By Margaret Huflejt, PhD
and Mary Hesdorffer, APRN

I was watering my plants when Patti called.

"Hello M, I have finished my chemotherapy. Can we talk about my new life?" Patti had surgery for breast cancer followed by chemotherapy.

"Of course," I said. "When do we start?"

We met the following day at a local coffee shop for green tea and thick slices of crispy baked bread coated with fresh, sweet butter.

"Can I really eat this?" asked an incredulous Patti.

"Patti," I said, "would you like to try a little experiment? Close your eyes, smell the bread and butter and tell me the first thing that comes to your mind."

Patti inhaled deeply and a smile spread slowly across her face. "It smells delicious!" she said. "It smells delicious and real and good."

This was how we started the first day of Patti’s new life. It was a day filled with many questions, lengthy discussions, and the occasional monologue. I have summarized the contents of our conversation below.

The vast majority of cells and tissues in your body are perfectly healthy, they just had to live and function for some time in a toxic environment produced by cancer and your body fighting cancer.

That means that all your cells have just gone through a true biochemical war!

Chemotherapy – as much as it is directed to wipe out cancerous cells – also adds to the burden of toxicity the body has to confront. Consequently, clearing the body of residual toxins and re-building strong, healthy tissue by eat-

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The Meso Foundation and You

The Meso Foundation is the only charitable organization dedicated to serving the needs of the mesothelioma community with a mission to eradicate mesothelioma and end the suffering caused by this cancer. Every dollar donated to the Foundation, is a dollar that can be used on research, patient services, education and advocacy. The Foundation would not exist without donors, like you, who believe in the importance of the Foundation’s mission.

"There is a common misconception that the Meso Foundation is entirely, or even mostly, funded by law firms. This is not the case," said Melinda Kotzian, CEO of the

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Meso Foundation. “In fact, a substantial 65% of our funding comes from individual donors.”

The Foundation relies on the financial support of its community to advance its mission. With only limited treatments available, research is essential to current and future mesothelioma patients. “The Meso Foundation is here to serve the needs of the meso community and we need everyone to do what they can so we can continue our mission and make mesothelioma a cancer of the past.”

To learn more about Meso Foundation’s impact, please continue reading below.
IN WORDS

RESEARCH
Grants Program The Meso Foundation funds the most promising mesothelioma research projects through our rigorous research grant program. Proposals submitted are reviewed and scored in accordance with the National Institutes of Health peer review criteria and scoring procedures. Since our inception, we have received 439 proposals, 91 of which were funded.

Mesothelioma Science Quarterly e-Newsletter In our efforts to engage the scientific community to increase their awareness of mesothelioma and continue to inspire their efforts, the Meso Foundation has established the Mesothelioma Science Quarterly e-newsletter.

Other Research Initiatives Over the years, the Meso Foundation has been instrumental in the establishment and continued federal funding of the National Mesothelioma Virtual Bank, and has awarded grants to projects at the Center for Asbestos Related Disease (CARD), National Center for Vermiculite and Asbestos Related Cancers, the joint Staging project of Cancer Research and Biostatistics and the International Association for the Study of Lung Cancer. The Meso Foundation is also participating in a SPORE (Specialized Program of Research Excellence) grant proposal. This grant, if funded, would award $12.3 million to mesothelioma research projects. We have also begun to host a Clinical Trials Working Group to explore the possibility of funding a clinical trial.

EDUCATION
Info Packets The Meso Foundation sends out informational packets to every person who reaches out for help. This includes information on our programs; information about mesothelioma, its treatments, and clinical trials; and other resources of interest to someone dealing with a mesothelioma diagnosis.

Meet the Mesothelioma Experts Series Approximately once a month, we broadcast via a teleconference an interview with a mesothelioma expert. Recordings of the program are available on our website.

International Symposium on Malignant Mesothelioma The Meso Foundation hosts an annual Symposium, which is a conference geared to attendees from all walks of life, including patients and their families, advocates, medical professionals, and those who have lost loved ones to mesothelioma. The Symposium provides a setting for everyone in the meso community to come together and take part in both scientific sessions and community conversations. The video feed of the event is broadcast live, free of charge, on the Foundation’s website, and its recordings are published on YouTube shortly after the event. The Foundation’s YouTube channel features 182 videos. Starting in 2014, the conference features an additional two-day Scientific Seminar for the scientific community.

Regional Conferences The Meso Foundation also holds one-day regional conferences. In 2014, they will be held in Chicago, IL on October 10th and in Philadelphia, PA on September 26th.

Website/Blog The Meso Foundation’s website, curemeso.org, is a comprehensive source of treatment and research information, but also community resources such as events, advocacy, social media, and news articles.

Newsletters and e-Newsletters Each year, the Foundation publishes 1 - 2 print newsletters, mailed to a database of 18,000 people and published on its website. In addition, every three weeks, the Foundation sends out a What’s New email to its entire email database, featuring all articles, news and information added or created within that period.

Press Releases The Meso Foundation publishes five press releases per month.

SUPPORT
Mary Hesdorffer is the first point of contact for patients and family members that reach out to the Meso Foundation. Ms. Hesdorffer is an expert nurse practitioner with over 16 years of experience in mesothelioma treatment and dozens of published articles in a variety of scientific journals.

Online Support Five private, by-invitation-only, moderated, online support groups for patients, caregivers, and bereaved provide community members with 24/7 support, whenever they need it.

Telephone Support The Meso Foundation hosts four support groups that meet via telephone once a month. These include a patient, caregiver, spousal loss and a Christian prayer group.

MesoConnect Especially when first diagnosed with mesothelioma, many patients feel isolated. For this reason, the Meso Foundation has developed MesoConnect, a peer-to-peer support system for mesothelioma patients and their families. Through MesoConnect, we identify and connect individuals in need with members of our mesothelioma community who “have been there, and have done that.” This service can be helpful during all stages of a mesothelioma diagnosis.

Patient Travel Grant Program The Meso Foundation believes that every patient should have the chance to consult a mesothelioma expert. Therefore, we created the Patient Travel Grant Program, through which we award up to $1,000 to patients in need, to cover expenses related to travel, lodging and meals.

ADVOCACY
Advocacy for mesothelioma research funding is central to our mission to eradicate mesothelioma and end the suffering caused by this cancer.
It is well recognized that asbestos causes the majority of mesotheliomas. It will be a few years more before we figure out how asbestos causes malignant changes in mesothelial cell chromosomes and DNA; why there is an average delay of 32 years between exposure and disease; and what can be done to treat it.

We are also pretty sure that asbestos is not the only cause. Every population-based survey turns up a few cases in which we cannot identify any asbestos exposure. Radiation, a known direct DNA-poison, is one non-asbestos culprit. Between 1915 and 1930, about 2000 women had been employed to paint the dial faces of clocks with radioactive radium paint, which they accidentally ingested by licking the paintbrush; the radium never left their bones and tissues. Among the cancers that subsequently developed, four of 360 were mesotheliomas (3 pleural, one peritoneal). We have since recognized that medical radiation therapy given for tumors of the prostate, uterus, testes, or for mediastinal Hodgkin’s disease, can result in mesotheliomas which look, under the microscope, like asbestos-caused disease. Radiation mesotheliomas comprise 1-2% of currently seen cases.

We believe, however, that the DNA changes caused by radiation are different from those due to asbestos. We recently used a technique called copy number analysis, where the DNA from each patient is placed on a microarray chip containing hundreds of thousands of specially matched DNA fragments. These arrays are comprehensive enough to allow us to inquire about whether chromosomal gene content in one group is identical to that in the other. When we compared the tumor tissue taken from a group of heavily exposed asbestos-related mesothelioma patients to tissues from patients exposed to radiation only, it was evident that up to 70% of the asbestos-attributed patients had deletions (pieces of chromosomes missing) from the long arm of their 14th chromosome that were not seen in any (yes, zero percent) of the radiation-related patients. Because different pieces of this chromosome were lost from different patients, this had not been seen previously. Chromosomes and genes of mesothelioma patients were usually studied without much regard to their exposure history – everyone just assumed that all mesotheliomas are the same disease, so that these changes were obscured during the gene copy number calculations.

The full significance of this is unknown, but it may mean that radiation-induced mesothelioma is actually an entirely different disease that only resembles asbestos-caused mesothelioma in microscopic appearance.

And what about other mesotheliomas in which we cannot document asbestos or radiation exposure? Are they different diseases as well, requiring different treatment, different drugs, different surgery? It is well to remember that any chemotherapy agent that we have tried so far does not benefit more than 44% of patients. Is that because the other 56% have a different disease?

The next few years, during which we will delineate all these genomic differences between mesothelioma patients, will, I predict, be full of surprises for pathologists, surgeons, pharmaceutical companies seeking to conquer mesothelioma, oncologists who run clinical trials, and their volunteer patients who endure them. May all the surprises be of the good kind.
In 2012, the International Association of Heat and Frost Insulators and Allied Workers’ President, James Grogan, declared war on mesothelioma at the organization’s 30th Quinquennial Convention. With approximately one in ten insulators dying of mesothelioma, President Grogan spoke passionately, “If we don’t do this, who will?”

What followed was a vote by convention delegates to create the Insulators Tissue Bank. The goal of this tissue bank is to collect tissues and/or blood serum from volunteer insulators to make it available for distribution and use by medical researchers. Availability of tissue is important in assisting researchers in advancing mesothelioma research. The tissue bank has been approved by the National Institute of Health, and is currently administered at the Mt. Sinai Medical Center, under the direction of Andrew Todd, PhD.

Although the tissue bank began by only collecting tissue from the insulators, at this point the scope has been expanded to everyone. To participate in tissue collection, insulators and/or members of the general public must sign a consent form first. Then arrangements can be made with their doctor that any tissue removed during a procedure like a thoracoscopy, VATS or biopsy, wedge resection, lobectomy, pneumonectomy, or pleurectomy be donated to the Insulators Tissue Bank.

“We leaped light years ahead at this convention in building the infrastructure and funding necessary to significantly improve our workers’ health,” said President Grogan. “But it is also a shift in culture as our members become smarter and more aggressive in caring for themselves as well as their brothers and sisters.”

Donating tissue to a project like the Insulators’ Tissue Bank, is one way to help advance progress in mesothelioma research. To arrange for a tissue donation, please contact Andy Todd at 212-824-7053 or at andy.todd@mssm.edu.

CALL TODAY FOR YOUR FREE COPY
(877) 363-6376

With only one, non-curative FDA-approved treatment for mesothelioma in the medical kit bag, mesothelioma clinical trials are often the most effective and, sometimes, the only way a patient can access innovative treatment options.

With this free booklet, and guidance by the Meso Foundation’s nurse practitioner and mesothelioma expert, Mary Hesdorffer, we can assist you in determining whether a clinical trial is right choice for you.
GIVING CIRCLES

The Meso Foundation has recently established four Giving Circles to provide a source of vital funding for our patient programs and research grants. Qualifying gifts are annual, unrestricted donations that set an example for other philanthropists and encourage them to join our important cause. Learn more about the Giving Circles at www.curemeso.org/givingcircles or contact Erica Ruble at (703) 879-3826 or eruble@curemeso.org.

BLUE RIBBON COUNCIL

The Blue Ribbon Council provides an avenue for individuals who have lost loved ones to mesothelioma to come together for support. Benefits include an invitation to an exclusive weekend retreat and the opportunity to sponsor an educational podcast.

AVAILABLE LEVELS:
$50,000
$25,000
$10,000

WARrior COUNCil

The Warrior Council offers mesothelioma patients, their family members and caregivers a safe haven where they can lean on and learn from each other while battling this disease. Benefits include an invitation to an exclusive weekend retreat and the opportunity to sponsor a podcast.

AVAILABLE LEVELS:
$50,000
$25,000
$10,000

RIsing leaders council

The Rising Leaders Council is a community for up-and-coming fundraisers and advocates who raise funds and awareness for the organization. Council levels can be met by fundraising and personal gifts. Benefits include quarterly Council calls and regional Meet and Greets with fellow members.

AVAILABLE LEVELS:
$5,000
$2,500

MesO professionaLs council

The Meso Professionals Council offers a place for professionals working in the mesothelioma field to demonstrate their commitment to the Foundation and the individuals it serves. Benefits include an embroidered tie or scarf and a customized plaque.

AVAILABLE LEVELS:
$10,000
$5,000
$2,500

OTHER GIVING/FUNDRAISING OPPORTUNITIES

The following are additional ways to support the mission of the Meso Foundation. Learn more at www.curemeso.org/getinvolved or contact Susan Kelly at (703) 879-3823 or skelly@curemeso.org.

Host an Event Hosting an event to raise funds is a great way to financially support the Foundation. Successful fundraising events have included races, golf tournaments, auctions, and dances.

Corporate Sponsorship Help connect the Foundation with companies you know so we may request sponsorships to support our programs and events.

Employee Giving Many workplaces offer the opportunity to make a donation to a charity pre-tax. This can be done through the simple process of a payroll deduction or by specifying the Meso Foundation in your company’s Combined Federal Campaign or United Way campaign.

Matching Gifts Numerous companies offer a matching gift program. It is a great way to double or even triple the amount your donation.

Planned Giving This includes stock gifts, charitable remainder trusts, individual retirement accounts, bequests, and life insurance gifts. It is a wonderful way to leave your legacy with the Foundation.

Letter Campaigns Write a compassionate letter to your family, friends, and co-workers telling them your story and asking them to give to the Foundation.

Engage your Law Firm Is your law firm a Legal Champion for the Foundation? If not, ask you firm to give back to the Foundation by providing a sponsorship to support our good work.
UPCOMING VOLUNTEER EVENTS

We listed below educational, fundraising, awareness, and memorial events organized by the Foundation and/or by members of our network of volunteers.

Would you like to organize an event or activity to raise awareness of mesothelioma and raise funds to help in our fight against mesothelioma? For more information and to request a fundraising booklet, contact Dana Purcell at (703) 879-3821 or dpurcell@curemeso.org.

Saturday, August 9, 2014 at 10 am

**VOLLEY FOR MESO**

Jacobs Beach
Guilford, CT

In memory of Craig Bradley. Contact Jill Bradley Keppler at jnb7776@gmail.com for more information.

Thursday, August 28, 2014 at 4:30 pm

**KICK OUT MESOTHELIOMA RUN & WALK**

Portland, ME

In memory of John Griffin. Contact Tony Myatt at tonedog86@aol.com for more information.

Saturday, September 6, 2014 at 9 am

**KAYAKING 4 MESO**

Admiral’s Marina
Stillwater, NY

Event ends with festivities at 4pm at the Halfmoon Lighthouse Park in Halfmoon, NY. Visit kayaking4meso.org for more details.

Sunday, September 14, 2014 at 8 am

**THE JOHN PAVLICK MILES FOR MESO 8K AND FAMILY FUN RUN**

Fairfax Station, VA

This event will take place on Sunday, September 14th between 8am - 2pm at Burke Lake Park (7315 Ox Road, Fairfax Station, VA). For more information visit www.johnpavlickfightmeso.com.

Saturday, September 20, 2014 at 10:30 am

**5TH ANNUAL RODS BENEFIT FOR MESO**

Eleanor, WV

The event will go until 4pm and include Gospel singing, raffles, a bbq lunch, and kids activities. For more information or to donate, please contact Missy Bowles at (304) 395-0636.

Sunday, September 21, 2014 at 2 pm

**BRUCE A. WAITE 5K MILES FOR MESO**

Ontario High School
Ontario, OH

Organized by Jill Waite, contact number (419) 544-7001
In a time when Congress has prohibited itself from funding disease-specific research, a rare opportunity has presented itself with the Recalcitrant Cancer Act of 2012. The Recalcitrant Cancer Research Act of 2012 was signed into law by President Obama on January 2, 2013 as part of the National Defense Authorization Act (Public Law No. 112-239)\(^1\), giving the Director of the National Cancer Institute (NCI) the ability to identify recalcitrant cancers for which to establish scientific frameworks that will guide research efforts.

For each recalcitrant cancer, NCI is to convene a working group of both Federal and non-Federal individuals to provide expertise and assistance in developing the scientific framework. The frameworks are to be completed within 18 months of enactment, then submitted to Congress and made publicly available on the Department of Health and Human Services (HHS) website within 30 days.

The bill requires the progress of each scientific framework be reported in the National Institutes of Health (NIH) Biennial Report, with an assessment of progress made in improving outcomes for recalcitrant cancers. The bill further states that the NCI Director “shall consider” each relevant scientific framework when making recommendations for exception funding for grant applications.\(^2\)

So, while this does not direct funding to mesothelioma research, it does direct attention, and holds the NCI accountable for addressing mesothelioma.

In this legislation, a recalcitrant cancer is defined as a cancer “for which the five-year relative survival rate is below 50 percent.” Unfortunately, mesothelioma meets this definition, with only a 5 – 10% five-year survival rate. The legislation also seeks to target cancers that have “not seen substantial progress in the diagnosis or treatment.” Unfortunately, mesothelioma fits this stipulation as well. With only one FDA-approved treatment, many patients have to resort to off label use of chemotherapies, drastic surgery or, with luck, participation in clinical trials. There is no test currently available for early detection of mesothelioma either.

The Meso Foundation has focused its advocacy efforts on ensuring a scientific framework is created for mesothelioma. The Foundation sent a letter to Dr. Harold Varmus, the Director of the NCI, urging him to designate mesothelioma as a recalcitrant cancer, and is currently working with his office to schedule a meeting to further discuss the issue. The Foundation is also a member of the Deadliest Cancers Coalition, a group of cancer organizations which advocates for Dr. Varmus to designate additional cancers for scientific frameworks.

Also, in support of our efforts, on January 10, 2014, nineteen Members of the United States House of Representatives sent a bipartisan letter to Dr. Varmus as well stating that “mesothelioma, a frequently terminal cancer for which there has been very little diagnostic or treatment progress, deserves immediate attention.” The Foundation is currently working with the Senate to produce a similar letter of support.

Questions?
Contact Dana Purcell at (877) 363-6376 ext. 3821

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\(^1\) www.thomas.gov, accessed November 20, 2013

Mesothelioma Awareness Day, established by Meso Foundation volunteers in 2004, has been the driving force behind the movement to bring more attention and funding to this cancer.

In the last ten years, through various activities, the Meso Foundation and its volunteers have been able to obtain “National Mesothelioma Awareness Day” proclamations by both the U. S. Senate and the House of Representatives, have raised nearly a million dollars, have received local government proclamations in their states and localities, and have received dozens of instances of media coverage for their stories, events, and activities.

In 2014, help us continue this trend. You can be involved in the following ways:

- **GOVERNMENT**
  Make Mesothelioma Awareness Day an official day in the states and cities where this hasn’t yet happened

- **FUNDRAISING**
  Organize/attend a fundraising event

- **MEDIA COVERAGE**
  Contact your local media to obtain coverage of Meso Awareness Day in your area

- **GENERAL AWARENESS**
  Use your social media networks to bring attention to mesothelioma and to educate your friends, families, and communities about our mission to eradicate mesothelioma and end the suffering caused by this cancer.

More information about Mesothelioma Awareness Day is available on our website at www.curemeso.org/awarenessday.

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**EDUCATIONAL EVENTS AND CONFERENCES SCHEDULE**

**REGIONAL CONFERENCES**
September 26, 2014 - University of Pennsylvania (Philadelphia)
October 10, 2014 - University of Chicago

**ANNUAL CONFERENCE**
March 2 - 4 2015 International Symposium on Malignant Mesothelioma - National Cancer Institute (Bethesda, MD)

**‘MEET THE MESOTHELIOMA EXPERTS’ LIVE BROADCAST**
Once per month. Accessible via telephone for live broadcast or online for recording.
For details, check www.curemeso.org/experts.
cont’d from page 1, Nutrition After Cancer

ing natural, healthy food is the basis for recovery.

Just imagine rebuilding a town after a natural disaster: it is an arduous process, but it can be done.

Drinking lots of water – regular, filtered water or carbonated, mineral water – is also a great thing. Water cleans the body and helps the kidneys work more efficiently. Natural, unsweetened juices made from fresh fruit will make all the difference in your recovery. Many herbal teas clean the body of toxins and help in the digestion and absorption of minerals and other nutrients. In ancient times, people knew only that these herbal mixtures produced a calming effect in their bodies, allowing them to feel and sleep better - this is why they have survived the test of time!

I also recommend discussing with your physician an extract of an herb I also recommend discussing with your physician an extract of an herb called milk thistle (Silybum marianum). Extract of milk thistle is also called a liver tonic since it is very helpful in various conditions of liver malfunction. The liver is heavily burdened by the toxic chemistry of both cancer and chemotherapy, and as a result, its function can be greatly reduced. In addition to its detoxifying and body-clearing jobs, the liver is also a very important controller and producer of many immune system components, and we all certainly need our immune system strong and healthy. So let’s definitely look into milk thistle extract, it is also easily available.

Now, the foods: you can eat all foods that are nourishing, make your body strong, support your immune system and, at the same time, make you feel good and satisfied. Hippocrates, an ancient Greek physician (c. 460 – c. 370 BC) considered one of the most outstanding figures in the history of medicine and the father of western medicine, wrote: “The natural healing force within each of us is the greatest force in getting well”, and “Let food be thy medicine and medicine be thy food.” We can put Hippocrates’ recommendations into practice by following a few simple rules about what to eat and what to avoid.

Key-points include: eat less but really well, try to cook fresh meals “from scratch,” and use as much organically grown, fresh vegetables and farm-raised chicken and other meats as possible.

I also recommend soups cooked with lots of vegetables and animal meats and bones - bones are very important - they are the best source of minerals and other nutrients that help to rebuild damaged tissues. Traditional chicken soup cooked with lean chicken, carrots, parsnip, celery, celery root, leeks, a small chunk of cabbage, a few cloves of garlic, a few bay leaves, pepper corns, allspice, and sprinkled with fresh Italian parsley is practically a preventive medicine!

Include in your diet lots of different vegetables, preferably steamed or sautéed with olive oil, and flavored with a touch of salt and pepper. Baked sweet potatoes and squashes of all kinds are a great source of carotenes and other anti-oxidants. Various kinds of mushrooms sautéed with olive oil and a touch of salt and pepper are great in a brown rice-risotto, and are essentially another preventative medicine - as are certain spices and herbs, most notably turmeric, oregano, basil, marjoram and fresh Italian parsley.

Do not worry about pasta and breads - they are good for you, in moderation of course. My favorite place to shop for pastas is Trader Joe’s, a grocery store that has a great selection of organic pastas made from simple whole wheat flour or with the addition of spinach or vegetable juices – beautifully colorful and very healthy.

Speaking of bread, many of my friends bake their own using unleached and unprocessed whole grain flour (such as whole wheat, whole rye or mixed flour for example), baker’s yeast and bread-making machines. There are great recipes available for various types of breads, either simple or with various additions - one can become quite a bread artist. And if you set the bread-making machine for an overnight job, you wake up to the heavenly fragrance of fresh bread.

“So I can really eat all these sugar-rich foods, pastas, breads and sweet potatoes?” asked Patti.

“Yes, of course you can. Healthy foods contain healthy sugars you absolutely need.”

There are two main types of sugars, or carbohydrates: sugars that are used by the cells of the body to produce energy, and another type, also called “structural carbohydrates”, that are present in plant-made fiber, such as in bran. Plant fiber is a great regulator of the digestive system and a source of minerals.

A simple sugar called glucose is a basic source of energy for most cell types in a human body and is absolutely essential for brain function. In diabetic hypoglycemic coma, application of glucose-containing fluids saves lives. Glucose as a natural polymerized sugar or polysaccharide, is called starch, and is found in grains, potatoes and other “starchy” plants. Grapes and many types of dried fruit are quite rich in glucose.

One of the sweetest foods containing glucose is natural, pure honey, best if uncooked (or “raw”) and organic. In addition to glucose, honey also contains a large variety of other sugars, and plant- and bee-derived micronutrients.

cont’d on page 11
PREVENTION AND EARLY DETECTION:
WHAT DOES THAT MEAN IN MESOTHELIOMA?

As our community well knows, the main risk factor for development of mesothelioma is exposure to asbestos. However, this connection is not immediate. The latency period between asbestos exposure and development of disease can range between 20 – 50 years. This means that patients of today were exposed to asbestos decades ago. It also means that patients of tomorrow have likely already been exposed.

For those not as familiar with this topic, let us take a few steps back.

Asbestos, a catch-all term to describe a group of naturally-occurring mineral fibers, was used in construction for decades because of its desirable physical properties such as its resistance to heat, ability to absorb sound, and its wide availability and affordability. Workers in a number of industries and occupations were regularly exposed to high amounts of asbestos fibers. Although, the United States has placed heavy regulations on its use, asbestos has still not been completely banned and continues to be used.

Today, the Environmental Protection Agency (EPA) estimates that asbestos is still present in tens of millions of homes, government buildings, and schools. Asbestos has also been found naturally-occurring in the soil in several locations in the United States, sometimes in very close proximity to inhabited areas. When disturbed, asbestos particles become airborne and are easily inhaled. Scientists have identified that no amount of exposure is safe.

So, while a total ban on asbestos would be a welcomed change to our nation’s regulation of carcinogens and an effort that the Meso Foundation fully supports, the fact is that, as a method of prevention, a ban is not helpful to those people who have already been exposed, or who will continue to be exposed to the asbestos already present (and sometimes impossible to remove) in our environment.

Since not everyone exposed to asbestos will ultimately develop mesothelioma, detecting the disease in its earliest stages, or identifying individuals for whom disease development is likely to occur even before the first mesothelioma cells appear, may be the first piece of this complicated puzzle.

Recently, we had the opportunity to speak about the role of screening in mesothelioma, with Steven B. Markowitz, MD, PhD, professor of occupational and environmental medicine at the School of Earth & Environmental Sciences at Queens College in New York, and a leading expert on asbestos and its impact on public health. Dr. Markowitz explained that screening with low dose CT scans was found to be useful in detecting lung cancer, but hasn’t yielded the same results for mesothelioma. Dr. Markowitz further explained that, unlike other tumors, which tend to form discrete nodules, and are therefore more visible, mesothelioma tends to track along the lining membranes. This makes mesothelioma almost impossible to detect in the early stages with the current imaging tools. The hope is that technology and equipment advances will soon make these challenges obsolete.

Unlike screening for early disease, biomarkers can be beneficial when it comes to prevention, as they can offer us a view into the future, before the future actually happens.

cont’d from page 10, Nutrition After Cancer

that are very beneficial to our health.

However, a basic story of another simple sugar called fructose is very different. Fructose is not present in nature in as large of quantities as glucose is, it is not a source of energy for most of the human cell types, and it cannot save a life when served in diabetic hypoglycemic coma, since it is not a source of energy for the brain cells. Produced on the industrial scale from corn, high fructose corn syrup contains fructose identical to fructose found in ripened, naturally sweet fruits, but the amount of fructose in fruits is very small. Fructose and high-fructose corn syrup are added to a large variety of processed foods and food products including jams, juices, sodas, canned fruit, chocolate bars, candies, juices, canned soups, and even breads in order to extend their shelf-life. This excess of dietary fructose added to processed foods is stored as fat in fat cells, and has already been linked to multiple health problems common in well-developed countries. In short, try to avoid processed foods and food products that contain high fructose corn syrup.

“One more point I would like to touch: today, Patti, is the fresh butter I have ordered for our bread slices. I have a strong preference for fresh, unsalted butter made from sweet cream, simply because I like the taste of it. But I also like to avoid excesses of dietary salt that contribute to increased blood pressure, heartburn, stomach ulcers and kidney damage. I also look for organic milk, butter and other dairy products because of the lower amount of antibiotics, pesticides and bovine growth hormones (rBGH).”

After Patti and I agreed on the great benefits to one’s mind and body of a bath with essential oils, such as from pine needles, lavender or cloves, we went for dinner to an Italian restaurant, had mushroom risotto with grilled organic chicken and a glass of pinot grigio.

On the way back to our bus stops, we passed by a cute little bar, asked for a no-salt margarita for Patti and a piña colada for myself, and we raised our glasses to friendship and life.
The Meso Foundation gratefully acknowledges the generosity and support of our 2014 Symposium sponsors.

Early, Lucarelli, Sweeney, Meisenkothen
Levy Konigsberg LLP

The Edgar Lomax Company