



Enlighten

A Newsletter of the **NavigateCancer** Foundation

Spring 2013
Volume 3, Issue 1

Dear Friends,

Like this season of spring, we are excited about the possibilities of how the NavigateCancer Foundation (NCF) is making great strides to promote the model of advocacy as a central component to cancer care delivery and delivering our mission to more patients and families every day.

Our mission simply put, is to make you or your caregiver an “expert” in your care. We believe that in doing so; you will maximize your outcome and increase your ability to be a health care consumer.

It is both with great pride and humble thanks that we welcome Mr. Bob Ingram to the Board of Directors. Mr. Ingram is a business leader, a generous philanthropist and a champion for quality cancer care. He brings a wealth of expertise, knowledge, and passion to our mission.

In addition, we will continue to bring you issues that you should be aware of. In this newsletter, we focus on the shingles vaccination and the new Patient Protection and Affordable Care Act.

Finally and most importantly, we focus on the generous contributors whose gifts make this mission possible. We are humbled with each donation that we receive and remain excellent stewards of every dollar. It is very gratifying that the biggest donor group is current or former patients and families. Thank you for giving us the hope to continue to grow this mission and to reach more cancer patients and families every day.

My Warmest Regards,

Sharon Bigelow



Inside this issue:

Letter from Executive Director	1
Be Informed: Shingles	2
Thank You Donors	2
Affordable Care Act and Cancer Patients	3
Meet an Expert Patient	3
NCF Welcomes New Board Member	4

Be Informed: Shingles

Shingles is a painful blistery skin rash which is caused when the chicken pox virus (Varicella Zoster) that you had as a child, asleep in your nerve roots, becomes activated in your body. The virus can “wake up” again when your immune system is low from disease, stress or aging. Half of all people living to age 85 will get shingles and 50% of those people will develop chronic pain. There is a live vaccine (Zostavax) that can help to prevent the virus from becoming activated and causing shingles. By taking the vaccine you can reduce your risk of getting Shingles by 51% and reduce the post-herpetic neuralgia (lingering nerve pain) by almost 67%.



People who should **NOT** receive the Shingles Vaccine:

- Patients currently taking chemotherapy.
- Patients with a Leukemia/Lymphoma Diagnosis (however those in remission who have not received treatment for at least 3 months may receive the vaccine)
- Patient who will be receiving a treatment that suppresses the immune system for a long time (chemotherapy or agents such as Humira® given for rheumatoid arthritis, Crohn’s Disease and psoriasis).
- Patients who are on high doses of steroids should not receive the vaccine until you have been off of steroids for at least 1 month.

Note: A person cannot “catch” shingles from another person if you have had Chicken Pox as a child or have had the Chicken Pox Vaccine. However, if you have not had either, the virus can be transmitted to you and cause you to get Chicken Pox.

In 2011, the shingles vaccine was approved for those **50 years** and older.

Thank you!

Thank you to the following foundations, corporations and donors who gave generously to the NavigateCancer Foundation during the last quarter.



Give

Online at www.navigatecancerfoundation.org/donate
or mail your donation to
5448 Apex Peakway, #328, Apex, NC 27502

Donations can be made in memory or in honor of a loved one.

NCF is a non-profit, 501c 3 organization and donations made to the foundation are tax deductible.

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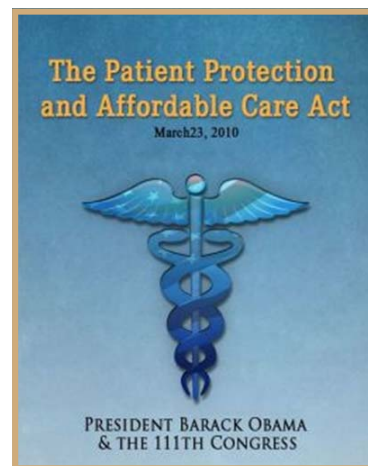
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Affordable Care Act and Cancer Patients

Be Prepared The Patient Protection and Affordable Care Act (PPACA) may improve the lives of cancer patients in the following ways:

- no more pre-existing conditions denials for adults starting in 2014- (varies by state but in order to qualify, a person must have been uninsured for the prior six months)
- no annual or lifetime dollar limits on coverage (2014)
- insurance agencies cannot drop your coverage when you get cancer
- insurance plans can no longer charge higher premiums for those with cancer
- access to free preventative care such as screenings (if a preventative exam finds an abnormality, the test is then considered “diagnostic” and is no longer covered as free)
- no more coverage denials without patients being allowed to appeal
- no more Medicare Part D “doughnut hole” (closed by 2020)

The major concerns are the affordability of rising insurance premiums, the cost of insurance for those who will rely on the new “marketplaces” (operational 2014), the gaps in the coverage for cancer treatments and the lowered eligibility requirements for Medicaid across the country. Stay tuned for more information to come.



Be Connected Check out these links for more information:

Healthcare.gov - the official government website presenting health reform details

insureUStoday.org – a collaborative effort of healthcare stakeholders to improve your understanding of the benefits

Be Sure If you have any questions about how the PPACA will affect your coverage, you can get free, one-on-one assistance through **insureUStoday** by phone. Call toll-free at 866.207.8023

Be an Expert Patient™



On October 27, 2011, I hobbled into M D Anderson Cancer Center on my cane for the first time as a patient. I was frightened as a fawn and dumb as a rock about cancer. The frightened part was pretty much my natural state; the dumb part was definitely my choice. I reasoned that if I didn't research and read about symptoms I wouldn't get them. As to possible treatment, I chose not to speculate: I was convinced any cancer treatment would be horrendous.

Fast forward to January 30, 2013: I rolled triumphantly out of Anderson on my little walker with 9 print-out pages to prove I'm in remission, a conditional promise of no more treatment and a reprieve of 7 months before my next appointment. I am certainly less frightened, surely better informed and often downright courageous. This is due in large part to the NavigateCancer Foundation and my nurse.

I began working with NCF early on in treatment. I got great suggestions as to questions to ask and lots of help understanding the answers. My nurse's first question to me was always about my white blood count, so I became insistent about seeing it and getting copies. Even as the count plummeted, along with my weight, even as chemo and its after-effects sent me to the Anderson Emergency Center, I remained hopeful and confident because of the information and reassurance constantly coming my way from NCF.

The cancer experience has definitely made me a better, braver person. Now when I am asked for advice by new cancer patients or their family members, I simply give them the web address for NavigateCancer.

- by Anne Balson, a Houston, Texas NCF participant

NCF Welcomes Robert A. Ingram to Board of Directors

Bob Ingram joined the firm of Hatteras Venture Partners as a General Partner on January 24, 2007. Hatteras Venture Partners is a venture capital firm that invests in early stage life science companies in the southeast United States.

Bob began his career in the pharmaceutical industry as a professional sales representative and rose through a series of roles with increasing responsibility to ultimately become CEO/Chairman of GlaxoWellcome. He co-led the merger and integration that formed GlaxoSmithKline, the world's second largest pharmaceutical company. Upon reaching the mandatory retirement age of 60, he was asked by the Board to serve as Vice Chairman Pharmaceuticals, GSK, which he did until January 1, 2010, at which time he became Strategic Advisor to the Chief Executive Officer, GlaxoSmithKline plc.

He serves as Chairman of Elan Corporation plc. and as Lead Director of Valeant Pharmaceuticals International and Cree, Inc. He is also a member of the Board of Directors of Edwards Lifesciences Corporation.

In addition to his professional responsibilities, Bob was asked by former US President George H.W. Bush to form and chair the CEO Roundtable on Cancer. He is a member of numerous other civic and professional organizations. In January 2004, Bob was awarded the Martin Luther King, Jr. Legacy Award for International Service. On July 27, 2006, he was appointed by President George W. Bush to the National Institutes of Health, National Cancer Advisory Board.

Bob is a member of the Boards for the James B. Hunt Jr. Institute for Educational Leadership and Policy, H. Lee Moffitt Cancer Center, CEO Roundtable on Cancer, Research Triangle Institute and Chairman, GlaxoSmithKline Foundation. He serves as Chairman of Research Triangle Foundation of North Carolina and is on the Advisory Board, Leonard D. Schaeffer Center for Health Policy & Economics, University of Southern California.

