

Ho‘Ola

WORKING TO FIND THE CURE

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President’s Message

Dear Friends and Supporters,

What a privilege it has been to lead an organization that supports a valuable community asset!

The Friends of the UH Cancer Center sees first hand how much the UH Cancer Center contributes to our island community.

It is one of just 70 National Cancer Institute-designated cancer centers. It is a recognition earned because our studies significantly contribute to our nation’s cancer research effort.

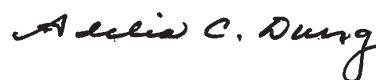
It is the only cancer center focused on addressing the issues unique to our community. For example, the incidence and death rates from liver cancer in Hawai‘i are the third highest nationally. Scientists from our UH Cancer Center are working on methods to better detect this cancer that uniquely impacts our residents.

This year marked the 25th anniversary of the Multiethnic Cohort Study. Over 215,000 residents of Hawai‘i and Los Angeles have participated in this large epidemiological study. The data gathered from these individuals contributed to more than 650 scientific journal articles in the areas of diet, ethnic disparities, cancer susceptibility and obesity. This reflects the remarkable collaboration of our researchers and community members.

“20BY25” is the UH Cancer Center’s new initiative. The goal is to enroll 20 percent of those diagnosed with cancer in a clinical trial by 2025. Currently, approximately three percent take advantage of the cutting-edge treatment a clinical trial offers. You can help us educate individuals about the value of cancer clinical trials, eliminate the fear about participating and encourage doctors to facilitate enrollment.

My involvement has reinforced the reality that reducing the burden of cancer will take the effort of each of us. Our participation can take many forms. We could be a visionary researcher, willing study participant, advocate for clinical trials or generous donor. Each role is critical to the cause. As I near the end of my term as board president, I encourage you to participate by making a contribution.

Mahalo,



Adelia Dung
President
Friends of the UH Cancer Center



Adelia
Dung

Friends board member reflects on decades long Multiethnic Cohort Study participation

by Earl Stoner, Friends board member, and his wife Sandi Stoner

Multiethnic COHORT STUDY

1. HOW DO YOU FEEL ABOUT BEING A PART OF THE MEC STUDY?

I don't think we appreciated the scope and intention of the study when we were first asked to participate. I am not sure that we would ever have appreciated the extensive amount of data that would be collected and the findings that would provide health markers for the extensive amount of ethnic groups living in Hawai'i. We agreed to participate because we felt it was a responsible way to support the researchers' efforts. Only after I became a member of the Friends board and met the primary researchers did we appreciate the magnitude of the study and its impact on cancer research here and on the mainland. By that time we had been participants for several years.

2. WHY DO YOU CONTINUE TO PARTICIPATE?

We continue to participate because we now know what an important tool the study has been for the researchers and how the history of each participant has had an impact some place within the study. When we started we both had good health with no major problems of any kind. Since that beginning we have both been diagnosed with cancer and have had surgery and other treatments for our respective "brands" of the disease. During our participation it has been interesting to see the changes that have occurred in our day-to-day living and in our eating, exercise, drinking and regular living habits, etc. It's interesting to compare answers to questions of prior years to each subsequent review.

3. WHAT DO YOU HOPE COMES OUT OF PARTICIPATING IN THE STUDY?

I think the data that has been compiled during the long period that the study has been in operation may be useful not only for cancer research but for other health purposes. Clearly it has had an effect on how medical



Sandi and Earl Stoner

practitioners approach diagnosis and treatment of cancers in various ethnic groups. It has proven valuable in determining what cancers may be most prevalent in various ethnicities and genders, and how diet and activity affect patients. I am hopeful that its reach will not only aid in cancer research but will have a far-reaching effect on human health in general.

4. WHAT WOULD YOU SAY TO SOMEONE WHO IS CONTEMPLATING BEING A PARTICIPANT IN A STUDY?

I would encourage the potential participant to join the study, and I would explain the many benefits that the study has already provided in the area of medical and particularly, cancer research. I would further explain that participation is extremely easy, requiring an occasional effort to complete a lengthy but very easy questionnaire that is necessary to provide the researchers a complete picture of each participant's health and daily routines. I would urge the person to complete the questionnaire both honestly and comprehensively to assure that his or her participation was meaningful to the study.