE MULTILEAF COLLIMATOR

The second of these advances is the multileaf collimator (MLC), consisting of a computer-controlled array of up to 120 parallel, and individually adjustable, tungsten

slats or leaves that can block the path of an xray beam. The MLC is attached to the head of the linear accelerator. The leaves of the MLC are used to create an adjustable opening through which radiation beams are directed at a patient’s tumor. The shape of the MLC opening is adjusted to match the shape of the tumor as seen from the angle from which the beam is being delivered. By using the MLC to target precisely shaped beams from several angles, it is possible to deliver a radiation dose that closely matches the 3-D volume of the tumor.

TREATMENT PLANNING SOFTWARE

IMRT uses complex treatment planning software that compares thousands of treatment plan options and calculates the optimal one for each patient. This technique delivers a specified dose of radiation to the tumor while blocking the radiation to surrounding normal brain tissues. IMRT uses “inverse” treatment planning: physicians state their objectives in terms of dose, and the “inverse” treatment planning

software “works backwards” from the desired result to create an optimal delivery plan.

OUTCOMES

IMRT has potential for the treatment of brain tumors, particularly in children. It may make it possible to increase the dose of radiation to a tumor while keeping side effects to a minimum. Children with posterior fossa tumors, for example, currently may experience deafness as a side effect of conventional radiotherapy in conjunction with chemotherapy. Treating certain pediatric brain tumors with IMRT will help to lower the risk of deafness and other serious side effects.

Researchers are actively studying many cancers where IMRT can be effective, including head and neck tumors, prostate and gastrointestinal tumors, lung cancer, central nervous system tumors, breast cancer, gynecological cancer, and sarcoma. The accumulating literature indicates that IMRT planning is not only better than conventional techniques, but IMRT is associated with less treatment toxicity. 

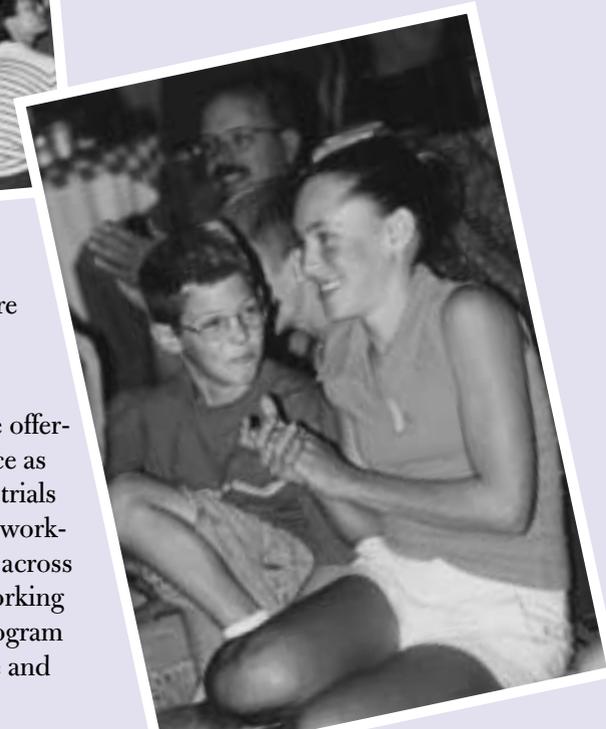


PATRICK SWIFT, MD

This article was written by Patrick Swift, MD, Medical Director of Radiation Oncology at the Alta Bates Comprehensive Cancer Center in Berkeley, CA.

Sharing Hope

SHARING HOPE FAMILY WEEKEND
JULY 18-20TH, 2003
MARRIOTT'S LINCOLNSHIRE RESORT,
CHICAGO AREA



The beautifully tranquil atmosphere at the Marriott's Lincolnshire Resort will again provide the backdrop for three days of caring and sharing.

In addition to our highly-regarded Mini Medical School, we'll be offering sessions for families just beginning the brain tumor experience as well as long-term survivors; tumor-specific workshops; a clinical trials workshop; sessions addressing pediatric brain tumors; caregiver workshops; extended Question & Answer sessions with experts from across the country; a workshop for benign brain tumor survivors; networking and social opportunities, as well as time to relax. A children's program (for ages 5-12) and a teen program (ages 13 up) will provide care and activities for those whose parents are attending sessions.

Our 30th Anniversary will be commemorated at a special dinner, Saturday evening, July 19th amidst a gathering of our Scientific Advisory Council, speakers, supporters and meeting participants.

Program and registration information will be mailed the first week of May. **To receive the brochure, please send your name and mailing address to info@abta.org or call us at 800-886-2282.** The speaker listing and program highlights are continually updated at our web site: www.abta.org. The site also offers instructions for making your hotel reservation.

American Brain Tumor Association
Sharing Hope



SHARING HOPE FAMILY WEEKEND
PROGRAM HIGHLIGHTS

FRIDAY, JULY 18

AFTERNOON

General Session—Mini-Medical School

- *The Parts of the Brain and Their Functions*
- *Making the Diagnosis: The Role of Scans and Biopsies*
- *Making the Diagnosis: The Role of the Pathologist*
- *Causes and Risk Factors*

Meet & Greet Sessions

- Children's & Teens' Programs
- Platinum Sponsors' Exhibits

EVENING

Welcoming Reception—

Ice Cream Reception featuring the music of David Bailey (included)

For a Registration Brochure: call us at 800-886-2282 or send an e-mail to info@abta.org.

SATURDAY, JULY 19

MORNING

Continental breakfast (included)

Children's and Teens' Programs—all day and evening

Concurrent General Sessions—

- *Benign & Low Grade Tumors: the latest treatments (including pediatric tumors)*
- *Malignant Tumors: the latest treatments (including pediatric tumors)*

Expressive Art Project for Long Term Survivors

Support Group Mentor Meeting

Sponsors' and Not-for-Profit Organizations' Exhibits

Benign & Low Grade Tumor Workshops—

- *Answers to Your Questions About Benign & Low-Grade Tumors*
- *"Making G.R.E.A.T. Changes in Your Life," a workshop for Benign Brain Tumor Survivors, including Big Bear Lake Alumni (extended session)*

Pediatric Tumors Workshops—

- *Answers to Your Questions About Childhood Brain Tumors*
- *How to Talk With Your Child About Your Tumor or Theirs*
- *Long Term Effects of Treatment in Children*

Expressive Arts & Care Workshops—

- *Healing Through Art*
- *First Aid for Seizures*
- *Healing Through Music*
- *Spirituality as a Source of Healing and Strength*

Listserve and Chatroom Hospitality Room

EVENING

Research Reception

ABTA's 30th Anniversary Dinner and Program (optional)

SUNDAY, JULY 20

MORNING

Children's and Teens' Programs

Sunrise Services

Sharing Hope Breakfast (included) & Program

Knowing Your Rights as a Patient

Brain Tumors and The Garden of Eden

Keynote Address—To Be Announced

FAMILY WEEKEND
2003 PRESENTERS

David M. Bailey
Folk Guitarist & Brain Tumor Survivor
Stafford, Virginia

Jill Barnholtz-Sloan, PhD
Karmanos Cancer Center
Detroit, Michigan

Peter McLaren Black, MD, PhD
Brigham & Women's Hospital
Boston, Massachusetts

Steven Brem, MD
H. Lee Moffitt Cancer Center
Tampa, Florida

Jeffrey N. Bruce, MD
Columbia Medical Center
New York, New York

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Birmingham, Alabama

Stewart Goldman, MD
Children's Memorial Hospital
Chicago, Illinois

Stuart Grossman, MD
The Johns Hopkins Hospital
Baltimore, Maryland

Bebe Guill, M.Div
Duke Cancer Center
Durham, North Carolina

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Art Therapist
Chicago, Illinois

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Evanston Hospital/Northwestern University
Evanston, Illinois

Evonne Weinhaus, MA
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St. Louis, Missouri

W.K. Alfred Yung, MD
UTMD Anderson Cancer Center
Houston, Texas

Paul Zeltzer, MD
Los Angeles, California

* as of February 16, 2003. Please note: program and speakers are subject to change

FAMILY WEEKEND
SPONSORSHIP
OPPORTUNITIES

A prime sponsorship opportunity is still available for those considering participation in the Family Weekend on July 18–20, 2003. Platinum Level sponsors (\$10,000) are entitled to have their exhibits open on Friday, July 18th. All other exhibits will open on Saturday, July 19th. This provides a truly unique opportunity to showcase your product or service. Please call Marjorie in the ABTA office, 847-827-9910, to learn more or to reserve your Platinum Level space.

Thank you to our generous supporters to date:

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Cleveland Clinic Brain Tumor Institute, Cleveland, Ohio

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Sharing *Knowledge*

NON-AIDS PRIMARY CENTRAL NERVOUS SYSTEM LYMPHOMA

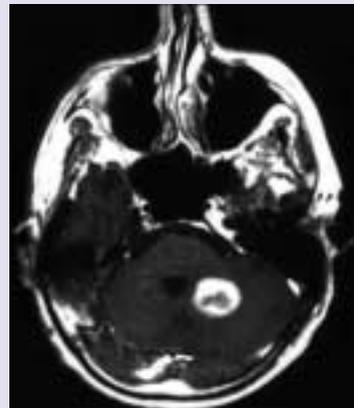
“Lymphoma” is cancer of the lymphocytes — white cells that help your body fight infections. There are two types of lymphocytes: T-lymphocytes capable of killing threatening substances in the body, and B-lymphocytes which protect by “remembering” that which the body considers a threat. Lymphoma usually originates in the lymph nodes, where lymphocytes are made and stored, and in organs such as the spleen or bone marrow, where there are large numbers of lymphocytes. When lymphoma begins in the brain, it is called “primary central nervous system lymphoma,” or “PCNSL.” Most PCNSL arises from B-lymphocytes. This form of lymphoma tends to stay in the brain and spinal cord.

PCNSL is unusual because the brain does not contain an extensive lymphatic system. Although people with an impaired immune system are at increased risk (i.e., people who are HIV positive or those who underwent an organ transplant), PCNSL is on the rise even among people with healthy immune systems. It occurs most often in people 50-60 years of age and is often found in the white matter of the brain, in the cerebrospinal fluid bathing the brain and spinal cord, and in the vitreous fluid within the eye. At the time of diagnosis, multiple tumors are found equally as often as single tumors.

The symptoms of PCNSL become evident fairly quickly. Depending on the location of the tumor (or tumors) in the brain, changes in personality, drowsiness, confusion and headache can be common. PCNSL located in the vitreous can cause “floaters” and blurred vision. If the tumor involves the covering layers of the brain — the leptomeninges — weakness and numbness in the legs, retention of urine, hearing loss, a sense of spinning, double vision, numbness on the face, difficulty in swallowing, slurring of speech, headache or drowsiness may occur.

After the doctor obtains a medical history and performs a neurological examination in the office, an MRI of the head using contrast (gadolinium) may be the next step in diagnosis. Usually PCNSL appears as a bright mass after contrast is given. Since scans cannot reliably tell PCNSL apart from other types of tumor, a brain biopsy is needed to identify the tumor type. If PCNSL is suspected before the biopsy, a neurosurgeon will remove only a small amount of tumor for immediate identification by the pathologist. More extensive surgery is not usually necessary unless the tumor is proven not to be PCNSL. If the tumor has affected the eyes or leptomeninges, it may be possible for your doctor to make a diagnosis by doing a biopsy of the vitreous of the eye or by spinal tap. The presence of

MRI OF LYMPHOMA



MRI scan of a primary central nervous system lymphoma located in this patient's cerebellum.

Photo courtesy of Dr. Lai

lymphoma cells in those fluids confirms the diagnosis.

Once the diagnosis of PCNSL is made, your doctor may order additional tests to be sure lymphoma is not present in other parts of the body. These tests include a bone marrow biopsy as well as CT scans of the chest, abdomen, and pelvis. Your doctor may also recommend an HIV test to exclude the possibility that the tumor is AIDS-related.

After the pathologist examines the tumor tissue or fluid and confirms the diagnosis, a treatment plan will be developed. Over the past 10-15 years, treatment for PCNSL shifted from cranial radiation alone to chemotherapy with or without radiation therapy. Recently, a large study of 370 patients with PCNSL showed that combined chemotherapy and radiation is superior to brain radiation alone. The choice of

chemotherapy is often high-dose methotrexate, but treatment plans differ across medical centers in the U.S.

At Memorial Sloan Kettering Cancer Center, methotrexate is used in combination with the drugs procarbazine, vincristine, cytarabine and whole brain radiation therapy (WBRT) with good results, especially in patients younger than age 60. In patients older than age 60, eliminating WBRT from this treatment regimen did not compromise overall survival, but did reduce the toxicity from the radiation.

Physicians at the University of Oregon pioneered the use of blood-brain barrier disruption to move chemotherapy drugs past this natural defense system. Mannitol is used to open the barrier, followed by intra-arterial methotrexate and intravenous cytoxan, procarbazine and dexamethasone. In using this technique, doctors hope more chemotherapy will enter the brain, thus allowing them to avoid the use of WBRT.

To avoid the toxicity of cranial radiation, the New Approaches to Brain Tumor Therapy Consortium (NABTT) pioneered a study using high-dose intravenous methotrexate and deferring WBRT. Preliminary results of this study show a good response rate, but the full study has not yet been published. However, a similar trial conducted by the German Cancer Society also using high-dose methotrexate without WBRT showed only moderate benefits.

If it is not clear whether one can avoid WBRT in this disease, then what about reducing the dose of WBRT? One study in the United Kingdom addressed this issue by reducing the radiation by one-third of its original dose. Although the doctors were able to achieve a good response rate with the reduced-dose radiation, tumor regrowth tended to occur more frequently in the group treated with the reduced dose WBRT.

The appropriate combination of drugs, the dose of drug, and the role of cranial radiation in the treatment of PCNSL are still unclear. Researchers are studying several new treatments in organized testing programs called clinical trials. A trial at Duke University is looking at the role of temozolomide (Temodar) to treat this disease. Memorial Sloan Kettering Cancer Center is testing a monoclonal antibody which targets B-cell lymphoma, called rituxan, given prior to methotrexate, procarbazine and vincristine. It is hoped that the use of rituxan will allow for reduced doses of cranial radiation. The Fox Chase Cancer Center is studying the effect of high-dose methotrexate followed by reduced-dose

WBRT. The New Approaches to Brain Tumor Therapy (NABTT) Consortium recently approved a clinical trial using the chemotherapy drug thiotepa given intravenously in combination with high doses of methotrexate.

If PCNSL recurs, the tumor may again respond to another course of chemotherapy. Drugs such as cytarabine, thiotepa, procarbazine, methotrexate, or temozolomide may be considered. If the person has not yet received radiation therapy, a course of WBRT may be suggested.

As scientists learn more about the biology of this tumor, new and more effective treatments are coming onto the horizon. If you would like to learn more about clinical trials for people with primary central nervous system lymphoma, please call the National Cancer Institute's Cancer Information Service at 800-422-6237. If you have any questions regarding the information contained here, please take the article to your doctor. He or she is best equipped to respond to you about your individual situation. Inclusion in this article does not constitute endorsement of any of these treatments.



ROSE LAI, MD

This article was provided to us by Rose Lai, MD, Assistant Professor, Department of Neurology, University of Michigan in Ann Arbor, Michigan.

Continued from *Cover*

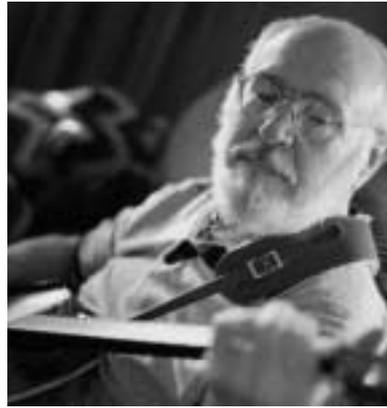
CARE FOR THE CAREGIVER

Assess what you need and seek resources (people, organizations and information) that can help meet your needs. Some of us are good at the *seeking* part, but not about the *assessing* part. We need to have a clear sense of what it is that would be most helpful, otherwise our Internet searches and numerous phone calls and trips to the library might only be time consuming exercises. Before you begin searching, ask yourself: “What help or information, if it were available, would make caregiving significantly easier right now?” Be very specific and concrete. For example, saying “I need help” is not very useful, unless you can specify the kind of help you need. Do you need help with grocery shopping, or someone to come in a few times a week so you can get out of the house? If you need to talk to someone, are you looking for a sympathetic ear, or someone to help you solve a problem? Who you seek might be very different, depending on how you answer those questions. This is particularly important in today’s “information age,” where there is so much available on the Internet and where there are so many experts promoting this program or that service. Be selective about what information or resources you choose. Always come back to the question, “What is it I need?” as opposed to “What is available?”

Take care of your own physical and health needs. We all receive internal feedback that keeps us in touch with our bodies and how we are feeling. However, the stress that comes from caregiving responsibilities can interfere with our ability to pay attention to that feedback. Therefore, it is important that caregivers regularly do a self check-in. Your check-in can be very simple and brief. Here are some things you might ask yourself: “How am I feeling today? When was the last time I saw my doctor for a check-up or for treatment of an ongoing problem? Is it time to make an appointment?”



In addition to the regular self check-in, it is also important to pay attention to your eating habits, making sure you are having regular and nutritious meals. Mild to moderate exercise can also contribute to health and well-being. Be sure to check with your doctor, before engaging in any exercise program. Try to keep regular hours and insure that you are getting the amount of sleep you need.



Take care of your emotional needs. There are various strategies you can engage in to promote emotional self-care. Helpful strategies include relaxation techniques, meditation, guided imagery, and exercise or movement classes. There are also simple, everyday activities such as stretching, taking a hot bath, listening to soothing music, reading a good book, taking a nature walk, or just going for a walk in your neighborhood. Some people enjoy cooking, crocheting, talking on the phone, or journaling. Whatever you try, make sure it is something that works for you. One person’s relaxation can be another person’s frustration.

Having someone to talk with can also be very helpful. A relative, a friend, a member of your clergy, can all be important parts of your support network. But make sure you feel better after talking with the person you select. Support that doesn’t feel like support, usually isn’t.



Support groups with other caregivers can be another valuable resource. The American Brain Tumor Association has listings of support groups throughout the country. Many of these groups welcome family members/caregivers. You can call us for a list of support groups in your state.

If you find that friends and family and other non-professional support resources just aren’t enough, or you find yourself feeling consistently overwhelmed, you may wish to consult with a mental health professional. Your doctor can refer you to one. In addition, there are professional mental health associations that can help you locate someone in your area.

Decide to “do one thing today.” This strategy can be very helpful when you feel you are “spinning your wheels” and not accomplishing anything, despite always feeling busy. Simply decide to do one thing you’ve been putting off, and just do it. It can be something as simple as cleaning out a file, doing the laundry or making

a phone call to the insurance company. Once you have done that “one thing,” it’s amazing how much better you feel being able to cross it off your mental “to-do” list. Then at the end of the day, if nothing else, you can say, “I accomplished ‘x’ today.”

Be flexible. Life is nothing if it is not about the need to be flexible. This is not to discount the value of routines. However, we all encounter situations where there is no clear sense of what to do, where we are just “out there winging it.” Don’t be afraid to try doing things in different ways. Experiment. Re-evaluate your needs and priorities. What was important before your family member became ill, like having an immaculate house, may not be important now. Some things that weren’t important before, like getting enough sleep or finding time for yourself, may be crucial now. Adopt a problem-solving approach. Break down what you need to accomplish into smaller steps and then brainstorm ways to get from one step to the next.

Laugh. The importance of laughter cannot be overemphasized. Laughter can ease tension, promote relaxation, and help you reconnect with the joy of living. Try to find the humor that is often just beneath the surface. And don’t be afraid to laugh at yourself.

As we said at the start, caregiving can be an immense challenge. Accept the help that you are offered and seek out resources where there are gaps. Most importantly, accept that you are human and only one person. Love yourself with all your faults and limitations. When the going gets rough, know that having love and patience with yourself may be your greatest assets. Above all, remember you are not alone.

We welcome your feedback about these suggestions and invite you to send us your coping tips that are not included here, so we can share them with others. For information about specific resources focused on caregiver needs, please call us at 800-886-2282; ask for the social work office.



Sharing Resources

COMPLEMENTARY AND ALTERNATIVE MEDICINE RESOURCES ON THE INTERNET

Although it is estimated that 50%–60% of people with cancer are using a CAM (complementary or alternative medicine) therapy, finding objective information is challenging. Gathered below are several comprehensive resources to get you started.

The **Alternative Medicine Homepage**, maintained by the Falk Library of the Health Sciences at the University of Pittsburgh, offers extensive links to informational databases, organizations, and alternative medicine practitioners. Included are sources for information on vitamins, minerals, homeopathy, herbs, phytochemicals, mind-body therapies, dietary supplements, folk medicine, animal and marine extracts, allopathic and chiropractic medicine, as well as many others. Access these resources at: <http://www.pitt.edu/~cbw/database.html>.

CancerSource offers a Complementary and Integrative Therapies web site at <http://cit.cancersource.com>. The site is a comprehensive source for those seeking information to help them integrate complementary therapies into their cancer care. News, feature articles, a drug and herb interaction database, resources and evidence-based reviews on complementary therapies are provided. The site also provides a grading system that helps users understand the scientific evidence available for each listed therapy.

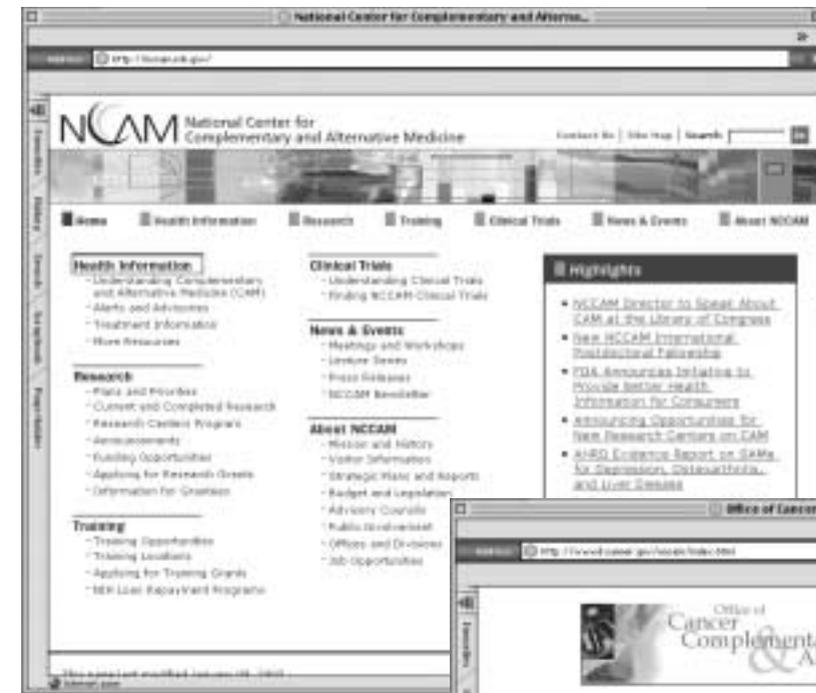


The **CVS Pharmacies** web site is one of the few programs offering side effect data for vitamins, minerals, nutraceuticals, as well as herbs. Located at <http://content.intramedicine.com/cvs/main.asp>, don't let the page title "Supplement Monographs," put you off. Four drop-down menus provide a very understandable introduction, list of known toxicities, and precaution information about each listed substance. Each substance also contains a list of references, with links to the cited journal articles.

Express Scripts offers an easy-to-use database which checks interactions between traditional drugs, herbs, and nutritional supplements. Located at

www.drugdigest.org/DD/Home, there are two ways to find information: use the Search engine if you know how to spell the names of specific herbs or supplements; use the Drug Library Reviews option for a pull-down alphabetical list.

MedLine Plus, a service of the National Library of Medicine, offers complementary and alternative medicine research news, links to practitioner organizations and directories, specific condition fact sheets, and CAM clinical trial information. See www.nlm.nih.gov/medlineplus/alternativemedicine.html. Some information is offered in Spanish.



The **National Center for Complementary and Alternative Medicine (NCCAM)** at the National Institutes of Health explores complementary and alternative practices, provides extensive information about these therapies, and supports training of researchers. For consumers, the site offers explanations of CAM therapies, how to find/evaluate a practitioner, and a Dictionary of terms. Researchers will find grant opportunities as well as support through their grant-writing process. Small businesses may be interested in the NCCAM Small Business Innovation Research program which makes funds available to those developing a therapy that has the potential for commercialization. NCCAM information can be accessed by telephone toll free from within the US at 888-644-6226 (international: 301-519-3153), or online at <http://nccam.nih.gov>.



The **Office of Cancer Complementary and Alternative Medicine (OCCAM)** at the National Cancer Institute coordinates and enhances the activities of the National Cancer Institute in the area of complementary and alternative medicine therapies. The OCCAM supports high-quality CAM cancer research and coordinates with the NCCAM (above). Practitioners are invited to submit case studies for OCCAM review and consideration in a program called the Best Case Series.

CAM

If you are using a CAM therapy, we encourage you to share information about the treatment with your healthcare practitioner. This is particularly important if you are considering, or are currently participating in, a clinical trial.

Mission Fulfilling

INVESTING IN THE FUTURE THROUGH PLANNED GIVING TODAY.

What's the best way to be sure the fight to eliminate brain tumors will continue until a cure is found? A Planned Gift.

A Planned Gift can be as simple as putting the American Brain Tumor Association in your will, or it can also be more complex and involve real estate, stocks, or life insurance. Planned Giving can offer you significant tax advantages while guaranteeing the ABTA your support in the future.

If you are interested in receiving more information about The Forest Planned Giving Program, please call our office at 847-827-9910 ext. 16, or you can email us at info@abta.org. If you'd like a copy of our new planned giving brochure, let us know.

CFC AND UNITED WAY

If you are a federal employee or serve in the military, you can donate to the American Brain Tumor Association through the Combined Federal Campaign, known as the CFC.

The campaign takes place every fall when employees receive a pledge card and a list of all eligible charities. Write-ins are not allowed but each charity is assigned a code number which you would indicate on the pledge card. Federal employees and military personnel can give to the ABTA by having a certain amount deducted from each paycheck or by making an immediate gift with cash or a check.

Similarly, local United Way agencies also support many worthy and important programs and services. However, if your company is involved in the United Way campaign, please remember to write-in the American Brain Tumor Association on your application sheet.

Although these campaigns take place in the fall we may not be notified of the donations until late spring or summer of the next year. At that time, we send thank you letters to donors, letting them know how grateful we are for their support.

BRAINTMR SUPPORT



Deneen Hesser, Director of Patient Services at the American Brain Tumor Association, shares a warm moment with Matthew Fullerton at the National Brain Tumor Foundation conference in Denver. Matthew is a brain tumor

survivor and an active participant on BRAINTMR, the online support listserve group. BRAINTMR is a program of T.H.E. Brain Trust and offers patients/family members an opportunity to share experiences through e-mail messages. To learn more about the many free listserves run by this organization, visit their web site at www.braintrust.org.

During the ABTA Sharing Hope Weekend, T.H.E. Brain Trust will host a tribute service and participate in a hospitality room for those interested in listserve groups. For more information, visit our web site at www.abta.org/events1.htm.

News & Announcements



CLINICAL TRIAL UPDATE

A special clinical trials workshop will be held during the ABTA Sharing Hope Family Weekend, July 18-20th, 2003. Physician investigators from NCI-sponsored clinical cooperative groups and consortia will review their open clinical trials, outline the criteria for being treated in each trial, and provide up-to-the-moment information about the progress of each trial. Family Weekend program and registration material can be obtained by sending an e-mail message to us at info@abta.org, or call the ABTA office at 800-886-2282.



4200 MILE SUMMER

Joe Stidham cycled 4,200 miles cross-country to raise awareness and to raise funds for ABTA in honor of his cousin, Laurie Deierlein, who was fighting a brain tumor. To recognize her courage, Joe traveled through 14 states and Canada for 9 weeks, pedaling 50 -100 miles a day, enduring 106+ degree temperatures, stomach flu and torrential all-day rains. Joe's new book, 4200 Mile Summer, tells the story of this dedicated ride. If you would like to read about this remarkable journey, please send \$10.00, plus \$3.00 shipping and handling, to Joe Stidham, 1230 Princeton Road, Muskegon, MI, 49441. For each book purchased, Joe will donate \$2.50 to the American Brain Tumor Association. We appreciate his continued support in Laurie's memory.

ADVOCATE NAMED TO ADVISORY COMMITTEE

Susan Weiner, PhD, president and founder of the Children's Cause, was recently named to the HHS Secretary's Advisory Committee on Human Research Protections. The committee is charged with providing advice to the department on matters relating to the responsible conduct of research involving human subjects. Previously, Dr. Weiner was the executive director of the Children's Brain Tumor Foundation; she continues to play a vital role in the advocacy efforts of the North American Brain Tumor Coalition. We congratulate Dr. Weiner on this new position.

BRAIN TUMOR ACTION WEEK (BTAW) 2003

May 4-10, 2003 has been proclaimed Brain Tumor Action Week by the North American Brain Tumor Coalition. A series of activities are being planned in Washington, DC during that time, including scheduled visits to the offices of our Senators and Representatives on Capitol Hill. A broad range of suggestions for everyone to make their voices heard is available in the Brain Tumor Action Guide. Visit www.nabraintumor.org to view the Guide or call 800-886-2282 and we will send a copy to you. Working together, we can make a difference.

ANOTHER FORM OF SUPPORT

ABTA is happy to announce the launch of our Tips for Living and Coping (TLC) Bulletin. The TLC Bulletin is a monthly information sharing through e-mail, offered by our social work department. Each month we focus on a different topic that addresses the emotional and social aspects of issues affecting brain tumor patients, their family members and friends. Recent issues offered tips for dealing with the holidays and explored ways of managing caregiver stress. We are very pleased to be able to offer our TLC Bulletin and hope that you will choose to be part of this monthly e-mail sharing. To subscribe send an e-mail request to info@abta.org. We'll add you to the list of those in our ABTA community who receive this valuable resource.

CONGRATULATIONS TO...

Steven Brem, MD, on receiving the Physician of the Year Award at the H. Lee Moffitt Cancer Center in Tampa, Florida. "My dream," he said "is to break the code for brain tumor formation. Hopefully, in my lifetime, we'll see a cure for brain tumors and we'll close the doors." Dr. Brem is a member of the ABTA Scientific Advisory Council. Moffitt Cancer Center houses the first ABTA Brain Tumor Resource Center, providing educational resources to brain tumor patients and their families.

Sharing *Resources*

OUR "NEW" WEB SITE
WWW.ABTA.ORG



The American Brain Tumor Association recently unveiled a new look for our web site. A work in progress, this new site offers the ability to view most of the ABTA educational materials online. With an overall cleaner design, we're hoping the site will be easier to navigate and allow its users to quickly find much needed information.

Please take a look at our new site and send your feedback to info@abta.org. It is your input that helps us evaluate our programs and develop new services to meet your needs.



The Library now offers immediate online access to our renowned tumor and treatment booklets. Our Becoming Well Again Through... series, Networking Links, and Searching Medical Journals articles are all available through the Support Services section. Of course, you can also make a secure donation online, and learn which researchers earned your much appreciated research support.

CHECK OUT ABTA'S ON-LINE LIBRARY

Our Building Knowledge series is vital to any home brain tumor library. To make learning easier, each educational piece was developed for those who do not have a medical background:

- *A Primer of Brain Tumors*
- *Dictionary for Brain Tumor Patients*
- *Living with a Brain Tumor*
- *A Brain Tumor—Sharing Hope*
- *Tumor del Cerebro—Compartiendo la Esperanza*

The Focusing on Tumors series provides tumor-specific information to supplement *A Primer of Brain Tumors*. These resources are available online, free, to registered users.

- *Ependymoma*
- *Glioblastoma Multiforme and Anaplastic Astrocytoma*
- *Low Grade Astrocytomas*
- *Medulloblastoma*
- *Meningioma*
- *Metastatic Brain Tumors*
- *Oligodendroglioma and Oligoastrocytoma*
- *Pituitary Tumors*

The Focusing on Treatment series provides treatment-specific information about "standard" treatments for brain tumors and clinical trials (new treatments in development). Some of these resources require site registration.

- *Finding Clinical Trials*
- *Mini-Medical School*
- *Physician Resources Lists: Physicians Offering Clinical Trials for Brain Tumors*
- *Radiation Therapy: A Basic Guide*
- *Stereotactic Radiosurgery*

News services are provided via the Messageline newsletter and Sharing Knowledge, Sharing Hope E-News, which provide research and treatment updates to over 50,000 subscribers. These resources are available online, free, without registration.

- *Newsletters*
- *Press Room*

Raising *Funds* & Raising Fun

Each event mentioned here represents a true labor of love. The entire brain tumor community owes a debt of gratitude to the event organizers and their committees, each participant and every generous sponsor. We at the American Brain Tumor Association (ABTA), and everyone affected by a brain tumor, express heartfelt gratitude for all you do to raise funds, heighten awareness and share hope. Thank you all for making a difference for the entire brain tumor community.

If you would like to honor or memorialize your loved one with a special event, call 800-886-1281. We will be happy to assist you in planning your very own special event.



ABOVE: Charlie AuBuchon makes announcements at the 3rd Annual Vernon Hills Walk. Head bowed in the background, is brain tumor survivor and event co-chair George AuBuchon with ABTA Board member, Mike Sharkey, on her left. BELOW: AuBuchon family members trying to stay warm as they wait for walkers to complete the course.

ILLINOIS

For three years now, the AuBuchon family has hosted the Annual Vernon Hills Walk for Brain Tumor Research in memory of Cathy Lundstrom and Mary Jo Milligan. Hundreds showed up for the 2-mile walk between Big and Little Bear Lakes to show their support for our cause and to pay tribute to their friends. Poignant presentations reminded everyone of the importance of their participation. Our continuing appreciation is conveyed to George and Charlie AuBuchon and the entire Village of Vernon Hills.

In addition to the funds raised from the Walk, the Village designated the American Brain Tumor Association as their charity of choice for their annual golf tournament. A special thanks to the Village officials and OB Sanders for hosting the Vernon Hills Charity Golf Outing.

PENNSYLVANIA

Regular readers of this column may remember that JAG Fund activities are held in memory of Joel A. Gingras, Jr. — a young man who lost his brain tumor battle over a decade ago. His wonderful family is committed to finding answers through research. Their activities have funded several research fellowships — and another is forthcoming.

In addition to their summer weekend of tube floating and golfing and frivolity, the JAG Fund feeds its kitty during the winter months, too. This year they arranged to have a link from their website to the Sports Authority. Purchases that were made through that link netted a percentage of the purchase price to the JAG Fund. And they recently announced that their 4th Annual Winter Party will be held in historic Philadelphia on Boat House Row. They sure do know how to have a good time, and how to raise those research dollars. Thank you for your year-round efforts.

IDAHO

Wendy Bell and her family organized the 2nd Annual Bud Marvel Memorial Golf Outing in memory of her father. Golf, BBQ dinner, refreshments, door prizes and several contests on the links made for a Marvel-ous day of fun and camaraderie and fond remembrance. We extend our thanks to everyone who helped to make this event a success.

Raising Funds & Raising Fun



Santa with the Carro children, Andrea, Albert and brain tumor patient Ashley.

ILLINOIS

The Hilton Northbrook beautifully hosted our annual Holiday Luncheon for local pediatric brain tumor survivors and their families. The role of Santa Claus was well suited by Chicago Bears' defensive end, Phillip Daniels. All the children got to sit on Santa's lap and get their picture taken with him. In addition to a commemorative snow globe with that picture, everyone took home a Holiday present. Many thanks to all who helped make this a memorable afternoon for these young people in our lives.

PENNSYLVANIA

The 1st Annual Frank's Run was organized by Frank and Judy Golden in memory of their son, Frank, a very special young man and talented athlete. The 5K run and 1 mile walk was the perfect tribute to Frank who held two high school records for track, and was pursuing his sport at college. Over three hundred people participated in the event honoring the boy with the contagious giggle and the great sense of humor who never had time to sit still. Frank's motto for life was "A champion sweats when no one is watching. What did you do today to become a champion? Stay focused and work hard on the goal at hand." Thank you for supporting our research program as a tribute to Frank. We continue to stay focused and work hard on trying to eliminate brain tumors.



MISSOURI

The 5th Annual Fall Festival was co-chaired by Jeanne Savel and Melinda Marquart in memory of Jeanne's sister Terri Sepac Yarbrough and in honor of Melinda's husband, Keith who battles a brain tumor. This wildly successful family affair had something for everyone who likes to have a good time. Pony rides and hayrides, an auction, a disc jockey and a live band — The Snapperhedz, who brought the barn down. As a member of the band, Keith played and sang all night long — it was awesome. The buffet dinner was excellent, but the music and dancing and merriment and love that pervaded the evening made for a special time. Jeanne and Melinda have already set next year's date — no stopping them now — and we wouldn't want to — thank you all!

MICHIGAN

Bob showed his love for his family in his own special way and his family showed their love for Bob by organizing the 2nd Annual Robert J. Parker, Jr. Memorial 5K Fun Walk/Run. When diagnosed with a brain tumor, Bob set goals for himself each day and worked hard to reach them. Even though he doesn't live on, his memory lives on in all who knew and loved him. Thanks to all who participated in this event to try and help us all reach Bob's ultimate goal of beating brain tumors through research.

OHIO

Within 18 months, Terrence Macduff lost three family members to terminal illnesses and strangely, all of their names began with the letter "J"; therefore the Triple J Tribute Ride was born. Terrence rode his motorcycle 200 miles in memory of his stepfather, Jack (who died of a brain tumor); and two aunts, Joan and Janet. In addition to raising funds, he created an awareness of brain tumors, lung cancer and heart disease. Thank you, thank you, thank you.

VERMONT

Gary Provost's wife, Kathy and his three daughters, Angela, Gigi and Kristi organized the 1st Annual Gary's Gift for Hope Walk/Jog/Run/Stroll to keep their husband and father's memory alive, as well as to raise money for a cure. Gary's Gift for Hope "symbolizes his courage and strength as well as his fun-loving energetic spirit." Thank you ladies, for helping others have the chance to live a longer life through continued research.



Shaun King and his 2 young sons lead off the Gary's Gift for Hope event.

ILLINOIS

Joseph Peterson wanted to make a difference in someone else's life in the name of Bob Stahr, so he organized the 1st Annual Bob Stahr Golf Outing to raise funds for brain tumor research. Joe hopes this will be the first of many golf outings in Bob's memory. We hope so too! Thank you to everyone who came together to help Joe realize his goal of helping others.



Kneeling are Gary's daughters Gigi, Angela and Kristi. Standing are the committee members who helped make this event a success: Missy, Uncle Peter, Grandma Provost, Shannon, Jon, Jason Steve, Pete, Gary and Kim. Thank you all!

NEW JERSEY

Surf's always up at the Marie Becker Memorial Longboard Contest. Each of the last three years, Erich Becker has organized this great day of family, friends, sun and fun. Participants of all ages and levels come together to surf for a cure in memory of Erich's mother, Marie, and in support of brain tumor research.

Raising Funds & Raising Fun



Co-chairs Anita Elliott and Chris Schinke take a well-deserved break during the Barbara Price Memorial Tennis Tournament.

WISCONSIN

On a sunny day in September, 60 women participated in a doubles tennis tournament in memory of their friend and former teammate, Barbara A. Price. The park where the 1st Annual Barbara Price Memorial Doubles Tennis Tournament was held had a special meaning for all. Barbara had been on the Planning Commission for this park. Even though the games were good, the knowledge of raising funds for brain tumor research was even better. Thank you, ladies.

ILLINOIS

Our heartfelt gratitude is extended to Jill Taylor for organizing a theatre benefit in memory of her husband, Paul. Here are excerpts from the piece she wrote for the program.

“I’d like to share with you some things about Paul and why ‘The Christmas Schooner’ was selected as a way to honor Paul while raising money to benefit the American Brain Tumor Association, a group that was so helpful to both of us.

The message that Paul took away from ‘The Schooner’ was that if he accepted God’s blessings and gifts, he also must accept the challenges and difficulties in his life. When we [first] saw the play Paul had recently been through some rough years. Over the following months Paul coined the phrase ‘It’s a Schooner thing’ and used it often when we were facing life’s little difficulties. Paul was a unique and amazing man and I was incredibly blessed to have spent 10 years with him, the last 5 of which were very special and intense as we had been given a rare gift of understanding how truly precious life is. We tried not to waste any of our time together since we didn’t know how much time we would have. Today I am thankful that you are all here to celebrate Paul’s life and hope that this day may make a difference in your perspective on your life.”

Special Events American Brain Tumor Association

800-886-1281

INDIANA

Dr. Gary R. Freidenberg devoted his life’s work to the treatment of children with endocrine disorders. His innate ability to empathize with children and their families placed him in their hearts. To help perpetuate his memory, his partner, Todd Rinehart, organized the Gary Freidenberg 5K Run/Walk in hopes of continuing Gary’s love of helping others and improving the world. Thank you Todd, for helping to heighten awareness of brain tumors and to raise research funds. Gary would be proud.

MARYLAND

We love to hear success stories. This 4th Annual “The Nines 2002” honors organizer Bill Shockley’s nephew, Richard. Diagnosed with a brain tumor at age three, Richard is a healthy, happy third-grader today. To help support our programs, Bill hosts this annual event. This year’s theme, An Evening of Laughter, featured the “Not So” Newlywed Game. A great time was had by all during this evening of laughter and a gourmet Italian dinner.



Fellow golfers pose with the Ammons’ Family — left to right: Stuart Sanderson, Stephen Ammons, Mike Liles, Fred Ammons (kneeling), Ben Yeargin, Steve Reid and Kim Ammons.

NORTH CAROLINA

It’s hard to imagine that this was the 9th Annual Strokes for Progress Golf Outing in loving memory of Forrest, son of Stephen and Kim Ammons. It seems like yesterday that Forrest visited with us. We are most grateful that you continue to pay tribute to your son through our research programs.

WISCONSIN

Serita Olson organized an extremely successful silent auction for family and friends in order to help her sister, Sandy Peshak pay some outstanding medical bills and to benefit the research programs of the American Brain Tumor Association. Her efforts paid off — for Sandy and for ABTA. Thanks to all who donated items to auction, and thanks to all who participated in the auction. Great idea Serita!

ILLINOIS

Patrick and Debby Giordano organized the Jim Northrup Golf Classic in memory of their friend Bill Childs who suffered a brain tumor. Then why is it called the Jim Northrup Golf Classic? The answer is that Jim is the guy who drives the farthest to get there! Thank you all for remembering your friend, Bill and the American Brain Tumor Association programs. And thanks to Jim for making that long drive. We really appreciate it!

Raising Funds & Raising Fun



Howard Pinsky rightfully boasts his accomplishment of cycling 103 miles in one day for his fiancée and ABTA.



OHIO

Howard Pinsky rode his bike for exercise, and to relieve stress. After receiving our last newsletter, he decided to raise funds for research as a tribute to his fiancée who is a 16-year brain tumor survivor! He got pledges from family and friends towards his goal of riding his bike 100 miles in one day — the most he had ever ridden in a day was 40 miles. So, with a training regimen, willpower, and encouragement from his fiancée, Howard completed a 103-mile bike trip in 8 hours, including breaks!

Howard and Michelle were married in December and he hopes that because of the research ABTA funds it will “help someone else be as lucky as me to marry someone who has survived a brain tumor.” We think Michelle is pretty lucky too. Howard is already thinking of organizing another ride next year that may include more riders. Thank you Howard, and congratulations to you both.

MISSOURI

After 5th grade teacher Linda Favero lost her brain tumor battle, her former student, Samantha Wielansky and her mother, organized a 4-hour walk-a-thon in Linda’s memory. Linda Favero’s family, students and colleagues came together to raise research funds and to heighten awareness about brain tumors. Thank you to all who joined this beautiful memorial to a special teacher.

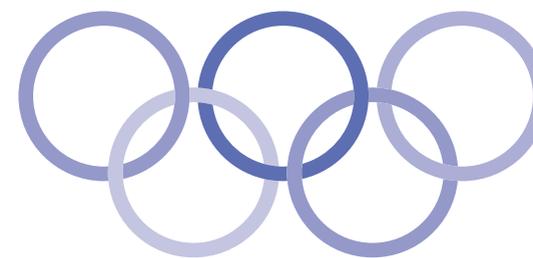
NEW JERSEY

Thank you to Karen Deacon for making the American Brain Tumor Association a recipient, once again, of the proceeds from the 8th Annual Gary Deacon Memorial Golf Outing in memory of her husband. As always, all had a good time as they raised much-needed funds for brain tumor research and patient services.

ILLINOIS

Each year we think it can’t get better, but it does. The 5th Annual Paul Fabbri Memorial Golf Outing & Dinner was a continuing tribute to “Keep Paulie’s Spirit Alive.” We express our continuing and deep gratitude to Jeff Fourgousse, Bob and Laurie Kruchten, Sherrie Izban and Nikki and Ray Mastrodonardo for organizing this wondrous day and evening. Paul’s mom, MaryAnn Fabbri and his brother Billie also do their part in assuring that raffle tickets are sold and that everyone is having a good time. Humility abounds with this group. Whenever someone is thanked, they point the finger to another stating that someone else did it. We’re convinced they are all working hard and working together for the love of Paul and a dedication to our mission of funding brain tumor research. Together, we will find effective treatment, a cure, and a cause.

As a special adjunct to the funds raised by the Golf Outing, we are fortunate to be a recipient of “The Spirit of America” grant awarded by the Morton Grove Foundation. We are proud to be selected for this significant award. Thank you.



“A champion sweats when no one is watching. What did you do today to become a champion? Stay focused and work hard on the goal at hand.”
Frank Colden, brain tumor patient



Brain tumor survivor, Rob Blair (Bonnie’s brother), with his beautiful family after he played in the successful Dallas Stars Bonnie Blair Golf Classic.

TEXAS

The 6th Annual Dallas Stars Bonnie Blair Golf Classic is a fun-filled weekend of hockey, golf and Olympic champions. Featured this year was a banquet and live celebrity draft, a Dallas Stars home game, the golf tournament and post-golf awards dinner. This event continues to be one of the most popular charity fundraisers in the Metroplex. We extend continuing deep gratitude to our favorite speed skater and five-time Olympic Gold Medalist, Bonnie Blair and profound appreciation to the gentle and gentlemanly five-time Stanley Cup Champion, Bob Gainey for co-chairing this event. We also extend a special thank you to Julie Berkhouse, Dallas Stars Executive Director for all the behind-the-scenes work she does to bring this weekend to its successful conclusion. Thank you one and all.

OHIO

Our continued appreciation to Epsilon Delta Tau in Dayton, Ohio for another great event in support of brain tumor research. Ghettofest, held in memory of EDT brother Mark Rice, was an evening of bands, acoustic guitar, and great friendships. Thank you to the artists — Disagreed, Red Earth, Pete’s Garage, William and Gabe — and all the EDT brothers who participated in this event.



EDT Ghettofest guests and brothers enjoy the evening’s activities.



Mark Rice’s parents at EDT’s Ghettofest, held in memory of their son.

ILLINOIS

The wonderful women on the September Surprise committee succeeded in achieving this year’s theme of “Let Us Entertain You”. They did this with a lovely reception and dinner, spectacular fashion show with entertainment, silent auction and a raffle — all to benefit our patient services and research programs. We express our special appreciation to Chair, Marlene Banks; Co-Chair, Donna Kutrubis, Founder, Shirley Jones and each of the committee members who have shown us that working together does make a difference. We are grateful to learn that they are already working on next year’s extravaganza.

MISSOURI

To honor Bill Chapman’s memory and his way of life, his family put together a Show up Show off Car Show to benefit the programs of the American Brain Tumor Association. His mom Sandy wrote, “Bill Chapman was a low riding, stereo loving, considerate friend and family member who will be forever missed, but never forgotten.” Thank you for sharing your tribute to Bill with us.

American Brain Tumor Association
www.abta.org

Raising Funds & Raising Fun



Kris and Tom McAlvanah are all smiles as they dance their way through the evening activities of the Swing-N-A-Cure Golf Tournament.



Tom McAlvanah was Master of Ceremonies for the evening's festivities

FLORIDA

When Tom McAlvanah was diagnosed with a brain tumor, his wife Kris decided to host a golf tournament — Swing-N-A-Cure — to raise funds for research and to heighten awareness about the disease. They did just that and Tom even played in the tournament! Kris said, "I don't want credit [for the idea], I just want people to show up...." And show up they did! The day of golf followed by dinner and an auction helped Tom and Kris reach their goals. We are thrilled that they are hoping to make this an annual event. Thank you one and all for working so hard to further our mutual dream of a world without brain tumors.

ILLINOIS

"The 6th Annual Justin Kats Memorial Golf Classic was a great success... it didn't rain this year." It was an outstanding day for Gene and Malia Kats who annually memorialize their son, Justin with this golf classic. Justin was only two years old when a brain tumor took his life, but his courage and spirit are the impetus for pulling together to help find a cure! Thank you for continuing to support our pediatric research program.

NEW JERSEY

This 5th Annual David DePaul Memorial Golf Outing was the most successful one yet. The family and friends of his son, David DePaul, helped to make this ongoing tribute a special time. Everyone had a grand time golfing and dining, while they raised funds for our brain tumor research programs.

Special Events American Brain Tumor Association
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OHIO

The Daniel Martinelli: Night on the Towne was a spectacular event. Sandy Martinelli and her committee hosted a beautiful evening to pay tribute to husband and father, Daniel Martinelli. Dinner was followed by Broadway entertainment and an auction and raffle. Their outstanding efforts reaped outstanding support for our research programs. The event was such a success that Sandy and her wonderful committee have already starting planning for next year's Night on the Towne. Our thanks to all the planners, and to those who participated.

VIRGINIA

We extend our most sincere thanks to Gina and Randy Porter for organizing the 5th Annual Justin's Walk as a tribute to their son, Justin — to honor his memory and celebrate his life, while benefiting our research programs. With your continuing devotion to our mutual cause, we can hope that one day soon a cure will be found. Grateful thanks are also extended to the entire Porter Family, Coeburn Civic League and Coeburn Kiwanis for their planning efforts. Hundreds of Coeburn residents showed their support by coming out to walk for a cure and to heighten awareness of this disease.

Shopper's Corner

AWARENESS PINS



Help raise brain tumor awareness by wearing a Brain Tumor Awareness pin. These 1" lacquered pins are a soft shade of grey, symbolizing the gray matter of the brain. Pins are \$5 each.

COOKBOOK



"Cooking for a Cause" is a collection of favorite recipes from the staff and members of the Multiplex Health club.

The bright, attractive book makes a great gift for a friend, hostess, or teacher. Proceeds benefit the Mickey Gitlitz Memorial Fund at the American Brain Tumor Association.

ABTA NOTECARDS

Soothingly pretty, the new ABTA notecards are the perfect way to share your appreciation, send a greeting, or tie on a package. The scenes are soft photos printed in hues of purple-blue; the inside top panel of the card shares the ABTA vision. The inside facing panel is blank for your special message. A set of 5 notecards is \$25.



ABTA SHIRT

A rich purple with the new ABTA logo on the pocket, these short-sleeve polo-style knit shirts are the perfect gift for holidays, birthdays, or just to say "Thinking of You." The shirts are 50% cotton/50% polyester and run true to size. In response to your requests, there are no sponsors or events on this shirt. Shirts are \$15.00 each.



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Bob & Sandi Kolitz
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Donald & Gail Segal, 40th
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Jack & Lila Spiegelman, 50th
Sainsbury & Helen Strack, 50th

Birthday Wishes

Bob Atherton, 75th
Adie Bender, 60th
Ashley Basson Bridwell
Debbie Fields Catlett, 48th
Dina Dubrow
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Dr. Matthew Hayat,
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Daniel Kaufman,
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Beth Restiano,
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Eric B. Robbins,
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Rob Sable & Jacelyn
Nemeroff, Engagement
Robert A. Sheinin's Sara,
Passing the Bar Exam
Dana Schostak,
Bat Mitzvah
Tom Wells,
35th Anniversary
at Walgreens

Get Well Wishes

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Manny Kramer
Louis Marks
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O'Donoghue Family
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On the Birth of

Mr. & Mrs. Jordan
Grey's Baby
Christopher King
Stella Fay Lefkofsky
Mr. & Mrs. James Strauss'
Great Granddaughter

Thank You

Henry Brem, MD
Mr. & Mrs. Ed Edelberg
Marilyn Helmholtz,
All Your Hard Work
Jane S. Hemmings,
All Your Hard Work
Dr. Frank A. Wingrove's
Diana

Thinking of You

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