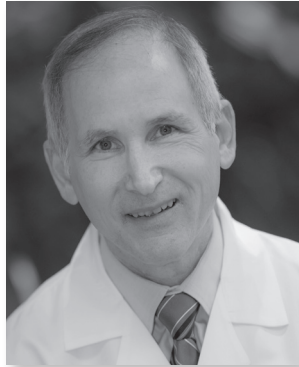


Optimizing Nutrition During Pancreatic Cancer Treatment

Studies have shown that 75% of newly diagnosed cancer patients believe that there is a diet, food, or supplement that can positively improve their outcome, according to Lustgarten Foundation Research Investigator Charles S. Fuchs, M.D., MPH, Director of Yale Cancer Center and the Physician-in-Chief of Smilow Cancer Hospital. Nutrition is an especially important element in the overall treatment regimen for pancreatic cancer



Charles S. Fuchs, M.D., MPH

“I know that the conversation between a doctor and a patient is often consumed by blood tests, x-rays, and chemotherapy, but it's so important to also ask your doctor about nutritional issues because proper nutrition can make a huge difference during treatment.”

patients. Through proper nutrition, patients can maintain their muscle mass, which will help them perform activities of daily living, stay on a treatment plan, and improve their overall quality of life.

Dr. Fuchs recommends the following steps patients can take to manage their nutrition during treatment:

- For patients who are having difficulty eating larger meals, eat 5-6 small meals throughout the day; eating smaller amounts is easier for the body to digest and absorb and can minimize nausea.
- Eat foods that contain healthy fat and avoid greasy, fried foods.
- Eat a balanced diet with fruits, vegetables,

whole grains, and lean proteins.

- Avoid excess sugar, sweets, and carbohydrates.
- Drink plenty of fluids to prevent dehydration.
- Exercise regularly, even if it is just a short walk.
- For underweight patients: Relax restrictions on low-cholesterol and low-fat foods.
- For patients with a relatively stable or healthy weight: Maintain weight with a balanced diet.

The most common digestion-related complaints that patients report experiencing while they are undergoing treatment are diminished appetite (sometimes related to nausea), complete loss of appetite, and change in taste. Luckily, these are all treatable. Typically, though, there's not a clear rule of thumb for which foods patients can and can't tolerate during treatment, as it varies from patient to patient. Following a Whipple procedure, patients will gradually resume a normal diet in terms of quantity of calorie consumption and dietary quality and variety. Patients who are experiencing difficulty eating larger meals should eat small, frequent meals; avoid high fat, high sugar, and high fiber foods; eat foods high in protein to encourage healing; and limit liquid intake during meals, as significant liquid intake may impact how much food can be eaten.

Some patients may suffer from cachexia, which is a condition characterized by progressive muscle wasting, loss of appetite, and unintentional weight loss. This condition occurs more often in pancreatic cancer

patients than in patients suffering from other cancers, according to Dr. Fuchs. Cachexic patients may benefit from appetite stimulants, omega-3 fatty acids, and/or other nutritional supplements.

“The nutritionist is the best resource I have for when a patient asks, ‘What can I do to help myself?’”

Discussing nutrition is not necessarily common during oncology visits, as the conversation typically revolves around treatment. However, patients should speak with their physicians to determine what type of diet is best for them, whether enzyme supplementation is necessary, and where to find credible nutrition information. A physician may recommend seeing a nutritionist, who is uniquely qualified to create a customized eating plan that is specific to a particular patient. A consultation with a nutritionist would be especially beneficial for patients who are experiencing side effects during treatment that might require a change in diet, or in instances of weight loss due to cachexia. According to Dr. Fuchs, the goal is for each patient to remain as healthy as possible during treatment, and proper nutrition is key to making that happen.

FINDING A NUTRITIONIST:

- Ask your physician for a referral to a nutritionist. Most major medical centers typically have nutritionists on staff available to meet with patients undergoing cancer treatment.
- Visit www.eatright.org, the website of the Academy of Nutrition and Dietetics, and search for a certified specialist in cancer/oncology nutrition by entering your zip code under the Find an Expert link.

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President’s Message



On behalf of everyone at The Lustgarten Foundation, I would like to thank our friends, supporters and researchers for helping us raise \$950,000, significantly surpassing our goal of \$750,000 for our Milestones & Momentum 2016 year-end campaign. Additionally, thanks to your support, our total 2016 revenue reached more than \$45 million, an all-time high for the Foundation. By supporting us so generously, we will be able to fund even more research initiatives in 2017, and our commitment to research has never been stronger. As the number of deaths from pancreatic cancer in the United States is expected to increase from 41,000 to more than 43,000 this year, Lustgarten-funded research will play a pivotal role in changing the pancreatic cancer landscape and ultimately increasing the number of survivors.

In this issue, we highlight promising progress being made by some of our Lustgarten-funded researchers who are uncovering unprecedented therapies and improving earlier detection methods. We also feature the advancements in organoid technology and personalized medicine taking place at The Lustgarten Foundation Pancreatic Cancer Research Laboratory at Cold Spring Harbor Laboratory, as well as our expanding collaboration with Stand Up To Cancer, which consists of several research teams exploring the disease through innovative approaches.

In the Patient Spotlight, we feature Dr. Jill Pechacek, who is currently undergoing pancreatic cancer treatment with a fighting spirit, unyielding optimism, and boundless faith. We are also proud to report that our 2017 walk program has grown to include nearly 40 walks, with new locations in Florida, New York, Maryland and Pennsylvania planned for this year. Hundreds of local events have already been scheduled in communities across the country, and we hope you’ll join us at an event or consider starting a new one in your area. To complement our community events, our two premier fundraisers, the 16th annual Holiday Rock & Roll Bash and the 3rd annual Race 4 A Cure, recently garnered more than \$1.327 million for the Foundation’s research program.

With so many fundraising events and research projects planned, 2017 is poised to be a year of significant developments in how we study and treat pancreatic cancer. These developments would not be possible without the extensive contributions of our donors and friends. As always, we thank you for your ongoing support. By joining the fight, you are helping to find a cure.

Warm regards,

Kerri Kaplan

Kerri Kaplan
President & CEO

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WINTER FUNDRAISERS RAISE MORE THAN \$1.327 MILLION FOR CRITICAL RESEARCH

We are proud to highlight our two annual winter fundraisers of the year, the Holiday Rock & Roll Bash and Race 4 A Cure. Thank you to our dedicated event organizers, attendees and generous supporters and sponsors. With your continued support, we will turn the promise of a cure into a reality.

HOLIDAY ROCK & ROLL BASH

On December 14th, The Madison Square Garden Company and AMC Networks hosted the 16th annual Holiday Rock & Roll Bash at famed New York City hotspot TAO Downtown to benefit The Lustgarten Foundation. The Bash attracted 800 people and garnered \$1.2 million, with 100 percent of every dollar raised going directly to support pancreatic cancer research. Since its inception in 2001, the Holiday Rock & Roll Bash has raised more than \$23 million for pancreatic cancer research.

Entertainment for the event included a special DJ set from Grammy Award-winning music producer and recording artist Swizz Beatz, as well as an exclusive performance from the Christmas Spectacular by the world-famous Radio City Rockettes. During the event, James Dolan, executive chairman of The Madison Square



The Rockettes give an exclusive Radio City Christmas Spectacular performance at the 16th annual Holiday Rock & Roll Bash to benefit The Lustgarten Foundation. Photo Credit: Rebecca Taylor/MSG Photos

Garden Company and former chief executive officer of Cablevision, expressed his deep appreciation to the corporate sponsors whose generous donations to the Bash support the Foundation’s mission to find a cure. He was then joined by Andrew and Jessica Lustgarten, who paid tribute to their late father Marc Lustgarten, who passed away from pancreatic cancer in 1999. James Dolan and Charles Dolan,



Swizz Beatz, a Grammy Award-winning music producer and recording artist, performs at TAO Downtown for a crowd of 800 Bash guests. Photo Credit: Zack Lane/MSG Photos

RACE 4 A CURE

The 3rd annual Race 4 A Cure was held on February 10th at Grand Prix New York, a family and corporate entertainment complex in Mount Kisco, New York. The event raised more than \$127,000 for The Lustgarten Foundation, bringing the total raised since this event was started in 2015 to nearly \$430,000, all of which is directed towards cutting-edge research in areas including early detection and novel treatments.

“I was inspired to start this event to honor my father’s memory and make a commitment to ensuring that other families don’t have to suffer like we did,” said Hope Wolfe, event co-founder.



Committee members and their families celebrate the success of Race 4 A Cure. Photo Credit: Ben Asen

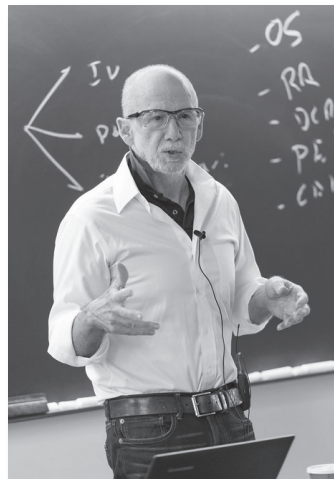
The event was organized by Hope and her family, along with members of several other families from Westchester County, New York and Fairfield County, Connecticut who have been personally impacted by pancreatic cancer and whose vision was to pay tribute to their loved ones by increasing awareness and urgently-needed research funding.

The event’s family-driven format brought together more than 430 children, teens and adults all committed to finding a cure. With entertainment and music from Total Entertainment, indoor go-kart racing, bowling, bounce houses, and a varied menu provided by top-rated local eateries Restaurant North and Kira Sushi, it was a fun-filled, memorable night for all. Attendees also enjoyed a silent auction featuring prizes including vacation packages and tickets to sporting events.

Thank you to the committee members, sponsors, Grand Prix New York, and all of the participants who made this event such a success!

Research Spotlight:

The Lustgarten Foundation continues to be at the forefront in the understanding and treatment of pancreatic cancer and is involved in extremely promising research focusing on early detection and synthetic vitamin D. Additionally, the Foundation's collaboration with Stand Up To Cancer now extends to additional projects that have the potential to dramatically change how we detect and treat the disease. Highlights of this research are outlined below. We look forward to updating you on these projects and research developments in the coming months.



Dr. Bert Vogelstein presents on the Earlier Detection of Pancreatic Cancer Initiative at the Foundation's annual scientific meeting last fall. Photo Credit: Arthur Fredericks

EARLIER DETECTION

Bert Vogelstein, M.D., Johns Hopkins University School of Medicine and a Lustgarten Foundation Distinguished Scholar, is leading the Foundation's Earlier Detection of Pancreatic Cancer Initiative, which is showing significant potential for diagnosing the disease earlier than is typically done now. Dr. Vogelstein's project is designed to leverage currently available technologies, as well as create novel technologies that will detect pancreatic cancer in both general and high risk populations. The latest project underway as part of this initiative consists of developing and applying imaging algorithms to screen for pancreatic lesions using CT and MRI imaging. Researchers will create an "image bank" with scans of a normal and an abnormal pancreas and will optimize MRI scanning by improving image resolution and reducing the scanning time. As a result of this project, researchers hope that patients' pancreatic cancer tumors will be detected earlier. Initial results are anticipated in September 2017.

SYNTHETIC VITAMIN D

Stand Up to Cancer and The Lustgarten Foundation convened a Vitamin D Summit exclusively focused on the clinical potential of synthetic vitamin D for pancreatic cancer patients. The goals of the summit were to ensure that there will be more clinical trials with synthetic vitamin D and to identify ways to streamline data collection and analysis.

Last fall, *The Wall Street Journal* featured an article about how doctors, scientists and other experts are coming together to find breakthroughs for pancreatic cancer. One of the most exciting areas is The Lustgarten Foundation's research with a synthetic form of vitamin D. Research conducted by Lustgarten Foundation Distinguished Scholar Dr. Ronald Evans of the Salk Institute for Biological Studies found that a synthetic derivative of vitamin D could potentially delay pancreatic cancer tumor growth when combined with chemotherapy in mice, resulting in a 57 percent increase in lifespan compared to chemotherapy alone. He is now conducting research to determine if pancreatic cancer patients' tumors have a vitamin D receptor in their metastases as well, which would make them eligible for treatment with synthetic vitamin D as part of their therapy.



Dr. Ronald Evans discusses his innovative research on synthetic vitamin D at the Foundation's annual scientific meeting last fall. Photo Credit: Arthur Fredericks

STAND UP TO CANCER UPDATE

S↑2C[®]
STAND UP TO CANCER

The Lustgarten Foundation is expanding our collaboration with Stand Up To Cancer on new projects that will advance our work for all patients to become survivors. University of Pennsylvania's Drs. Carl June, E. John Wherry and Shelley Berger are leading a new Stand Up To Cancer/Lustgarten Foundation-funded project investigating the use of CAR (chimeric antigen receptor) T cell therapy for pancreatic cancer. CAR T cell therapy has been very effective in treating other cancers, including certain types of leukemia, lymphoma and multiple myeloma.

Through this research, Dr. June and his team hope to identify features in CAR T cells and/or cancer cells that will predict whether or not the cancer cells will respond to immunotherapy treatment.

Dr. Philip Greenberg of the Fred Hutchinson Cancer Research Center is also leading a new project that builds on the Foundation's earlier immunology work with Stand Up To Cancer. Dr. Greenberg and his colleagues are investigating how patients can use their own tumors to develop personal vaccines, as there is evidence that a cancer vaccine has demonstrated substantial promise in several cancers, including pancreatic cancer.

Additionally, Stand Up To Cancer and its scientific partner, the American Association for Cancer Research (AACR), recently announced to the cancer research community funding to support two new Dream Teams focused on "cancer interception" of the pancreas and lung. The SU2C-Lustgarten Foundation Pancreatic Cancer Interception Dream Team will provide up to \$7 million over four years to advance innovative approaches to intercept the process that causes pancreatic cancer.

Patient Spotlight:

Dr. Jill Pechacek

"There's no place I'd rather be than right here with my three."

These words are what motivate Dr. Jill Pechacek, devoted single mother of three, Colorado-based family physician and wellness expert, ovarian cancer survivor, and now, a pancreatic cancer patient, to keep courageously fighting and defying the odds.

Dr. Jill, as she is known to her patients, was first diagnosed with Stage IV pancreatic cancer in September 2014, after experiencing abdominal pain she thought was an ulcer brought on by her hectic work schedule. At the time, she was only 46 and felt blindsided by this devastating diagnosis. However, she approached the disease head-on, with the same positivity and resolve that have guided her through past challenges, including bravely undergoing surgery and treatment for ovarian cancer at 25 while she was a medical school student. Throughout that experience, which she did not disclose to her medical school classmates and professors, she relied on her family and her faith, never once believing that she wouldn't fulfill her lifelong dream of becoming a doctor. "My experience with ovarian cancer profoundly challenged and changed me," said Dr. Jill. "Now, I want to share my journey and experiences as a pancreatic cancer patient and inspire others by showing them what believing in yourself and having others believe in you can do."

Dr. Jill was diagnosed when her children Hawk, Brooks, and Hope were 12, 10 and 8, respectively. When she was first diagnosed, she would ask her doctors for 10...10 years so she could see her three children graduate from high school. Dr. Daniel Von Hoff of TGen was the first doctor she saw who didn't avert his eyes or become uncomfortable with this question. He squeezed her hand, looked directly at her and said, "Dr. Jill, why would you stop at 10 years?" Dr. Von Hoff has led Dr. Jill's care ever since, and

through imagery, strong faith, and the loving support of her community, she can visualize these milestones and is optimistic that she will be there for them. In fact, she credits having things to look forward to, including events in her children's lives and commitments she has made to other people, as helping her stay positive and grateful



Dr. Jill with Hawk, Brooks, and Hope

for every day that she has been given. Dr. Jill says that her family is the happiest and closest it has ever been, and that having a life-threatening disease drives them closer.

In addition to the strong support she receives from her family, she is extremely grateful for the treatments that have gotten her to this point. She has exhausted all FDA-approved pancreatic cancer therapies and is currently being treated with an ovarian cancer chemotherapy drug, based on her genetic mutation that utilizes a BRCA-like pathway. She remains hopeful that this chemotherapy can continue to suppress new growth and provide a high quality of life and quality time. To complement her chemotherapy, she has also undergone multiple surgeries, including a segmental pancreatectomy and resection of the liver, and while she suffers from treatment side effects including significant neuropathy, she doesn't let them get in the way of her

living a full life – which even includes coaching three basketball teams!

Dr. Jill's cancer is aggressive and constantly mutating, and she's never had a chemotherapy work for more than six months, yet she maintains her belief that negative circumstances like having cancer actually make people appreciate the positive situations

even more. "Fighting this cancer is like playing the most challenging chess game, constantly thinking about my next move and researching what's in the pipeline," said Dr. Jill. "I'm now on Plan G and I'm glad there are 26 letters of the alphabet so I can get to Plan Z! Each plan buys me more time until that breakthrough comes, which I believe will happen during my lifetime."

One way she is making sure that a breakthrough happens as soon as possible is through her involvement

with The Lustgarten Foundation. To raise awareness and research funding, just weeks after her diagnosis in 2014, Dr. Jill organized the team "God's Got This" for the Foundation's 2014 Denver walk. She also organized teams for the 2015 and 2016 Denver walks, attracting more than 100 members and raising nearly \$44,000 for research to date. She looks forward to the walks as a way to connect with other patients who are on the same journey and give them hope and encouragement. She tells them that like her, they can fight against their cancer too, and she offers them what she believes are the four most uplifting and empowering words: I believe in you.

Dr. Jill is also having a significant impact in her role as a patient advocate for a Dream Team of researchers who are conducting innovative pancreatic cancer research and who are funded by Stand Up To Cancer, The Lustgarten Foundation, and Cancer Research UK and co-led by her physician, Dr. Von Hoff. This research is focusing on reprogramming

(continued on page 7)

COLD SPRING HARBOR LABORATORY UPDATES

The Lustgarten Foundation works very closely with Cold Spring Harbor Laboratory, a world-renowned international research institution with a National Cancer Institute-designated Cancer Center, on pancreatic cancer research. Additionally, two of the Foundation's Distinguished Scholars, Dr. David Tuveson and Dr. Douglas Fearon, lead research programs from their laboratories onsite, and their research is advancing our understanding and treatment of pancreatic cancer.

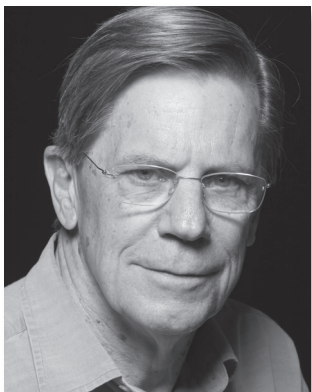
Dr. Fearon published a new study in *Cell Metabolism* (November 8, 2016) focusing on cachexia, which is a common condition in cancer patients that causes muscle wasting, loss of appetite, and unintentional weight loss. In patients suffering from cachexia, their cancer severely damages one or more of their internal organs. According to Dr. Fearon's findings, tumors that interfere with patients' ability to manage cachexia may also hinder their ability to respond to immunotherapy. In mouse models of human pancreatic and colon cancer, Dr. Fearon and his team traced cachexia to a molecular reprogramming of the liver caused by the tumor, which changes the liver's normal response to caloric deficiency and causes the liver to no longer be capable of creating energy for the body. As the caloric deficiency worsens and patients continue to lose weight, their bodies respond by releasing stress hormones, which, in turn, stop the



David Tuveson, M.D., Ph.D.

immune system from responding to the tumor. Additional research in patients is needed to confirm these findings.

The Organoids for Personalized Therapy (OPT) Trial, led by the Foundation's Director of Research, David Tuveson, M.D., Ph.D., and his team at The Lustgarten Foundation Pancreatic Cancer Research Laboratory at Cold Spring Harbor Laboratory, have made significant progress in paving the way toward personalized cancer treatment and impacting clinical care. Researchers are using their recently developed "organoid," which is a three-dimensional cell culture system that allows pancreatic cancer to be grown from human tissue. An organoid can be produced indefinitely in the laboratory and then available drugs can be tested to



Douglas Fearon, M.D.

determine which one(s) have the best response for a particular patient, with the goal being to provide new, focused treatment options for a patient based on the tumor's specific genetic mutations.

Dr. Tuveson and his team are now working to reduce the timeframe to make an organoid so that the organoids can be used to determine treatment decisions. Patients typically don't have the time to try several different treatments to fight pancreatic cancer since it's often not diagnosed until the disease is at an advanced stage. It's critical to study the tumor and find out in advance if a particular treatment will work, and the aim of the organoid research is to do just that.

FOUNDATION ANNOUNCEMENTS

We are proud to announce that Dr. Tuveson was recently named Director of Cold Spring Harbor Laboratory's Cancer Center and was profiled in Long Island-based newspaper *Newsday*. "No one is more deserving of this appointment than Dr. Tuveson, whose research over the past two decades has transformed the pancreatic cancer landscape," according to the Foundation's President and CEO Kerri Kaplan, as quoted in *Newsday*. The Foundation is looking forward to all of the research that we are sure will come out of the Cancer Center with Dr. Tuveson at the helm.



Andrew Whiteley

We are also excited to announce that Andrew Whiteley is serving as our Interim Director of Scientific and Medical Programs. Mr. Whiteley brings more than 25 years of management, marketing and business development experience in the life sciences sector. He is spearheading the creation of our strategic research plan, identifying the most promising research opportunities that are aligned with our ultimate goal of finding a cure for pancreatic cancer.

We congratulate Dr. Tuveson and we welcome Mr. Whiteley to our staff!

Patient Spotlight:

(continued from page 5)

pancreatic cancer cells so that they become less aggressive and more sensitive to drugs and anti-cancer immune responses. Dr. Jill participates in a bimonthly Dream Team call and spoke during a recent Stand Up To Cancer meeting in California. "As patient advocates, we need to be the bridge between the different researchers and various foundations funding valuable studies that are making a difference in many lives, like my children's and mine," said Dr. Jill. "I'm honored to be a part of this Dream Team, to work with brilliant scientists and researchers who are so passionate, committed and collaborative. The Dream Team's work gives me hope that new discoveries will be found and will provide me with more time with my family and prevent other families from having to go through this."

In addition to her work as a walk leader and patient advocate, Dr. Jill is ministering to people through a virtual "survivor partner" network, corresponding with other patients and their families via encouraging texts and notes. Last year, she connected

with Jen, a patient in Iowa who was also a mom in her mid-40s, and helped get her to the best possible doctors. She passed away last fall after fighting for 10 months, and Jen's husband Joe credits Dr. Jill's support for giving them that time together, instead of the few weeks that her doctors had predicted. This support created a deep bond between the two families.

In fact, when Dr. Jill's sister set up a Go Fund Me page last year to finance construction on the home of Hawk's godparents, who have graciously agreed to raise Hawk, Brooks and Hope should Dr. Jill succumb to her cancer, Joe was there to help. Joe offered to match all donations to the Go Fund Me account up to \$29,000 over an 11-day period, building on Dr. Jill's 29:11 Challenge, which she created to acknowledge all of the kindness that



Dr. Jill (second from left) with members of Stand Up To Cancer's Dream Team led by Dr. Daniel Von Hoff (to the right of Dr. Jill), and our President and CEO Kerri Kaplan at Stand Up To Cancer's Scientific Summit

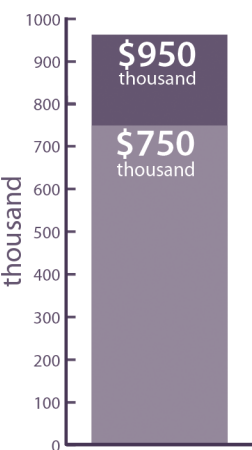
friends, relatives, her former patients and her close-knit community bestowed upon her family and pay it forward. This viral campaign encouraged people to perform 29

random acts of kindness over 11 days. People from every state and 20 countries participated, giving Dr. Jill a renewed sense of purpose and raising enough funding to not only renovate the home, but also to help subsidize the children's education.

As Dr. Jill reflects on her future, she remains grounded in her faith, grateful for the love of her family, friends and community, optimistic that new treatments and discoveries will change the course of pancreatic cancer, and committed to fighting this disease with a unique combination of fortitude, perseverance and grace. To learn more about Dr. Jill's inspirational story, please visit <https://www.facebook.com/DrJill29in11/>.

MILESTONES&MOMENTUM YEAR-END CAMPAIGN ECLIPSES FUNDRAISING GOAL

We are so grateful for your generous support! Thanks to your participation in our **Milestones & Momentum** 2016 year-end campaign, we have raised more than **\$950,000**, significantly **surpassing our \$750,000 goal** for critical pancreatic cancer research.



The Milestones & Momentum 2016 year-end campaign raised more than \$950,000, significantly surpassing our \$750,000 goal.

"This disease ravages families – I know this all too well. That is why I want to help rewrite the narrative of pancreatic cancer and save future generations from similar heartbreak," said Dr. Andrew Sable, whose wife Leslie, 46-years-old and a successful breast radiologist, passed away from pancreatic cancer last year, leaving him to raise their three young children on his own.

Dr. Sable partnered with the Foundation to support the **Milestones & Momentum** campaign in Leslie's honor.

With the unprecedented outpouring of support through this campaign, we can fund even more promising research in 2017. *Together, we will make new discoveries possible.*

A SPECIAL THANK YOU TO...

We would like to recognize the generous contribution of the Arcolian Dental Arts Society, comprised of Italian American dentists in Chicago, and member Dr. Joseph Baldassano, who matched this contribution at the 2016 annual Arcolian Christmas Gala, resulting in a \$3,000 donation to the Foundation. Dr. Baldassano contributed in honor of his father, who had battled pancreatic cancer. Every year, the Arcolian Dental Arts Society selects an organization to receive a donation, and we are grateful that The Lustgarten Foundation was chosen for this honor.



Dr. Joseph Baldassano receives an award and presents a check to The Lustgarten Foundation at the Arcolian Christmas Gala. Photo Courtesy of Dr. Joseph Baldassano

SURVIVOR STORIES

Even though Stewart Lande, Diane Landis, Angela Nesel and John Sawyer have never met, they are united by an unbreakable common bond: they are pancreatic cancer survivors. Featured below are their inspiring stories and highlights of events that reflect their dedication to furthering research and improving the lives of other patients.

STEWART LANDE: BIG APPLE CARES CASINO NIGHT



The Lustgarten Foundation receives a \$65,000 check from Trust X Alliance, in honor of Stewart Lande (far right). Photo Courtesy of Marc Lande

On October 26th, the Big Apple Chapter of Trust X Alliance, a New York and New Jersey-focused technology networking group whose mission is to help build stronger businesses and communities, hosted its Big Apple Cares Casino Night event, raising \$65,000 for The Lustgarten Foundation's research initiatives. The night featured casino games, cocktails, food, music and incredible prizes, and the 300 attendees enjoyed the night and supported the Foundation while taking in the gorgeous views of the New York City skyline from the Manhattan Penthouse. The Foundation was nominated by Stewart Lande of Maureen Data Systems and chosen by the Big Apple Chapter as this year's donation recipient. Stewart was diagnosed with pancreatic cancer in 2010, and through early detection was fortunate enough to undergo Whipple surgery that has given him six years of extended living. Every six months, Stewart meets with his doctor at Johns Hopkins University and undergoes testing to determine if the pancreatic cancer has reappeared. And at every visit so far, he is overcome with relief and gratitude when he hears the words, "You are cancer free." Now, Stewart doesn't take anything for granted, and his experience motivates him to help ensure that scientists are conducting cutting-edge research that will advance patient care. Thank you to AnnMarie Santamarina, sponsors and volunteers who were instrumental in organizing this event!

ANGELA NESEL: THE "A" TEAM FOR ANGELA

Angela Nesel was diagnosed with pancreatic cancer in 2015 and has undergone a distal pancreatectomy surgery and extensive chemotherapy. To honor her bravery and raise research funding, her son Tom and his friends established the "A" Team for Angela. The team participated in the Reebok Ragnar Adirondacks, a continuous (21 hour), 200 mile relay run between Saratoga Springs and Lake Placid in upstate New York last September, winning the Overall and the Men's Ultra Category and raising more than \$26,000 for research. "After all of the treatment my mom has been through, I wanted to do something to honor her strength and her courage in battling this disease," said Tom. "I am hopeful that The Lustgarten Foundation will find new treatments that can help other patients and create a larger community of survivors."



Tom (far right) and the members of the "A" Team for Angela celebrate starting the race with Angie at the Reebok Ragnar Adirondacks. Photo Courtesy of Tom Nesel

DIANE LANDIS: HOPE BEGINS WITH ME

Diane Landis is a 6 ½ year pancreatic cancer survivor who says her faith and the love and support of her family and friends, as well as a positive attitude, are what carried her through surgery and treatment. She would repeat her personal motto "Faith before fear" to crowd out negative thoughts that were interfering with her focus on getting well. In September 2012, she started Hope Begins with Me, an annual three-mile walk through Molasses Creek Park near her Quakertown, PA home and has raised \$10,000 for



Diane (third from left), surrounded by loved ones, is committed to finding a cure for pancreatic cancer. Photo Courtesy of Diane Landis

pancreatic cancer research to date. "I've been given a second chance at life, and that's what motivates me to do this fundraiser – to encourage other patients to never give up hope and to be a part of the larger purpose of finding a cure," said Diane.

JOHN SAWYER: PURPLE PUCKS FOR PANCREATIC CANCER RESEARCH

In 2012, John Sawyer, known as "Big John" to family and friends, received a devastating pancreatic cancer diagnosis. John was fortunate that the cancer was caught early, and shortly after surgery, he participated in the New England Pancreatic Cancer Research Walk. However, he wanted to do more, and he combined his love for hockey with his commitment to helping patients by launching Purple Pucks for Pancreatic Cancer Research, an annual Boston-area hockey tournament between John's team of recreational hockey players and the Stoughton, MA fire department. The 2015 and 2016 events have raised more than \$5,000 for critical research. "I recognize how fortunate I've been and I want other patients to have the same opportunity to become survivors," said John. "I am so grateful for my medical team at Beth Israel Deaconess Medical Center, including my surgeon Dr. Mark Callery, whom I credit with saving my life."



Big John Sawyer, far left, celebrates Big John's International Hockey All-Stars team's win over the Stoughton Fire Department team, along with his son Little John (kneeling) and other team members. Photo Courtesy of John Sawyer

JOIN US ON OUR JOURNEY TOWARDS A CURE!

We are so thankful for, and grateful to, our community event organizers, participants and sponsors who advance our mission of raising awareness and research funding and who make our community events possible. We are honored to highlight the organizers featured on this page for spearheading local activities that are making a significant impact.

If you are interested in starting an event in your area, contact Susanne Igneri, Special Events Coordinator, at 516.803.2339 or signeri@lustgarten.org. You can also visit www.lustgarten.org and view the Events section to find an upcoming event near you.

JF FOOTBALL CAMPS WITH COACH JERRY FLORA



Coach Jerry Flora and his staff are committed to making a difference – both on the field and off. Photo Courtesy of Jerry Flora

For the past three years, William Paterson University head football coach Jerry Flora has sponsored the Lustgarten Pancreatic Cancer Youth Football Clinic at Highlands Middle School in White Plains, NY for 2nd-8th grade boys. Coach Flora sponsors this free event every June in honor of his father-in-law Carl, who died from pancreatic cancer, and in 2016, more than 20 volunteer coaches and high school and college football players participated. As part of the football clinic, Jerry held a silent auction fundraiser, offering sports memorabilia as prizes, with proceeds going to the Foundation's research initiatives. "This football camp enables me to do what I love the most – coaching football – while also honoring Carl's memory," said Jerry, who has raised \$1,500 to date from the clinic. "I am confident that with every dollar we raise, we are one step closer to funding research that will lead to a cure."

CHEERS TO A CURE

On November 10th, Kim Padnes hosted the 3rd annual Cheers to a Cure at Madison Bar & Grill in Hoboken, NJ, raising over \$13,000 for research, tripling proceeds since she started the event in 2014. Her passion and commitment for this cause is evident as she manages every detail of the event on her own. The event is in honor of her father David, who lost his 15-month fight against Stage IV pancreatic cancer in May 2013. Through The Lustgarten Foundation, Kim has been fortunate to meet people whose story resembles her own. "I am honored to partner with The Lustgarten Foundation and support a cause close to my heart. The Foundation continues to make great strides against pancreatic cancer and I know together, we can change the statistics of this disease," said Kim. In addition to the annual event, Kim and her family have participated in the New York City Pancreatic Cancer Research Walk, and she has raised over \$36,000 with her fundraising efforts. "Not a day goes by that I don't think of my father. He was simply the best and left a lasting impression on everyone who knew him. He was always looking to provide the best for his family and offer a helping hand to those in need. This is why I fight back in his honor, to carry out his legacy and to help change the course of this lethal disease."



Kim enjoys time with her father David and two brothers in 2013. Photo Courtesy of Kim Padnes

LARRY GOLF CLASSIC

In 2009, Larry MacLennan passed away from pancreatic cancer, just nine weeks after he was diagnosed. To honor Larry, in 2010 his friend Peter BonTempo created the Larry Golf Classic, a golf tournament sponsored by the West Haven, CT Elks Lodge #1537, who donate their hall for a post-golfing event to help offset tournament costs and raise money for cancer research. "This event is an opportunity for us to gather with Larry's family and friends, and more importantly, to raise funds that will benefit research into pancreatic cancer and other cancers as well," said Peter. Each year, the event committee chooses someone from the community who has recently passed away from cancer to be honored at the event. This event has raised more than \$93,000 for cancer research since inception.



The event planning committee, volunteers and members of the MacLennan family celebrate the success of the Larry Golf Classic. Photo Courtesy of Peter BonTempo

JOHN V. DUFFY GOLF OUTING

The annual John V. Duffy Golf Outing was started in 2008 in honor of John Duffy, who died from pancreatic cancer in 2007, when he was only 44. The event is organized by John's friends Dave Moody, Paul O'Neill, Ernie Riefenhauser, Thomas Habib and Mark Dolan, and the 10th event is slated for May 19th in Hopewell Junction, NY. To date, this event has raised \$32,000 for The Lustgarten Foundation's research program. In addition to her involvement with this event, John's wife Sandra has participated as a member of The Lustgarten Foundation's New York City Half Marathon team since 2015. "By actively fundraising for The Lustgarten Foundation, I am carrying on my husband's legacy and doing my part to make sure that a cure will someday be possible," said Sandra.



Sandra and her daughter Ava honor John's memory through their work with The Lustgarten Foundation. Photo Courtesy of Sandra Duffy

With Each Step, We Are Moving Closer To A Cure

The Lustgarten Foundation's Pancreatic Cancer Research Walk program has expanded to 39 walks in 2017, with new walks planned in Tampa, FL; Staten Island, NY; Mechanicsburg, PA; and Annapolis, MD. **Thanks to our dedicated walk organizers, volunteers, participants and sponsors, our walk series garnered nearly \$3.7 million in 2016, bringing the total raised since the walk program started in 2001 to nearly \$35 million.** Thanks to private funding, 100 percent of every dollar donated goes directly to pancreatic cancer research – research that will make new discoveries possible and increase the number of survivors.

We are pleased to highlight on this page four of the walks that took place last fall around the country, blanketing the East Coast (Paramus, NJ), West Coast (Silicon Valley, CA), South (El Paso, TX) and Midwest (Hannibal, MO) and raising awareness and crucial funding for pancreatic cancer research.

For more information and to register for an upcoming walk, visit www.lustgarten.org. Don't see a walk near you? Learn how you can start a walk in your community by contacting Ann Walsh, Director of Events, at 516.803.2419 or awalsh@lustgarten.org.

SILICON VALLEY, CALIFORNIA

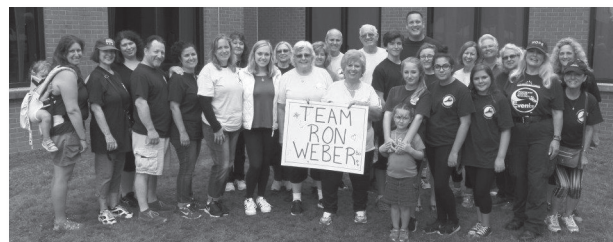
Husband and wife Aaron Nichols and Leah Klinger Nichols organized the inaugural Silicon Valley Walk on October 1st as a way to honor their mothers, who died within 18 months of each other, both from pancreatic cancer. The walk raised more than \$55,000 for our research efforts and brought the community together for a day of hope. The event also drew attention to the rising incidence of pancreatic cancer and the need for more funding.



Surrounded by her husband Aaron and children Clara and Evan, Leah Klinger Nichols welcomes participants to the Silicon Valley Walk, which she and Aaron started as a way to keep their mothers' memory alive for their children. Photo Courtesy of Aaron and Leah Nichols

PARAMUS, NEW JERSEY

Jeanne Weber started the Paramus walk in 2007 to honor her husband Ron, who passed away from pancreatic cancer in 2005. Jeanne, her daughters Cheryl and Denise, and a few close friends had participated in the Long Island walk in 2006, which inspired her to start a walk in their hometown of Paramus so that more of their friends and family could attend. Jeanne believed that supporting research on early detection should be the focus of their fundraising efforts. The 2016 walk on September 18th raised more than \$169,000, bringing the total raised since inception to nearly \$1,573,000, attracting more participants and most importantly, more survivors, every year.



Loved ones gather at the Paramus walk every year to honor Ron Weber and raise funding for research into new treatments and early detection. Photo Courtesy of Jeanne Weber

EL PASO, TEXAS

Bonnie Martinez, walk leader and three-time pancreatic cancer survivor, organized the inaugural El Paso walk on November 19th to support her own fight with pancreatic cancer and motivate others to never give up. In December, KTSM-TV, the NBC affiliate in El Paso, named Bonnie the "Go The Extra Mile Winner," a special recognition that honors one person each month in the El Paso community who "goes the extra mile" to help and inspire others. Bonnie's mission is to raise money that will be used to bring the survival rate up to double digits. The walk garnered more than \$14,200 for critical research.



Walk leader Bonnie Martinez (right) celebrates completing the route at the El Paso walk. Photo Courtesy of Bonnie Martinez

HANNIBAL, MISSOURI

Erin Hedges organized the inaugural Hannibal walk to honor the life and legacy of her grandfather, Albert Barnard, who passed away in 2014 after a grueling four-month battle with pancreatic cancer. After participating in a walk in St. Charles, MO Erin decided to organize an event in Hannibal, her hometown, to shine a spotlight on pancreatic cancer, the urgent need for research funding, and the impact pancreatic cancer is having on the Hannibal residents who are currently battling this disease. As a result of her efforts, the Hannibal walk on October 22nd raised thousands of dollars for research.



Kristine Wilson, a pancreatic cancer survivor (left), and walk leader Erin Hedges inspire others to join the fight at the inaugural Hannibal walk. Photo Courtesy of Erin Hedges

WORLD PANCREATIC CANCER DAY HIGHLIGHTS: JOIN US IN BEATING PANCREATIC CANCER

Thank you to all of our loyal supporters who joined us in commemorating Pancreatic Cancer Awareness Month (PCAM) in November and World Pancreatic Cancer Day (WPCD) on November 17th. We appreciated everyone wearing purple to raise awareness, changing their profile photos on Facebook and Twitter, and taking selfies holding our printable signs and sharing these images and accompanying posts on Facebook and Twitter.

Raising awareness and demonstrating the need for increased research funding is crucial to advancing the science towards a cure. According to the World Pancreatic Cancer Coalition, which organizes global activities surrounding World Pancreatic Cancer Day, it is estimated that by 2020, there will be 418,000 new cases diagnosed globally, and on World Pancreatic Cancer Day itself, an estimated 985 people around the world passed away from the disease. Our partner Celgene, which helped launch World Pancreatic Cancer Day in 2014, remains committed to working towards a cure. To support efforts in pancreatic cancer research, Celgene is currently conducting three global clinical trials and is supporting more than 50 researcher-led studies in early stage and locally advanced disease.

Several celebrities showed their support for the Foundation in honor of World Pancreatic Cancer Day. Actor and long-time supporter Michael Ealy highlighted our efforts during an interview on Good Day LA on Los Angeles' FOX affiliate. The world-famous Rockettes and the National Basketball Association showed their support on social media in their posts and tweets. Additionally, our collaborator Stand Up To Cancer mentioned World Pancreatic Cancer Day and our efforts as part of its social media outreach. Thanks to our media outreach efforts, we were also mentioned on cable channel News12 Long Island. Our partner Boston Scientific held a private fundraiser in honor of Pancreatic Cancer Awareness Month and generously donated the proceeds to support the Foundation's research initiatives.

For more information about World Pancreatic Cancer Day, visit www.worldpancreaticcancerday.org and mark your calendars for this year's celebration on November 16, 2017.



The Foundation's Director of Fundraising Operations, Cathy Weber (left) and Patient Information Coordinator, Sharon Sarelson (right) celebrate World Pancreatic Cancer Day.





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Thanks to private funding, 100 percent of every dollar donated to
The Lustgarten Foundation goes directly to pancreatic cancer research.

Be sure to check the calendar of events at www.lustgarten.org for updates.

2017 CALENDAR OF EVENTS

MARCH

- 19 Valley of the Sun Pancreatic Cancer Research Walk
Phoenix, AZ
- 19 2017 United Airlines NYC Half Marathon
New York, NY
- 25 Scacia: A 5K for Pancreatic Cancer Research
Athens, OH

APRIL

- 1 Luau for Lustgarten
Rochester, NY
- 2 New York City Pancreatic Cancer Research Walk
New York, NY
- 14 An Evening of Acapella and Doo Wop in
Memory of Lou and Chuck
Somers Point, NJ
- 23 Westchester Pancreatic Cancer Research Walk
Westchester County, NY
- 23 Strike Down Pancreatic Cancer
Syosset, NY
- 29 Kellenberg Memorial High School Softball
Benefit Game for Pancreatic Cancer Research
Rockville Center, NY
- 30 Westborough Pancreatic Cancer Research Walk
Westborough, MA
- 30 Inaugural Staten Island Pancreatic Cancer
Research Walk
Staten Island, NY

MAY

- 6 Butler County Pancreatic Cancer Research Walk
Butler County, OH
- 7 Inaugural Mechanicsburg Pancreatic Cancer
Research Walk
Mechanicsburg, PA
- 13 Colorado Springs Pancreatic Cancer Research
Walk
Colorado Springs, CO
- 18 Richard W. Grabowski Golf Fundraiser
Monroe, CT

- 18 Haymakers for Hope Rock and Rumble VII
Boston, MA
- 20 Milford Pancreatic Cancer Research Walk
Milford, CT
- 20 Monmouth County Pancreatic Cancer Research
Walk
Long Branch, NJ

New
Location

JUNE

- 10 Syracuse Pancreatic Cancer Research Walk
Liverpool, NY
- 11 Brooklyn Pancreatic Cancer Research Walk
Brooklyn, NY
- 11 Dash for Detection
Chicago, IL
- 24 Louisville Pancreatic Cancer Research Walk
Louisville, KY
- 25 Cromwell 18-Hole Stroll
Cromwell, CT
- 26 2nd Annual Richard & Jonathan Lewis
Memorial Tournament
Glen Head, NY

JULY

- 22 Cure Pancreatic Cancer Vegas Night
Albany, NY
- 23 Naperville Pancreatic Cancer Research Walk
Naperville, IL

AUGUST

- 13 Howard County Pancreatic Cancer Research Walk
Howard County, MD
- 20 Pemberville Pancreatic Cancer Research Walk
Pemberville, OH

SEPTEMBER

- 9 Bill Arneson Memorial Golf Outing
Zion, IL
- 9 St. Louis Pancreatic Cancer Research Walk
St. Charles, MO
- 10 Albany Pancreatic Cancer Research Walk
Albany, NY

- 10 Appalachian Du/Triathlon to Fight Cancer
Neola, WV
- 17 Paramus Pancreatic Cancer Research Walk
Paramus, NJ
- 17 Cedar Rapids Pancreatic Cancer Research Walk
Marion, IA
- 23 Skowhegan Pancreatic Cancer Research 5K
Walk/Run
Skowhegan, ME
- 24 Lehigh Valley Pancreatic Cancer Research Walk
Lehigh, PA
- 30 New England Pancreatic Cancer Research Walk
Boston, MA
- 30 Inaugural Annapolis Pancreatic Cancer
Research Walk
Annapolis, MD

OCTOBER

- 8 Long Island Pancreatic Cancer Research Walk
Wantagh, NY
- 28 Hannibal Pancreatic Cancer Research Walk
Hannibal, MO
- 29 Dutchess County Pancreatic Cancer Research
Walk
Poughkeepsie, NY
- TBD Silicon Valley Pancreatic Cancer Research Walk
Silicon Valley, CA

NOVEMBER

- 4 El Paso Pancreatic Cancer Research Walk
El Paso, TX
- 5 Pennsauken Pancreatic Cancer
Research Walk
Pennsauken, NJ
- 5 Denver Pancreatic Cancer Research
Walk
Denver, CO

DECEMBER

- 2 San Francisco Pancreatic Cancer Research Walk
San Francisco, CA

Remember
NOVEMBER
Is Pancreatic Cancer
Awareness Month

