Collaboration: A Game-Changer in Mesothelioma Research

Mesothelioma is a cancer that many patients have described as extremely isolating. It is quite difficult for patients to find support communities in any one geographic area without some kind of assistance (over the last few years, the Meso Foundation has had great success connecting patients with one another).

For many years, collaboration between scientists located at different centers was virtually non-existent, making it difficult to bring big ideas to fruition, and more importantly preventing scientists from sharing valuable and scarce resources. Recently, this trend has improved drastically creating remarkable leaps in progress.

In March of 2015, during the Mesothelioma Applied Research Foundation’s annual Symposium held at the National Institutes of Health, 150 scientists came together for a high-level scientific discussion in a meeting all their own (this was in addition to apx. 180 attendees who participated in the general Symposium sessions). In a summary session for our general Symposium attendees, Dr. Richard Alexander of the University of Maryland Medicine, Dr. Lee Krug, Bristol-Myers Squibb, Dr. Raffit Hassan of the National Cancer Institute (this year’s co-host of the Symposium), and Mary Hesdorffer, APRN, nurse practitioner and executive director of the Meso Foundation, provided insight into the scientific world, and outlined the content and importance of the discussions that took place among scientists.

“The complexion of the information that was exchanged [in the scientific meeting] was quantumly different from what we have seen before,” stated Dr. Alexander.

“There was as much brain power in one room that I’ve ever experienced in my life,” he added. “It was hard to keep up with all of the advances being made on so many different fronts.”

Some of the topics mentioned included:
• Oncolytic viruses – common viruses retrained to attack the tumor
• Staging – Dr. Valerie Rusch has led the vision to construct a more accurate, reliable, staging system in mesothelioma, funded in part by the Meso Foundation
• Genetics of mesothelioma
• Antibody drug conjugates
• Stem cell therapies and immune modulators
• Targeted therapeutics – making tumors sensitive to chemotherapy and radiation

Cont’d on pg 7.
Symposium: Through the Lens

Meso Warriors in attendance.

For many, the face to face interactions are the best part of the Symposium.

Presentations, breakouts, and support sessions provided ample opportunities for learning.

Meso warrior and his daughter in attendance with former Meso Foundation board chair, Hanne Mintz.

It’s all in the details!

SYMPOSIUM VIDEOS AND PHOTOS

- Watch the recordings of the Symposium online at curemeso.org/symposium
- A full set of photos from the Symposium is also available at curemeso.org/symposium
- All available videos, including lectures from our annual Symposia, our regional conferences, and all other events can be viewed at youtube.com/mesofoundation
Overview: New Standard of Care and Other Recent Advances

By Mary Hesdorffer
Executive Director
Mesothelioma Applied Research Foundation

Last time news of this magnitude was announced, it was 2004 and the news was Alimta. In May of this year, nearly 12 years after the introduction of Alimta, a Phase 3 French study demonstrated improved survival rates for those patients who received bevacizumab in addition to the current standard chemotherapy regimen of pemetrexed/cisplatin.

Bevacizumab (Avastin® Genentech, Inc.) is an antibody that blocks angiogenesis (blood vessel growth), and it is already routinely used to treat many other cancers, including lung cancer and colon cancer. This represents a major breakthrough in the treatment of this disease with potential to become a new standard of care for first-line therapy in this disease. I am pleased to report that our scientific advisory board recognized the importance of studying this area of research and awarded a grant back in 2000 to study vascular endothelial growth factor receptor (VEGFR) levels in patients with malignant mesothelioma. These growth factors are markers that measure new blood vessel formation, which provide nutrients to growing tumors. Bevacizumab halts the growth of tumors by cutting off this blood supply.

In other treatment news, we seem to be making an abrupt departure from traditional chemotherapy with a strengthened focus on immunotherapy. We are cautiously optimistic about this class of drugs (PD-L1, CTLA-4, antibody drug conjugates, stem cell inhibitors), and are now in the process of determining which patients will benefit and which won’t have a response. Understanding whether we have a “game changer” in mesothelioma treatment will require additional studies. Once again, the Foundation is in the thick of it, having funded a companion study that we anticipate will help to define markers enabling us to personalize our approach to some of these drugs. Data for tremelimumab, one such immunotherapy drug, should become available soon, and its results will determine if tremelimumab may be awarded a slot in the second-line-of-treatment setting.

In the meantime, a wide array of drugs that target various components of the immune system is being tested for both initial therapy and in the relapsed setting. For example, mesothelin, a protein discovered in Dr. Pastan’s lab at the NCI and developed by Meso Foundation’s former Science Advisory Board Chair, Dr. Raffit Hassan, is one such component. Dr. Hassan spent many years further defining the role of mesothelin in mesothelioma. In 2007, thanks to the fundraising efforts of Meso Foundation’s board member, Shelly Kozicki, the Foundation awarded a grant to study antibody-directed therapy against mesothelin. This was groundbreaking work resulting in seven currently active clinical trials utilizing mesothelin.

As evidenced above, the field of mesothelioma is steadily advancing. I expect that we will continue to see exponential breakthroughs in labs and clinics which will enable us to prevent, early detect, and effectively treat mesothelioma. My job, and the job of the Foundation, is to continue to support these efforts through funding, but also instilling in our scientific community the sense of urgency on which our patients depend.
Please help us welcome our two newest members of the Meso Foundation team. We are thrilled to introduce Diane Blackburn-Zambetti and Jill Zajac! For additional bios, please visit our website at curemeso.org/staff.

Diane Blackburn-Zambetti

Diane joined the Mesothelioma Applied Research Foundation as the Director of Policy and Prevention Education in January 2015. Diane brings with her a vast knowledge of asbestos-related education regarding the broad spectrum of cancerous and non-cancerous diseases that are possibly correlated with asbestos exposures. Diane has developed significant first-hand experience with the impacts of these conditions through her 30-year career as a radiation therapist. The most inspirational patient of her career would be her father, Dale Blackburn. Dale’s pleural mesothelioma diagnosis in 2002 was the driving force that moved Diane into the next phase of her career: asbestos disease education and prevention.

While Dale lost his battle in 2005, Diane became an advocate for asbestos disease and asbestos exposure prevention. She began taking notice of the significant numbers of tradesmen and women, like her father, and their families being treated for asbestos disease. Of her many patients, surprisingly few had any knowledge that their illness could be related to their occupational asbestos exposure. This revelation, and the memory of her father serves as her passion to educate and advocate. Today, Diane uses her OSHA safety education as well as her medical background to provide the information needed to recognize asbestos hazards, increase awareness of symptoms related to asbestos disease, advocate proper communication with healthcare providers and receive earlier diagnosis. By supplying this knowledge to her audiences and their families, it is Diane’s goal to prevent exposures, prevent advanced disease diagnosis and increase the quality of life for those living with asbestos-related diseases.

Jill Zajac

Jill joined the Meso Foundation in January 2015. She has a knack for connecting with patients, creating needs assessments, coordinating patient education, developing patient programming and managing the patient travel grant program. She is an energetic problem-solver and is seeking new ways to educate and connect patients.

Prior to joining the Foundation, Jill worked for the Muscular Dystrophy Association and Project Porchlight. She has also volunteered with the American Cancer Society.

Before switching to the non-profit world, Jill worked in marketing and brand development. This accompanied with her 5 years of experience working with non profit organizations has provided her with a wide range of skills including marketing, brand promotion fundraising, patient outreach, and volunteer recruitment and training. Jill is passionate about increasing awareness, promoting health advocacy, and committed to assisting patients and families. She received her Bachelors of Science from Florida Gulf Coast University.
First Steps to Starting an Exercise Program

By Carol Michaels

Exercise may be the furthest thing from your mind after a cancer diagnosis. Even if you have never been active, exercise can become one of your favorite activities. Ask your doctor before you start to exercise because each person is unique and heals differently. With more medical professionals recommending exercise to their patients, it is imperative for cancer survivors to learn how to exercise safely. A good exercise program will help to reduce the side effects of surgery and treatments. These side effects can include fatigue, neuropathy, decreased range of motion, weakness, lymphedema, and a significant emotional toll. Once you start to exercise and have less pain, stiffness and more energy, you will be motivated to continue.

Exercise may reduce the chance of recurrence, and it is therefore more important than ever to add exercise to your recovery plan. For those who have been active prior to their diagnosis, this is great news. A good exercise program will help you to get back to the activities that you enjoy. For the cancer survivors who have been inactive, it is never too late to start an exercise program. Work with an experienced cancer exercise specialist in your area or purchase cancer exercise books and DVD’s. This will give you the tools that you need to get started in an exercise program that is part of a healthy lifestyle.

Before You Begin
You will need to speak to your health professional before beginning an exercise program. Your particular surgery, treatments, fitness level and healing speed will guide the progression of the exercises. Your health and recovery process is always changing and it will be important to regularly monitor your blood count, muscle and joint pain, nausea, and fatigue. You may also have lingering impairments or health concerns that need to be evaluated by a physical therapist or lymphedema therapist.

You should meet with your oncologist to review the exact nature of your treatments so that you will understand the potential side effects of your treatments. This way you will be able to understand your exercise plan in relation to your unique situation. Some medications affect balance, and cardiac function, or increase the risk of dehydration. It is crucial that you understand the health issues you may encounter as a consequence of your surgery or treatment. This will include learning which muscles are affected, which lymph nodes are removed, and the cardiac and pulmonary effects of radiation and chemotherapy.

Exercise Goals
Goals should be specific and realistic. You may want to lose weight and increase your muscle mass. If flexibility is an issue, your goal may be to improve your range of motion. Other goals might be to become stronger, have a good quality of life, better mood, or to decrease the chance of recurrence.

It is helpful to have both short term and long term exercise goals. Goals should be able to be adapted to changes in work, health, and family situations. If you are new to exercise, select an activity and set an achievable goal. Slowly add exercise to your daily activities and find something that works with your lifestyle.

Remember: Think positive and have fun!

Exercising During Chemotherapy and Radiation
It seems counterintuitive, but exercise during treatment is shown to be helpful. Physical activity during treatment can reduce common side effects such as fatigue, pain, nausea, depression or anxiety. If you are suffering from pain and nausea you should have those issues under control before beginning. Your doctor will be able to tell you how often you should exercise and how intense your program should be.

Each treatment is unique and has potentially debilitating side effects of which you should be aware.

Systemic treatments such as chemotherapy and hormonal therapy as well as targeted, biological and immunotherapies may impact your balance, cardiac function, and gastrointestinal tract. Furthermore, they may lead to neuropathy or numbness in your extremities. Radiation can cause fatigue and increases the risk of lymphedema. It can also cause swelling and burning of the skin.

First Steps
Try to start moving as soon as possible after surgery, even if it is only walking indoors. This will help you to regain strength. If you had been inactive prior to surgery, start with short walks and increase the distance walked each time. You can also increase the frequency of the walks as you slowly increase the distance. Try to find a walking buddy and walk often. Build up strength slowly and make sure never to over do it. Just 15 minutes a day can improve your energy level and mood.

Incorporate aerobic activity into your fitness plan. Find the aerobic activity – one that increases your heart and breathing rate – that you enjoy and try to do it daily. Aerobic activity is an important component of a fitness plan and includes activities like walking, hiking, and dancing.

Carol Michaels is a cancer exercise specialist and creator of the Recovery Fitness cancer exercise program. Recovery Fitness is taking place at Morristown Medical Center and several other facilities in New Jersey. Michaels also wrote “Exercise for Cancer Survivors,” a resource for cancer patients going through surgery and treatment.
Peritoneal Mesothelioma

By Garrett M. Nash, MD
Memorial Sloan Kettering Cancer Center

It may be very difficult for people outside of the narrow group of peritoneal mesothelioma (PM) specialists to understand how little we know about this disease. In this article, I will highlight three aspects of malignant peritoneal mesothelioma (MPM) of which we need to expand our basic knowledge.

THE GENETIC BASIS OF MPM
Unlike pleural mesothelioma, very few people who develop MPM have had known asbestos exposure. In fact, there is little that these patients have in common as they can be as young as twenty years old or as old as ninety, can be male or female, and can be free of symptoms or quite sick. We are not close to finding a cause but we are trying to understand what genes are mutated in these tumors. By learning which genes are mutated, we may be able to develop drugs to target these genes, which may improve outcomes.

THE APPROPRIATE CANDIDATES FOR SURGERY
Research into the question of who will and will not benefit from surgery is inadequate to date. Most patients who are diagnosed with cancer want to know if a surgeon can remove the tumor. Furthermore, with some exceptions like leukemia or lymphoma, we know that most patients who are cured of cancer have gone through an operation as part of their treatment. However, there are many patients with mesothelioma who have surgery yet the cancer returns and there are some who don’t have surgery and live long and otherwise healthy lives. We need to better understand which patients with mesothelioma will benefit from surgery and which will not. If we can better select patients for surgery, we could spare many people from disabling, painful surgery. There is evidence that patients with extensive peritoneal tumors are much more likely to live shorter lives after surgery than those with less extensive disease. We also know that patients with sarcomatoid or biphasic MPM will live shorter lives. Spread of the cancer to lymph nodes or outside the peritoneum is also a sign of a more aggressive cancer. As a result, if we recognize these features in advance, we avoid operating on these patients. However, these rules are not absolute. Tumors can have some favorable and some unfavorable features. How can we be sure that surgery is or is not reasonable? Patients whose cancer seems limited can recur quickly after what we believed was successful surgery. And, happily, there are patients with subtypes of PM, for example well differentiated papillary mesothelioma, who seem to live long lives without any treatment (neither surgery nor chemotherapy).

THE EFFECTIVENESS OF CHEMOTHERAPY
Chemotherapy can be given systemically (intravenous), regionally (intraperitoneal), or both. But we know very little about how responsive the cancer is to these treatments. Randomized controlled trials are the way to be sure that a treatment is more effective than an alternative treatment. The most common cancer chemotherapy regimens have been extensively studied in large randomized clinical trials (RCTs); this is true for breast and colon cancer. However, there have been no large RCTs for MPM. We believe that intraperitoneal chemotherapy (IPC) may be effective for mesothelioma as there are three large RCTs of IPC for ovarian cancer (given through a catheter several weeks after cytoreductive surgery) and one small trial of IPC for colon cancer (heated and given during surgery, HIPEC). However, there are no trials that attempted to show that IPC is effective for MPM. Likewise there are no trials of systemic chemotherapy for MPM. We have a few small trials of systemic chemotherapy for pleural mesothelioma that we have extrapolated to MPM; however, the number of patients with MPM whose cancer shrinks on systemic chemotherapy seems low but is poorly described. As a result, we are not sure that such chemotherapy is worthwhile for all or some patients with MPM.

WHAT WE CAN DO
We need to support efforts to better classify the genetics of MPM and we need to conduct clinical trials to assess the effectiveness of our common treatments for MPM. Because MPM is so rare, financial support for such research has been difficult to obtain. Furthermore, collaboration between centers with experience with treating this disease is essential. No one institution treats enough patients to conduct a trial on its own. However, if multiple centers around the country can band together, we have the opportunity to make progress with MPM. At present such an effort is at its earliest stages. Over the next twelve months, we hope to gain approval and open a trial that will, for the first time, begin to answer the questions discussed above.

Garrett M. Nash, MD, is a surgeon at Memorial Sloan Kettering Cancer Center in New York, where he specializes in peritoneal mesothelioma.
trials in this disease necessitate collaboration among centers in order to enroll enough patients. “Gathering interested stakeholders from multiple fields at a symposium like this is what helps generate that collaboration,” Dr. Krug concluded.

Dr. Hassan echoed this sentiment by recalling a moment during the meeting when several researchers requested access to the NCI’s tumor and tissue bank – a request that under different circumstances could have gotten blocked by extensive bureaucracy, but that now will become reality.

The post-meeting excitement about the future was palpable.

“We’re at a time now when we’re seeing many drugs in development that hold real promise. We are seeing responses, tumor shrinkage and very exciting data. In addition, pharmaceutical companies are increasing capital investment in mesothelioma. There are a number of large trials enrolling incredibly well – these are trials that have the potential to get drugs approved in this disease.”

“We’re on the cusp of some potentially treatment-changing studies,” said Dr. Krug.

“I am more optimistic today than I’ve ever been. I think that we are going to greet many of the patients with whom we interact five years from now as a result of the breakthroughs currently happening,” Mary Hesdorffer added.

If you would like to hear the session in its entirety, and to view other Symposium sessions, please visit curemeso.org/symposium.
Help us continue the fight...

Every day, the Mesothelioma Applied Research Foundation works to prevent mesothelioma, find a cure, and provide treatment and support to those impacted by the disease. Our work would not be possible without the generous support of donors and friends like you. Here are just a few examples of how funds raised by the Meso Foundation are making a difference in our community:

**Success story**
My name is Heather Nash. I am 46 and I have pleural mesothelioma. I was diagnosed with meso in 2010. At the time, I chose to have a surgery that involved removing my left lung, diaphragm, and a portion of the pleural lining of the heart. In the following years, I had two recurrences which required additional surgeries. In November of 2013, I had some inoperable tumor growth, so I began chemotherapy. After completing 5 rounds of chemo with no shrinkage, I decided to look into clinical trials.

I viewed the clinical trial as an opportunity to be involved in the meso community and to make a difference in research, advancement in treatment and eventually a cure, while at the same time, hopefully, managing my disease and extending my life.

After much research and many discussions with my oncologist and Mary Hesdorffer (the executive director of the Meso Foundation), I enrolled in a clinical trial. I have been on the trial for one year, and so far I have had stable disease. I have had no side effects from the drug whatsoever. I feel really good and have a great quality of life! In fact, I have just celebrated five years as a survivor!

For me, participating in a clinical trial has been one of the best decisions I have made since my diagnosis. It has given me a good quality of life, and the ability to not let this disease consume me. Rather than living my life in 8 week intervals, (the time between each scan) I am learning to take a deep breath, enjoy the day in front of me and worry about tomorrow when it gets here. I’m thankful for the resources the Meso Foundation provided in linking me to this clinical trial, and for the one-on-one support I received from Mary. The Meso Foundation is a partner in my fight against meso!

**Other notable achievements:**
- 7 Meso Foundation funded researchers went on to receive DOD grants.
- Patient travel grants now cover clinical trial visits and we average 4-6 grants per month.
- Launched our MesoConnect program which connects people together for support.
- 27% increase in participation in our online and telephone support groups.
- Record number of attendees at our Annual Symposium at the National Institutes of Health.
- Our website traffic is up 45% from last year.
- We launched our new Policy and Prevention Education program
- We’re funding a companion study of a PD-L1 drug trial that examines the link between the molecular characteristics of patients and the likelihood they will benefit from the drug.

A gift to the Mesothelioma Applied Research Foundation is an investment in our research grants, our patient and family support services, our prevention education and so much more. It is an investment in a community of scientists, doctors, patients, loved-ones and friends dedicated to ending mesothelioma and the pain and suffering it causes. Please, help us continue our fight with a gift to the Meso Foundation today. Gifts are fully tax-deductible and will help us continue our life-changing work.

How to make your gift:
Use the enclosed envelope
Give online at [www.curemeso.org](http://www.curemeso.org)
Call us at 877-363-6376
Third-Party Events: Meet the Cure Meso Ribbon

Have you ever wondered how you might do more to support the Meso Foundation? Are you passionate about finding a cure for Mesothelioma? Do you have a circle of friends, family, co-workers, and neighbors that would enjoy coming together for a fun charitable event? Then planning a Fundraise For Meso fundraiser is for you!

Throughout the year, dozens of events are hosted to benefit the Meso Foundation. We’ve seen walks, runs, kayaking, poker tournaments, corn hole tournaments, happy hours and more. We can help coach you through every step of planning from concept to execution, and provide access to the tools and resources you’ll need to plan a successful event (including a cool custom logo like you see below). Planning your own Fundraise for Meso event also gives you the opportunity to join our community of active fundraisers who are raising awareness and funds all while having fun!

Plan your fundraiser today by visiting us online at www.curemeso.org/FundraiseForMeso where you can view our Fundraising Guidelines, Tool Kit, and Frequently Asked Questions or contact Erica Ruble at eruble@curemeso.org or 703-879-3826.

*It’s not too late to plan a Fundraise for Meso event during Mesothelioma Awareness Day this September 26! Contact us today to find out how you can honor Meso Awareness month with your very own Fundraise for Meso event.

See the schedule of all events listed on page 15.
MESOTHELIOMA AWARENESS DAY

THIS SEPTEMBER 26TH
LET’S PAINT THE WORLD IN
MESOTHELIOMA AWARENESS!

Find out how you can help at curemeso.org/awareness
Mesothelioma Awareness Day: September 26
POWERED BY MESO FOUNDATION VOLUNTEERS SINCE 2004

LET’S PAINT THE WORLD IN MESOTHELIOMA AWARENESS!

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 over a million dollars, have received local government proclamations in their states and localities, and have generated media coverage for their stories, events, and activities.

In 2015, help us continue this path to increased awareness. Here are some ideas:

WEAR BLUE!
Any blue will do, but you can also purchase blue shirts in the Meso Foundation’s store at curemeso.org/store.

GET CREATIVE!
As you cover the world in blue awareness, document it with photos, videos, and anything else that can be shared on social media. Then, share it! Make sure to mention the Meso Foundation.

FUNDRAISE
Organize/attend a fundraising event. See all of our events listed on page 15.

MEDIA COVERAGE
Contact your local media to obtain coverage of Meso Awareness Day in your area. For questions, please email mbelamaric@curemeso.org

SHARE OUR SOCIAL MEDIA POSTS
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.

facebook.com/curemeso
twitter.com/curemeso
@curemeso

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

Feel free to cut out this poster on page 8, make copies, and use it to raise awareness in your community!

NEED BLUE TO WEAR ON MESOTHELIOMA AWARENESS DAY?

New designs, new products, and plenty of BLUE available now at the new Meso Foundation store.
Beate and Charles met in a bar in Manhattan in 1982 and became almost instantly inseparable, marrying just three months after meeting.

Charles was a professional baseball player in his younger years, until a broken rotator cuff ended his career. He started working in construction for the New York City Housing Authority, first as a building inspector and later as manager for their contract preparation section, where he was ultimately exposed to asbestos.

Charles was diagnosed with peritoneal mesothelioma in June of 2000. Beate says, “I noticed he was losing muscle tone and his stomach got bigger and bigger as though he was drinking endless amounts of beer. I leaned on him to get checked out at the end of 1999. It took over 7 months until he was diagnosed.”

When Charles lost his battle with Meso in 2007, Beate became a regular supporter of the Meso Foundation, recognizing the importance of funding services for patients and families, as well as research towards a cure.

In addition to her annual support, Beate has chosen to include the Meso Foundation as a beneficiary in her will. She has done so, not only as a remembrance to Charles, but because she truly believes in the work of the Meso Foundation. “Including the Meso Foundation in my will is important to me because there are so many people in the world affected by mesothelioma,” she says. “The Meso Foundation is critical in the search for a cure, and including them in my will is the least I can do. I know that he/we had hoped for a cure during his lifetime. Now it is up to me to support the Foundation in their effort to find a cure.”

By including the Meso Foundation in her will, Beate and Charles will leave a lasting legacy in the fight against mesothelioma. Their contribution will support patient services, family and caregiver support, prevention education, research and so much more.

Beate encourages her friends and family to support the Meso Foundation in whatever way they can. Today, we hope her story inspires you to consider including the Meso Foundation in your estate planning. There are a variety of creative options available for any stage of life for you and your family, and we hope you’ll contact us to learn more.

Visit curemeso.plannedgiving.org to learn more about including the Meso Foundation in your estate planning today. Or, contact our director of development, Maureen Devine-Ahl at development@curemeso.org or 703-879-3797.

BEREAVEMENT AND TRIBUTE MEETINGS

Early in the month of June, the Mesothelioma Applied Research Foundation held an event for those who have lost loved ones to mesothelioma. This event brought together approximately 20 community members who took this opportunity to connect with one another and honor those they have lost.

The group first met at a restaurant for a meet and greet, and from there walked to the nearby park for a Celebration of Life. Butterflies were released to honor and memorialize those lost to mesothelioma. The event ended with a lunch.

If you would like to participate in our future bereavement events and tribute ceremonies, please contact Jill Zajac at jzajac@curemeso.org or (703) 879-3819.
Mesothelioma and The Role Of Prevention

Because most cases of mesothelioma are known to be caused by exposure to asbestos, we believe that prevention of exposures to asbestos, and other known carcinogens associated with the development of mesothelioma, will contribute to our mission of eradicating mesothelioma. This program expands on Meso Foundation’s existing focus to support prevention through grants (past grantees include Dr. Brad Black, Dr. Stephen Levin, and Dr. Micheal Harbut).

As part of the Meso Foundation’s mission, we want to continue to eliminate harmful exposures and extinguish fears of diseases related to asbestos, including mesothelioma.

“In the United States, many workers in a number of industries and occupations, their families, and even people with no history of occupational exposure were exposed and continue to be exposed to asbestos.”

Why Is Asbestos Still an Issue Today?

ASBESTOS USED PRIOR TO 1980
Because of our nation’s past heavy use, to this day, asbestos is still present in millions of homes, government buildings, and schools. Unless professionally remediated, asbestos can become airborne and dangerous any time it is disturbed. A disturbance can occur during renovations and repairs of homes and buildings, or natural disasters such as tornados, hurricanes, and earthquakes.

NEW IMPORTS
In the United States, new imports of asbestos are regulated, but still not banned. As a result, asbestos can be legally imported and sold.

NATURALLY-OCCURRING ASBESTOS
In several locations in the United States, asbestos has also been found naturally-occurring in the soil, sometimes in very close proximity to inhabited areas.

NEXT EDUCATIONAL MEETING:
Saturday, September 19, 2015
Calvary United Methodist Church
16 E Park Avenue, Ambler, PA 19002
Doors open at 7:00PM
This meeting will cover asbestos, health, and mesothelioma.

ASBESTOS
Asbestos is the leading cause of mesothelioma. Asbestos is also linked to the development of other cancers, as well as a number of non-malignant illnesses. Mesothelioma is a very aggressive cancer, most often affecting the lining of the lung or abdomen. Mesothelioma survival rates are considered very low at less than 10% at five years. Treatments for this cancer are few and have very limited effectiveness.

We believe that proper education about asbestos and other known carcinogens is essential and we seek to make sure that every individual knows how to prevent mesothelioma through:

- Detailed information provided at curemeso.org/asbestos
- Promotion of safety culture for workers, homeowners, at-risk populations, and DIY community through our STOP — LOOK — THINK campaign
- Educational programs for concerned audiences
- A two-hour class, “Asbestos and Your Health,” targeted to trade workers and exposed workers
- Public speaking at various trades’ conferences, such as AFL-CIO Workers Memorial Day
- Collaboration with leaders in asbestos research

For any questions or to schedule a class:
(877) 363-6376 x. 3827
dblackburn@curemeso.org
Patient Education and Support

To make an informed decision about mesothelioma, patients and family members need to be armed with accurate information. The Meso Foundation provides patients and families:

- one-on-one medical consultations with our expert nurse practitioner
- curemeso.org website
- support groups online, by phone, and in person
- the annual international Symposium and regional conferences cover pertinent topics for the mesothelioma community
- video presentations on mesothelioma and its treatment by world-renowned experts
- videos of answers to most commonly asked questions about mesothelioma

Managing a mesothelioma diagnosis can be overwhelming, but the Foundation can help you:

- Identify a mesothelioma specialist if needed
- Review your treatment options to choose the best one for you
- Advise you regarding symptom-management and side-effects
- Understand the basics of the disease and the complex medical terms
- Connect with other mesothelioma patients
- Obtain financial aid

EXPANDED TRAVEL GRANTS PROGRAM

OFFERING FINANCIAL ASSISTANCE FOR TRAVEL EXPENSES INCURRED WHILE SEEKING TREATMENT

GRANT AWARDS
This program provides a one-time grant of up to $1,000 to cover expenses incurred by a patient (exceptions made for recurring clinical trial visits). This $1,000 grant can cover the costs of travel, lodging and meals. To receive a grant, patients are required to complete an application and document significant financial need. The grant is paid by check directly to the patient.

YOUR ADVOCACY MATTERS

Thanks to your advocacy, a bill to provide a registry for collecting and consolidating health information on patients who have mesothelioma has been introduced in Congress. We now need your help building bi-partisan support in Congress to ensure its passage. Please visit curemeso.org/advocacy to take action and ask your Congressional Representative for their support.

Contact mkotzian@curemeso.org if you have any questions.

QUESTIONS?
Contact Jill Zajac at (703) 879-3819
Event Calendar

THIRD-PARTY EVENTS

Events benefiting the Meso Foundation but organized independently by community members are called ‘third-party’ events. The Meso Foundation has no direct involvement with such events other than as the beneficiary of their proceeds. For any questions, please contact individual organizers.

NEW YORK
Saturday, September 12
5th Annual Kayaking 4 Meso
This event will take place on Saturday, September 12 in New York. Mark Wells is the event organizer, and more information can be found at www.kayaking4meso.org.

NORTH CAROLINA
Saturday, September 26
The Mesothelioma Miracle 5k
This 5K will be held on Saturday, September 26 (Mesothelioma Awareness Day) in Asheville, North Carolina from 6am to 12pm. Contact Ginger Horton at 828.713.0513 for further information.

OHIO
Sunday, September 20
Bruce A. Waite Miles for Meso 5K Run/Walk
This event will be held on Sunday, September 20, 2015 at 2pm in Ontario, Ohio. Jill Waite is the event organizer, and registration is open at brucewaite5k.com.

PENNSYLVANIA
Saturday, September 26
Mesothelioma Awareness Day Fundraising Event in Memory of Donald Smitley
This event will take place in Dunbar, PA on Saturday, September 26 from 7am to 3pm. Contact the event organizer, Jennifer Gelsick, for more information at jennifer.gelsick@hotmail.com.

TEXAS
Saturday, September 26
5K Run/Walk for Meso in Memory of Robert G. Aikman
This event will be held on Saturday, September 26 in Victoria, TX. Contact the event organizer, Nicole Turner, for more information at 210-324-4449.

WASHINGTON, D.C.
Sunday, October 25
40th Marine Corps Marathon
To raise funds and awareness for mesothelioma, Karen Kalber will be running the 40th Marine Corps Marathon in Washington, DC on Sunday, October 25. Contact Karen for more information at kalber_karen@bah.com.

WEST VIRGINIA
Saturday, September 19
6th Annual RODs Benefit, Color Out Meso 5k
This event will be held on Saturday, September 19, 2015 in Eleanor, West Virginia. Contact the event organizer, Missy Bowles, at 304-395-0636 for more information.

UPCOMING CONFERENCE

NEW YORK CITY
2015 New York Regional Conference on Malignant Mesothelioma
Memorial Sloan Kettering Cancer Center
Zuckerman Research Center
417 East 68th Street
New York, NY 10065
September 26, 2015
9:30 AM
Cocktail Reception
4:30 PM

The 2015 New York Regional Conference on Malignant Mesothelioma is a one-day event geared to patients and family members, medical professionals, and researchers, covering a variety of topics related to mesothelioma and presented by local and regional area experts.

The conference is a collaborative effort between the Mesothelioma Applied Research Foundation and Memorial Sloan Kettering Cancer Center.

REGISTER: www.curemeso.org/ny15

CONFERENCE PREVIEW

2016: THE SYMPOSIUM GOES ON TOUR! VISIT US IN HOUSTON, CHICAGO, SAN FRANCISCO

In order to be accessible to as many community members as possible, in 2016 the Symposium will go on tour. In the spring of 2016, we will hold conferences in Houston, TX, Chicago, IL, and San Francisco, CA. Please stay tuned for the announcement of dates.

2017: THE SYMPOSIUM WILL BE BACK IN WASHINGTON, DC
The Meso Foundation gratefully acknowledges the generosity and support of our 2015 Symposium sponsors.

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