Thank You to Our Sponsors!

Nassau County Women’s Bar Foundation
Office of Senator Jack Martins
Office of Assembly Member Michelle Schimel
Queens Courier
Health Solutions Physical Therapy of Great Neck
Linda Silver Designs

GNBCC Board Members: (left to right): Mindy Gordon, Fundraising, Lisa Levine, V.P./Education, Laura Weinberg, President, Fern Rogers, Treasurer, Colette Thaw, Secretary, Maria Rudman, CPA (missing are Randa Maher, V.P./Advocacy, Pamela Fogel, Lend a Helping Hand, Gloria Gersman)

Lend a Helping Hand:

Under the guidance of our Lend a Helping Hand Program Director, Pamela Fogel, we continue to assist newly diagnosed women by providing funding for services after surgery and during treatment. GNBCC funds the following services for our LAHH clients: house cleaning, agency home care assistance,
transportation to/from medical appointments, child care, post-mastectomy accessory bras, wigs, and groceries. If you know anyone locally who may need this service, please contact us at info@greatneckbcc.org

Our clients are very appreciative of our program:
“The Great Neck Breast Cancer Coalition was supportive, caring and generous during the time of my breast surgery. I was greatly appreciative of their help.” -From an anonymous client

Outreach Presentations:
We presented our program on breast cancer risk reduction to members of several local houses of worship, to the Great Neck School District’s Middle School health classes, to young parents at the Great Neck/Manhasset Head Start, at North Shore Hebrew Academy High School, and to the Great Neck community at Great Neck House.

Students & Scientists Breast Cancer/Environment Research Program:
Laura Weinberg, president of GNBCC, introduced the research program and explained the importance of replacing chemicals found in consumer products with ones without adverse health effects that may increase breast cancer risk.

The first to present were students Kayla Lieb and Stacy Okin, who worked together at Laura Vandenberg, PhD Lab at UMass/Amherst. They tested chemicals, such as BPA, which imitates the hormone estrogen to see the effect it had on the mammary gland of animal models.

BPA can be found in certain plastic containers, bottles, in the lining of certain canned food, and in the coating of thermal cash receipts.

Top Row, Left to Right: Elan Itschakov, Kayla Lieb, Sayo Ogunleye, Joanna George (volunteer), Adrian-James Gevero, Mohammed Samaroz
Bottom Row, Left to Right: Stacy Okin, Dorothy Liu
Through our **Students and Scientists Breast Cancer Research Program** we sponsored seven high school students from Great Neck South, North Shore Hebrew Academy and Sewanhaka H.S. at Rensselaer Polytechnic Institute (RPI), University of Massachusetts/Amherst and Columbia University research facilities. The focus of their research was causation of breast cancer, environmental links to breast cancer, and breast cancer prevention including creating less toxic substitutes for chemicals in consumer products that have been linked to breast cancer. Since we founded the program in 2005, we have sponsored 52 high school research internships at 10 Northeastern research facilities. Laura Weinberg and Lisa Levine oversee and are coordinators of this program which has been emulated by other coalitions.

**The 2016 Students’ Research:**

**Kayla Lieb and Stacy Okin,** who attend North Shore Hebrew Academy High School (NSHAHS) in Great Neck, interned with Dr. Laura Vandenberg at the University of Massachusetts at Amherst. They conducted biological research on endocrine disrupting chemicals, such as BPA, and their effect on the mammary gland. These chemicals have been shown to mimic estrogen, interact with hormone receptors and alter the balance of cellular responses. Stacy and Kayla also learned that BPS replaces BPA in many consumer products. BPS may be found in products labeled “BPA-free”, although it is also an estrogen mimicker. For this reason, the coalition began sending students to Green Chemistry labs in 2012 which research safer alternatives to replace toxic chemicals.

**New Study on BPA and Breast Cancer Risk:**


The study, as described in the link above, has “revealed a possible link between bisphenol A exposure in utero to breast cancer later in life”. The study was conducted by Lucia Speroni, Ph.D of the Soto/Sonnenschein Laboratory at Tufts University School of Medicine.
This past summer, Elan Itschakov, of NSHAHS, Mohammad Samroz and Adrian-James Gevero, of Sewanhaka High School, interned at Dr. Richard Gross' Green Chemistry laboratory at Rensselaer Polytechnic Institute (RPI). Elan conducted research on developing safer alternatives to toxic surfactants which are linked to breast cancer and are found in cosmetic products. Mohammad and Adrian-James conducted research on safer alternatives to chemicals linked to breast cancer in various consumer products.

Dorothy Liu of Great Neck South High School, who interned at RPI, presented her research on November 21st at Great Neck House. Dorothy's findings included that sophorolipids (fermented yeast), when combined with stem cells, have shown potential for use in tissue engineering. A promising direction that this work can lead is for use in tissue regeneration such as repair of cartilage in human body tissue. Tissue engineered constructs for replacing removed breast tissue is an exciting alternative to the use of, for example, silicone inserts that are unnatural to the body. While these findings are promising, more research must still be conducted both in vitro and eventually with laboratory animals.

Sayo Ogunleye, from Sewanhaka H.S. who interned at Dr. Mary Beth Terry's research facility at Columbia University Mailman School of Public Health, conducted epidemiological research on environmental stressors and breast cancer. She discussed the connection between a diet high in fat and low in omega 3 fatty acids and increased breast cancer risk. She also spoke of the risk of chemical exposure to Polycyclic Aromatic Hydrocarbons (PAHs) which Dr. Terry and her team are researching through their “Legacy Girls Study” that addresses the role of early life exposures and breast cancer risk. PAHs are found in automobile exhaust, cigarette smoke and char-broiled foods.

The students received citations from Senator Jack Martins, Assembly Member Michelle Schimel and Legislator Ellen Birnbaum. Both Martins’ and Schimel’s office have provided state grant funding for the Great Neck Breast Cancer Coalition’s programs.

To read more about our 2016 students and all of our previous students, here’s a link to their essays: http://greatneckbcc.org/studentessays.html
Risk Reduction Tips

1) Choose to store food and beverages in stainless steel and glass containers instead of in plastic: www.lifewithoutplastic.org

2) Choose cosmetics that don't contain parabens, triclosan, and artificial fragrance (phthalates). Also avoid cosmetics using “nanotechnology”. http://www.ewg.org/skindeep/

Get the app Think Dirty - Provides accurate and reliable information regarding which chemicals to avoid in your everyday products and what to use instead.

3) Make your own less toxic cleaners with vinegar, borax, lemon juice, and hydrogen peroxide.

New York State Health Research Science Board:

Randa Maher, GNBCC Vice President for Advocacy, was recently appointed by Governor Cuomo to the New York State Health Research Science Board (HRSB) after being recommended by Senator Jack Martins. As a voting member on the HRSB, Ms. Maher will have a vote on allocation of funding for breast cancer research in New York State.

New York State Breast Cancer Network:

As a board member of the New York State Breast Cancer Network since 2001, GNBCC continues to advocate for legislation for breast cancer issues in New York State.

Donations:

Donations may be made on the cover page of our website: www.greatneckbcc.org

Thank you! 😊

Like us on Facebook at Great Neck Breast Cancer Coalition!

Happy Holidays and a Happy and Healthy New Year! 🎆
Kayla Lieb, Stacy Okin and Elan Itschakov present their research findings on October 3rd at North Shore Hebrew Academy.

Dorothy Liu presents her research findings and receives a citation from Legislator Ellen Birnbaum on November 21st at Great Neck House.

Annual Student Presentation Night: