



BRINGING THE LATEST EDUCATION RESOURCES AND SCIENTIFIC UPDATES TO OUR VOLUNTEERS & PARTNERS

Breast Cancer News

New Komen-Funded Guidelines Could Reduce Unnecessary Surgeries, Patient Costs

We are pleased to report that [new guidelines released today](#) by the Society of Surgical Oncology (SSO) and the American Society for Radiation Oncology (ASTRO) have the potential to significantly reduce unnecessary breast re-excisions following a lumpectomy, and empower women to make important treatment decisions. The guidelines are the result of a Komen-funded comprehensive review of the value of removing large amounts of breast tissue beyond the “margins” or area around the edge of a cancerous breast tumor. [Komen Advocate in Science Peggy Johnson](#) shares her own experience as a patient advocate on this panel and what these guidelines could mean for patients.

Smoking Linked with Increased Risk of ER-Positive Breast Cancer

[According to a new study](#) published in the journal *Cancer*, young women (20-44) who had [smoked](#) a pack of cigarettes per day for at least 10 years were 60 percent more likely to develop estrogen receptor (ER) positive breast cancer. The study also found that smokers were not more likely to develop triple negative breast cancer.

Aspirin May Reduce Risk of Ovarian Cancer

[Medical News Today](#) reports that new findings published in the *Journal of the National Cancer Institute* have suggested that women who take low-dose [aspirin](#) every day may reduce their risk of ovarian cancer by 20 percent. Previous research has suggested that aspirin may also help to reduce the risk of breast cancer and melanoma. The investigators say that although the findings suggest that the use of aspirin could prevent ovarian cancer, individuals should continue to follow the guidance of their doctor when it comes to aspirin use. For some people, daily aspirin use can cause severe side effects.

Low-Carb Diet May Improve Breast Cancer Survival

In a new article, [USA Today](#) discusses a study that found that breast cancer survivors who followed a high-protein, restricted carbohydrate and calorie [diet](#) experienced significant weight loss and improved their lipid (fat cell) profile. Excess weight increases the risk of breast cancer recurrence and death, and fat cells (a source of estrogen) can fuel breast cancer in women after menopause. The findings, originally presented at the San Antonio Breast Cancer Symposium last December, suggest that these patients will benefit from improved cardiovascular risk and breast cancer survival.

Breast Cancer News: Androgen and Vitamin D as Possible New Therapeutic Targets

According to [Science Invest](#), a new study published in the *Journal of Clinical Investigation* has found that in addition to hormone-targeting therapies, targeting androgen and vitamin D receptors could present new treatment possibilities. Early data

suggests that targeting androgen and vitamin D receptors could present new targeted treatment possibilities. Early data suggests that classifying breast cancers according to the expression of androgen and vitamin D receptors in addition to the traditional hormone receptors (ER, PR, and HER2) may help to refine current classifications, resulting in increased effectiveness of standard therapies, and possibly allowing for lower doses of chemotherapy with the same effect. It also presents a new possibility for the treatment of triple negative breast cancer, which cannot be treated with conventional hormone therapies.

Estrogen May Improve Memory

[Fox News](#) reports on a new study which has found that the [hormone estrogen](#) may have an anti-aging effect on the brain. In a study meant to emulate the experiences of postmenopausal women, animal models that received estrogen at middle age or later performed better on memory tests than those that never received estrogen.

Palbociclib Drug Reveals Significant Survival Rate

According to [Reuters](#), the experimental drug palbociclib in combination with the hormonal therapy letrozole, improved breast cancer survival rates in a mid-stage clinical trial when compared to patients that received only letrozole. The US Food and Drug Administration (FDA) granted “breakthrough” status to the oral drug palbociclib last April. The drug works by blocking two enzymes, cyclin dependent kinases (CDK) 4 and 6.

Oral Chemotherapy Parity Bill

Good News for cancer patients! Before the holidays, SB 99—the Cancer Treatment Modernization bill—received unanimous support from members of the Senate Insurance and Financial Institutions Committee. Historically, chemotherapy drugs have been primarily administered intravenously. Today, thanks to progress in cancer treatments, there are many types of chemotherapy that can be taken as a liquid, tablet, or capsule. And many of these therapies are the only appropriate treatment for certain types of cancer. There are many advantages to these new forms of treatment including a less invasive method of therapy, an alternative for patients who have trouble responding to other treatments, and improved quality of life.

While research and technology continues to change the nature of medical treatment for serious diseases like cancer, many healthcare benefit plans have not adapted to ensure patient access. As a result, cancer patients face significantly higher out-of-pocket costs simply because their treatment is dispensed orally rather than intravenously.

SB 99 would ensure that cancer patients are not disadvantaged if the best course of treatment recommended by the physician is oral chemotherapy treatment. SB 99 just passed out of committee. **Please visit our blog to learn more about this issue and take action!** <http://komencolumbus.wordpress.com/2014/02/06/we-have-a-chance-to-make-a-difference-in-the-lives-of-cancer-patients/>

Coming up:

BC101 Training

February 25th, 2014, 5:30- 6:30 pm

Or contact

juliemcmahon@komencolumbus.org

to complete online training instead

Communications Committee

March 4th, 2014

April 1st, 2014

7:30 am, Cup of Joe Lennox

Race Committee

If you're interested in joining the

Race committee, contact

race@komencolumbus.org

Don't forget to register for the 2014

race [here](#), and make sure to

fundraise and maximize what we can

accomplish in our mission!

**February is National Cancer
Prevention Month**

Living with Metastatic Breast cancer

Metastatic breast cancer (also called advanced or stage IV breast cancer) is breast cancer that has spread beyond the breast and axillary lymph nodes (the lymph nodes in the underarm area) to other parts of the body. People diagnosed with metastatic disease face very different challenges than people diagnosed with early breast cancer. Here, we discuss treatment, prognosis and some of the emotional and practical aspects of living with metastatic breast cancer. [Find out more.](#)

New Screening Research

The Canadian National Breast Screening Study released today questioned the value of regular mammography screening in reducing mortality from breast cancer. So what can we do to provide women with more reliable and cost-effective test to detect breast cancer? Judy Salerno lays out our thoughts on the topic: <http://sgk.mn/1cwj9NQ>

Short Video Explains Metastasis

The short video here explains recent research into breast cancer metastasis in a simple and visual way! <http://hub.jhu.edu/2014/01/29/breast-cancer-treatment-explained>

New Komen Perspectives Article

The past 30 years have seen many advances in the [treatment](#) of breast cancer. One of the most important has been the development of drugs that target [HER2/neu-positive breast cancers](#). Before the drug [trastuzumab \(Herceptin\)](#) was developed, prognosis was poor for HER2/neu-positive breast cancers. Today, trastuzumab and other drugs have dramatically improved the prognosis of HER2/neu-positive breast cancers. People with HER2/neu-positive breast cancers now have many effective treatment options. These drugs demonstrate the power of [targeted therapy](#) for breast cancer and offer the hope of future drug discoveries. [Find out more.](#)

Komen Ambassadors

If you haven't been trained in BC101 yet, the next class is February 25th at our office. You can also contact Julie to do the training online. After almost a year of BC101 trainings, we'll start planning our second Refresh Meeting to catch back up on any updates and give you all a chance to gather, give feedback and hear updates from our affiliate. There are some big things coming up this year, so stay tuned for a date!

Komen TV

This month on [Komen TV](#): As 2013 comes to a close, we take a look back at some of your favorite Komen TV stories including one Komen researcher's very personal battle against breast cancer. Plus, highlights from one of the most moving international mission trips this year.



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For any questions about the Komen Ambassadors, Mission activities, research or education please contact Julie at juliemcmahon@komencolumbus.org or 614-297-8155 x 204.

Komen Scholar Lecture Series

To revisit, share, or view for the first time, the following webinars are available for streaming:

[Komen Tissue Bank](#)

[The Science of Breast Density](#)

[Breast Cancer and the Environment](#)

[Disparities in Breast Cancer Outcomes](#)

[The Impact of Metastasis in Breast Cancer](#)

Archived at:

<http://www.youtube.com/playlist?list=PL6PIpBVEjB8e0IH4MuMehb-gzEIRgPGqu>