GREETINGS!

Summer is here and it is time for another edition of CORE News. We sincerely hope you enjoy receiving our study updates, as this is our way of saying thank you for all you do. You are part of our research family and we enjoy keeping you apprised of all that goes on through our combined efforts.

The first half of 2008 has been an active one. We submitted a proposal to continue our research activities and have been granted funding for another 4 years. What better way to illustrate the impact of your contributions! We are in year eleven and are still going strong thanks to you. What does this mean for you? You can expect another telephone call requesting updates on the information you have provided during our previous conversations. Some of you may also find us asking you for consent to access some medical records or asking you to donate blood or saliva. These biosamples and reports help to round out our understanding of colorectal cancer.

We wish him all the best. He will continue to serve on the international consortium on colorectal cancer research, for which we are fortunate. His colorectal cancer expertise greatly enhances the success of our project and of the entire consortium.

Finally, we congratulate Allyson Templeton on a well-deserved promotion. Allyson has been our study manager for the past 10 years. She will now be serving all of the consortium sites as a study-wide coordinator. Lucky for us, she is just down the hall. Her promotion brings our newest member of the CORE Family Study staff, Doug Fisher. We are thrilled about our luck in hiring Doug and look forward to a very successful Phase III. Please take a moment to familiarize yourself with him on the following page.

Like we said, 2008 has been an active year for us so far. As always, thank you for all you do for CORE Studies!

Sincerely,

Polly A. Newcomb
Colon cancer prevention fills the workdays—and some of the free time—of the latest addition to the CORE Studies team. As project manager, Douglass Fisher oversees various activities of the research project: data and specimen collection, as well as conferencing with colon cancer researchers in the United States, Canada and Australia. At home, Doug often does something many researchers also classify as a cancer-prevention activity: he gardens.

Several studies have shown people who exercise moderately, such as gardeners, reduce their risk of developing colon cancer. Doug, who has spent close to two decades in behavioral research prior to his current position, says he’s loved gardening since high school, when he did yard work for his neighbors. “I like nature, and helping things grow and watching things grow,” he notes. “It’s very aligned with my work in health care.”

Doug was trained as a mental health counselor, and worked on HIV prevention studies for 13 of his 17 years at the University of Washington. In that time, he tried to learn about as many aspects of HIV prevention as he could: campaigns to recruit potential study participants, interviewing and data collection, and developing study questionnaires. Gradually, he moved into administration and management. Most recently, he oversaw an end-of-life study evaluating services for hospice patients.

Then, the opportunity to be project manager for the CORE Studies appeared—and so did a new field for Doug. Instead of doing behavioral research, he would be working in medical research. He chose to take the position because he saw it as “the culmination of 17 years of preparation,” he says.

Doug also arrives just as the CORE Studies project makes its own transition. The colon cancer prevention study is wrapping up Phase II of its research. People who participated in Phase II were between 18 and 49 years old, while the Phase I group also included people up to 70 years of age. The CORE Studies project is now preparing for our third phase of research, which will continue to focus on working with individuals and families whose lives have been affected by colorectal cancers.

In preparing for Phase III, Doug hopes to continue a thread that runs throughout his career in health care. As a mental health counselor and administrator, he looked for ways to improve the work environment and make it more supportive. He wants to do the same for the people who agree to participate in the study. Doug again relates his work on the job with his work in the garden. “It’s not the gardener who makes things grow; it’s not the therapist who makes people better,” he explains. “They’re the ones who assist the plant—or the person—in accessing their potential.”

Speaking of plants, this year Doug has planted several raised beds of vegetables, from green beans and tomatoes to cucumbers for pickling. He’ll have plenty of opportunities to help things grow, in the garden as well as at his new job.
BE BOLD, BE BRIEF, TO RAISE COLON CANCER AWARENESS

If you're waiting for the weather to cool down a little before you throw on your running shorts, take a “brief” moment and consider participating in an upcoming event. It’s the Undy 5000, a new colorectal cancer awareness fundraiser that encourages people to run or walk 5000 meters (5K) ... in their underwear.

Participants don't really have to strip down to boxers or lingerie in public! But the Colon Cancer Alliance (CCA) hopes runners and walkers will wear some attention-getting shorts (maybe something with smiley faces or a team logo) that will get people talking about colon cancer.

Fran Campion Watson, CCA’s director of events, hopes the fundraiser will get younger people talking, too. At age 27, Fran was diagnosed with colon cancer—just two months after her 42-year-old sister Stephanie was given the same diagnosis.

At age 25, Fran noticed some serious bowel symptoms. She was (mis)diagnosed with irritable bowel syndrome at first. According to current screening guidelines, Fran would not need to have a colonoscopy for four more years — until she was ten years younger than her sister was at diagnosis. But when Stephanie found out she had Stage I colon cancer, Fran demanded a colonoscopy for herself.

Even her doctor was surprised to find Fran had Stage III colorectal cancer. She had surgery and six months of chemotherapy, and she has been cancer-free ever since. She's now expecting her first child in November. In the meantime, Fran is putting the final touches on a series of Undy 5000 run/walks in Philadelphia, Dallas and Phoenix.

Registration for this fall’s Undy 5000 events is now open. Even if you can’t participate in person, you can still help raise awareness and funds as a virtual participant, in the comfort of your own home. Visit www.Undy5000.org, or call (877) 677-3488 to learn more about the Undy 5000 and how you can get involved. CCA hopes to add more Undy 5000 events in 2009.

WHERE CAN I GET MORE INFORMATION ABOUT CANCER?

You can call the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237) and they will answer your questions and send you information at your request.

NEWS BRIEFS

**Creeping closer to early detection**: A team of researchers led by a Fred Hutchinson Research Center scientist, has identified new biological signs of early-stage pancreatic cancer in mice and humans. The discovery brings scientists an important step closer to developing a blood test to catch the disease when it is easiest to cure.

**Polyp prevention hit**: An experimental drug combination scored big in a colon cancer prevention study. Scientists in Arizona tested the drug DFMO and an anti-inflammatory drug on patients with precancerous polyps. In the highest-risk patients, the drugs cut their chance of developing more polyps by 95%. However, the therapy still needs at least two more years of clinical trial testing.

**Coming unglued**: New study results show how colon cancer cells become “unglued” and float through the blood stream to other parts of the body. Israeli scientists confirmed invasive colon cancer results from a glitch in cell-gluing mechanisms. The findings eventually could lead to the development of drugs to prevent or reverse the spread of colon cancer.

News briefs sources: Hutchinson Center's CenterNet News, Medical News Today.com, Arizona Daily Star
We introduce a prize-winning dessert recipe entered in our first ever Vegan Cookoff, which was actually a veiled surprise going away party for Dr. Potter. We hope you like it as much as the judges did. In a word, YUM!

**BITTERSWEET CHOCOLATE BANANA MOUSSE**

"It's hard to believe this rich-tasting, velvety-smooth dessert contains no dairy products. Silken tofu makes it all possible. If you are serving this to tofu-phobes, don't reveal the ingredients until after they've had a taste. They'll never believe what they're eating." —Mollie Katzen

**Ingredients**
- ¾ to 1 cup semisweet chocolate chips
- 1 10-ounce box silken tofu (soft variety)
- 2 large ripe bananas
- 1 teaspoon vanilla extract
- 2 to 3 tablespoons light brown sugar
- ¼ teaspoon salt
- 1 teaspoon raspberry vinegar

**Directions**
1. Melt the chocolate chips in a double boiler (or very carefully in a microwave at a low power).
2. Meanwhile, place the tofu and a handful of banana chunks in a blender and begin to purée. Gradually add the remaining banana, processing between additions to make sure it all whips up smoothly. Add the vanilla, sugar, salt, and vinegar as you go.
3. Pour in the melted chocolate (okay if still hot), scraping in every last bit. Purée one more time until very smooth and uniform and taste to adjust the sugar. Transfer the mousse to a container or to individual serving dishes, cover tightly with plastic wrap, and chill for at least 2 hours before serving.

**Yield:** 4 to 6 intense servings • **Preparation time:** 10 minutes, plus 2 hours to chill
MOVE MORE, EAT LESS... OF WHAT?

When was the last time you saw—and paid attention to—dietary guidelines? You are most likely flooded with diet information from magazines, television commercials, the news... nearly everywhere you turn. Even the U.S. government has changed its recommendations on fats, whole grains, fruits and vegetables, and exercise.

Now there’s an online resource to help you control the flow of information. The Nutrition Source offers a comprehensive wellspring of information on healthy lifestyle and eating choices. Developed and housed at the Harvard School of Public Health’s department of nutrition, the site is designed to address persistent questions such as:

- What’s the best way to lose weight?
- Good carbs, bad carbs—what’s the difference?
- Why are whole grain breads superior to white breads?
- How much calcium do I need?

In addition to answering consumer questions, the Nutrition Source discusses the benefits of exercise compared to the cost of inactivity. Specific exercise options are offered, helping you choose the best option for your individual needs. Furthermore, the site critiques the new Dietary Guidelines for Americans, the revised government standards for healthy eating and exercise. The website also shows why the Healthy Eating Pyramid (created by the Harvard School of Public Health faculty) offers a more nutritionally-sound eating plan.

You can explore this site on your home computer, or by visiting a public library that offers free Internet access. If gaining access to the Internet is not feasible for you, ask a friend or family member to help you out. All of the information is offered in printable form on the website. Go to http://www.hsph.harvard.edu/nutritionsource/. 
MOLLIE KATZEN’S 
VEGETABLE HEAVEN

This issue’s recipe springs from Mollie Katzen’s Vegetable Heaven. Some readers might assume nutrition cancels out taste, even if it’s dessert. But in the cookbook’s introduction, Katzen aims to remind home cooks that good-for-you food is often just plain good:

“Food is such a personal matter. For many of us, it is not a simple subject, but one often fraught with worry, confusion, and conflict. Yet, anxiety-ridden though we might be over it, we all have a great capacity for just plain loving food as well. We can find tremendous relaxation and enjoyment in both the preparation and the partaking of delicious meals, but we often lose touch with this gift. Vegetable Heaven is an invitation to tap into the beauty and pleasure of food—a reminder that we deserve good things, and that we have it within ourselves to create these good things that we deserve.”

Katzen also wrote the classic Moosewood Cookbook, one of the ten best-selling cookbooks of all time.