



## Integrative therapies ease brain tumor symptoms, boost emotional well-being



Dr. Leslie Mendoza-Temple

As research continues to support their safe and effective use, many brain tumor patients are turning to “complementary” or “integrative” therapies and practices – from acupuncture, body work and meditation to guided imagery and talk therapy– to ease treatment symptoms, reduce stress, and

improve overall well-being.

Complementary and alternative medicine (CAM) is a group of diverse medical and health care systems, practices, and products not presently considered to be part of conventional medicine, according to the National Cancer Institute. While alternative medicine is comprised of non-traditional therapies conducted in place of standard medical care, complementary or integrative practices are done



in conjunction with standard – “appropriate, accepted and widely used” – medical care.

In fact, many practices and hospitals are now offering mind-body therapies on site. A 2000 study in the *Journal of Clinical Oncology* found that 69 percent of 453 cancer patients had used at least one CAM therapy as part of their cancer treatment.

“Wherever the tumor is located,” acupuncture and mind-body medicine “can help alleviate symptoms,” including treatment-induced nausea and fatigue, said Leslie Mendoza Temple, M.D., medical director of the Integrative Medicine Program at NorthShore University HealthSystem in Evanston and Highland Park, Ill. For brain tumor

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## Friends unite at the Path to Progress

It was five years ago when Allie Rios reached out to the American Brain Tumor Association (ABTA) seeking information and help. At the time, she was caring for her mother, Dawn Bailey, who had recently been diagnosed with a glioblastoma brain tumor. Looking for caregiver resources on the ABTA Website, she found a list of online support groups. It was through a support group that

she met Amy Stoerker whose own mother, Carolyn Courtney, was also living with a GBM diagnosis.

Allie, who lives in Joliet, Ill., and Amy, of Nashville, Tenn., became fast friends. “We are close in age and we were losing our moms at the same time,” said Allie. “Amy was there for me when my mom died, and I was there for her when her mother died.”

Over the past five years, “we have been able to help each other through new jobs, babies, and all the stuff our moms are missing, and how much we miss them! None of my friends understand that five years later, I still miss my mother so

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Amy (left) and Allie (right)

## From the Board President



### *Dear Friends:*

At our annual meeting this summer, my terms as Board President and as a member of the American Brain Tumor Association Board of Directors, come to an end.

It is hard to believe it has been 10 years since I first joined the ABTA Board hoping to find a purpose and focus for my personal passion to improve brain tumor treatment and care, and ultimately, find a cure.

My son Colin, now 16, is a living testament to the advances we've seen in brain tumor care. When he was just six-months-old, Colin was diagnosed with an astrocytoma brain tumor. His initial prognosis was grim, however, Colin's treatments were successful and his tumor has yet to grow further. Colin has struggled with some related health problems, and may continue to do so, but nothing that has stopped him from living a vibrant and active life. Today, Colin enjoys school, friends and sports, and looks forward to attending college.

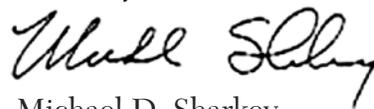
When the American Brain Tumor Association was founded in 1973 there were no medical centers or organizations dedicated exclusively to

brain tumors. The ABTA was a catalyst in funding research specific to brain tumors, and in supporting the early careers of many of today's preeminent neurosurgeons and neuro-oncologists. Today, ABTA continues to provide critical research funding, as well as comprehensive information and compassionate support, to the individuals and families living with this disease.

I am proud to have seen ABTA grow and even thrive in today's tenuous economy.

It has been a privilege for me to serve the ABTA and the larger brain tumor community over the past decade. I will continue to support and remain connected to ABTA, knowing the organization is in good hands and poised for the future – one that I am confident will include a brain tumor cure.

Sincerely,



Michael D. Sharkey  
President, Board of Directors

### Headlines

#### *On the Path to Progress*

VOLUME 37, NUMBER 1

**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.

**Michael Sharkey**, President, ABTA  
Board of Directors

**Elizabeth M. Wilson**, Executive Director  
**Sheryl Cash**, Editor

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## The ABTA: Providing a patient voice for optimal treatment and care

For many years, American Brain Tumor Association (ABTA) board members and staff have served on a variety of government and industry health care committees charged with formulating policy and guidelines that directly influence brain tumor treatment and care. Their service and input provides an important voice for the unique needs of brain tumor patients.

Recently, ABTA representatives have served on committees of the Food and Drug Administration (FDA), the National Comprehensive Cancer Network (NCCN), the Radiation Therapy Oncology Group (RTOG), the American College of Surgeons Oncology Group (ACSOG), the North Central Cancer Treatment Group (NCCTG), and Eli Lilly's oncology Drugs Patient Advisory Council. The ABTA also represents the brain tumor patient community in discussions facilitated by several pharmaceutical and device manufacturers as well as the drafting of clinical trial concepts and protocols, informed consent documents, patient education initiatives, and market analysis discussions.

"In this capacity, ABTA is invited to the table as the voice of patients, bringing their concerns and perspectives to important discussions on brain tumor treatment, care and reimbursement," said ABTA Executive Director Elizabeth Wilson. "As the new health care reform laws are implemented and fine tuned, ABTA's continued role as a patient voice and advocate is especially critical to ensuring optimal brain tumor treatment and care for brain tumor patients."

Today, ABTA representatives are advocating on behalf of brain tumor patients through:

**The FDA's Oncologic Drugs Advisory Committee (ODAC)** – ABTA Board Member Barbara Dunn serves on this standing committee that reviews and evaluates data concerning the safety and effectiveness of marketed and investigational drugs for the treatment of cancer.

**The National Comprehensive Cancer Network (NCCN)** – ABTA's Director of Research and Patient Services Deneen Hesser serves as the patient advocate on NCCN's Central Nervous System Cancers Committee. The NCCN, a network of 21 of the world's leading cancer centers, develops clinical practice guidelines for the treatment of cancer. Those treatment guide-

lines are available to practitioners across the country, and are used by the U.S. Centers for Medicare/Medicaid (CMS) and the health insurance industry in their determination of reimbursement practices. Hesser also serves on NCCN's Meningioma and Principles of Brain Tumor Treatment sub-committees.

**The National Organization for Rare Disorders (NORD)** – The ABTA is an active member of NORD, which vigorously advocates on behalf of patients with rare diseases and disorders, including brain tumors, in health care legislative and policy issues.

**The Board of Oncology Social Work Certification (BOSWC)** – American Brain Tumor Association Patient Services Program Leader, Social Worker Jillann Demes, was recently appointed to the 5-member BOSWC, charged with promoting the certification of social workers to ensure the highest standards of knowledge and care.

**The Coalition for Imaging and Bioengineering Research (CIBR)** American Brain Tumor Association Board Member Jay Krames is the ABTA representative to CIBR, a coalition of organizations dedicated to education and advocacy related to medical imaging. ♦♦

### Act Now! Put your passion into action.

Visit ABTA's new *Act Now!* Web page at [www.abtaactnow.org](http://www.abtaactnow.org) and learn the many ways that you can help ABTA achieve its mission.

## Meet Ann Marie Di Bona: Brain tumor support group co-facilitator and mentor

Ann Marie Di Bona's relationship with the American Brain Tumor Association (ABTA) began back in 1995 when her father was diagnosed with a brain tumor. At that time, she reached out to ABTA looking for information on her father's tumor, treatment and care; and the location of a support group near her home.

Months later, Di Bona, a registered nurse with training in group dynamics, wondered why her father's treatment center – now the Kimmel Cancer Center at Thomas Jefferson University Hospital in

Philadelphia – did not have a support group. So she approached the hospital's neuro-oncologist and oncology nurse and asked if she could start one. Di Bona partnered with the oncology nurse to start a monthly support group for patients and

their family members. When the oncology nurse left five months later, a new nurse – Janis Haaf – took over as co-facilitator.

Twelve years later, Di Bona and Haaf continue to co-facilitate The Delaware Valley Brain Tumor Support Group. The group, which meets 10 months out of the year, is a haven for sharing information, experiences and support. Two or three times a year the group hosts a guest speaker. These have included a patients' rights attorney, social worker, a long-term glioblastoma survivor, and various physicians.

Through her support-group journey, Di Bona would often contact ABTA Social Worker Jillann Demes with questions about a particular situation or dynamic, or when she needed additional information on a particular brain tumor topic or issue.

When ABTA started its Support Group Mentor program in 1998, Di Bona signed on to provide information and support to other individuals interested in starting their own brain tumor support group.

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*“I get a lot of satisfaction in helping an individual get through a difficult time, and there's satisfaction in bringing people together; letting them know they're not alone.”*

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— Ann Marie Di Bona



“When ABTA was ready to launch its program, we immediately thought of Ann Marie,” said Demes. “Like our other mentors, Ann Marie started and has maintained a successful brain tumor support group. She understands the challenges, and of course the rewards, for leaders and participants.”

“Janis and I get a lot of satisfaction in helping an individual get through a difficult time,” said Di Bona, “and there's satisfaction in bringing people together; letting them know they're not alone.”

Di Bona cautioned, however, that support groups are not for everyone. For individuals who are not comfortable sharing their personal stories, or for those who find it difficult to hear others' challenges, “it might not be helpful.”

Among Di Bona's recommendations for someone interested in launching or facilitating a support group:

- First, approach the neuro-oncology staff at the hospital where you or a loved one is being treated. They can be a helpful partner in your effort to launch a support group.
- Be willing to make and keep the commitment; regular meetings are important!
- One of the co-facilitators should, ideally, be a medical professional. For example, one facilitator could be more of the background person – sending out notices, securing space, etc. and the other facilitator works to keep the discussion on track and provides accurate medical information.
- Secure a non-personal phone number for the support group. Di Bona's is at Jefferson Hospital, and she routinely checks it from her home.
- Consider hospital space for your meetings. A hospital is familiar and can provide immediate care in case of a medical emergency.
- Connect with hospital social workers – they too can be an excellent source of support and advice.
- Contact ABTA for support, resources and information at [info@abta.org](mailto:info@abta.org), or 1.800.886.2282.
- Visit the ABTA Web site for more information on starting a support group at [www.abta.org](http://www.abta.org), or click on “facilitate” on the *Act Now!* page. ♦♦

## Interested in starting a support group? ABTA can help...

The American Brain Tumor Association (ABTA) offers a variety of programs and resources to help you launch a support group:

### The ABTA Support Group Mentorship Program

If you are interested in starting a brain tumor support group, an ABTA social worker can match you with a mentor who has experience in brain tumor support group facilitation. Your mentor can answer questions, provide advice and share experiences to help you start and maintain a successful support group. For more information, visit [www.abta.org](http://www.abta.org), or click on “facilitate” on the new ABTA *Act Now!* Web page.

### ABTA Information, Handouts and Assistance

ABTA regularly sends the ABTA news-magazine *Headlines* to support group leaders. For your first meeting we will provide you with a variety of ABTA educational materials to share with members.

### The ABTA brochure “Organizing and Facilitating a Support Group”

This comprehensive brochure — outlining support group types and key considerations before starting a support group — is available at [www.abta.org](http://www.abta.org). ♦♦

For more information:

Call 1-800-886-2282

Write [info@abta.org](mailto:info@abta.org)

Visit [www.abta.org](http://www.abta.org)



American Brain Tumor Association  
**Connections**

Check out ABTA's new social networking site at <http://connections.abta.org>

- Connect with others in the brain tumor community
- Create groups, blogs and a personal profile
- Share information and resources
- Post photos and videos of your brain tumor journey

## From Patient Services... Spring cleaning to renew the spirit

The gray skies of winter can cloud our thoughts and emotions. During this season of rebirth and renewal, take a few moments to consider spring cleaning. Not your home, but you!

A cleansing of the mind and old, negative thoughts, can leave you feeling refreshed and open to new people, interests and possibilities.

To begin, write down your negative thoughts in a journal or notebook. Share them with family or friends, or try meditating on them in a quiet place. After sufficient time, put those negative thoughts away — rip them up, throw them out, and just let them go! If you prefer to keep them as a record of your life's journey, you can revisit them at a later time. Hopefully, they will provide a pleasant reminder of how far you've come!

Come out of hibernation, and experience life! Find a new activity or hobby that better suits this season of renewal. Plant some new seeds of change, figuratively or literally. Sometimes, learning something new can provide motivation and inspiration.



### Try:

- Subscribing to a new magazine
- Working on a jigsaw puzzle — start easy
- Learning how to play Sudoku or a card game
- Selecting an author you like and read all of his/her books

You may also choose to experience something old in a new way. For example, old friendships can be renewed, old thoughts can be reframed, and old wounds can be viewed through healing eyes for a fresh new perspective.

After you finish your internal spring cleaning, treat yourself to a reward. Enjoy a luscious dessert. Go to a matinee. Take a walk in the fresh spring air. You deserve it! After all, cleaning is hard work! ♦♦

## New Palliative Care resource



The American Brain Tumor Association (ABTA) is now offering a patient and family guide entitled *Palliative Care*. The guide explains the broad range of available services that provide comfort, care and support to patients and families facing serious illnesses. *Palliative Care* explains what palliative care is, the difference between palliative care and hospice care, how palliative care can minimize and help you manage many of the challenges associated with a brain tumor diagnosis, the members of the palliative care team, and how to access palliative care services in your community.



Read *Palliative Care* at [www.abta.org](http://www.abta.org). For a free copy, please contact the Patient Services Team at 800-886-2282, or send an email to [info@abta.org](mailto:info@abta.org). ♦♦

# Inspire a legacy of your own...

Joel Anthony Gingras, Jr. inspired everyone he knew with his love of life. In 1988, at the age of 27, he fought and lost a fierce battle with a brain tumor. His family and friends transformed their grief into joyful celebration of the life of their cherished son, brother and friend. In 1989, they established the Joel A. Gingras Jr. (JAG) Fund to raise money and increase public awareness for brain

Joel Anthony Gingras, Jr.



tumor research. Since then, the JAG Fund has become a powerhouse of fundraising for the American Brain Tumor Association (ABTA) raising over \$1 million to date.

Please check your mailbox for the ABTA 2010 Spring Annual Appeal, and create your own extraordinary legacy. You can also make your contribution online at: [www.abta.org](http://www.abta.org). ♦♦

## ABTA welcomes new Scientific Advisory Council members and reviewers

The American Brain Tumor Association (ABTA) recently appointed 11 new Scientific Advisory Council members to join 21 existing members in guiding and making recommendations for ABTA's research programs, which awarded nearly \$2.5 million to scientists in fiscal year 2009. In addition, four researchers have agreed to serve as Discovery Research Grant reviewers to specifically guide ABTA's newest

high-risk/high-impact research awards program.

"We are extremely grateful to the new and continuing members of the ABTA's Scientific Advisory Council, and our new Discovery Research Grant reviewers," said ABTA Executive Director Elizabeth Wilson. "These thought-leaders represent the U.S. and Canada's leading brain tumor research and treatment centers. We're grateful for their contributions."

### NEW Scientific Advisory Council Members

**Kenneth D. Aldape, M.D.\***  
M.D. Anderson Cancer Center

**Eric C. Holland, M.D., Ph.D.\***  
Memorial Sloan Kettering  
Cancer Center

**William Hahn, M.D., Ph.D.**  
Dana-Farber Cancer Institute

**Santosh Kesari, M.D., Ph.D.**  
University of California, San Diego

**Sarah J. Nelson, Ph.D.**  
University of California, San Francisco

**Luis Parada, Ph.D.**  
University of Texas Southwestern

**Jeremy Rich, M.D.**  
Cleveland Clinic Foundation

**Martine Roussel, Ph.D.**  
St. Jude Children's Research Hospital

**Harald Sontheimer, Ph.D.**  
University of Alabama at Birmingham

**Michael Taylor, M.D., Ph.D.**  
Hospital for Sick Children, Toronto

**Robert Wechsler-Reya, Ph.D.**  
Duke University Medical Center

### ONGOING Scientific Advisory Council Members

**Michael J. Apuzzo, M.D.**  
University of Southern California

**Mitchel S. Berger, M.D.**  
University of California, San Francisco

**Steven Brem, M.D.**  
H. Lee Moffitt Cancer Center

**Jeffrey N. Bruce, M.D.**  
Columbia University Medical Center

**Jan C. Buckner, M.D.**  
Mayo Clinic

**Peter C. Burger, M.D.**  
Johns Hopkins University Hospital

**Webster K. Cavenee, Ph.D.**  
University of California, San Diego

**E. Antonio Chiocca, M.D., Ph.D.**  
The Ohio State University Medical Center

**Henry S. Friedman, M.D.**  
Duke University Medical Center

**G. Yancey Gillespie, Ph.D.**  
University of Alabama at Birmingham

**Fred H. Hochberg, M.D.**  
Massachusetts General Hospital

**Mark A. Israel, M.D.**  
Dartmouth-Hitchcock Medical Center

**Lois A. Lamson, Ph.D.**  
Brigham and Women's Hospital

**John Laterra, M.D., Ph.D.**  
Kennedy Krieger Institute

**Edward R. Laws, Jr., M.D.**  
Brigham and Women's Hospital

**Victor A. Levin, M.D.**  
Kaiser Permanente Medical Group

**Minesh P. Mehta, M.D.**  
University of Wisconsin Hospitals

**Tom Mikkelsen, M.D.\***  
Henry Ford Hospital

**Corey Raffel, M.D., Ph.D.**  
Nationwide Children's Hospital

**Stephen J. Tapscott, MD, PhD**  
Fred Hutchinson Cancer Research Center

**W. K. Alfred Yung, MD**  
M.D. Anderson Cancer Center

\* Also a Discovery Grant Review Panel member

### Discovery Grant Reviewers:

**Chang-Hyuk Kwon, Ph.D.**  
The Ohio State University Medical Center

**Caralynn Nowinski Chenoweth, M.D.,  
M.B.A.**  
SanoGene Therapeutics, Inc.

**Michael W. Graner, Ph.D.**  
University of Colorado School of Medicine

**Nathalie Y. R. Agar, Ph.D.**  
Brigham and Women's Hospital

## The ABTA research program: Collaborating for greater impact

The goal of the American Brain Tumor Association's (ABTA) Research Program is to impact brain tumor prevention, diagnosis and treatment. ABTA's flagship programs — Basic Research Fellowships, Translational Grants and Medical Student Summer Fellowships, were recently expanded to include a new Discovery Research program to finance innovative, high risk/high impact science.

In addition, ABTA regularly partners with a number of prominent philanthropic, advocacy, physician and health care organizations to fund brain tumor treatment and care research, and to promote the critical exchange of information and data between scientists and disciplines.

*“ABTA is a critical partner and catalyst in new and future brain tumor discoveries that will someday lead to a cure.”*

ABTA Director of Research and Patient Services Deneen Hesser.

“Through its many collaborative efforts, ABTA is a critical partner and catalyst in new and future brain tumor discoveries that will someday lead to a cure,” said ABTA Director of Research and Patient Services Deneen Hesser.

Most recently, ABTA partnered with the Society of Neuro-Oncology (SNO) and Merck Serono of Germany to offer a first-ever International Research Fellowship for professionals from outside of North America to perform clinical, translational or basic research in the field of neuro-oncology in the U.S. or Canada. The first recipient of this award, Dr. Yi Lin of China, is spending the year at Tufts University Medical Center observing clinical practices, academic activities and learning current neuro-oncology standards of care. As there are presently no fully trained neuro-oncologists in China, the hope is that Dr. Lin will return to China with skills and knowledge that will ultimately aid in the care of brain tumor patients in her home country.

The fellowship is the latest endeavor between the



American Brain Tumor Association and SNO. The two organizations have enjoyed a long-term, successful and collaborative relationship that has helped to advance the neuro-oncology field. The partnership dates back to the initial meeting of SNO, which ABTA helped support. Today, SNO is the premier multi-disciplinary organization for both clinicians and scientists in the field of neurology.

Other ABTA research funding partnerships include:

**American Association of Neurological Surgeons** The ABTA and the American Association of Neurological Surgeons (AANS)/Congress of Neurological Surgeons (CNS) partner in offering a \$100,000 Clinical Research Grant, payable over two years. Award criteria include evidence of clinical trial expertise, the quality of the proposed study, the plan for participant accrual, and the timetable for completion of the clinical trial.

**Brain Tumor Funder's Collaborative:** This alliance represents a partnership among several private philanthropic and advocacy organizations designed to bridge the “translational gap” that prevents promising laboratory science from yielding new medical treatments. The Funders began with support for three multi-million dollar, multi-year research grants; eleven \$100,000, one-year grants in support of new methods of monitoring rapid response to treatment were recently added to that initiative.

**Brain Tumor Epidemiology Consortium:** Epidemiologists are scientists who study disease clusters and patterns of occurrence. Each year, ABTA provides partial meeting support for this growing, international group of epidemiologists.

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## ABTA establishes Joel A. Gingras, Jr. award

The ABTA's Board of Directors recently established The Joel A. Gingras, Jr. Award, to be given annually to an individual, organization or group that, through philanthropy, advocacy, discovery or patient care, has had a major impact on ABTA's ability to achieve its mission.

The inaugural Joel A. Gingras, Jr. Award was presented to Johnathan Gingras, president of the Joel A. Gingras Memorial Foundation, at the organization's March 6, 2010 Gala held at the Philadelphia Union League. A longtime supporter of the ABTA,



*ABTA Board of Directors Vice President Claudette Yasell presents the inaugural Joel A. Gingras, Jr. Award to Johnathan Gingras and the JAG Fund*

the Joel A. Gingras Jr. Fund surpassed the \$1 million dollar fundraising milestone in 2009.

"This is truly a remarkable achievement and a testament to the love and generosity Joel continues to inspire in his family and friends," said ABTA Board Vice President Claudette Yasell who presented the award.

Said ABTA Executive Director Elizabeth Wilson: "Now Joel, and the Gingras family's tribute to him through the JAG Jr. Fund, are an official component of ABTA's legacy that will be recognized and further memorialized each and every year going forward." ♦♦

♦ *The ABTA research program: Collaborating for greater impact: continued from page 8*

**Central Brain Tumor Registry:** One of the primary objectives in ABTA's founding, and continued support, of the Central Brain Tumor Registry (CBTRUS) is to ensure the existence of data on the incidence (the number of people diagnosed each year) and the prevalence (the number of people living with a brain tumor in any given year) of both benign and malignant brain tumors. World-renowned epidemiologists and neuro-pathologists now lead the domestic and international initiatives put forth by this registry. We nurture the CBTRUS initiative in recognition that this disease will be better understood once the true incidence of brain tumors is documented.

**The Oncology Nursing Foundation of the Oncology Nursing Society:** The ABTA supports an annual Neuro-Oncology Nursing Research Grant, administered through the Oncology Nursing Foundation of the Oncology Nursing Society. The award (up to

\$10,000) supports research exploring the effects of brain tumors on patients and their families, specifically: symptom management, treatment effects, outcomes research, and the impact of the diagnosis of a brain tumor on the family.

**Oligodendroglioma Roundtable:** The generosity of a restricted donation from Louis and Phyllis Jacobs, made possible by a grant from the estate of Louise C. Jacobs in memory of her grandson, Matthew L. Jacobs, supported an oligodendroglioma roundtable which explored research priorities for this tumor type.

**Specialized Programs of Research Excellence (SPORE) clinical trials:** The ABTA, Accelerate Brain Cancer Cure (ABC<sup>2</sup>), the National Brain Tumor Society (NBTS) and the National Cancer Institute (NCI) provide supplemental grants to two clinical trial concepts developed through NCI's SPORE program. ♦♦

## Having fun raising funds

### Fall-winter event highlights

Each year, events are held throughout the country to support the American Brain Tumor Association's (ABTA) research and patient-family education and outreach programs. For more information on these and other events, please visit [www.abta.org](http://www.abta.org). Interested in hosting an ABTA event? Contact us at 800-886-1281.



**Jerry Paulish Bowling Tournament**  
December 7, 2008  
Algonquin, Illinois



**A Ride to Remember Bike Ride**  
October 1, 2009  
Ann Arbor, Michigan



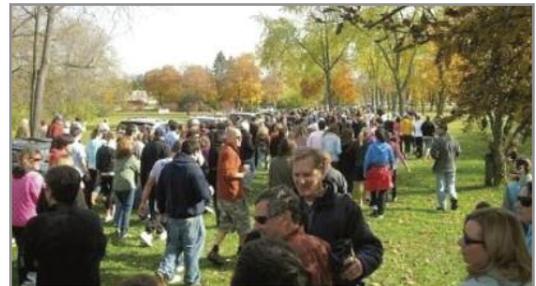
**ING Hartford Marathon**  
October 10, 2009  
Hartford, Connecticut



**Dive for Life**  
October 10, 2009  
Laguna, California



**Detroit Free Press Marathon**  
October 18, 2009  
Detroit, Michigan



**Laura Miller Memorial Walk**  
October 25, 2009  
Milwaukee, Wisconsin



**Rock & Roll Fundraiser**  
November 7, 2009  
Baltimore, Maryland



**Christopher Diez Memorial Concert**  
January 10, 2010  
Park Ridge, Illinois



**Ruthruff-Chapman Kickboxing Contest**  
January 23, 2010  
Lansing, Michigan

## Brains on Bikes kicks-off in San Francisco

ABTA Executive Director Elizabeth Wilson and the ABTA Pegasus/Kovarus Racing Team joined brain tumor survivor Anne Feeley at the official Brains on Bikes kick-off event, April 9, 2010, at the University of California, San Francisco (UCSF) Mission Hill Campus. Through Brains on Bikes, Feeley will travel cross-country raising brain tumor awareness, as well as funding for ABTA and other organizations. Feeley said she was first inspired



to do Brains on Bikes while participating in her third Path to Progress 5K Run/Walk last year. Feeley's bike journey will continue across the United States, stopping on May 22nd at the Path to Progress in Chicago, and continuing on until she

reaches her end destination – Washington D.C. in early July. Attending the Brains on Bike kick-off event, and pictured from left to right: Michael D. Prados, M.D., the Charles B. Wilson Endowed Chair of the UCSF Department of Neurological Surgery; Winnie Homer-Smith, brain tumor survivor; Peter Castaldi, CEO of Kovarus; Anne Feeley; Elizabeth Wilson; Max Wallace, CEO of ABC<sup>2</sup>; and Russell O. Pieper, M.D., vice-chair, UCSF Department of Neurological Surgery ♦♦



Anne Feeley and the ABTA Pegasus/Kovarus Racing Team



Anne Feeley (left)

♦ *Having fun raising funds: continued from page 10*



**Dalili Fundraiser**  
January 31, 2010  
New Orleans, Louisiana



**Century Ride –  
Tour de Palm Springs**  
February 13, 2010  
Palm Springs, California



**3rd Annual JAG Gala**  
March 6, 2010  
Philadelphia, Pennsylvania

Join us on the **PATH TO PROGRESS** for a brain tumor cure!



American Brain Tumor Association  
**PATH TO PROGRESS**  
5K Run/Walk

**Saturday · May 22, 2010**  
Soldier Field · Chicago · 8:30 a.m.

Featuring music, face painting, refreshments and massage therapy



**Run, Walk, Strut, Support...there's something for everyone.**

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

800-886-1281

◆ *Friends unite at the Path to Progress: continued from page 1*

badly. With Amy, I don't have to smile all the time – I can just be myself and she understands because she's feeling the same way.”

Recently, the two women met in person. They will reunite again as part of Team “Running for Mom,” on May 22, 2010 at Soldier Field for the ABTA Annual Path to Progress 5K Run/Walk.

“We are also both so thankful for the resources we found on the ABTA Web site – especially the one that allowed us to find each other,” said Amy. “We were so worried about taking care of our loved one that we didn't think about taking care of ourselves. The ABTA provided not just an opportunity for us to talk to others going through the same thing – to vent and get advice – but also to build a life-long friendship with someone who will always be there for you. That is why



Amy and her mother, Carolyn Courtney

we are proud to do the ABTA run – because any little bit we can give back is important to us.”

Each year, for the past five years, thousands of brain tumor survivors, and the families and friends of those touched by a brain tumor diagnosis, have congregated

on Chicago's Lakefront to walk, run and support the brain tumor research and patient-family programs of the American Brain Tumor Association. The event continues to grow, with 4,500 individuals expected to participate in the Path to Progress this year.

“We are running because we've felt the devastation of a brain tumor diagnosis and we know the heartache because our children will never meet their grandmother,” said Allie. “We know it's only something small that we're doing by participating, but it's one step towards a cure. We were lucky to have beautiful mothers whom we loved so very much. Our hope is that we can continue to participate and be part of the answer so that in the future the question isn't: ‘Will the patient live?’ but ‘How long will it be until the patient returns to a normal, healthy, tumor-free life?’”



Allie and her mother, Dawn Bailey

For more information on the Path to Progress Run/Walk, visit [www.pathtoprogress.org](http://www.pathtoprogress.org). For more information on caregiver resources, type in “caregiver” in the search bar at [www.abta.org](http://www.abta.org). ◆◆

## Upcoming 2010 events

4/25-7/31	<b>Howard's Motorcycle Ride to Alaska</b> Illinois to Alaska	7/24	<b>13th Annual Paul Brazen Memorial Golf Outing</b> Macomb, Michigan
5/2-12/11	<b>Run for Ian</b> Various states in the U.S.	7/25	<b>2nd Annual Following the Footsteps</b> Leesport, Pennsylvania
5/8	<b>3rd Annual Strain for the Brain Run/Walk</b> Milwaukee, Wisconsin	7/30-8/15	<b>Bike 2 the Pike</b> Cross Country Bike Ride
5/8	<b>7th Annual Glio-Blastoff 5K Run/Walk</b> Ypsilanti, Michigan	8/6-8/7	<b>JAG Tube Float</b> Philadelphia, Pennsylvania
5/8	<b>12th Annual Vernon Hills Walk</b> Vernon Hills, Illinois	8/7	<b>Kessler Cruise for a Cure</b> Chicago, Illinois
5/15	<b>6th Annual Head for a Cure</b> Carmel, Indiana	8/8	<b>7th Annual Cubs Rooftop Party</b> Chicago, Illinois
5/15	<b>7th Annual Matthew's Miles,</b> Logan Township, New Jersey	8/8	<b>4th Annual Fire Island 5K Run</b> Fire Island, New York
5/22	<b>2nd Annual Ambriz Joggin for the Noggin</b> Spokane, Washington	8/13-8/15	<b>KC Catt Memorial Co-Ed Softball Fundraiser</b> Mondovi, Wisconsin
6/5	<b>9th Annual Frank's Run/Walk</b> Royersford, Pennsylvania	8/15	<b>Kelly Ann Rooney Walk</b> Allentown, Pennsylvania
6/12-6/13	<b>6th Annual Callie Rohr Canoe Race</b> Conover, Wisconsin	9/11	<b>13th Annual Fall Festival</b> St. Louis, Missouri
6/19	<b>3rd Annual Trainham Golf Outing</b> Adams Center, New York	9/11	<b>13th Annual Paul Fabbri Golf Outing</b> Grayslake, Illinois
6/19	<b>Greendale Community Charity Walk</b> Greendale, Wisconsin	9/18	<b>13th Annual Humor to Fight the Tumor</b> Minneapolis, Minnesota
6/26	<b>Seattle Rock 'n Roll Half Marathon</b> Seattle, Washington	9/25	<b>7th Annual Mark Linder Walk</b> Peoria, Illinois
6/27	<b>5th Annual Sharing Hope Walk the Walk-Talk the Talk Walk</b> Manchester, Connecticut	10/8	<b>2nd Annual Philips/Groves Memorial Golf Tournament</b> Concord, North Carolina
7/2-7/3	<b>7th Annual Jeff's Yard Sale</b> Long Branch, New Jersey	10/10	<b>3rd Annual Greens for Gardner</b> Austin, Texas
7/10	<b>2nd Annual Starved Rock Harley Davidson Peanut Run</b> Ottawa, Illinois		

For more information on these events, or to find events in your area, visit [www.abta.org](http://www.abta.org)

## Join the ABTA Bank of America Chicago Marathon Team!

While registration is now closed for the Bank of America Chicago Marathon on Oct. 10, 2010, a few spots remain on the American Brain Tumor Association's (ABTA) Chicago Marathon team. ABTA team members agree to raise \$800 for our brain tumor research and patient education programs. On Marathon day, team participants and their fans can gather in the ABTA Charity Village race day tent, which includes a private gear check area, food, and massage therapists. Learn more at <http://hope.abta.org/marathon2010>. Or, contact us at 800-886-1281 or [events@abta.org](mailto:events@abta.org).



Photos by Mike Lavoie.

### ◆ Integrative therapies: continued from page 1

patients, mind-body medicine is “typically incorporated during active chemotherapy and radiation.”

If mind-body therapies are not offered at your hospital or medical center, there are numerous resources to help you locate a professional and to decide which mind-body therapy is right for you, said Dr. Mendoza Temple (see sidebar on page 15). As many therapies are not covered by insurance or Medicare/Medicaid, it's important to check with your provider before scheduling an appointment or visit.

“Choose (a therapy) that you gravitate toward. If you're just doing one thing, that's fine. Know the options that are out there,” said Dr. Mendoza Temple. “I try not to make acupuncture, massage, vitamins, nutrition changes, or other mind-body therapies, such overwhelming tasks that all you're doing is going to doctors and practitioners all day without some downtime. Even these therapies can become their own source of stress if you try to do too much at once.”

As always, “any complementary or alternative ther-

apies should be conducted in conjunction with your doctor and medical team,” said Deneen Hesser, American Brain Tumor Association (ABTA) Director of Research and Patient Services.

According to Dr. Mendoza Temple, safe, proven integrative therapies for brain tumor patients include:

#### **Acupuncture**

Acupuncture is the insertion of fine, one-time use, sterile needles into the body at specific points. The process stimulates Qi (pronounced ‘chee’), or energy, which flows through meridian pathways in the body. For more than 2,000 years, the Chinese have used acupuncture to restore body energy flow and encourage healing. Research shows that acupuncture can increase endorphin production (natural pain killers), regulate hormones via the neuroendocrine system, boost immune cell production, and induce relaxation by reducing sympathetic nerve activity.

#### **Sea Bands**

Sea Bands, or acupressure

◆ Continued on page 15

bands, can be worn on the wrist to alleviate nausea during chemotherapy. The bands have a white button that applies on the “pericardium 6” — six points along the tendons on the anterior surface of the wrist. Sea Bands are available at most pharmacies, health stores and even airport shops.

### Massage Therapy

Massage therapy – the practice of moving the body’s soft tissues through applied pressure and movement — can stimulate endorphins and boost the immune system. “When you feel better during a rough time in your life, it puts hope back into the regime,” said Dr. Mendoza Temple. “You’re fighting cancer and enjoying a better quality of life.” Bodywork can include touch, postural alignment or exercises that increase body awareness.

### Guided Imagery

With guided imagery, a patient uses mental images to alleviate pain, ease stress and boost spirits. “It’s using your imagination,” said Dr. Mendoza Temple, “something we often lose as adults, compared to when we were children.” Often a nurse or counselor, trained in guided imagery, will lead a session. There are also recordings available that patients can use at home or in the hospital. For example, “Imagine that you are shrinking your tumor with a purple laser beam,” or, visualize “your immune cells multiplying vigorously to fight your tumor. You use your imagina-



tion to get your body to do what you want it to do. It’s about using the mind’s potential, which we know we vastly underutilize.”

### Yoga/Meditation

Yoga is a series of exercises designed to develop flexibility and core strength while in a meditative state. Not all yoga is strenuous, said Dr. Mendoza Temple. “Yoga was never meant to be competitive, and you are not required to stand on your head. Yoga can be very relaxing while sitting or lying on the floor and just breathing through alternative nostrils.” Various forms of meditation (like Transcendental or Mindfulness-Based Stress Reduction) have shown interesting physical effects, including increased cortical thickness of the brain on MRIs, decreased blood pressure and lower respiratory rates.

A type of yoga called **laughter yoga** can release endorphins, expand lung capacity and even lower blood sugar. “It’s laughing for the pure heck of it,” said Dr. Mendoza Temple. In addition, “being happy and laughing puts things in perspective.” While there are actual laughter yoga instructors, a funny movie, good company, “or anything to keep your mind off of your troubles, even temporarily,” are all therapeutic and one should pursue these diversions often.

### Talk Therapy

“Good talk therapy” is tremendously beneficial to brain tumor patients. Talking through issues and concerns can help identify “things that might be getting in the way of healing, sleeping and coping with new life changes. And there’s nothing like a new perspective and acceptance to help a person to move forward,” said Dr. Mendoza Temple. ◆◆

## Mind-body and CAM resources

There are many resources available to help patients navigate the world of complementary and integrative medicine. Some reliable resources include:

- The American Brain Tumor Association Complementary and Alternative Medicine resource is available by typing in “CAM” in the search bar at [www.abta.org](http://www.abta.org), or by calling 1-800-886-2282.
- The National Certification Commission for Acupuncture and Oriental Medicine: [www.nccaom.org](http://www.nccaom.org)
- The National Institutes of Health National Center for Complementary and Alternative Medicine: <https://nccam.nih.gov>
- The Office of Cancer Complementary and Alternative Medicine (OCCAM) at the National Cancer Institute: [www.cancer.gov/cam](http://www.cancer.gov/cam).



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## Highlights from this issue

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- Interested in starting a support group? . . . **page 5**
- Having fun raising funds . . . . . **page 10-11**

## May is Brain Tumor Awareness Month

### Join the dialogue and become part of the solution!

The American Brain Tumor Association (ABTA) now offers two new ways to get involved:



ABTA's social networking site:  
<http://connections.abta.org>

**ACT NOW!** ABTA's new advocacy Web page:  
[www.abtaactnow.org](http://www.abtaactnow.org)



### And don't forget:

Walk, Run, Volunteer, and Support the ABTA **Path to Progress 5K Run/Walk** on May 22, 2010 at Soldier Field. For more information, visit [www.pathtoprogress.org](http://www.pathtoprogress.org).