



INSPIRED FEET

Photo courtesy of A. Omar Almodovar

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Greeted by the sight so beautifully captured in the photo above, our crew of staff & volunteers gathered in the dew-dampened grass of a crisp, spring dawn with a small vinyl tent, a stockpile of t-shirts, and a few armfuls of marathon materials to prepare for the arrival of Team THANC.

However you approached it, this marathon held a unique set of struggles and rewards for each person. From the perspective of THANC staff members and marathon spectators, the 2011 New Jersey Marathon was well-managed and impressively organized. As a son of one of the marathoners, words cannot express my pride. In truth, every person on the team personally inspired me. Those that had the privilege to participate in the day's events, whether putting up tents, cheering on the team, or running a half-marathon—and for some a full marathon—have a single individual to thank. What Danielle Hamarich began last year as a personal goal to inspire others has continued to touch so many and this year—the second since its inception—participation was up 38%. This year's team increased to 25 runners!

Our fundraising totals were also up from last year. This year the teammates raised over \$30 thousand collectively, up 18% from 2010. That's roughly an average of \$1,200 per runner! Our top three fundraisers were Tony Loftman with \$3,795, Danielle Hamarich who raised \$2,135, and Jessica Alinsub-McGrail who brought in \$1,767. Special recognition also goes to the following team members

who raised over \$1 thousand: Bob Dragon, Stacey Mayer, Matthew Moroney, Judy Rubino, Christine Schnorrbusch, and Erin Tarrazi. Our gratitude to the entire team for their tireless effort in achieving their fundraising goals.

As many remarked, the weather was perfect for running. The morning chill gave way to a sunny afternoon in the mid-sixties. The marathon organizers kept the event moving smoothly, which was no small feat when over eight thousand people took to their feet that day.

From the interviews that teammates engaged in a couple of weeks after the marathon, several common threads appeared in the challenges they perceived, the goals they wanted to attain, and the rewards they got from this demanding experience. Staying fit and staving off injury seemed to be the foremost thoughts leading up to the day of the race. Pushing themselves to finish the final mile and coming to a complete stop consistently arose as obstacles for the runners as they concluded their circuit. Many marathoners created personal goals to run and complete the race or to beat their previous time or sought to raise awareness of thyroid and head and neck cancers. The rewards

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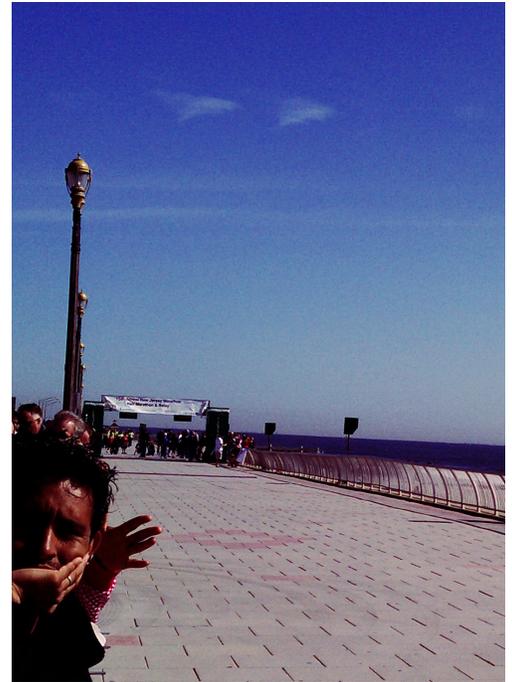
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that they shared with me were more distinct and personal. Of those, the team spirit and camaraderie they felt resounded most commonly. Other runners were just glad to be there, that in some part their personal hurdles helped others by supporting the efforts of the Foundation.

Ginny Fisher, having never participated in an event like this before commented that she was most surprised by the variety of moral support that came from the community of Long Branch. "One guy had his DJ equipment set up and played YMCA continually. As I approached him, I could see my shadow on the street in front of me, so I joined in and did the dance, spelling out Y-M-C-A over and over while I jogged onward. Not to forget, the Rocky anthem I heard from one end of the route to the other. That made me smile. How about the old age home where its residents were outside banging pots and pans for drums, encouraging us all. Or the lady holding the sign that read, 'if it was easy, I'd do it,' which is a phrase I repeated in my head," Ginny recounted.

Inspired by the enthusiasm and dedication shown by the whole team, I decided to participate in next year's half-marathon. In an interview with Alfred Omar Almodovar I asked him to advise me, a novice runner. Along with his words of encouragement he explained that "it takes one foot in front of the other...and sixteen weeks of training." He went on to say, "The goal is to do something you enjoy in life." Those are wise words of guidance from a man who ran up the 1,576 steps of the Empire State Building in twenty minutes!

We extend our gratitude to every teammate that gave of their personal time, fundraising efforts, and physical & mental health to be there: Jessica Alinsub-McGrail, Alfred Omar Almodovar, Caitlyn Dragon, Robert Dragon, Ginny Fisher, Karen Grochowski, Scott Hall, Danielle Hamarich, Tara Kelly, Lauren Lehner, Tony Loftman, Erika Markowitz, Leslie Mayer, Stacye Mayer, Michelle Moroney, Matthew Moroney, Susan Pacana, Leah Pappalardo, Henry Richard, Judy Rubino, Christine Schnorrbusch, Dale Shaw, Erika Sweeney, Erin Tarrazi, and Theresa Temple. Thank you Coach Ralph for giving of your time & your professional advice. Our gratitude also goes to the team of volunteers that helped on race-day: Alfred Omar Almodovar, Kimoy Lee-Foon, Nina Luppino, and Deborah Thorer. They gave of their personal time on a Saturday and Sunday setting up the team kiosk, supporting our runners, and standing watch over the THANC tent.



IT TAKES ONE FOOT IN FRONT OF THE OTHER... AND SIXTEEN WEEKS



TOP The finish line is in sight.
CENTER Tony Loftman, Judy Rubino, & Tara Kelly.
BOTTOM Ralph Logan (Team Coach), Erika Markowitz, Ginny Fisher, & Tara Kelly.



REGISTER NOW!
FOR THE 2012 NEW JERSEY 1/2 MARATHON
SUNDAY, MAY 6, 2012

For more information visit
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Or send an email inquiry
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ACTION STEPS EDUCATION

20TH ANNUAL COURSE EXCEEDS EXPECTATIONS

For 19 years THANC President & Medical Director, Dr. Mark Urken has run a progressively intense annual educational course. In honor of the course's 20th Anniversary, Dr. Urken aided by a core team of program co-directors and a world renowned faculty, assembled the most comprehensive curriculum to date.

Free Flap Reconstruction of Head and Neck Defects: A Multidisciplinary Approach and Controversies in the Management of Thyroid and Parathyroid Diseases took place from March 20-26, 2011 at the Ritz Carlton Hotel in White Plains, NY with laboratory sessions taking place at the gross anatomy lab of Albert Einstein College of Medicine and the Montefiore Institute for Minimally Invasive Surgery.

Keynote lecturer David Hidalgo, MD returned to the head and neck surgery scene after taking his career in the direction of groundbreaking plastic surgery and research, to present a historical perspective on the Fibula Free Flap, a reconstructive option he pioneered in the late 1980s.

Participants attended this highly sought out course from around the globe—from over 11 countries including Italy, Canada, the United Kingdom, Norway, Singapore, Australia, Argentina, Germany, Belgium, Slovenia and Switzerland. Among the scholarship recipients was Timothy Bartholomew, MD, an oral surgeon who has been living and working in the African nation of Mali, providing free surgical services and care to the many underserved residents of this third-world nation.

Participants spent ten hours per day for two days in the cadaver dissection laboratory mastering cutting edge reconstructive surgery techniques under the direct supervision of the most skilled surgeons in the world. These reconstructive techniques are typically used on patients for reconstruction of defects following a head and neck cancer diagnosis and surgery. Leading surgeons from the US and abroad were in the lab teaching and assisting with surgical techniques, giving lectures, and performing sample surgeries on the cadavers to show the best possible techniques to students via a highly sophisticated audio-visual setup, which broadcast these projections to all three laboratories.

Scholarships were offered to 19 residents or physicians in training so that they could advance their career in the subspecialty of head and neck surgery. In the evening, after the intensive laboratory sessions, participants enjoyed food and conversation with their colleagues and two hours of informal fireside chats focused on case presentations and difficult patient scenarios in small breakout groups led by two or three experts in each subspecialty.



Participants praised the Head and Neck Course. Someone was overheard to comment that this was “the most intensive and learning-packed course I have ever attended.” This was an “excellent opportunity to have one on one interactions and conversations with the experts we look up to,” said another visiting attendant of the program.

The second half of the week-long educational program focused on *Controversies in the Management of Thyroid and Parathyroid Diseases*. Physicians and surgeons from a variety of subspecialties including endocrinology, family practice, OB/GYN, general surgery and otolaryngology attended the lecture sessions which truly focused on the contemporary controversies surrounding thyroid disease management. All participants came away from the course with new ideas on how to approach their thyroid patients and many indicated that what they learned would certainly give them new ways to think about their patient's disease and opened doors to new treatment strategies.

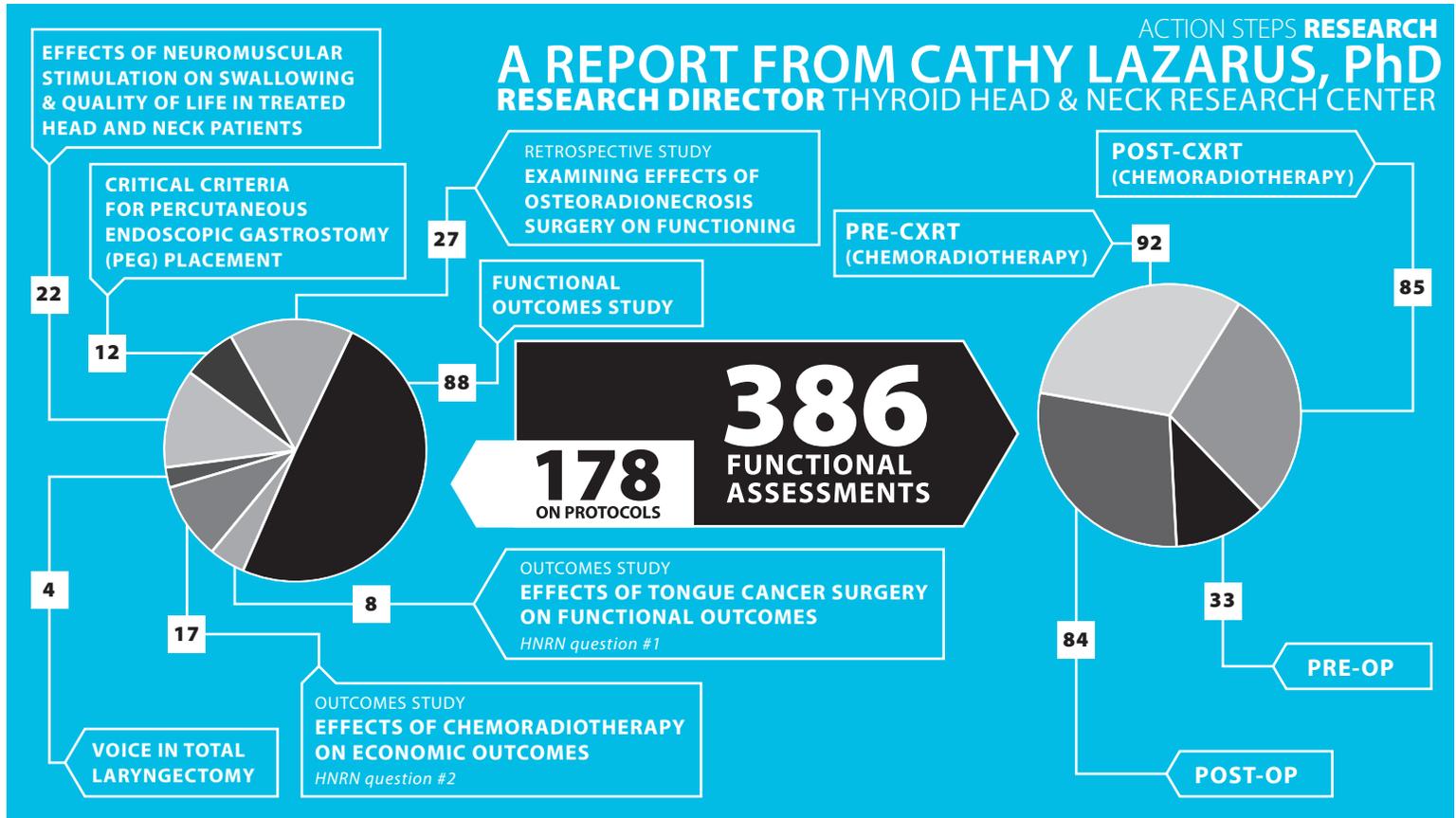
We extend our sincere gratitude to our generous course sponsors: Synthes CMF, Union Square Diagnostic Imaging, Ethicon, Medtronic, Kay Pentax, Inhealth Technologies, Lippincott Wolters-Kluwer, and Genzyme for a total of \$134,500 contributed towards the course expenses. Thank you for your generous support of our mission's educational component.



CENTER Mark Urken, MD introduces keynote speaker David Hidalgo, MD.

BOTTOM Neal Futran, MD, DMD; Sumeet Anand, MD; Eran Alon, MD; José Zevallos, MD.

A REPORT FROM CATHY LAZARUS, PhD RESEARCH DIRECTOR THYROID HEAD & NECK RESEARCH CENTER



Functional Assessments

Since inception of the Thyroid Head and Neck Research Center (THNRC) in November, 2009, 386 patients have been seen for functional assessment of voice, speech, tongue function, swallowing and quality of life. Patients have been seen both pre- and post-treatment. Thirty-three patients have undergone pre-op assessment, 84 have undergone post-op assessment, 92 have undergone pre-chemoradiotherapy assessment and 85 have undergone post-chemoradiotherapy assessment.

Instrumental Swallow Evaluation

The THNRC has been evaluating patients with swallowing problems since March, 1, 2010. Since inception of this program, 220 video-fluoroscopic swallow studies (Modified Barium Swallow studies) have been performed utilizing the Kay Swallow Workstation within the Radiology Department, Phillips Ambulatory Care Pavilion, Beth Israel Medical Center. Evaluations are performed collaboratively by the THANC Speech-Language Pathologist and the Beth Israel Medical Center Radiologist.

Research

Clinical Trials. An NIH/NCI-funded multi-institutional clinical trial has been conducted within the THNRC since November, 2009. This study examines the efficacy of neuromuscular electrical stimulation

(NMES) paired with traditional swallow therapy on swallow functioning and quality of life in patients treated with surgery and/or chemoradiotherapy. To date, 22 subjects have been enrolled in this study at the THNRC, with 13 patients having completed the protocol, 4 having gone off study, as 3 required medical management of their swallowing impairment (i.e. esophageal dilation) and one was diagnosed with metastatic disease. Two patients are currently on study. This study will continue for two more years. The THNRC has accrued the second highest number of patients to this study across 10 participating institutions. Total number of subjects on study across all participating sites is 102.

Additional Studies. In addition to the NIH NMES study, six other studies have received approval from the BMC Institutional Review Board (IRB) including:

Functional outcomes and quality of life in patients undergoing head and neck cancer treatment

Functional outcomes after different treatments for head and neck cancer: a prospective study of the Head & Neck Research Network

Effects of chemoradiotherapy on economic outcomes in oropharynx cancer patients treated with primary chemoradiotherapy: HNRN study

Voice after total laryngectomy

Critical criteria for PEG placement—a study examining the variables that identify patients who do not require gastrostomy (stomach) tube placement before undergoing chemoradiotherapy

Functional outcomes in patients who have developed osteoradionecrosis of the jaw following chemoradiotherapy: a retrospective study

Functional outcomes in patients undergoing microvascular reconstruction for palatomaxillary defects—a retrospective study examining functional outcomes in patients having undergone palatomaxillary surgery

A retrospective study examining hypopharyngeal reconstruction in patients who undergo total laryngectomy or laryngopharyngectomy following concurrent chemoradiation: a multi-center review of reconstructive techniques, complications, and outcomes

A prospective study examining the effects of pharyngo-esophageal (PE) reconstruction on function in patients who have PE stenosis

A prospective study examining functional outcomes after ORN surgery

In addition, two other studies are pending IRB approval, including:

A study examining the risk of hypocalcemia in patients undergoing thyroidectomy: the role of vitamin D deficiency

Molecular and genetic tissue analysis in thyroid cancer

Manuscripts

Two manuscripts have been accepted for publication in peer-reviewed journals within the past 6 months and two have been submitted. In addition, three abstracts have been accepted to two upcoming meetings, including the Combined Otolaryngology Society Meeting and the International Dysphagia Research Society Meeting.



PROFILES IN COURAGE

FLOATING AND FALLING: CANCER THROUGH AN ARTIST'S EYES

Many of us may want to find a way to weave our passion into our career. Thyroid cancer survivor Ben Ahles has had the amazing ability to do so, and he plans to continue following his dream.



After winding down a position as a fabricator for the late Dennis Oppenheim, Wesleyan College studio art award winner Ben Ahles has continued his interesting career and incredible positive outlook on life.

Over an eclectic lunch at a venue in DUMBO, on a rainy, gray Tuesday, I got to know the warm, sensitive and caring individual whose life was changed radically when he was diagnosed with thyroid cancer at age 11. Ben was born in 1986 in Peoria, IL and shortly after his birth moved to Vermont. His childhood was not unusual until his thyroid cancer diagnosis. His year of school was turned upside down when the thyroid cancer required surgery. Although his life returned to normal after treatment, the upsetting possibility of recurrence looming overhead left Ben distraught; playing a crucial role in how he viewed his reality.

Ben turned to art, and in particular sculpture as a way to express himself and gain control over an existence filled with uncer-

tainty. His artwork is an assemblage of found objects refashioned to push the ordinary into the realm of the extraordinary. Take his 2010 work, *Please Just Let Me Wander* where an everyday desk chair has been re-imagined as a kind of anchor for a cluster of surreal, floating pillows. *Furniture* (pictured above) plays with our ordinary perception of the stationary, grounded, and physical. Ben gives us the essence of comfort just outside our ability to feel it with pillows suspended from a paradoxically motionless and "falling" invisible figure. The result is an ambiguous notion of an uncertain demise. He creates his work as a method of studying the world's tragic and fortunate occurrences. It's a way for him to mold his impressions into physical existence.

While the death of Dennis Oppenheim has led Ben to a crossroads in his career as an artist, I have no doubt that he will choose the right path towards a peaceful and successful career. Please visit Ben's website at www.benahles.com for more information.



FUTURE DESIGNER FASHIONS A RUNWAY SHOW FUNDRAISER

On December 27, 2010 Maddy Lyden a senior at Hanover High School in Hanover, New Hampshire hosted the school's first thyroid cancer charity fundraiser in the form of a fashion show called:

Runway4Charity where winter outfits, both formal and casual, were displayed to an audience of about 100 people. Maddy, after being diagnosed with thyroid cancer at a very influential time of her life—her freshman year of high school—took it upon herself to learn more about the disease by using online resources and support tools provided by the THANC Foundation. "I truly admire what your organization does to help this cause," said Maddy. She decided to get involved in her own unique way with the help of her mom, some friends and the community. "The whole community helped out in one way or another and nothing would be possible without their sup-

port." All proceeds went to support the THANC Foundation's mission of funding research and education in the early detection of thyroid, head and neck cancer, to advancing new therapies, and to alleviating the suffering and functional impairment of patients who undergo treatment. "I couldn't possibly have enjoyed supporting this cause any more than I did and I am thrilled with the way it turned out. Seeing the faces of friends, peers, and community members in the audience made every bit of work worth it." With unparalleled success, Maddy raised one thousand dollars for the Foundation by collecting donations and raffling off prizes.

RECENT UPDATES

ACTION STEPS PATIENT SUPPORT THYROID CANCER SUPPORT GROUP: DIET & NUTRITION

APRIL 5, 2011

Lisa Young, PhD, RD, a nationally recognized nutritionist and an adjunct professor of nutrition at New York University, conducted a free lecture entitled, *Healthy Eating for Life: Portion Control and Other Diet Strategies* to discuss portion control and realistic approaches to nutrition and weight loss. This lecture was very well received by those who attended as her presentation helped answer many questions and concerns from the audience regarding weight management, wellness and healthy eating. Thank you, Lisa for your time and expertise!

HEAD AND NECK RESEARCH NETWORK (HNRN)

The HNRN has completed the initial version of the master database, which is currently being tested. Guidelines for inclusion of additional study protocols and data variables have been developed, as the THNRC has two new studies to include in the HNRN for collaboration. Cathy Lazarus has been appointed the Chair of the Research Committee of the HNRN. The HNRN met at the Combined Otolaryngology Spring Meeting in Chicago on April 26, 2011.

VOLUNTEER SPOTLIGHT

In the early afternoon of May 12th, a lemonade stand appeared near Hewlett High School. In the next few hours, Remi Golden and Sarah Husain—both 10 years old—sold lemonade and raised \$285. They generously gave of their time and hard-work, then donated the proceeds of their work. Their spirit of volunteerism and charity touched us. We greatly applaud the efforts of these two young ladies on behalf of our foundation. We hope their example will inspire others who wish to help in the fight against these devastating diseases.



DATABASE MANAGER

Hasan Husaini, BDS, MS, has been hired as the new THANC Database Manager. He will be managing the TCCC as well as the Functional Outcomes Research Center Database, the latter of which he is currently developing. He received his Bachelor of Dental Surgery from India and his MS in Clinical Research from New York University. He has expertise in database design and data management, designing clinical studies, statistical analysis and grant writing. He has also managed and served as Research Coordinator for funded clinical trials.

CONGRATULATIONS

Cathy Lazarus was awarded ASHA Fellow, by the American Speech-Language-Hearing Association and was honored at the Annual ASHA Meeting this past November. This is an award that is bestowed upon members that have contributed to the profession for their clinical skills, research track record, publications, as well as contributions to the profession on local, national and international levels. In addition, she received the ASHA Foundation Outstanding Clinical Achievement Award in 2010, which was also awarded at the Annual ASHA Meeting that took place in Philadelphia, PA.



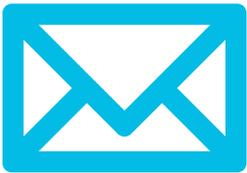
ACKNOWLEDGMENTS

CONGRATULATIONS & THANK YOU to Team THANC for participating in this year's marathon, half-marathon, and half-marathon relay. You helped us raise over \$30,000!

WELCOME Hasan Husaini, our new Database Manager for the Thyroid Cancer Care Collaborative (TCCC).

A FOND FAREWELL to our departing fellow, José Zevallos, MD.

WELCOME to our soon-to-arrive fellow, Sumeet Anand, MD.



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OBSERVER REPORT

DR. LAZAR DRCIC FROM SERBIA DESCRIBES HIS EXPERIENCE AT THANC

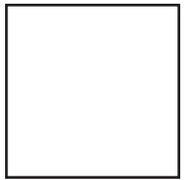


Immediately after completion of my oral and maxillofacial surgery residency training, there was an opportunity to travel to the United States. I chose to visit the same facility I visited two and a half years ago while in the middle of my training. I had nice memories from that visit. It was my honor and pleasure to spend 3 months with the head and neck surgery team at the Beth Israel Medical Center. The department was extremely busy. Among the common cases, there were a huge number of challenging, last-minute salvage surgeries that many of my colleagues could not solve appropriately or did not want to take the risk of involving themselves in. Head and neck tumor ablation and reconstruction was performed by the same team. Besides tumor cases, I had an opportunity to see orthognathic and trauma cases from the Department of Oral & Maxillofacial Surgery with Dr. Buchbinder. Each case was explained to the visitors through anatomical, pathological, and reconstructive considerations before or during the surgery.

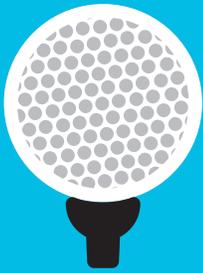
I saw and learned a lot, every single operation was an excellent lesson. The whole team was pleasant, which was led by Dr. Mark Urken and included Dr. Daniel Buchbinder and Dr. Adam Jacobson. They were great teachers and hosts, always willing to give of their time to thoroughly explain and answer each visitor's inquiries.

I am glad I had an opportunity to join this amazing head and neck surgery crew, which improved my knowledge and experience and made me realize that even the most challenging cases are solvable while preserving the patient's quality of life at a high level, postoperatively. I strongly recommend that all surgeons or residents with similar interests visit their facility and learn this state of the art head and neck surgery. I hope that I may have the chance to visit them again—there are few facilities like this in the world.

LEFT Lazar Drcic, MD who participated twice as an observer under the THANC Foundation.



CALENDAR OF EVENTS



JULY 11

9th Annual THANC
Invitational Golf
Tournament



SEPTEMBER 19

The THANC
Foundation Chicago
Invitational Golf
Tournament



DECEMBER 7

Luncheon hosted by
Carmela Sagendorf



JANUARY 3

Registration Begins
for the 3rd Annual
New Jersey Marathon
& Half-Marathon in
Long Branch, NJ

2011 2011 2011 2012