

The Grateful Patient



Richie Kahn

The grand opening reception for the new Sylvester at Deerfield Beach facility was a very happy and upbeat event. The last speaker on the program was Richie Kahn, whose speech was not only the epitome of upbeat, but ended with everyone in the audience on their feet and cheering. He has graciously allowed us to reprint his speech, and has written an introductory paragraph for this article.

November 9, 2010. It was an evening filled with surrealism and irony. I was invited to speak at the ribbon-cutting ceremony for the new Sylvester Comprehensive Cancer Center at Deerfield Beach. I was on the podium with dignitaries and luminaries, of which I am neither. On the agenda, I was last to speak and was billed as "The Grateful Patient." That I was.

As for the irony, I was working in Dallas writing all the commercials for Brinker International (Chili's et al.) when Nancy Komen Brinker asked me to write a one-quarter page ad to run in D Magazine. She wanted to start a foundation to honor her sister Susan. That was almost 25 years ago to the day. The rest is history.

As for me, I was never sick a day in my life, until ... until. About a year ago I was diagnosed with MDS. The short version is that my bone marrow was not producing enough healthy red blood cells.

In an instant my wife and I were introduced to charts that laid out, in a twilight zone-ish kind of way, what we could expect in terms of life expectancy. Of course, the first question we asked was "is this curable?" The ensuing, pregnant pause answered that rather quickly.

We were told that this is something that can be managed. That was – if nothing else – sobering. In that instant, you have a choice: to give up, or to give it everything you've got. We chose to go for it. What began then was a gruelingly difficult effort to find the right path. We scoured every corner of the medical community, every specialist, every hospital and, as Fate (the good kind) would have it, all roads led to Sylvester at Deerfield Beach.

It proved to be the road best taken. Some might call Sylvester at Deerfield Beach a facility, but that has a cold bricks and mortar tone to it. I prefer the other definition of facility: that which makes things easier. It is evident at every turn – from the moment you arrive to find ample covered reserved patient parking – to reception, where they know your name after your first visit. Registration is seamless and painless, as is the tedious blood work and ongoing vital signs routine. It could get trying, but it doesn't. There is a sense of care and calm that makes it more than *manageable*.

My team, headed by Dr. Debbie Glick, had me pegged from the beginning; a glib, one-liner machine who was scared to death. I did the smart thing... I put myself in their more than capable hands and more or less said, "Let's go." And so it was on to the next phase, my induction into a clinical trial. At first blush, I thought I was going to be some kind of lab mouse taking experimental drugs. It is drugs but with a heightened protocol of observation.

continued on page 2

What's Inside

Pap Executive Board.....2

A Message from the President2

Your Pap Dollars at Work .3

Keeping the Fun in Fundraising.....4

Treat Your Neighbors to a Great Fundraising Trick.....4

Cut-a-thon Fundraiser.....5

Let's Do Lunch.....5

11th Annual Walkathon and Health Fair6

The Pap Corps Donates \$200,000 to New Pediatric Center at Sylvester.....7

Sylvester at Deerfield Beach Plans Multidisciplinary Breast Clinic.....8

SAVE THE DATE!

Thursday, April 7, 2011
The Pap Corps Leadership Conference

Featuring ... a SPRING Conference & NEW FORMAT

We've switched the conference to April to give Chapter VPs and Chairs - especially the newly elected - time to plan for events in the coming year. Specific seminars, and continental breakfast, will be held in separate rooms. Details to follow.

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A Message from the President

Dear Members,

The new face of The Pap Corps has been enthusiastically accepted by our membership, as well as those outside our organization. We have received countless compliments from the general public on our new look, and it has opened many new fundraising opportunities to us. All of this could not have been accomplished without the diligence and hard work of my dedicated Executive Board and the committees that worked with them.

Our new logo symbolizes exactly who we are and what we do. As *Champions for Cancer Research* we support the groundbreaking work taking place on *all types of cancer* at Sylvester Comprehensive Cancer Center at the University of Miami Miller School of Medicine.

As we begin the year 2011, we are fully committed to the age of Communication Technology, so it gives me great pleasure to make this announcement:

OUR NEW, FULLY-INTERACTIVE WEBSITE IS NOW OPEN FOR BUSINESS!

Please go to www.papcorps.org and see for yourself. You will find information on: ■ The Pap Corps' recent and upcoming events ■ news of the latest medical research ■ and listings of chapters and their locations. The website now ■ accepts online credit card donations ■ provides for matching fund donations ■ includes event enrollment forms, and much, much more. With Facebook and Twitter it will bring knowledge of our organization and its cause to the entire cyberspace world. We look forward to your feedback and suggestions. Please email us at vp.website@papcorps.org.

We have set our sights high and have approached foundations and corporate sponsors. Our first efforts have been highly successful, bringing in large donations. We have instituted a matching funds program, and our opportunity for giving at various levels provides ways to honor or memorialize a loved one. If you are interested in planned giving for the present and future of The Pap Corps, we have professionals who can assist you.

We invite you to attend our upcoming major fundraisers: **The Pap Corps Cut-A-Thon at Hair by Scott & Co. on Sunday, March 13, 2011 (100% of proceeds will be donated to The Pap Corps);** and our **11th Annual Walkathon and Health Fair on Saturday, April 2, 2011** at the FAU Boca Raton Campus. You will find more information on these two events in the following pages.

As we look forward to a banner year, I want to thank all of our members who have been so supportive of this organization. My wish is that all of you will have a year full of Good Health, Happiness and Peace. Let us look forward to a *World Without Cancer*.



Naomi Prever

[continued from page 1]

The MDS rendered me exhausted on a day-to-day basis. As you can read by my use of the past tense, things have gotten much better. In fact, while I was being transfused every two weeks, it has been five months since my last transfusion. I used to nap for hours every day. Again, I have not napped for five months. But...I am still cognizant of the difference between *cure* and *managed*. And right now I am remarkably and gratefully managed.

I closed my speech with a poem to my team:

*You are the knowledge that I needed,
You are the hope I almost lost,
You are my knights in shining armor
When I felt hopelessly storm tossed.
You are the smile that had left me,
The courage that has no ends,
And wherever this journey takes me
I'll have taken it with friends.*

Richie Kahn

Your Pap Dollars at Work!

Revolutionary Cancer Research at Sylvester Using Nanotechnology...

Nanotechnology is the engineering of functional systems at the molecular scale. Nanotechnology is especially important to medicine because the medical field deals with things on the smallest of levels – molecules. Led by Richard J. Cote, M.D., scientists and physicians at Sylvester Comprehensive Cancer Center¹ at the University of Miami Miller School of Medicine are involved in the development of a **blood microfilter**, a micro device that identifies the earliest signs of metastasis of cancer, by detecting the circulating tumor cells (CTC). It could also be used to monitor the efficiency of a cancer therapy, giving doctors information that could transform the way a person's cancer is diagnosed and treated.

Determining whether a cancer patient is undergoing metastasis – the spread of the disease to other organs – is a significant challenge for oncologists. There is substantial evidence suggesting that following complete surgical removal of a tumor, CTCs shed from the cancer tissue can be present in the blood of patients who otherwise show no overt evidence of metastasis. It is for this reason that cancer patients often receive follow-up chemotherapy. Recent studies have shown that CTCs also can be used to predict the effectiveness of the therapy provided. That is why the microfilter, an efficient and sensitive method of filtering out and analyzing CTCs in the patient's blood, is so important.

Since tumor cells are larger than normal blood cells, the novel microfilter not only captures the circulating tumor cells in less than 2 minutes for each 10 milliliter blood sample, but it also characterizes these cells at the molecular level using nanoscale crystals called quantum dots. The microfilter separates the larger cancer cells from the smaller normal blood cells, and provides a simple diagnostic test that applies to most carcinomas, the bulk of human cancers. The captured CTCs can be detected and analyzed directly on the microfilter device, and thus provide clinicians with an



Richard J. Cote, M.D.

efficient, simple and reliable method of cancer identification. The device is faster, more efficient and potentially a lot less expensive than any other known method. In addition, it can be used for virtually every type of solid tumor.

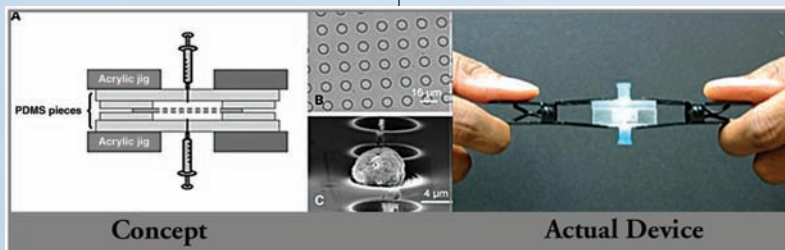
Because the device is portable, and the assessment has a rapid turn-around time, it is easily conceivable that multiple “liquid (blood) biopsies” can be conducted in a patient-friendly manner, resulting in fewer invasive and painful tissue biopsies.

Looking to the Future

Ongoing studies will be testing blood samples from 250 patients enrolled in a multi-site clinical trial examining a novel prostate cancer therapy. Proposals also are underway to test its use in many other studies including breast, pancreatic, colorectal and bladder cancers.

Sylvester researchers are currently involved in exploring ways to mass produce the disposable microfilters at a low cost. They also are working to develop a next generation microfilter that will include a drug-sensitivity analysis platform. This would provide a “companion diagnostic” tool for the pharmaceutical industry, allowing it to expedite development of newer drugs tailored to the molecular make-up of an individual patient's CTC. And eventually, because this information can identify newer targets on tumor cells for chemotherapy, treatment

could be delivered to malignancies without harming the surrounding healthy cells.



¹Richard J. Cote, M.D., professor and chair of pathology and the Director of Biomedical Nanoscience Institute at the University of Miami Miller School of Medicine, and Ram Datar, Ph.D., associate professor of pathology and the Co-Director of Biomedical Nanoscience Institute at the University of Miami, in collaboration with Yu-Chong Tai, Ph.D., professor of electrical engineering at the California Institute of Technology.

Keeping the Fun in Fundraising

Valencia Isles Crowns a Real Beauty!

On Saturday, December 4, 2010, the Valencia Isles Chapter of The Pap Corps held a “fun-draiser” beauty contest in their Grand Hall.

Over 200 people attended the *Ms. Valencia Isles Competition*. It was the beauty, fashion and talent event of the year at Valencia Isles, and possibly anywhere in the civilized world.



The contestants were judged in 4 categories: bathing suit, talent, gown and, of course, “the question.”

The winner, Lolita Luscious, paid the judges a bribe and won the title of *Ms. Valencia Isles*. The rest of the contestants, being good sports – and men – were relieved they wouldn’t have to carry that title for the rest of their lives. The audience mingled with the winner and finalists over gourmet desserts and coffee.

This truly was a team effort: Muriel Levine and Lori Fried chaired the entire event; The Author/Director was Marilyn Steingesser; Ed Lichtenfeld supplied the music; and thirty people worked on this very successful project for over 6 months.

A grand time was had by all – the audience as well as the contestants. And, most importantly, we raised money for cancer research and had a good laugh doing it!



The 5 final contestants, from left to right in the picture at left, were: Ellie May Crumpet, Ms. Okeefenokee (Elliott Mirsky), Lolita Luscious, Ms. Hollywood (Joe Weinstein), Sarah Panhandle, Ms. Tallahassee (Fred Markowitz), Bitsy Muffy Wentworth, Ms. Palm Beach (Don Witomski), Hannah Wanna Lei, Ms. Boynton Beach (Al Schneider).

Treat your neighbors to a Great Fundraising Trick!

Follow the lead of The Pap Corps’ Bellaggio Chapter, and schedule a Halloween Reverse Trick or Treat Fundraiser on a convenient afternoon during the last week of October.

Halloween is a great time to let your hair down, and Bellaggio members did it in style on October 28, 2010, from 4 PM -7 PM. In just three hours they raised \$6,255. This is how they did it:

“We alerted the community that we were coming door to door for donations to find a cancer cure, and no donation would be too small.

“When our neighbors’ opened their doors our message was always the same:

**“Trick or Treat, Here’s sweets to eat,
We’re at your door to find a cure.”**

All the walkers met back at the clubhouse with their treats/donations and traded stories over cake and coffee. They agreed it was a lot of fun and very profitable to be a kid again.



Join us for a fantastic fundraiser - The Pap Corps' first-ever...

CUT-A-THON

sponsored by Hair by SCOTT & CO.

16850 Jog Road, Delray Beach
(just south of Linton Blvd)

Sunday, March 13, 2011 • 10 am - 4 pm

100% of all Cut-A-Thon proceeds will be donated by Scott & Co. employees. They are donating their services - for men, women and children - including haircut, color and style, hair extensions, Brazilian Keratin treatments, manicure, pedicure, facial and waxing

Call today for an appointment:
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\$50 minimum.

Tickets are available *only*
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Questions? Please contact us at sp.fundraising@papcorps.org

Let's Do Lunch A Delicious and Profitable Fundraiser

"Have you heard the rumors?" began the intriguing message on Cascade Lakes' closed circuit TV channel.

The message further gave a date to save in January, February and March, with more information to follow from the Cascade Lakes Pap Corps Chapter.

Very soon, information was distributed through emails and flyers. The project was a fundraiser called, "Let's Do Lunch." Members were invited to sign up for a series of three lunches, at the houses of friends and neighbors, for a \$30 donation to The Pap Corps. The co-chairs were fundraising vice-presidents Myra Schulemson and Arlene Goldman, who had heard about the event at a Pap Leadership Conference. Forty-eight people thought this was a great idea and signed up.



Here's how it worked: Each participant co-hosted one lunch and attended two lunches as a guest. They could either choose their co-host or have one assigned. All the lunches were informal. The co-hosts planned the menus and were responsible for the cost of the food. There were six people at each lunch; a host, co-host and four guests.

Myra and Arlene and their committee assigned the attendees at each lunch, rotating the guests in an effort to give everyone an opportunity to lunch with different people each time. About a week before each lunch, hosts called their guests to tell them the time of the lunch and the address to go to. They also checked on any allergies to food or pets.

continued on page 6

Left to right: Sheila Alper, Marilyn Millinger, Ruth Ain, Marilyn Freedman, Pam Ginsburg, Stella Edelblum

The Pap Corps Welcomes You to The 11th Annual Walkathon & Health Fair!



**Saturday, April 2, 2011
9:00 am – 12:30 pm**

**FAU Boca Raton Campus
777 Glades Road**

**Registration Fee: \$15 per person
Commemorative Markers: \$15 per marker
Sponsor a Walker: You choose the amount**

Join us in this major fundraising event. All proceeds will go to support groundbreaking research – on ALL TYPES OF CANCER – at Sylvester Comprehensive Cancer Center at the University of Miami Miller School of Medicine.

As a registered participant, you will receive:

- **Continental Breakfast**
- **Specially-designed T-Shirt**
- **Bottled Water**
- **Entertainment throughout the event**
- **FREE Health Screenings by Sylvester medical staff at the Health Fair**
- **Lectures given by Sylvester medical staff**
- **and much more**

If you are unable to participate, please show your support by purchasing a commemorative marker – in honor or memory of an individual or a special occasion. It will be on display throughout the event. You can also sponsor a walker or make a donation of any amount. Just go to www.papcorps.org, click on DONATE and pay with your credit card!

Questions? Please contact us at sp.fundraising@papcorps.org

[continued from page 5]

A variety of menus were served. A few main courses were stuffed eggplant with seafood, eggplant parmigiana, salmon casserole, noodle pudding, quiche, salads and bagels. Some hostesses offered wine, an appetizer and, of-course, dessert. The afternoons turned into gastronomical success stories, as well as opportunities for interesting conversation and the shared experience of joining together to raise money for such an important cause. The project is being planned for 2011, possibly with less elaborate menus.

The Let's Do Lunch championship goes to The Pap Corps Ponte Vecchio Chapter, which has been doing it for about five years. Their program is similar. They started with

57 participants and had 43 in 2010. There are six to eight lunches a year, depending on the number of participants, with one hostess for each lunch. The cost is a \$50 donation to The Pap Corps. The hostess pays for the food and picks the menu. In most cases people are notified by phone. Recently, a creative hostess designed a ticket to the lunch as an invitation, and as an ice-breaker had the guests play a game with questions about themselves.

This is a wonderful fund raising event – pure profit for The Pap Corps and a fabulous opportunity to meet in an intimate setting with people you might otherwise never get to know.

The Pap Corps Donates \$200,000 to New Pediatric Center at Sylvester...



Left to right: Dean Pascal J. Goldschmidt, M.D., Sylvester Board of Governors Chair Joan Scheiner, Steven Lipshultz, M.D., Joseph Rosenblatt, M.D., donor Alexander Daly, W. Jarrard Goodwin, M.D., Julio Barredo, M.D.

Leaders and physicians from UHealth-University of Miami Health System broke ground on January 13 for the Alexander Daly Family Clinic for Childhood Cancer and Blood Disorders, the first pediatric oncology clinic at Sylvester Comprehensive Cancer Center.

The clinic, which is made possible by a \$2 million gift from businessman, engineer, and philanthropist Alexander Daly, will be adjacent to Sylvester and is dedicated to providing leading-edge cancer treatment and care for children in a comfortable, technologically-advanced, child-friendly environment.

“If there is one area we want to focus on at UHealth and the Miller School of Medicine, it’s children,” says Dean Pascal J. Goldschmidt, M.D. “It gives me goose bumps to know what is going on here in terms of research, care, and treatment, and this clinic marks a huge step in the history of health care for children, furthering our position as a world-class center for healing and care – and hope for future generations.”

No one knows better than 16-year-old Leighanie Diaz the importance of an oncology facility dedicated just to children. “This new clinic will make such a difference to kids going through what I’m going through,” says Leighanie, who was diagnosed just over a year ago with rhabdomyosarcoma, a rare form of cancer found most often in children.

“The doctors, nurses, and staff have been awesome,” she says, “but the hospital environment isn’t really the best for sick kids. When you’re going through something so negative and scary, a happier kind of place can make a big difference.”

A cancer survivor himself, Steven E. Lipshultz, M.D., professor and chairman of pediatrics, calls childhood cancer a lifetime diagnosis. “It is critical,” Lipshultz says, “to have great researchers and doctors, but when you’re looking for hope, you’ve got to have a good environment for treatment and recovery.”

With only three more treatments left to go, Leighanie won’t be able to take advantage of the new facility herself, but she wanted to show her gratitude. “It was important to me to be here to show my appreciation and support to the doctors and staff who have supported me this past year – and to Mr. Daly for his generosity,” she says.

As a father, Daly was motivated by his need to make a difference in the lives of children. “It’s so easy to write a check and be done with it, but I want to make sure this is more,” he says. As a businessman and engineer, he was also interested in seeing a focus on technology and innovation in the clinic that will bear his name.

“This facility will not just allow us to do well what everyone else does well, it will allow us to innovate – with a team of dedicated doctors, nurses, and staff,” says Julio C. Barredo, M.D., director of children’s cancer programs at Sylvester.

The space is being designed to handle patient visits more efficiently, providing areas for infusions and transfusions that are both private and age appropriate. The clinic will also be multi-disciplinary to allow children to be seen by both their oncologist and by doctors in other specialties participating in their care.

“With the first and only Pediatric Phase I clinical trials program in South Florida, UHealth and Sylvester already lead the way in the study and treatment of childhood cancer,” says Joseph D. Rosenblatt, M.D., interim director of Sylvester. “With this new clinic, we will transform pediatric oncology completely at this institution.”

Establishing a pediatric oncology clinic on the Miller School of Medicine campus has been a long time coming, suggests W. Jarrard Goodwin, M.D., chief medical officer of Sylvester/University of Miami Hospital and Clinics (UMHC). “Harcourt Sylvester, for whom the Sylvester Comprehensive Cancer Center was named, was never completely pleased that we didn’t have a dedicated facility for children,” says Goodwin. “He would be happy now.”



1192 East Newport Center Drive, Suite 230
Deerfield Beach, FL 33442
Phone: 954-425-8100 • 1-877-495-8100

3848 FAU Boulevard • Boca Raton, FL 33431
Phone: 561-798-3116
www.papcorps.org



1-800-545-2292 • 305-243-1000
www.sylvester.org

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Sylvester at Deerfield Beach Plans Multidisciplinary Breast Clinic

Surrounded by a congressman, a mayor, and dozens of community and business leaders, nearly 400 invited guests gathered at the premiere of the newly expanded Sylvester at Deerfield Beach on November 9. “We were very excited to see so many Pap Corps leaders at the recent opening of the Women’s Center and Radiation Oncology Center,” said Dr. Jerry Goodwin, host of the event. “And it was great for everyone to tour the facility and to see firsthand how far we’ve come since I treated our first patient in March 2003.

Now we’re in the process of refining our site-based approach to treating cancer patients and developing a unique Multidisciplinary Breast Clinic at Sylvester at Deerfield Beach. The clinic, an extension of the Braman Family Breast Cancer Center, is tentatively scheduled to open this spring. It will provide an opportunity for breast cancer patients to access a comprehensive, collaborative and multidisciplinary team of cancer specialists all on the same day, and to participate more fully in their care

planning. “This is really the next step in optimizing the patient experience and personalizing their care, said Dr. Charles Vogel, leader of the Women’s Center.

Dr. Joseph Rosenblatt, interim director of Sylvester, added “this is a very important time in the history of Sylvester. We have a very dedicated team of physicians and scientists working together every day to ensure that we’re providing the best treatment options available for our patients throughout the tri-county area.”

Breast cancer is a group of complex diseases requiring very individualized assessment and treatment. After meeting with medical, surgical and radiation oncologists, breast cancer patients will receive a consensus opinion regarding their diagnosis and proposed treatment plan. In addition, Sylvester at Deerfield Beach will offer genetics, nutrition, psychosocial, and other complementary therapies, such as treatment for medical related sexual dysfunction.

Stay tuned for more information about the opening of the Multidisciplinary Breast Clinic later this spring.