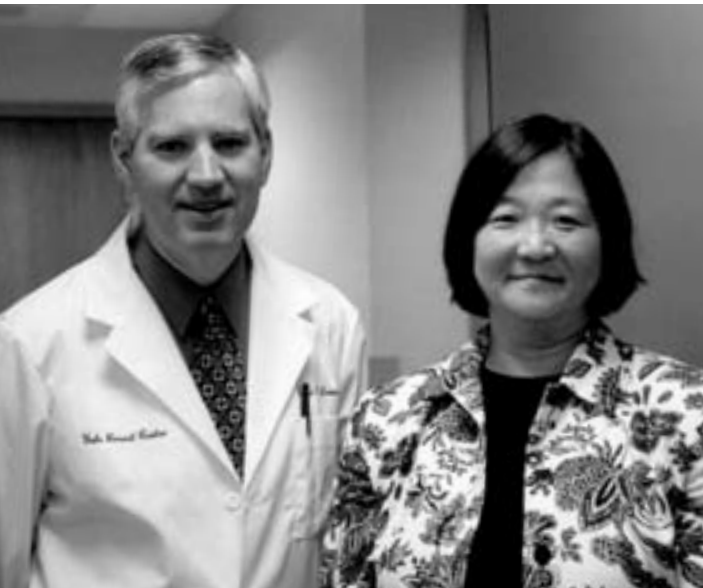


Yale CANCER CENTER

Fall 2003

New Breast Center

Offers Professional Care in a Personal Atmosphere



Terry Dagoni

PATIENTS AT YALE CANCER CENTER, Yale Medical Group, and Yale-New Haven Hospital seeking diagnosis or treatment for either benign or malignant breast symptoms should look forward to receiving an even higher level of care as a result of the new Yale-New Haven Breast Center. The comprehensive center offers complete care for women in a newly renovated, private space in the lower level of the Yale Physicians Building.

“The new Breast Center represents a huge improvement in the quality of care we can offer our patients,” Dr. Donald R. Lannin, Executive Director of the Yale-New Haven Breast Center and Professor of Surgery, said. “We expect that our patients will greatly appreciate both the enhanced care coordination and personal service we are able to offer.”

The Yale-New Haven Breast Center offers a full range of care to women seeking information about breast health with physicians and staff trained to provide every patient with extraordinary clinical care in supportive environment. The Center offers convenient appointments, rapid diagnosis and treatment, and access to the most up-to-date technology and latest research protocols. A multi-disciplinary

Dr. Carol Lee and Dr. Donald Lannin, Co-Medical Directors of the Yale-New Haven Breast Center.

team has been assembled in the Center to give patients access to comprehensive, coordinated care thus ensuring the best treatment plan is developed for each patient drawing on the expertise of the entire staff. Team members include breast radiologists, surgeons, medical and radiation oncologists, pathologists, nurses, mammography technicians, and medical and clinical assistants.

Dr. Lannin has developed the Center along with Dr. Carol Lee, Professor of Diagnostic Radiology and Chief of Breast

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The Power of Exercise in the Battle Against Breast Cancer



Jerry Dorman

A LINK BETWEEN OBESITY and a woman's risk for breast cancer recurrence has been shown and discussed by experts over the last several years. With a growing number of breast cancer survivors living in the United States, currently over 2 million, there is a continued search for answers to prevent recurrence. In response to this, Yale Cancer Center researcher, Melinda Irwin, PhD, MPH, has focused her research on the role of physical activity on a breast cancer patient's prognosis. Irwin and her research team have followed participants in the NCI Health, Eating, Activity, and Lifestyle (HEAL) study to evaluate changes in their levels of physical activity. Beginning in 1996, the HEAL study has monitored 1,065 women with early stage breast cancer to identify the effects of specific exposures on their prognosis over a five year period.

Irwin and her colleagues published a paper in the April issue of the journal, *Cancer*, revealing their analysis of physical activity of 812 women enrolled in the HEAL study; on average patients decreased their amount of physical activity by two hours per week, an 11% reduction. The strongest predictor for decreased physical activity was found to be body mass index and pre-diagnosis activity levels of the patient. There was no discernable correlation to the patient's ethnicity, marital status, education, study site, or family history. Hypothesizing that inactivity has adverse effects on a cancer patient's prognosis,

Irwin has applied for and received funding to analyze the effect of exercise on biomarkers associated with breast cancer risk—particularly insulin growth factors (IGFs), sex hormones, and mammographic breast density.

Using a \$250 thousand grant from the Susan G. Komen Breast Cancer Foundation and a \$434 thousand grant from the American Cancer Society, physically inactive, postmenopausal women with stage I-IIIa breast cancer will be recruited for an exercise intervention to determine the effect of exercise on specific biomarkers to decrease the chance

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U.S. News & World Report
Best Hospitals
2003

U.S. News & World Report has recognized Yale-New Haven Hospital in its annual ranking of America's Best Hospitals. Ranked in 12 of 17 specialties, Yale-New Haven ranked 29 for cancer services among the best cancer centers in the nation. For more information on the rankings, please visit <http://www.usnews.com/usnews/nycu/health/hosptl/tophosp.htm>

Risch Funded to Study Risk Factors of Pancreatic Cancer

ALTHOUGH IT IS THE FOURTH MOST FREQUENT cause of cancer death, there has been relatively little research done on the risk factors of pancreatic cancer. More than 30,000 new cases were diagnosed in 2002, of these, only 5-10% are caused by tobacco smoking, chronic pancreatitis, and germline genetic mutations, the three known risk factors for the disease. It is unknown why such a large number of patients without exposure to the known risk factors continue to develop the disease at a rapid rate. Yale Cancer Center Researcher and Professor of Epidemiology and Public Health, Harvey A. Risch, MD, PhD, has been awarded \$3.65 million from the National Institutes of Health to identify and evaluate additional factors associated with the development of pancreatic cancer.

Following twenty years of investigation into ovarian cancer, Dr. Risch began studying pancreatic cancer a little over a year ago and has hypothesized that the risk for developing the disease is related to the exposure of the pancreas to nitrites and to chronic excess gastric acidity. Risch has also theorized that the presence of *Helicobacter pylori*, a spiral shaped bacterium that lives in the stomach of about 30% of the population but remains asymptomatic in the majority of individuals, may also increase chance of developing pancreatic cancer. Because *Helicobacter* does not colonize the pancreas, Risch believes the combination of its presence in the stomach and other risk factors increases the incidence of pancreatic cancer.

“This is the first theory that really looks at the physiological process of how pancreatic cancer develops and what components are synergistically working together to cause the cancer,” Risch explained.

“The outstanding operation of the Rapid Case Ascertainment (RCA) Shared Resource at Yale Cancer Center has helped us to receive funding to test valid epidemiological theories associated with cancer of the pancreas” Dr. Risch explained. Pancreatic cancer is often detected in the late stages of the disease and has a five-year survival rate of only 5%, which presents obstacles when trying to study the disease. The RCA Shared Resource will allow Risch and his colleagues to identify and contact patients for participation at the onset of their diagnosis providing timely data to analyze the possible link between *Helicobacter pylori* and pancreatic cancer.

The five-year population-based study will analyze 600 patients in Connecticut with cancer of the pancreas who have been identified by the RCA. Small blood samples will be taken from the patient for evaluation of *Helicobacter pylori* presence as well as possible germline genetic mutations related to the way the body reacts to *Helicobacter*. Study staff will also interview patients in an effort to gather information on other etiologic factors, such as smoking, diet, and exercise. Risch and his colleagues at Yale School of Medicine, including Herbert Yu, MD, PhD, Susan Mayne, PhD, Dhanpat Jain, MD, Fred Gorelick, MD, Mark Topazian, MD, and Mark Kidd, MD, will evaluate the data collected from the patients and compare it with information collected from a control group matched to the cases by age and gender. Preliminary analysis of the etiology of pancreatic cancer by Dr. Risch was published in the July 2003 issue of the *Journal of the National Cancer Institute*. Dr. Risch can be contacted at harvey.risch@yale.edu or at 203.785.2848.



Dr. Harvey Risch

Jerry Dornan

research

Dr. Psyrrri Teams with Head and Neck Cancer Services for Comprehensive Patient Care

DR. AMANDA PSYRRI, Assistant Professor of Medical Oncology, has partnered with the Head and Neck Cancer Services group in the Department of Otolaryngology to benefit patients with head and neck cancer. Dr. Psyrrri joins a team of experts assembled to care for patients including internationally recognized otolaryngologist, Clarence Sasaki, MD, other surgeons, care coordinators, nutritionists, and physical and speech therapists.

“I am excited about my collaboration with a world class head and neck surgeon and I am thrilled to be contributing to state of the art management of head and neck malignancies and a patient-oriented approach to clinical care,” Dr. Psyrrri said.

Dr. Amanda Psyrrri



Jerry Dornan

Each year about 40,000 new cases of head and neck cancer are diagnosed nationally. Tobacco and alcohol abuse are the major risk factors for the development of head and neck cancer, although cancer of the oropharynx can also be caused by the human papillomavirus (HPV) in patients without alcohol or tobacco history. Standard treatments for head and neck cancer often lead to significant speech and swallowing impairment, which has prompted many researchers to investigate better methods for treatment.

Dr. Psyrrri has opened several new clinical trials using chemotherapy and radiation for larynx-preservation in patients with locally advanced, stage III and stage IV, head and neck cancer. Yale Cancer Center is one of the leading participating institutions in the Eastern Cooperative Oncology Group (ECOG), and as a result, many new cooperative group trials in head and neck cancer have been developed at Yale. Dr. Psyrrri has designed trials, which utilize novel agents for patients with locally recurrent and metastatic disease.

Dr. Psyrrri joined the faculty at Yale in 2002 and was promoted to Assistant Professor of Internal Medicine, Medical Oncology in July 2003. In addition to her clinical responsibilities, Dr. Psyrrri spends a significant portion of her time conducting research in head and neck cancer. She is the laboratory chair in one of the ECOG trials and is researching molecular predictors of response to Epidermal Growth Factor Receptor (EGFR) inhibitors, which are promising agents in the treatment of solid tumors.

For more information or to schedule an appointment with her in the clinic, please call 203.785.4191 or contact her directly at diamando.psyrrri@yale.edu. For more information on the clinical trials open for head and neck cancer patients, please contact at Clinical Trials Office at (203) 785-5702.

Connecticut Cancer Survivors

Participate in the ACS National Quality of Life Study

WITH OVER 8.4 MILLION CANCER SURVIVORS alive in America today, the American Cancer Society (ACS) has embarked on a National Quality of Life study to examine the long-term needs of cancer patients. Yale Cancer Center is leading this effort in Connecticut under the direction of Brenda Cartmel, PhD, Rajni Mehta, and Ruth McCorkle, PhD. The team will use the resources of the Rapid Case Ascertainment office of the Yale Cancer Center to identify newly diagnosed cancer patients and work to enroll a segment of them in the study.

Acknowledging that there is relatively little information known about the factors that determine good survivorship for cancer patients, the American Cancer Society plans to track the cancer patients enrolled in the study through questionnaires mailed 1, 2, 5, and 10 years following diagnosis. Because of the magnitude of the research plan and the limited capabilities of some state health departments

and/or tumor registries, only about half of the 50 states have the capacity to participate and with their efforts approximately 100,000 cancer survivors will be invited to participate in the study.

The Rapid Case Ascertainment (RCA) Shared Resource of the Yale Cancer Center, which is an arm of the Connecticut Tumor Registry, is identifying cancer survivors in the State. "If we didn't have the RCA office we probably would not have been able to participate in this study, they are the only group in the State who can identify

Brenda Cartmel, PhD

eligible patients statewide in a timely manner," Cartmel explained. "We are incredibly grateful to all of the Connecticut hospitals that allow us access to their patients."

Connecticut will invite 2,900 cancer survivors who have been diagnosed with prostate, female breast, lung, colorectal, bladder, Non-Hodgkin's lymphoma, skin melanoma, kidney, ovarian, and uterine cancer in the past year to participate in the study; enrollment of the participants will begin in September and will take one year to complete.

The survey, created by the American Cancer Society and piloted throughout the nation, will focus on quality of life and effectiveness of various types of patient support. The general objectives of the study are to (1) identify the factors that determine good quality of life for cancer survivors and their families; (2) describe the unmet needs of cancer survivors; (3) identify factors associated with the long term and late effects of cancer and its treatment; and (4) assess the effectiveness of various programs utilized by cancer survivors.

In addition to the survey that will be used nationwide, the Yale researchers will include a questionnaire, which was pilot tested at Yale with the help of Dr. Susan Higgins, that will assess use of herbal and nutritional supplements by cancer survivors in Connecticut. Currently there is limited information available about the use of herbal and nutritional supplements, especially by those people who have been diagnosed with less common cancers.

The American Cancer Society will conduct all follow-up surveys and compile the results for each individual state, in addition to merging the data for a national review. These conclusions will help

continued on page 5



Rajni Mehta, Director of the Rapid Case Ascertainment Shared Resource



Jerry Domian

community

Bristol-Myers Squibb Gives High School Students a Glimpse into Medical Research

Opting to spend their summer in research laboratories at Yale University School of Medicine, four local high school students used their vacation time to pursue their interest in medicine through Bristol-Myers Squibb's Summer Science Internship Program. The program, which is in its 17th year at Yale Cancer Center, matches students in their junior and senior years from each of the two Wallingford public high schools with a researcher affiliated with Yale Cancer Center for a summer of learning and hands on experience.

Melissa Bandecchi and Daniel Francke, students at Lyman Hall High School, and Amanda Gouveia and Stephen Schwink, students from Mark T. Sheehan High School, participated in the annual internship program, which began in June. Each student was matched with a professor and worked alongside graduate students in their research labs, a full-time commitment with responsibilities well beyond their years.

"This summer was a real eye-opener, the exposure to the working world we received at only seventeen was an experience most kids don't have the opportunity to benefit from," Dan Francke, a student in Dr. Harriet Kluger's lab said. Dan performed immunohistostaining on melanoma specimens in an effort to look for markers of poor outcome. "Having Dan in the lab was a good experience for all. Explaining biology to young, inquisitive minds is always beneficial in streamlining our thought process," Dr. Kluger said.

While the professional atmosphere was an initial shock to most of the students, they had a greater learning curve to manage, in that they are taught to perform and must be responsible for highly technical research. From liquid chromatography, to DNA analysis, to the study of cellular signaling pathways, each student participated in eight weeks of intense research intend-

ed to give them a glimpse into the medical field and experience. "This internship gave me a better understanding of the laboratory environment. It was the most productive summer of my life," Sheehan High School student Stephen Schwink said.

Three of the four students left the program with a better idea of what their future may bring as they enter their senior year in high school while Amanda, a recent graduate of Sheehan, has started her freshman year at Quinnipiac University this September.

The program also gives the laboratories an added boost with extra staff support throughout the summer. "The students help our graduate students to speed up their projects and to gain a little teaching and management experience," said Dr. Herbert Yu, Associate Professor of Epidemiology and Public Health and mentor for Melissa Bandecchi this summer.

The Sheehan and Lyman High School guidance department and science teachers selected the students chosen for the program from the best science students in their schools. Bristol-Myers Squibb supports the students with a stipend and recognition at an end of the summer event. Bristol-Myers Squibb, the pharmaceutical company headquartered in New York City, is also locally based in Wallingford, CT.



Jerry Domian

Summer Interns Left to right Stephen Schwink, Amanda Gouveia, Daniel Francke, and Melissa Bandecchi

STAFF BRIEFS

Medical Oncology has hired **Aleshia Caple-Heard**. She has a dual role in the clinic as both the new Patient Coordinator and as a Medical Assistant.

Eydie Cooper has accepted a position in the Clinic as a Medical Assistant.

Denise Cusanelli joined the business office last spring. She was hired as a Financial Assistant to support the accounting office.

Fred De Pourcq has been appointed Acting Director of the Clinical Trials Office.

Scott Esposito joined Yale Cancer Center earlier this month. He will provide technical support to the employees and physicians on our staff.

The Clinical Trials Office has hired **Elizabeth Knapp** as a Data Coordinator.

Janice Malone, RN, a research nurse in the Clinical Trials Office, has accepted a position to collaborate on small-scale trials open for accrual at Yale Cancer Center.

Yale Cancer Center Director, Richard Edelson, MD, has named **Jerry Mande**, Associate Director for Policy. Having spent 20 years in Washington, DC in senior health policy roles, Mr. Mande brings significant experience to YCC and plans to begin by collaborating on Connecticut's State Cancer Plan initiative.

Janice Napoletano, RN, has joined the Clinical Trials Office. She will coordinate and work with Dr. John Murren on trials for advanced solid carcinoid tumors.

Zia Raven has been hired as Managing Editor for *The Cancer Journal*.

Nancy Scanlon was appointed Deputy Director for Administration of Yale Cancer Center. Nancy joins Dr. Edelson as they work to improve patient care and cancer research throughout the Center.

Yale CANCER CENTER

Director
Richard L. Edelson, MD

Deputy Director, Administration
Nancy Scanlon

Associate Director,
Development and Community Affairs
Judith Winslow

Editor
Renee Gaudette

Design
Beth Crowell / Cheung/Crowell Design

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www.yalecancercenter.org

NCI
CCC
A Comprehensive Cancer Center
Designated by the National Cancer Institute

Patient & Community Calendar

October–December 2003 • All Events are Free and Open to the Public

October 2, 2003

Facts About Cancer Lecture Series

Prostate Cancer

John Colberg, MD
7:00 pm – 9:00 pm
Blackstone Memorial Library, Branford, CT
For reservations call 1-888-700-6543

October 8, 2003

Understanding Cancer Lecture Series

Keeping Body and Soul Together

M. Tish Knobf, RN, PhD, and Peg Lewis, MDivinity
6:00 pm, YNHH East Pavilion Cafeteria
For reservations call 1-877-YALEMDS

October 8, 2003

*Yale-New Haven Breast Center-Hot Topics Lunch Series
Sponsored by Ortho Biotech*

Breast Imaging

Liane Philpotts, MD
12:00 pm, Yale Physicians Building, Lower Level
For reservations call 203.785.2328

October 9, 2003

Menopause Update 2003:

The Latest on HRTs and Alternative Treatments

Mary Jane Minkin, MD
7:00 pm – 9:00 pm,
Blackstone Memorial Library, Branford, CT
For reservations call 1-888-700-6543

October 15, 2003

*Yale-New Haven Breast Center-Hot Topics Lunch Series
Sponsored by Ortho Biotech*

Hormone Replacement Therapy and Breast Cancer

Virginia Syombathy, RN, BSN
12:00 pm, Yale Physicians Building, Lower Level
For reservations call 203.785.2328

October 16, 2003

Facts About Cancer Lecture Series

Breast Cancer

Donald Lannin, MD and Michael DiGiovanna, MD
7:00 pm – 9:00 pm
Blackstone Memorial Library, Branford, CT
For reservations call 1-888-700-6543

October 22, 2003

*Yale-New Haven Breast Center-Hot Topics Lunch Series
Sponsored by Ortho Biotech*

Alternative Therapies

Jacqueline Germaine, ND
12:00 pm, Yale Physicians Building, Lower Level
For reservations call 203.785.2328

October 29, 2003

*Yale-New Haven Breast Center-Hot Topics Lunch Series
Sponsored by Ortho Biotech*

Updates in Hereditary Breast and Ovarian Cancer

Ellen Matloff, MS, Director, Cancer Genetic Counseling
12:00 pm, Yale Physicians Building, Lower Level
For reservations call 203.785.2328

October 29, 2003

What Cancer Survivors Need to Know About Health Insurance

Clifford Slicer, CIU, RHU, AAI,
Program Manager Consumer Affairs,
State of Connecticut Insurance Department
2:00 pm – 4:00 pm, YNHH CH 201
For reservations call the Leukemia & Lymphoma
Society at 203.379.0445 x 30

November 1, 2003

*Y-Me of Connecticut 14th Annual
Breast Cancer Symposium*

Breast Cancer: Never Too Young, Never Too Old

Dr. Larry Norton, Head,
Division of Solid Tumor Oncology,
Memorial Sloan Kettering Cancer Center
Along with Dr. Donald Lannin, Dr. Vincent DeVita, Jr.,
and Dr. Bruce Haffty of Yale Cancer Center
9:30 pm to noon, Yale University School of Medicine
For more information call 203.483.8200

November 7, 2003

Lunch N' Learn Series: Lung Cancer

New Directions in the Treatment of Lung Cancer

Dr. John Murren, Dr. Lynn Tanoue,
and Marianne, Davies, APRN
12:00 pm, YNHH CH 201
For reservations call 1-877-YALEMDS

November 12, 2003

Understanding Cancer Lecture Series

Recognizing and Coping with Anxiety and Depression During Treatment for Cancer

Jeanne Steiner, DO
6:00 pm, YNHH East Pavilion Cafeteria
For reservations call 1-877-YALEMDS

November 13, 2003

Facts About Cancer Lecture Series

Colon Cancer

Walter Longo, MD and Panel
7:00 pm – 9:00 pm
Blackstone Memorial Library, Branford, CT
For reservations call 1-888-700-6543

November 14, 2003

Lunch N' Learn Series: Lung Cancer

Management of Chronic Lung Dysfunction

Dr. John Murren, Dr. Lynn Tanoue,
and Marianne, Davies, APRN
12:00 pm, YNHH CH 201
For reservations call 1-877-YALEMDS

November 21, 2003

Lunch N' Learn Series: Lung Cancer

Symptom Management of Lung Cancer Patients

Dr. John Murren, Dr. Lynn Tanoue,
and Marianne, Davies, APRN
12:00 pm, location TBA
For reservations call 1-877-YALEMDS

December 10, 2003

Patient Holiday Party

5:30-7:30, Harkness Lounge
For reservations call 1-888-700-6543

SAVE THE DATE

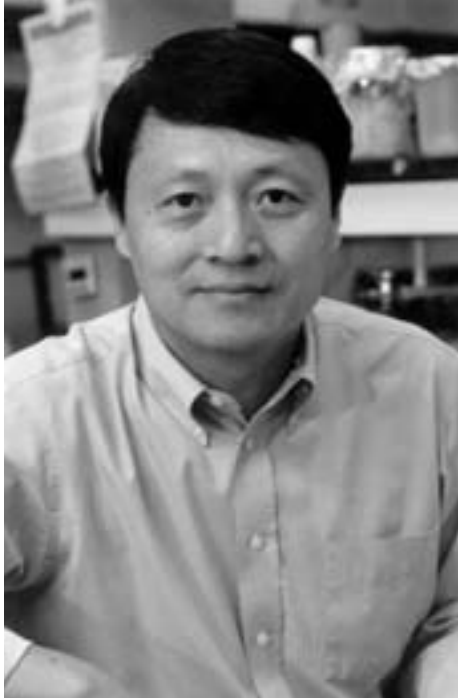
February 7, 2004 / Shoreline Jazz Concert

Featuring The Brubeck Brothers Quartet and The Russian National Orchestra
Wind Quintet and Benefiting the Dr. Mel Goldstein Multiple Myeloma Research
Fund at Yale Cancer Center and the Shoreline Arts Alliance.

For more information call (203) 453-3890.

Community

Study to Analyze the Role of Mitogenic Growth Factors in Endometrial Cancer



Jerry Dornan

CANCER RESEARCHERS have evaluated the strong link between estrogens and endometrial cancer for over twenty years and although the majority of endometrial cancer cases are linked back to estrogens, the exact etiology of endometrial cancer has not been determined. Recognizing that there have been no epidemiological studies evaluating the role of mitogenic growth factors in the development of endometrial cancer, Dr. Herbert Yu has been awarded funding from

Dr. Herbert Yu

the National Institutes of Health to analyze the possible correlation between mitogenic growth factors and lifestyle factors in the development of endometrial cancer.

Exposure of the endometrial tissue to estrogen in a women's body is the primary cause of endometrial cancer. Prior epidemiological studies have shown that long-term exposure of endometrial tissue to unopposed estrogenic stimulation can cause abnormalities in the tissue, which may lead to endometrial cancer. Early menarche, late menopause, low parity, and use of exogenous estrogens without the inclusion of progesterone have been found to be risk factors for the disease. Conversely, pregnancy, oral contraceptives, and the use of exogenous progesterone can protect the tissue from estrogen exposure. Although estrogen exposure has been shown to be a leading risk factor for endometrial cancer, fac-

tors other than steroid hormones are believed to be involved. Dr. Yu's study will investigate a relatively unexplored risk factor for endometrial cancer, mitogenic growth factors.

Using the \$3.1 million grant, Dr. Yu and his research team, including Drs. Harvey Risch, Susan Mayne, Melinda Irwin, and Brenda Cartmel, will enroll 900 endometrial cancer patients and establish a similarly aged control group through random digit dialing. Study participants will be asked for a detailed personal health history in a personal interview as well as a blood sample for DNA analysis. "Mitogenic Growth Factors have been linked to the development of breast and prostate cancer, both of which have similar patterns to endometrial cancer. Given these similarities it was apparent that we should look further into a possible link with endometrial cancer," Dr. Yu, Associate Professor of Epidemiology and Public Health, said. Mitogenic growth factors play a role in both cell proliferation and apoptosis; they have also been linked to diet and physical activity.

It is known that cell growth ability, or mitogenic activity, is closely related to energy balance in the body. "Western lifestyle causes excess energy in our body because of high-energy diets and low physical activity, the excess energy increases cell growth, which is stimulated by mitogenic growth factors, including insulin growth factors (IGF). Studies have linked serum levels of IGF-I with physical activity and diet; evidence also suggests that high cell proliferation is potentially tumorigenic. So, taken together, aside from steroid hormones, mitogenic growth factors may mediate the biologic effect of our lifestyle in certain hormonal cancers, which are common in our society," Dr. Yu explained.

Endometrial cancer is the fourth most common malignancy in women and the number one gynecologic cancer in the United States. In 2002, it was estimated there would be 39,300 new cases of the disease with 6,600 deaths resulting. The risk for endometrial cancer increases significantly with age and the number of patients is steadily rising with the growth of America's aging population. For more information on the study, or to reach Dr. Yu, please call (203) 785-5688 or email herbert.yu@yale.edu

continued from page 1, *New Breast Center*

Imaging at Yale-New Haven Hospital. Acknowledging that the majority of patients seen in a breast center do not have cancer, Drs. Lannin and Lee are hoping to diminish unnecessary anxiety by decreasing the waiting time for test results with extensive coordination between the surgery and radiology departments. "There are many fears and worries associated with breast cancer, we are hoping to educate our patients and alleviate their worries," Dr. Lannin explained.

The Yale-New Haven Breast Center was designed with a focus on the patient's comfort and privacy. Located in a separate area of the Yale Physician's Building at 800 Howard Avenue, women will feel comfortable in the intimate setting. The examination rooms, section of breast imaging, and adjoining minor surgery suite all offer state-of-the-art technology.

Drs. Lannin and Lee are committed to the prevention, early detection, diagnosis, and treatment of breast disease through compassionate, coordinated care. For more information, or to schedule an appointment, please call (203) 785-2328 to speak with a patient care coordinator.

continued from page 3, *Connecticut Cancer Survivors*

the ACS, medical institutions, and other related cancer organizations tailor their programs to serve the growing population of cancer survivors. "Our goal is to help better meet the needs of cancer survivors nationwide. We are fortunate to be able to conduct the study here as this means we will be able to identify specific needs of Connecticut residents who are cancer survivors and address their needs at the local level," Cartmel said.

continued from page 1, *Exercise and Breast Cancer*

of breast cancer recurrence. Specifically, Irwin will focus on the changes in breast density using a digitized version of a mammogram; women with dense breast tissue in more than 60%-75% of the breast area are at four to six times increased risk for breast cancer than women with less than 25% dense tissue.

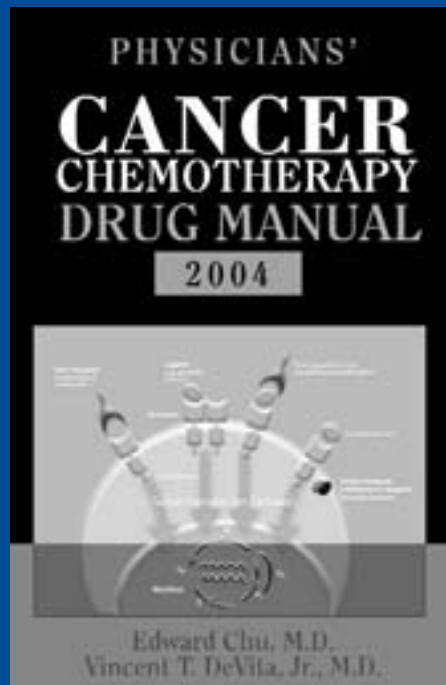
"Breast density is associated with IGFs and sex hormones, which in turn, are also associated with favorable changes in sex hormones in postmenopausal women. We want to examine the effect of increasing physical activity on these three risk factors for breast cancer. If we can show a favorable effect of exercise on these biomarkers, as well as improvements in quality of life, cardiorespiratory fitness, and body fat levels, then hopefully exercise will become a routine part of the cancer treatment process," Dr. Irwin explained.

Irwin would ultimately like to see a cancer treatment program created for cancer patients with a focus on exercise and nutrition. Similar to the clinics currently commonplace for cardiac rehab patients, Irwin's ideal program would include the education and support cancer patients currently lack to help them create and maintain a healthy diet and exercise regimen. "I really feel there needs to be a service available to help cancer patients focus on how to positively change their behaviors, this should be routine in cancer treatment," Dr. Irwin said.

Irwin is working in conjunction with Gina Chung, MD of the section of medical oncology, Tish Knobf, MSN from the Yale University School of Nursing, and Loretta DiPietro, Herbert Yu, PhD, Beth Jones, and Susan Mayne, PhD from the department of Epidemiology and Public Health. For more information on her study, please contact Melinda Irwin, PhD, MPH, at 203.785.6392 or melinda.irwin@yale.edu

Cancer Chemotherapy Drug Manual

Yale Cancer Center members, Dr. Edward Chu and Dr. Vincent T. DeVita, Jr. recently published the 2004 edition of the *Cancer Chemotherapy Drug Manual*, an up-to-date guide providing comprehensive information on more than 100 drugs. The manual, an authoritative guide on chemotherapy, includes on-and-off label commonly used drugs, quick reference to the management of specific cancers, and an overview of the field. Dr. Chu is the Director of the VA Cancer Center and a Professor of Internal Medicine and Pharmacology; Dr. DeVita is a Professor of Internal Medicine and Epidemiology and Public Health. For more information or to contact Dr. Chu, please call 203.937.2439.



Dr. Larry Norton, Attending Physician and Member, Memorial Hospital, and Head of the Solid Tumor Division, Memorial Sloan-Kettering Cancer Center, will speak at the 14th Annual Y-ME Breast Cancer Symposium at Yale School of Medicine on November 1, 2003 at 9:00 AM. The symposium, titled, *Breast Cancer: Never too Young, Never too Old*, will provide current information on breast cancer risk, detection, and treatment. Dr. Norton will address the question, *Is Young Age a Prognostic Factor of Value in the Management of Breast Cancer?*, which will be followed by a panel discussion featuring Dr. Norton, Vincent T. DeVita, Jr., MD, Professor of Internal Medicine and Epidemiology and Public Health at Yale School of Medicine, Bruce Haffty, MD, Professor of Therapeutic Radiology, and Donald Lannin, MD, Executive Director of the Yale-New Haven Breast Center. For more information or to register for this free event, please call Y-ME at (203) 483-8200.



Yale Cancer Center's quarterly newsletter is written to inform the public and the Center's friends, volunteers, donors, and staff on current items of interest at Yale Cancer Center. All inquiries should be addressed to Renee Gaudette, Public Affairs Manager, 100 Church Street South, Suite 211, New Haven, CT 06519-1714. Yale Cancer Center complies with the Health Insurance Portability and Accountability Act (HIPAA) of 1996.

Yale CANCER CENTER

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