LETTER FROM EXECUTIVE DIRECTOR, YONNI WATTENMAKER

It is an unfortunate reality in these times, but each of us has been touched by breast cancer. A family member, a friend, or we, ourselves, has had to confront a diagnosis. Each woman or man looking to overcome breast cancer finds different words for inspiration.

HOPE. RISE. THRIVE. BRAVE. FIGHT. STRONG. FAITH. FIERCE. INSPIRE. LOVE. SURVIVE.

These are the words that power this year’s Annual Benefit Luncheon and Fashion Show. Event co-chairs Gretchen Bylow, Hillary Corbin and Jordan Rhodes understand that we all face challenges, and find comfort in different things, but we all share one hopeful beacon: CURE. CURE can feel, and be, elusive. Survival rates are at an all-time high, but 30% of those diagnosed with breast cancer have metastatic disease. There are many different kinds, and stages, of breast cancer, so seeking one cure is unrealistic. The work of BCA is to support those brilliant scientists who best understand those challenges and nuances, and fund their work to get us to the cures we all seek.

“We fund fellowships for young women and men to become breast surgeons, with training at some of the finest institutions in the country. These specially, expertly trained doctors are improving outcomes for patients all across the nation, serving communities that had little or no access to qualified breast surgery before.

We spend millions of dollars on novel, innovative science to keep advancing the field of breast cancer research. Our researchers are looking for critical answers to why metastasis occurs, how to target Triple Negative Breast Cancer, for which there are no hormonal targets, where immunotherapy can be most successful, and so much more. As you may know, we visit every single grantee we fund, and you are welcome to join us when we do. It is impossible to leave those visits feeling anything less than humbled, amazed and encouraged.

That is the core of the mission of Breast Cancer Alliance. We exist to improve survival rates and quality of life for breast cancer patients.

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LETTER FROM EXECUTIVE DIRECTOR

Continued from page 1

We eliminate barriers to healthcare for underserved women through our education and outreach grants. Women should never have to choose between feeding their families and taking care of their health. Too many women are confronted with that precise challenge each and every day, right in our own communities.

On Thursday, October 26 from 11am until 2pm, we will once again celebrate at our Annual Benefit Luncheon and Fashion Show. Amy Robach of ABC News will share with us her personal journey, Oscar de la Renta’s fashions will grace the catwalk, and our celebration of survivorship, the highlight of the day, will once again bring us all to our feet, cheering those who share their personal stories with us. We need not only to applaud what we have accomplished as a foundation, but be reminded of, and remain committed to, our critical, life-saving and life-changing work.

Tickets, donations and sponsorships can be made at our event website, on which our silent auction will soon be featured. Visit www.501auctions.com/bcabenefit to be a part of it all.

I look forward to seeing you in October.

Sincerely,

[Signature]

MEET OUR 2017-2018 BREAST SURGERY FELLOWS

Anya M. Romanoff, MD received her medical degree from the New York University School of Medicine, New York, NY and completed her general surgery residency at the Icahn School of Medicine at Mount Sinai, also in New York, NY. She will be a one-year Breast Cancer Alliance Surgery Fellow with the Breast Service, Department of Surgery, at Memorial Sloan Kettering Cancer Center.

Jennifer R. Sasaki, MS, MD received her medical degree from the University of Texas Health Science Center at San Antonio and completed her general surgery residency at Penn State Milton S. Hershey Medical Center in Hershey, PA. Additionally, Jennifer received her MS in Physiology from Georgetown University in Washington, D.C. This year she will further her surgical training as the Breast Cancer Alliance Fellow with the Breast Surgery Division, Department of Surgical Oncology at Rutgers Cancer Institute of New Jersey.
Weinberg has studied breast cancer for many decades and he notes that “Despite a decline in mortality rates of as much as 30% over the past two decades, women are still dying in large numbers from breast cancers that resist standard treatments.” One promising solution to this problem is to harness the power of the immune system to recognize and eliminate cancer cells both in the breast and at sites of metastasis. These new “checkpoint immunotherapies” have been incredibly successful in treating certain types of tumors but have had limited success in treating breast cancers. Weinberg aims to study how their efficacy could be improved in the treatment of breast cancer.

His project entitled “Understanding the contribution of the Epithelial-to-Mesenchymal transition (EMT) to immunosuppression in breast carcinomas” is based on the discovery that breast cancers evade detection and neutralize attack by shutting down the functions of immune cells that otherwise would be capable of killing them. At the same time, Weinberg says, “these M cells evade detection and “fly under the immunological radar” by shutting down molecules that would otherwise attract the attention of immune cells.” Remarkably, breast tumors containing only 10% of M cells are protected from immune attack.

According to Weinberg, “This work begins to demonstrate the specific sources of resistance to checkpoint immunotherapies and provides clear indications for how these types of resistance can be reversed, rendering breast cancer cells sensitive to immunological attack.”

Without support from BCA, Weinberg would not be able to pursue this research that would help tailor checkpoint therapies to treating breast cancer.
The program was led by Dr. Orli Etingin, founder and Medical Director of the Iris Cantor Women’s Health Center at New York-Presbyterian/Weill Cornell Medical Center. The panel of cancer experts included: Dr. Alexandra Heerdt, Breast Surgeon at Memorial Sloan Kettering Cancer Center; Dr. Kenneth Offit, Chief of Clinical Genetics Service at Memorial Sloan Kettering Cancer Center; Dr. Andrew Dannenberg, Henry R. Erle, MD-Roberts Family Professor of Medicine at the Joan & Sanford I. Weill Medical College of Cornell University and Associate Director of Cancer Prevention at the Sandra and Edward Meyer Cancer Center. Dr. Dannenberg received his medical degree from Washington University in St. Louis and served as a medical resident and gastroenterology fellow at The New York Hospital-Cornell Medical Center. His laboratory has focused on elucidating the mechanisms underlying the inflammation-cancer connection with an emphasis on prostaglandin biology. Currently, a bench to bedside effort is being made to understand the link between obesity and cancer with an emphasis on adipose inflammation and related biomarkers. The long-term goal of this research is to develop evidence-based approaches to reduce the risk of cancer or inhibit its progression. Dr. Dannenberg has authored more than 200 scientific articles, as well as edited several books and journals. In 2011, he was awarded the American Association for Cancer Research-Prevent Cancer Foundation award for excellence in cancer prevention research. He is a member of the Association of American Physicians (AAP), the American Society for Clinical Investigation (ASCI), and the American Association for Cancer Research (AACR).

May 15th was a morning of community, education and discovery for over 200 women who came together for the first annual Breast Cancer Alliance/JCC Greenwich Breast Cancer Symposium at Old Oaks Country Club. The audience was a multi-generational mix of women from Manhattan, Westchester and Fairfield Counties all of whom shared the same desire to learn how to take action against breast cancer.

The esteemed doctors highlighted the latest scientific discoveries with respect to lifestyle and environmental risk factors, interventions for high risk women, inherited and genetic risk, and new imaging technology. They encouraged women to better understand their own personal set of risk factors and to be proactive in lowering risk by addressing modifiable lifestyle risk factors, as well as by taking advantage of the latest technology and tools for prevention and early detection.

The Q&A session was rich with thoughtful questions and led to a stimulating discussion between the audience and the experts, as attendees seized the opportunity to learn all they could about preventing breast cancer. There was a palpable feeling of great hope and unity in the room at the event’s conclusion. A video of the symposium is available at https://youtu.be/J51WBMzh06Y and is an invaluable gift to share with a mother, sister, daughter or friend who might benefit from learning how they too might take action against breast cancer. The mantra of the morning will hold true: “Education saves lives!”

Breast Cancer Alliance and JCC Greenwich were excited to hear the very positive feedback about the symposium from both attendees and the panelists. Plans are already underway for the second annual Symposium.

WELCOME THE NEWEST MEMBER OF OUR MEDICAL ADVISORY BOARD: DR. ANDREW J. DANNENBERG

Andrew J. Dannenberg, MD is the Henry R. Erle, MD-Roberts Family Professor of Medicine at the Joan & Sanford I. Weill Medical College of Cornell University and Associate Director of Cancer Prevention at the Sandra and Edward Meyer Cancer Center. Dr. Dannenberg received his medical degree from Washington University in St. Louis and served as a medical resident and gastroenterology fellow at The New York Hospital-Cornell Medical Center. His laboratory has focused on elucidating the mechanisms underlying the inflammation-cancer connection with an emphasis on prostaglandin biology. Currently, a bench to bedside effort is being made to understand the link between obesity and cancer with an emphasis on adipose inflammation and related biomarkers. The long-term goal of this research is to develop evidence-based approaches to reduce the risk of cancer or inhibit its progression. Dr. Dannenberg has authored more than 200 scientific articles, as well as edited several books and journals. In 2011, he was awarded the American Association for Cancer Research-Prevent Cancer Foundation award for excellence in cancer prevention research. He is a member of the Association of American Physicians (AAP), the American Society for Clinical Investigation (ASCI), and the American Association for Cancer Research (AACR).
A Woman’s Story: Stephanie Smerriglio Latham

Life is choices.

If I have a headline or a tagline, this has been it for as long as I can remember. I’ve used it seriously, ironically, and sarcastically. I used it as my sign-off in my 7th grade yearbook. I continue to use it so often that it has even become a poster at Facebook’s Headquarters in Menlo Park, CA where I work. I love this expression because it creates a framework that empowers you to recognize your options and take accountability for the choices you make every day.

My breast cancer story started in November 2013. My husband and I had recently relocated from Connecticut to California. After getting hit with a bad sinus infection, and in need of a new primary care physician, I found myself at the medical center on Facebook’s campus for a routine physical. During this appointment the doctor discovered a mass under my right arm. That discovery triggered several follow-up tests and appointments. As I went from mammogram to mammogram to biopsy, I also found out I was pregnant. I was just shy of 32.

If I thought my “Life is Choices” mantra had been put to the test: moving to the west coast with my husband, leaving behind our friends, family and the only home we had ever known; continuing to stretch myself professionally, changing jobs, industries, managers and teams; it was truly tested beyond all previous limits when I learned about both my pregnancy and ultimate DCIS/breast cancer diagnosis within a matter of weeks.

At that time in my life, when I felt the least in control of what was happening to me, reminding myself that Life is Choices enabled me to regain control by consciously identifying and making choices.

The most empowering choice I made was to be resilient. Not just for me, but more importantly, for my daughter, Caroline. To be resilient and strong, I needed to be healthy. That choice provided an anchor for my husband Zane and me as we swam in a sea of questions, opinions and uncertainty. We chose an aggressive 3-part plan that included a right mastectomy during the 20th week of my pregnancy. Our hope was that it would eliminate the potential spread of the cancer while simultaneously protecting both Caroline and me. We scheduled that first surgery and then we waited.

We were scared. I was scared. Waiting to see Caroline’s heartbeat after surgery was agonizing. Waiting another 22 weeks for her to be born even more so. I kept thinking, “What would Caroline’s mom do?!” I had a little girl that needed me and needed me to attack this cancer with resilience for both of us.

Another big choice I made was to embrace flexibility all along the way.

In my head, I thought 2014 would be a year of great professional achievement. In reality, instead of my career I had to spend my time and energy focusing on my health.

In my head, I imagined breast feeding Caroline for her whole first year. In reality, choosing an aggressive treatment plan meant she had to switch to formula when she was 12 weeks old. (As it turns out a little formula did do wonders for her sleeping through the night).

Shortly after we concluded my treatment plan, my mom was diagnosed with Stage 2 breast cancer. I am thankful to say that, like my daughter and me, she is a survivor. Our experiences serve as a constant reminder of the work we need to do to cure this disease and make me so grateful for the work of Yonni and everyone at BCA.

I hope anyone reading this will remember that you can’t control what happens to you, but “Life is Choices”: you can choose how to respond to the challenges you face and you can choose to support this important cause and be part of the mission to find a cure.
2017 BCA Raffle Packages

A DAY AT THE MET
$1150 Value
Enjoy a private, docent-led tour of The Metropolitan Museum and lunch services for eight in the Trustees’ Dining Room. You will select the focus of the tour from a wide array of subjects.

BOXING AND BOXCAR
$906 Value
Box your way to a fitter you, in new pink boxing gloves, with 3 group or private sessions at Punch Fitness Center. Then hop on over to The Color Café in Greenwich to freshen your look and treat those hands to 4 manicures from Coco Nails after your aggressive workouts. Top off a couple of those sessions with your favorite dining companion at Boxcar Cantina using your $150 gift certificate, and at Back 40 Kitchen with your $100 gift certificate.

FRIENDS AND BENEFITS
$1135 Value
After you polish up your nails with a manicure at New Hill Top Nails, go experience a skincare evaluation and glycolic peel at Skin Focused Dermatology. At Jaafar Tazi you’ll get full highlight glaze with Merissa, a haircut with Violet and another manicure and pedicure for another day! Then meet up to 8 friends at an after-hours private party at Benefit Cosmetics Boutique in Rye. Wine and light appetizers will be served while their beauty artists doll you up!

RETURN TO THE CITY
$925 Value
Have Pinnacle Taxx Advisors figure out your taxes while you enjoy 5 barre classes at one of Go Figure’s select locations. Follow class with a facial by Annie Delouya, or one of 3 classes at SoulCycle while you ponder how to spend your tax return! Head to the city for some fine dining for two with your $75 gift card to Fresco by Scotto, your $100 gift card to Gallagher’s Steakhouse and your $75 gift card to The Loeb Boathouse in Central Park.

PRIMP AND PARTY
$1082 Value
Be the hostess with the mostest when you throw a bash with a $150 gift certificate to Garden Catering towards a catered event, a gift certificate to Black Forest Pastry Shop for a vanilla or chocolate buttercream 8" occasion cake, while using your pink peony lacquer tray from Housewarmings. Beforehand, enjoy a hydrafacial, manicure and pedicure at Williams & Co. Salon in Darien, and give the man in your life a little pampering of his own with 3 months membership for signature haircuts and products from Kennedy’s Barber Club.

TOP CHEF GREENWICH
$1310 Value
Win an unforgettable experience at your neighborhood butcher! Fleishers Craft Butchery, the leaders in the sustainable meat movement, host rare opportunities to connect with your local food system by providing informative demos, hands-on learning and unique tastings celebrating Meat Raised Right. Good for two spots in the class of your choosing. After you’ve explored your culinary side, treat yourself with this $750 gift card to Greenwich Medical Skincare and Laser Spa. You’ll be so relaxed, you’ll look forward to dining out with your $150 gift certificate to Famous Greek Kitchen, and then over dinner for 4 at your choice of Terra, Mediterraneo or Eastend (alcohol and gratuity not included.)

RELAX AND RENEW
$855 Value
Start your day with coffee and a light bite with your $30 gift card to Patisserie Salzburg, and then do a little shopping nearby with your $50 gift card to Rye Country Store and your $25 gift card to Mixology. Make your way over to one of 3 sessions at Core Pilates Greenwich, followed by a fabulous 60-minute massage at the Ritz-Carlton Westchester and a manicure and pedicure with your $40 gift card to Rose Nails. Round out the day enjoying lunch for 2 with your $60 gift card to Morgan’s Fish House, with your $50 gift card to The Ginger Man, or your $40 gift card to Bareburger.

FREEZE FRAME
$1175 Value
Cold Play Cryo will welcome you for 3 Whole Body Cryotherapy sessions and 3 CryoFacials. It will be the coldest, most rejuvenating few minutes of your day! CryoFacials involve using chilled air to deeply cool the skin of the face, scalp, and neck area. This anti-aging beauty treatment is very effective, safe and affordable without surgery, needles, downtime or recovery. You’ll look and feel so cool, you’ll want to freeze the moment with a photo shoot session and one 11x14 custom print, courtesy of Jack Dog Studio.
ABOUT FACE
$804 Value
You’ll feel super fit after 6 semi-private sessions for a 14 day reboot with Fit by July, but why not indulge in a little pampering just the same? Head to Beautiful Body & Facial Spa to use your $120 gift certificate. You can wear your new necklace and earrings from Splurge to add a little more sparkle to your day. You’ll look timeless, but keep on top of your appointments with a beautiful Bulova wood wall clock with chime from Michaelangelo of Greenwich.

IN FINE FORM
$1310 Value
Get in top form with your 8 personal training sessions at In Forma of Greenwich. You’ll then be ready to fortify yourself with dinner for 2 at Fortina. Save your Bar Taco $50 gift certificate for dinner for 2 after a different workout!

STEPPING OUT
$1082 Value
Dance your way to a mirror ball trophy with 2 private ballroom/rhythm dance lessons with World Champion Dancers at Arthur Murray, plus 2 group classes. Perfect for singles, couples or kids. Get ready for your big nights out with a facial by Annie Delouya, a 28-day reboot with Fit By July, plus a manicure, pedicure and full highlights with Tanya and haircut with Jaafar at Jaafar Tazi. Cap off the night using your $50 gift certificate to Lugano Wine Bar & Salumeria.

FORE!
$1283 Value
Grab three friends, your pink golf bag, tees and balls for 18 holes of golf at Westchester Country Club. Your spectacular day includes greens fees, use of golf cart and caddy services, followed by lunch for four (up to $150 value) in The Sports House overlooking the beautiful course.

JOIN US THURSDAY, OCTOBER 5 AND OTHER EVENTS THROUGHOUT THE MONTH

9AM BCA FLAG RAISING LED BY FIRST SELECTMAN PETER TESEI AT GREENWICH TOWN HALL

10AM BREAKFAST AND CONVERSATION WITH DR. MARISA WEISS, CHIEF MEDICAL OFFICER AND FOUNDER, BREASTCANCER.ORG

RSVP: BCAgoforpink@GMAIL.COM

ALL DAY AND EVENING: SHOP AND DINE WITH PARTICIPATING MERCHANTS AND A PORTION OF ALL PROCEEDS WILL BE DONATED TO BCA

VIEW MERCHANTS AND ADDITIONAL ONLINE SHOPPING AND DINING DATES: BCAgoforpink.org

SIMON PEARCE

Limited Edition Pink Crystalline Bud Vase

$95

Our PINK Crystalline collection is a demonstration of passion from our master potters. A portion of all proceeds go to the Breast Cancer Alliance.

The retail price of this limited edition vase is $95.00, which was designed especially for Breast Cancer Alliance. 10% of the sales, along with other purchases made on October 5th during GoForPink, at the Greenwich store, will be donated to BCA.
IN MEMORIUM

In 2017 Breast Cancer Alliance said goodbye to two dear members of the BCA Family: Susan Elia and Deborah Black.

Susan Elia, a survivor of breast cancer, was one of Breast Cancer Alliance’s founding members in 1996 alongside Mary Waterman, Lucy Day, Kenny King Howe, Valerie Marchese and Cecile McCaull. The impact of Susan’s involvement will be known for years to come and we are grateful for her foresight and leadership that set BCA on the course it is on today.

Susan was born April 26, 1944 in New York, NY and passed away April 22, 2017 in Greenwich, CT from complications due to Parkinson’s disease. Susan was raised in Glens Falls, NY and attended Lawrence University in Wisconsin, majoring in Art History. She received her MFA from Boston University and taught at several Boston-area colleges. She was fluent in Italian and German. She and her husband Claudio, who passed away in 1996, moved to Greenwich in 1982, where she co-authored two books: The Great Estates: Greenwich, CT 1880-1930 and Greenwich Country Day: A History 1826-1986. In addition to being a founding member of BCA, Susan was as a member of the Architectural Review Committee, a member of Hortulus Garden Club, and had memberships at Indian Harbor Yacht Club and The Stanwich Club. She was also a member of the Adirondack League Club and the Cosmopolitan Club in New York. Susan loved to travel, garden, sail, and golf. Susan is survived by two children, their spouses, and four grandchildren.

Debbie Black served as BCA’s president and member of the Board of Directors for 9 years. Debbie’s passion for her work was apparent as she helped transition the organization during the hire of a new Executive Director and for the formulation of a strategic plan, working tirelessly to ensure BCA’s footing for the future. She was also the co-chair of the research grants committee, overseeing selection of the research grants BCA funded and visiting many of the sites personally for evaluation. Debbie lived her life with grace, poise and strength, inspiring a large community of family and friends.

Deborah Groves Black of Greenwich, CT died peacefully on June 12, 2017. Debbie was born August 4, 1952, to beloved parents John McNeil Groves and Ann Porter Groves and was raised in Warrington, PA. An avid scholar, Debbie was a summa cum laude, Phi Beta Kappa graduate of Duke University.

She excelled as an agricultural research scientist at Union Carbide Corporation before returning to academia to earn her Ph.D. in finance from the New York University Graduate School of Business Administration. Thereafter, Debbie joined the faculty at Hunter College as a professor of Economics. She also thrived as a volunteer within the Greenwich community, taking on numerous leadership roles at Greenwich Academy and Brunswick School, as well as BCA. Debbie’s dedication to bettering these organizations and long-term commitment to service earned her the YMCA Spirit of Greenwich Award. But there is no doubt that Debbie’s greatest joy was being a devoted mother to her three children and loyal friend to so many.

Both Susan and Debbie were members of our Three Girls Society and their support of BCA will be felt and recognized for years to come.
RESEARCH SPOTLIGHT:
E. PREMKUMAR REDDY, PHD: A TARGETED THERAPY FOR TRIPLE NEGATIVE BREAST CANCER STEM CELLS

Triple Negative Breast Cancers (TNBCs), which are defined as tumors that lack expression of estrogen receptor (ER), progesterone receptor (PR) and human epidermal growth factor receptor-2 (HER2) constitute 12-17% of all breast cancer sub-types. Regrettably, these tumors exhibit a high rate of recurrence and metastasis, even if detected early. At present, systemic treatment options for patients with TNBC are limited to cytotoxic chemotherapy and many patients relapse within the first 3 years. One of the primary reasons for TNBC recurrence is thought to be due to the presence of disproportionately large numbers of tumor initiating cells (TICs), also called as breast cancer stem cells (BCSCs) in these tumors. BCSCs are a sub-population of cells that are long-lived, with the ability to self-renew, and are resistant to standard chemotherapeutic agents. Hence, developing new therapies that target proteins that are essential for the survival of this population is a key requirement to effectively treat this disease.

In an attempt to understand the molecular basis of TNBC growth and to develop a targeted therapy for this type of cancer, Dr. E. Premkumar Reddy’s laboratory at the Icahn School of Medicine at Mount Sinai has designed an approach where the identification of oncogenic proteins that TNBCs require for survival is combined with drug discovery. Dr. Reddy’s group used a small molecule compound library designed in his laboratory to identify compounds that preferentially induced the death of BCSCs purified from TNBC cell lines and, simultaneously, determine the nature of proteins (in this case kinases) that are inhibited by these compounds. This strategy led to the identification of ON108600, which showed remarkable toxicity towards TNBC BCSCs but had little toxicity to normal mammary epithelial cells. Subsequent kinome profiling studies revealed that this small molecule is a dual inhibitor of 2 kinases, casein kinase 2 (CK2) and dual-specificity tyrosine phosphorylation-regulated kinases (DYRKs). Interestingly, all of these kinases have been previously shown to play a role in tumor proliferation, metastasis and drug resistance in multiple cancer types, including TNBC. Dr. Reddy’s studies are aimed at elucidating how ON108600 blocks the ability of CK2 and DYRK kinases to drive the growth of TNBC BCSCs and determining the efficacy of this compound in TNBCs that express high levels of these protein using animal models.

Traditionally, in a pre-clinical laboratory setting, the effectiveness of novel therapeutics against all cancer types are tested using animal models of tumor growth whereby cells that are grown in a culture dish are implanted into mice. The mice are then treated with the experimental compound for a defined period of time to test the ability of this agent to inhibit growth of the grafted tumor. While this type of study provides useful information to the researcher, these types of cells are primarily homogeneous populations and it is clear that “homogeneous” is a term that rarely, if ever, applies to cancer patients. Ideally, tumor grafts that have been directly generated from patients are used to create personalized mouse models, or “avatars,” that can be used to determine what therapies might benefit each patient as an individual. While these models can be of tremendous value, especially for TNBC where few strides have been made with respect to the approval of new treatments, their availability to the translational research community is often heavily reliant on physicians who generously donate specimens obtained from their consenting patient populations.

Fortunately, Dr. Reddy did not need to look very hard for mouse avatars of TNBC. He was able to initiate a collaborative study with Dr. Hanna Irie, a medical oncologist who specializes in the care of patients with breast cancer at Mount Sinai Hospital, to perform this exact type of study. As part of a previous study that was also funded by Breast Cancer Alliance, Dr. Irie and Dr. Elisa Port, Chief of Breast Surgery at Mount Sinai Hospital, developed several TNBC avatars that maintain the tumors’ original characteristics and, equally as important, express the proteins that are targeted by Dr. Reddy’s molecule. Most importantly, Dr. Irie developed several mouse avatars from breast cancer patients before and after systemic therapy. These post-chemotherapy residual tumors represent drug-resistant disease that is associated with higher recurrence risk. These avatar models will not only evaluate the efficacy of ON108600 against these aggressive triple negative breast cancers, but also contribute to the development of response biomarkers that can be used to support human patient clinical trials with this drug. Data generated by Drs. Reddy and Irie using these models was solid enough and sufficiently compelling to be included as preliminary data in a grant proposal to the Department of Defense, which expects to fund their application for $1 million and support their research effort to continue these studies over the next three years. With these additional funds, they ultimately hope to determine whether these mouse avatars will confirm that targeting CK2 and DYRKs is an effective way to treat TNBC.
BREAST CANCER AND EXERCISE

The most common issues that plague post-mastectomy patients are upper-crossed syndrome and range of motion limitations in the affected shoulder. Upper-crossed syndrome is the combination of rounded shoulders, forward head, cervical lordosis, winged-scapula, and thoracic kyphosis. As a result of these postural deviations, mastectomy, lymph node dissection, and/or radiation, the chest muscles may become tight, shortened and spastic.

This not only exacerbates the postural deviations, but may limit the ability of the patient to move their arm/shoulder through flexion, extension, abduction, and external rotation. While this is a general statement, the majority of patients will present with these symptoms. This is compounded even more if the woman undergoes reconstructive surgery. Not only will it further exacerbate upper-crossed syndrome, it will create a muscle imbalance in the area of surgery, if either the rectus abdominis or latissimus muscle are used for reconstruction.

The most important factor in the safety and efficacy of the exercise program is the initial assessment. At the very least this should include a comprehensive postural assessment as well as shoulder range of motion measurements. The well-trained fitness professional will be able to deduce from the results which muscles need to be stretched and which need to be strengthened. By selecting the wrong combinations of exercises, the results may not only be undesirable, they may in fact be detrimental.

Prior to adding a load (resistance) of any kind, the patient should have close to full range of motion through the particular plane of motion. Without first making this correction, the patient will reinforce the negative movement pattern by performing strength training exercises throughout a limited pattern of movement. Therefore, initial focus should be on range of motion exercises. These may include: front wall walks, side wall walks, pendulum swings, and corner stretch, or active isolated stretching that can be executed with the assistance of a professional. The combination of both will increase the speed of improvement in most cases.

Once close to full range of motion is achieved, the emphasis can be on strength training. Not only will this help to correct the postural and range of motion deviations, it will help increase bone density and lean muscle mass. Many women will either be of menopausal age or thrown into menopause from their cancer treatment. With estrogen no longer being produced, the risk of osteoporosis increases.

The last part of the equation is the risk of lymphedema of the affected arm/shoulder. Lymphedema is the swelling of the extremity following the removal of or radiation to the lymph nodes on that side. Even if someone has undergone a sentinel node biopsy, and only had one node removed, they can still get lymphedema. Lymphedema is progressive if untreated and can be very painful and disfiguring. It can happen at ANY time after surgery; one hour or fifty years. The risk doesn’t increase or decrease with time, however a higher percentage of body fat, infection, age, and poor nutrition can all increase the risk once someone is at risk.

The Medical Fitness Network and Cancer Exercise Training Institute have teamed up to provide cutting-edge training for health and fitness professionals wanting to work with cancer patients.

Our Cancer Exercise Specialists receive comprehensive training and must pass an extremely challenging examination process prior to receiving their credential. For a list of CES’s near you, as well as valuable exercise and nutrition information, please go to www.thecancerspecialist.com and click on the patients tab.

GOLF OUTING

Our fifth annual Golf Outing was held on Tuesday, May 23rd at GlenArbor Golf Club. It was a beautiful day with a more than full field of golfers. The event raised over $90,000 which will be used to support novel research funded by Breast Cancer Alliance.

There were several fun contests on the course, including closest-to-the-pin with a chance to win a Porsche from New Country Porsche in Greenwich and a long drive contest. The festive Stoli-Doli cocktail was provided by the Capital Grille of Stamford alongside the course. At the end of the day there was a pitching contest onto the floating island off the porch which drew a large and enthusiastic crowd, and helped to raise some additional funds.

GlenArbor Golf Club once again hosted a wonderful tournament. We are grateful to have such a beautiful and gracious setting.

This year’s event was co-chaired by Suzanne and Tim Sennett, Justin Nelson, Mary Quick and Jim Daras.

Many thanks to them for creating a wonderful day!

If you would like to be on the 2018 golf committee, email info@breastcanceralliance.org
JUNIOR FASHION SHOW

On Sunday, April 2nd, runway and reality collided at the Junior Fashion Show, held at Richards in Greenwich. Twenty-eight high school students, representing Brunswick School, Convent of the Sacred Heart, Episcopal High School, Fox Lane High School, Greens Farms Academy, Greenwich Academy, Greenwich Country Day School, Greenwich High School, Rye Country Day School and Stanwich School, rocked the runway in the latest fashions from Richards. This annual event benefits the BCA Junior Committee and the funds raised further our mission to support health services for underserved women throughout Connecticut and Westchester County, NY.

This event would not have been possible without the dedicated support from the staff at Richards for hosting the event and dressing our models for the day. Additionally, we are so grateful to Cottages and Gardens for being the media sponsor for the second consecutive year and to Warren Tricomi Salon for styling the hair and makeup for all of the young models.

Lastly, a big thank you goes out to the wonderful Junior Committee and their co-chairs: Mary Jeffery, Dee Mayberry and Paige Montinaro.

RUN/WALK FOR HOPE

Hundreds of enthusiastic, pink clad walkers and runners took to Greenwich Avenue and Bruce Park for Breast Cancer Alliance’s annual 5K Run/Walk for Hope. The event, which took place on Sunday, April 30th was co-orchestrated by Jump on the WAGEN and Second Wind Race Timing. Co-chairs were Lisa Fleming, Mary Jeffery, Courtney Olsen and Susan Weis.

The lovely, sunny morning greeted teams, families with young children (and dogs!) individuals of all ages, and cancer survivors. They showed support for our cause and raised funds and awareness in combating breast cancer. Funds raised from this event will be allocated toward a breast cancer surgery fellowship.

Once again, participants met at Richards and enjoyed breakfast courtesy of Z Hospitality Group and PepsiCo. Pre-entertainment activities consisted of face painters for the children and a DJ from KP Events who got the crowd energized and ready to go!

The first ever Hope Award was presented to Dennis Hewitt, President and CEO of Omnicom, with gratitude for their decade of support for this event. This year’s 5K winner was Taylor Black who set an impressive 5:54 pace!

Thank you to our generous sponsors:
Platinum: Omnicom
Gold: Greenwich Hospital, Northern Trust
Bronze: Brown Advisory, The Shade Store, White Plains Hospital
Crystal: The Delepine Family, Gells, Greatest Blaze, Open Door Family Medical Center, Sotheby’s, Western Connecticut Health Network, Women’s Sports Medicine Center at ONS
In Kind: Fleet Feet, Juice Press, PepsiCo, Richards, Rise Coffee, Vineyard Vines, Z Hospitality Group

Want to help us expand this event across the U.S.? Email yonni@breastcanceralliance.org

SAVE THE DATE

HOLIDAY BOUTIQUE

Please join us on
Tuesday, November 14th from 12pm until 8pm and
Wednesday, November 15th from 9am until 3pm for our 18th annual Holiday Gift Boutique at Greenwich Country Club.

We will have over thirty exciting vendors exhibiting their wares and 15% of all sales benefit BCA.

Lunch will be served from 12:30 to 2:30, and prepaid reservations may be made online at weblink.donorperfect.com/2017HolidayBoutique.

Cocktails will be also served on Tuesday evening. For questions please contact info@breastcanceralliance.org.
JOIN US THURSDAY, OCTOBER 5
AND OTHER EVENTS THROUGHOUT THE MONTH

GO FOR PINK!

SHOP. DINE. DONATE.

EVENT DETAILS CAN BE FOUND INSIDE ON PAGE 7
VIEW MERCHANTS & INFO: BCAgoforpink.org