

Pancreatica



Running Team

Stand for a Purpose. Run with a Passion.

Thank you for joining the Washington D.C. Pancreatica Running Team! We will be participating in the Army 10 Miler on Sunday, October 5, 2008.

You are well on your way to fostering social good and having a great time! The Pancreatica Running Team is dedicated to raising awareness, increasing education, and supporting pancreatic cancer research. The donations collected will be used to fulfill these goals.

As part of our program you will:

- Do something remarkable
- Contribute to a good cause
- Make new friends
- Learn more about fitness, health, fundraising, and more!

In this packet you will be provided:

- Information about the Lorenzen Cancer Foundation
- An overview of pancreatic cancer
- Information on the Pancreatica Running Team

The staff of the Pancreatica Running Team is here to guide and assist you.
Contact us at runners@pancreatica.org or by calling 1-877-647-0400

Thank you for joining the Pancreatica Running Team and the fight against pancreatic cancer.



About the Lorenzen Cancer Foundation

The Lorenzen Cancer Foundation is a 501(c)3 non-profit organization dedicated to the memory of Gary Lorenzen who died in May 2000, of pancreatic cancer. Our mission includes raising awareness, increasing education, and furthering research in pancreatic cancer.

The Foundation is dedicated to maintaining www.pancreatica.org, a top-rated website containing educational resources for patients, caregivers, physicians and researchers. The "News and Archives" section on www.pancreatica.org displays the largest concentration of scientific articles related to pancreatic cancer. The database of ongoing pancreatic cancer clinical trials found here is also the world's largest.

The Pancreatica Running Team is the official running team of the Lorenzen Cancer Foundation

For more information on the Lorenzen Cancer Foundation and its programs, visit www.pancreatica.org.

Lorenzen Cancer Foundation Science Board

James Abbruzzese, MD
M.D. Anderson Cancer Center

Markus Büchler, MD
Heidelberg University, Germany

Ralph Hruban, MD
Johns Hopkins University

Eileen O'Reilly, MD
Memorial Sloan-Kettering

Margaret Tempero, MD
University of California - SF



Overview of Pancreatic Cancer

The pancreas is a small spongy organ that lies underneath the curvature of the stomach and deep within the abdomen. The pancreas does two main things: produces enzymes that are useful for the digestion of food AND secretes hormones (like insulin and glucagon) that help maintain and regulate body sugar levels.

Cancer is the second most common cause of death in the developed world, behind heart disease. Pancreatic cancer is the fourth most common cause of cancer mortality. Although there are exceptions, usually patients only have a few months to live after they are diagnosed with pancreatic cancer.

Typically, the symptoms of adenocarcinoma of the pancreas are vague — and include malaise, fatigue, loss-of-appetite, weight loss, abdominal discomfort and nausea. Also, the most common presenting physical sign of pancreatic cancer, that of jaundice (due to obstruction of the bile duct), is typically shown late in the disease progression.

Pancreatic cancer is the **least funded** cancer in terms of research. Despite causing enormous mortality, pancreatic cancer receives (on a mortality basis) much less funding for research than most of the other major cancers.

Currently, there is no molecular marker or genetic screening tool to aid in the earlier diagnosis or screening of pancreatic cancer. The treatment options would improve significantly if this cancer could be diagnosed at an earlier stage.

EPIDEMIOLOGY

Pancreatic cancer will cause more than 35,000 deaths in the U.S. this year OR more than 1% of all U.S. mortality. It also causes twice this number of deaths annually in Europe. Despite the huge toll, people often do not understand the full magnitude of this disease.

Pancreatic cancer is more common in African-Americans; it is **strongly associated with smoking**. And likely associated with diets rich in saturated fats. There appears to be a mild correlation between the onset of diabetes and pancreatic cancer, but it is not entirely clear if this is a cause or an effect of the cancer. There does not appear to be a strong correlation between pancreatic cancer and the moderate drinking of alcohol or of coffee (though these have been past issues of some controversy). In a small percentage of cases, pancreatic cancer stems from a familial genetic predisposition.

For more information about pancreatic cancer, visit www.pancreatica.org.

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Running Team

*Pancreatica Running Team Programs & Benefits**

- Meet your coach and your fellow team members at one of our informational meetings on Friday, June 27 at 7:00 p.m. at the Alexandria Pacers store and Sunday, June 29 at 4:00 p.m. at the Clarendon Pacers store. (*Meeting times & dates are subject to change. Please call 877-647-0400 to verify.*)
- Comprehensive training schedule designed for all fitness levels. Local training begins in July.
- E-coaching includes your training schedule as well as communications with a running coach via email, addressing any questions or concerns about the training program.
- Commemorative Pancreatica Running Team top.
- Travel reimbursement for participants who do not reside in the race city and raise \$2,400, double the fundraising minimum of \$1,200.
 - A travel reimbursement of up to \$400 is available for those needing air and accommodations.
 - A travel reimbursement of up to \$200 is available for those needing accommodations only.
- Reimbursement of entry fee to the race event.
- Prizes for top fundraisers and top finishers.
- Personal webpage to assist with your fundraising.
- Celebratory event for you and your family and friends the night before the race.
- AND MUCH MORE...

* *Program and benefits are applicable to participants who meet the fundraising commitments as agreed upon in the signed waiver.*

***Do something remarkable
Contribute to a good cause
Make new friends ~ Attend social events
Learn more about fitness, health, fundraising and more!***