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Legacy

2018-2019



Stefanie Spielman
FUND FOR BREAST CANCER RESEARCH

OSU COMPREHENSIVE CANCER CENTER
JAMES CANCER HOSPITAL & SOLOVE
RESEARCH INSTITUTE

**Chix With Stix: Taking a Swing
for Breast Cancer Research**

PAGE
14

**Reflecting on 20 Years
of the Spielman Fund**

PAGE
17

In this issue:



TABLE OF CONTENTS

OSUCCC – James and Stefanie Spielman Comprehensive Breast Center (SSCBC) Leadership

William B. Farrar, MD
Interim CEO, James Cancer Hospital and Solove Research Institute
Medical Director of the SSCBC

Raphael Pollock, MD, PhD
Director, The Ohio State University Comprehensive Cancer Center

Medical Oncology
Bhuvana Ramaswamy, MD

Radiation Oncology
Julia White, MD

Breast Imaging
Jeff Hawley, MD

Reconstructive Surgery
Roman Skoracki, MD

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3

A SPIELMAN NOTE

4

GET TO KNOW DR. WILLIAM FARRAR

6

A COMMUNITY OF SUPPORT, FRIENDSHIP AND LOVE

7

“WE’RE THE GATEWAY”: ABOUT CANCER CLINICAL TRIALS

8

CROSSING THE FINISH LINE FOR BREAST CANCER RESEARCH

10

MEET OUR CHAMPIONS

14

DONOR SPOTLIGHT: CHIX WITH STIX

16

BREAST CANCER PREVENTION FOR HIGH RISK

17

20-YEAR REFLECTION WITH CHRIS AND MADDIE SPIELMAN

18

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SpielmanFund.com

The James



Two decades. The Stefanie Spielman Fund for Breast Cancer Research celebrates 20 years this year. It's a milestone of which I am incredibly proud—and one I'm certain Stefanie would be equally delighted about.

I hope you share in that pride. The work taking place at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James) would not be possible without each of you. That includes the subject of our cover story, Chix With Stix, a community partner also celebrating its 20th anniversary this year. The women involved with this ladies-only golf outing display exceptional enthusiasm and dedication to breast cancer research.

This issue of *Legacy* also contains a story on clinical trials from Bhuvana Ramaswamy, MD, academic chief of the breast medical oncology section at the OSUCCC – James. In addition, you will find a profile about two grateful patients who formed a friendship after meeting at the Stefanie Spielman Comprehensive Breast Center and who now volunteer to help others during their breast cancer journeys.

I hope that as you read these stories you will feel inspired by the many efforts to support breast cancer research. Thank you for your generous support and commitment to making this work possible for the last 20 years. Here's to the next two decades of striving to create a cancer-free world.

Continue to Fight,

A handwritten signature in black ink, appearing to read "Chris Spielman".

Chris Spielman

Co-Founder, Stefanie Spielman Fund for Breast Cancer Research



Get to Know Dr. William Farrar



Meet William Farrar, MD, breast surgical oncologist and interim CEO of the Arthur G. James Cancer Hospital and Richard J. Solove Research Institute, whose more than 40-year career has helped improve breast cancer surgery techniques for treating women affected by this disease.

There weren't many options for women diagnosed with breast cancer in the 1970s.

"When I was going through training, we would do a radical mastectomy 70 or 80 percent of the time," says William Farrar, MD. "We'd remove all the breast tissue, the muscles of the chest wall and all the lymph nodes under the arm—that's how breast cancer was treated for 80 years."

The past few decades have seen numerous advances in treating breast cancer, thanks to pioneering physicians and leaders such as Farrar. He's performed more than 10,000 breast cancer surgeries and helped develop new and less-invasive techniques. He's also trained and mentored a generation of oncology surgeons who practice at hospitals around the country, participated in several clinical trials that have led to better chemotherapy and immunotherapy treatments, and helped create one of the nation's first multi-modal breast cancer

clinics. Farrar did all of this at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute (OSUCCC – James).

For these reasons, plus one more, it seems fitting that he recently was appointed the interim CEO of the cancer hospital.

That one additional reason?

"Dr. James was my mentor," Farrar says, adding that, as far back as the 1940s, Arthur G. James, MD (1912-2001), had a dream of creating a dedicated cancer hospital in Columbus to treat patients from central Ohio and beyond.

"Dr. James started his medical training before World War II, served in the war as a doctor, came back and eventually finished his (surgical) fellowship and came to Ohio State," Farrar explains. "He was the

only surgical oncologist in the entire state at first, and he went all over Ohio to operate—on every type of cancer. His manner with his patients was outstanding, and they just loved him. It was such a great honor to work with him."

When Farrar came to Ohio State as a surgical resident in 1975, he eventually became James' protégé and, like his mentor, performed surgeries on patients with a wide variety of cancers. The two eventually became partners in a surgical oncology practice based at Ohio State.

"That was the norm back then, to operate on all types of cancer, and it wasn't until 1990, when our dedicated cancer hospital opened, that we started to specialize," Farrar says. Soon after his namesake hospital opened in July 1990, James retired from seeing patients but remained at the hospital in an emeritus role until 1996.

A Vision for Comprehensive Breast Cancer

As Farrar began to specialize in breast cancer surgery and treatment, he and others at the OSUCCC – James realized there was a need for a separate facility to accommodate the growing number of breast cancer patients they were treating.

"We took all the disciplines that treated breast cancer—surgeons, medical oncologists, plastic surgeons and specialists in radiation, imaging and pathology—and we put a clinic together," he says of the facility that was located near Dublin, Ohio. It opened in 1997. "We were very successful, and our patients and our staff loved it, but we quickly outgrew the facility."

This led to the current Stefanie Spielman Comprehensive Breast Center, a state-of-the-art facility that opened in 2011 and took the multi-modal concept to a new level. "When we moved, we were seeing 430 new patients a year, and this year we expect to see more than 1,000," Farrar says, adding that patients come from all

30 or 40 years," Farrar says. "This has been so rewarding for me, and now there's so much more hope."

One thing that hasn't changed is the importance of the lessons passed down from Dr. James, which Farrar has since shared with scores of OSUCCC – James staff members.

"The No. 1 lesson I pass on from Dr. James is that the patient is No. 1. They're going through a tough time, and you really have to take care of your patients and treat them like they're a member of your own family," Farrar says.

Over the years, Farrar has held many leadership positions, including: division chief of surgical oncology (1985-2012), director of medical affairs (1989-2011) and director of the Spielman Breast Center (2011 to the present). He also holds the Arthur G. and Mildred C. James – Richard J. Solove Chair in Surgical Oncology. He has authored more than 100 peer-reviewed publications and has been the principal investigator on several important grants

"The No. 1 lesson I pass on from Dr. James is that the patient is No. 1. They're going through a tough time, and you really have to take care of your patients and treat them like they're a member of your own family," Farrar says.

over Ohio and outside the state to be treated. "I haven't heard of, or seen, another breast cancer facility that has everything that we have here."

As the number of breast cancer patients grew, so did the treatment options offered by Farrar and his colleagues at the OSUCCC – James. There are more than a dozen new chemotherapy drugs for breast cancer patients, along with less-invasive surgeries—no longer are multiple lymph nodes removed—as well as immunotherapy treatments that show great promise. That innovation has helped lead to a dramatic improvement in outcomes for many breast cancer patients.

"Every aspect of breast cancer treatment has changed radically in the past

and clinical trials. Farrar, 69, was starting to think about cutting back his schedule when he was approached about serving as the interim CEO of The James. He and his wife, Kathryn, have four adult children and four grandchildren.

"This isn't something I ever thought about doing," Farrar says of his new role. "But I've been here my whole life. I love The James, and I am willing to do anything I can to continue to move our cancer program forward."

More Information

To learn more about the breast cancer team at the OSUCCC – James, visit cancer.osu.edu/breast or call 1-800-293-5066.

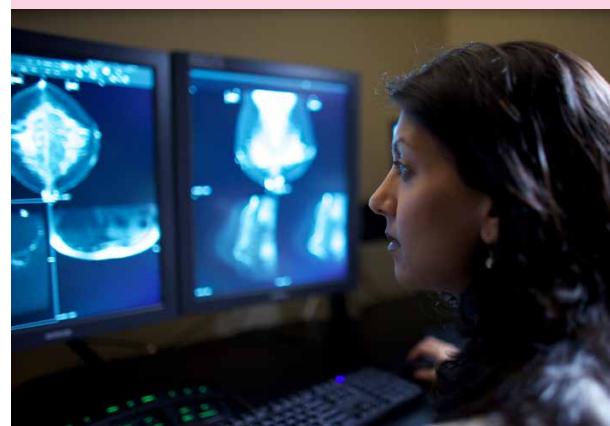
Have You Had Your Breast Cancer Screening?

If you are a woman aged 40 or older, you should have a conversation with your doctor about a screening mammogram schedule that is right for you based on personal and family medical history. The OSUCCC – James offers digital and 3D (tomosynthesis) screening mammograms at nine locations across central Ohio:

- Stefanie Spielman Comprehensive Breast Center
- JamesCare Mammography at Macy's Easton
- University Hospital East*
- Outpatient Care Gahanna*
- Outpatient Care Lewis Center*
- The Babe Zaharias Center
- Stoneridge Medical Center*
- Outpatient Care Upper Arlington*
- The James Mammography at Worthington

Call 800-240-4477 to schedule your appointment or visit cancer.osu.edu/mammo for more information.

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And I tell everybody:
'This was hard, but you gotta keep going. You just keep going.'

A Community of Support, Friendship and Love

In May 2014, Lena Meeks arrived at the Stefanie Spielman Comprehensive Breast Center (SSCBC) in search of a second opinion.

A mammogram had revealed a small lump in her breast, and she had undergone a lumpectomy. The doctor treating her at the time wanted her to submit to radiation therapy to kill any remaining cancer cells, but Lena wanted the experts at the Spielman Breast Center to decide.

That same month, Nila Whitfield went for a mammogram, which also showed a lump. Both women found themselves in the SSCBC Radiation Oncology waiting room, alone and afraid. They wouldn't be alone for long, though. Since that encounter, their friendship has become a source of strength, joy and love for each of them.

Women would gather in the waiting room, nervous about their upcoming treatment, huddled with their own thoughts. But then something magical happened. They started to talk. They shared their fears about radiation. How badly would it hurt? Would their bodies be scarred?

They talked about their families. They cheered one another on as weeks of therapy went by. They brought each other small gifts—snacks, bracelets, candles. They attended each other's bell-ringing ceremonies—joyful finales when survivors ring a large, loud bell to signify the end of their treatment.

"It has been incredible to watch these women come together here," says Tina LaPaglia, lead radiation therapist at the SSCBC.

Lena and Nila realize more than ever that people sometimes encounter experiences that shift their courses, dividing their stories into "before this happened" and "after." New things become important, and old things fall away as people become different versions of themselves. For both Lena and Nila, fighting—and beating—breast cancer was that kind of experience.

But they also found that those experiences can be isolating. Nila remembers one friend who did not understand why she could no longer go to happy hours at the last minute or why she needed to rest after treatment rather than hanging out.

"I was really affected by radiation," Nila says. "I'm a very active, type-A person. I've got six and seven things a day on my calendar. All those things stopped because beating cancer was my priority."

But Lena got it.

"She and I went through it together," Nila says.

The two now volunteer at the SSCBC, spending their volunteer time in the waiting room with women who need a friend.

When a woman tells Lena she's scared, or that she can't take the pain, Lena listens. Sometimes she shares her own story.

"I'm always making it known that we are all the same, but we just have different stories," she says. "And I tell everybody: 'This was hard, but you gotta keep going. You just keep going.'"

“We’re the Gateway”: About Cancer Clinical Trials

Today’s cancer research leads to tomorrow’s treatment breakthroughs—and patients play vital roles in that cycle of innovation.

The impact of clinical trials involving cancer patients is felt years into the future through advances that prolong and save countless lives, according to Bhuvaneswari Ramaswamy, MD, academic chief of the breast medical oncology section at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute (OSUCCC – James).

“Clinical trials move the needle forward,” she says. “Every drug we use today was once part of a clinical trial, and we’re curing more and more people because of clinical trials.”

And now, as the new chairperson of the Clinical Scientific Review Committee at the OSUCCC – James, Ramaswamy will ensure that the needle continues moving quickly forward.

Ramaswamy is a breast cancer expert and a long-time member of the Clinical Scientific Review Committee, which approves all the clinical trials at the OSUCCC – James. She is also a breast cancer survivor.

“I always considered myself a compassionate physician,” says Ramaswamy, who was diagnosed in 2016 and is in remission. “But now, after walking in the shoes of my patients, I understand more about what they’re going through, what it feels like when your head and body feel disconnected. I’ve heard many patients say this, and I didn’t fully understand. Now I do.”

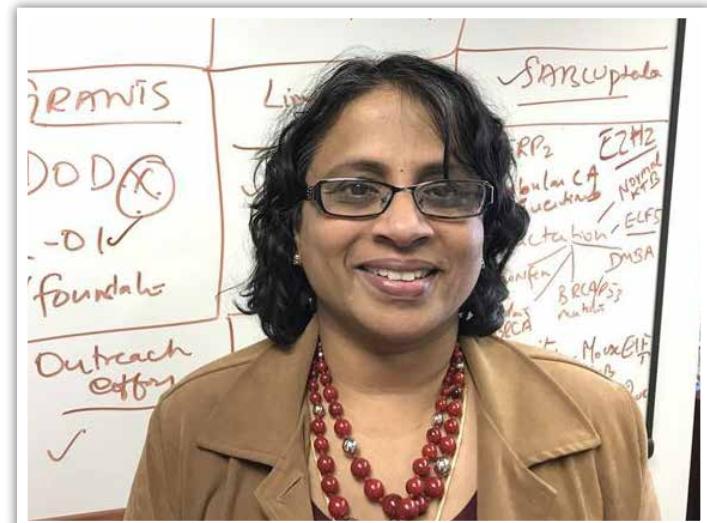
There are about 30 members of the Clinical Scientific Review Committee who meet twice a month to review and make approval decisions on proposals for clinical trials from OSUCCC – James scientists, as well as clinical trials that were initiated at other cancer centers around the country.

“We’re the gateway to make sure the science is good and safe and relevant,” Ramaswamy says.

HOW DO CANCER CLINICAL TRIALS WORK?

Every proposal for a new clinical trial is initially evaluated by a subset of the Clinical Scientific Review Committee that includes a principal investigator, at least one other scientist, a statistician and a pharmacist, Ramaswamy explains.

“And then, when we meet, someone from this subset of the committee presents their report to the entire committee,” she says. “There’s a lot of back and forth and discussion, and we can approve it as written or approve it with the stipulation that



they answer questions or concerns we may have. Or, we can decline the proposal if there are too many concerns.”

In 2017, the Clinical Scientific Review Committee reviewed 119 proposals for clinical trials that were initiated or led by OSUCCC – James investigators. They approved 58 as written. Once approved, the organization’s internal review board grants or denies final authorization for these clinical trials.

The OSUCCC – James currently conducts around 300 active clinical trials that offer treatments for nearly every type of cancer. For example, Ramaswamy says there are about 35 to 40 breast cancer clinical trials open for patients.

She notes that there is a bit of a misconception that clinical trials are available only to patients for whom already-approved treatments have been unsuccessful.

“They’re not always the last resort for patients,” Ramaswamy says. “In some cases, they could be the initial treatment, and in some cases an established treatment could be combined with a clinical trial.”

What is true, according to Ramaswamy, is that no matter the stage of a trial participant’s cancer, she or he is playing an important part in the fight for a cancer-free world while gaining access to potential breakthroughs.

“Clinical trials provide the best opportunity for patients to get the best and most cutting-edge care,” she says.

Listen to Dr. Ramaswamy’s podcast about clinical trials at cancer.osu.edu/PodcastClinicalTrials.

“

After walking in the shoes of my patients, I understand more about what they’re going through, what it feels like when your head and body feel disconnected. I’ve heard many patients say this, and I didn’t fully understand. Now I do.

”

3RD ANNUAL

Step Up for Stefanie's CHAMPIONS



2018 Champions and their nominators stand at the finish line.



A Rumble Road of 21 members of the Motor Sports Harley Owners Group rev their engines as walkers and runners pass by.

Crossing the Finish Line for Breast Cancer Research

On April 21, more than 2,000 gathered for the 3rd Annual Step Up for Stefanie's Champions. The 4-mile and 1-mile walk/run, which starts and ends at the Stefanie Spielman Comprehensive Breast Center, offers cancer survivors the chance to celebrate the champions in their lives. The event benefits the Stefanie Spielman Fund for Breast Cancer Research at the OSUCCC – James.

OSUCCC Director Raphael Pollock, MD, PhD, and James Interim CEO William Farrar, MD, welcomed walkers, runners, survivors and supporters. "In creating this award and establishing the fund, Stefanie and Chris became our champions in our vision of creating a cancer free-world. Each of you is directly supporting us in our fight against cancer," Farrar said.

Event Chair Chris Spielman and emcees Maddie Spielman and Matt McCoy continued the presentation, introducing the 2018 Champions before the race started. Said Farrar, "Stefanie left an incredible legacy to carry on and has remained an inspiration to many cancer survivors and caregivers. We share her words often, 'Continue to fight. Continue to live.'"



PARTICIPANTS RAISE NEEDED FUNDS FOR BREAST CANCER DETECTION EQUIPMENT

Contrast Mammography increases the accuracy of breast cancer detection by using a drug to highlight areas where cancers are growing. A sophisticated medical device called an Auto-Injector accompanies the Contrast Mammography machine, injecting the contrast media into patients safely, accurately and efficiently.

Through a text-to-donate campaign at this year's Step Up event, supporters raised nearly \$10,000 to purchase an Auto-Injector for the Stefanie Spielman Comprehensive Breast Center. This tool, used by specialized radiologists, will increase the accuracy of breast cancer detection.



step up for
stefanie's CHAMPIONS

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The Champion Award

Stefanie Spielman established the Champion Award to recognize one of the most critical factors in surviving cancer: loving, unwavering support. In Stefanie's case, such support during her battle with breast cancer came from her husband, Chris. To show her gratitude, Stefanie gave Chris the very first Champion Award in 2000.

The 2018 Champions Awards were presented at the 3rd Annual Step Up for Stefanie's Champions Walk/Run in April.

The ones who steadfastly stand beside us, and inspire us to strength.

The ones who will not retreat from fear, and inspire us to courage.

The ones who sacrifice all for us, and inspire us to love.

The ones who will not let go, and inspire us to hold on.

These are Stefanie's Champions.

MEET OUR 2018 CHAMPIONS



AIPING SHAO

Nominated by her daughter, Sherry Wang (Dublin, Ohio)

When Sherry Wang was diagnosed with ovarian cancer, her mom, Aiping Shao, knew better than most the emotional and physical ups and downs that awaited her daughter—and the crucial role she would play as Sherry's primary caregiver.

"At first, I was in shock," Aiping says of her daughter's February 2017 diagnosis. "I went through this with my husband, and Sherry is too young for this."

Her husband, Jianjun "Jim" Wang, was diagnosed with colon cancer and passed away in 2008 at the age of 53. "When my father was sick, my mother never left his side," says Sherry, 24. "My mom stayed 76 consecutive nights in the hospital with him."

Aiping quickly got over her initial shock and was there for her daughter every day and every step of the way. She never left her side. "I was scared and in shock, but I needed to be there for Sherry," Aiping says. "In my mind, I said, 'No matter what, I will 100 percent support her and we will fight together. That's the only thing I can do.'"

In recognition of her love and support, Aiping is one of four 2018 Step Up for Stefanie's Champions. This annual award from the Stefanie Spielman Fund for Breast Cancer Research honors some of the many exceptional caregivers. The four champions were honored during the Step Up for Stefanie's Champions Walk/Run on April 21.

"My mom has been there for every needle prick and every hard cry," Sherry says. "She's held my hand before every surgery, slept by my side every night in the hospital."

Aiping also helped Sherry utilize scalp hypothermia to keep her hair from falling out. This labor-intensive technique uses a "cold cap" that really is cold and is placed on the scalp before, during and after every chemotherapy treatment (17 for Sherry). According to the American Cancer Society, "The cold also decreases the activity of the hair follicles and

makes them less attractive to chemo, which targets rapidly dividing cells. This could reduce the effect of chemo on the follicle cells and, as a result, prevent or reduce hair loss from the scalp."

It was hard work, as the caps had to be changed every 20 minutes to be effective.

"It takes an incredible amount of strength and manpower to continuously cool the caps and exchange them in 60 pounds of dry ice," Sherry says.

"My mother accompanied me to all 17 rounds and sat with me every Thursday for nine hours. In a span of 141 days, my mother put 228 cold caps on my head."

The cold caps worked—Sherry didn't lose her hair.

Aiping was also there holding Sherry's hand on Aug. 27 when her James doctor, David Cohn, MD, walked into the room with the results of her first post-chemotherapy scan. "He looked at me and said, 'Sherry, your scan is crystal clear. You had a complete response to chemo. You're cancer free.'"

Sherry is now back at The Ohio State University pursuing a graduate degree in nursing. Her goal is to become a nurse practitioner and specialize in OB/GYN oncology.

Cohn has become her mentor—her mom remains her hero.

"I am only able to be me, because of my mother," Sherry says. "I am a strong woman, because I come from a strong woman. My beautiful, strong, effervescent mother is forever my biggest role model, my greatest strength. My champion."





DAVID MICHITTI

*Nominated by his wife Blanche
(Cincinnati, Ohio)*

"We found out that Blanche was pregnant in the fall, in October (of 2015), and that was a pretty good high," David says. This would be the fourth child for the Cincinnati couple.

But then...

"A few days before Thanksgiving, Blanche was diagnosed with breast cancer," David says.

The joy of what they called the "final piece" of their family quickly turned to "uncertainty and fear," Blanche says.

Over the ensuing months, through all the surgeries, chemotherapy and radiation, the premature birth of their son, Logan, on June 3, 2016, and then many more months of dealing with a string of health issues, David was there for his wife and their four children.

"He gave me so much hope and strength that I didn't even know that I had," Blanche says. "He was so positive when I needed it the most and had so much hope when I needed it the most and helped me find those things in myself."

"It was a big emotional roller coaster," David says of his wife's cancer journey. "It took a few days, maybe a week, for it to all sink in and to get your feet under you and come up with a plan to handle everything."

The first action item on the plan was to find the right hospital.

David's research led the couple to the Stefanie Spielman Comprehensive Breast Center, the James Cancer Hospital and Solove Research Institute and William Carson, MD. "This was a unique situation; it's not like going to the local clinic when you

have the flu," David says about Blanche's cancer diagnosis during pregnancy. "We talked to Dr. Carson and his group, and we were very happy with them."

After her first trimester, Blanche could safely undergo surgery to remove the tumor in her breast, followed by chemotherapy. "But I couldn't receive all the treatments they'd normally give someone, because of the baby," she says.

Six weeks before Blanche's due date, Logan was born during a planned C-section at a Cincinnati hospital and spent his first nine days in the neonatal intensive care unit. On the night the couple finally brought him home, Blanche "developed internal bleeding as a complication and returned to the hospital," she says. "David had to set an alarm to do scheduled, around-the-clock feedings for Logan—and be the primary caretaker for our three other children (Dominic, 11; Maddie, 9; Max, 5)—all while I was hospitalized."

After she was released from the hospital, Blanche began an intensified course of radiation and chemotherapy. She had a series of health issues related to her surgeries and treatment, and she had to inject herself in the stomach with a blood thinner every night for more than a year.

Blanche described her husband as cool, calm and reassuring under pressure. "He had the attitude that, 'Let's get it done,'" she says. "And he also has a sense of humor that he used when I needed it the most."

Like so many exceptional caregivers, David downplays his role.

"She went through so much more than I went through," he says. "I was just lifting a small weight off of her and doing what I was supposed to be doing. When I saw someone so mentally and physically exhausted each day, it wasn't that difficult to step up."





ELIZABETH MOORE

*Nominated by her mother,
Kristin Moore (Reynoldsburg, Ohio)*

Elizabeth Moore's nursing career began a little earlier than expected.

"(She) should have been looking for colleges, being a teenager and having fun," says Elizabeth's mom, Kristin.

Elizabeth was a 17-year-old high school student enrolled in the nursing program at the Eastland-Fairfield Career & Technical Schools when Kristin was diagnosed with breast cancer in June 2014.

Drawing on her love of family and her passion for nursing, the teen quickly went to work taking care of her mother and her younger sister, Amy.

"I've always looked up to my mom—she's a single mom, and she always took care of us, and we're super close. She was invincible in my eyes," Elizabeth says.

Elizabeth was scared when Kristin began her treatments at the Stefanie Spielman Comprehensive Breast Center, but her natural talent for nursing soon took over.

"It took about a week for it to sink in. And then I said, 'OK, my mom is my mom and I love her, but now she's my patient, and whatever she needs and whatever I can do for her, I'm going to do.'"

Elizabeth made good on her pledge, waking up early to help with the household chores and taking care of her sister while holding down a part-time job and driving Kristin to all of her doctor's appointments and chemotherapy treatments.

Elizabeth's commitment to her education continued during her mom's battle, and it came in handy when one of the wounds from Kristin's surgery didn't heal properly.

"My doctor advised me that my wound would have to be packed two or three times a day," Kristin says. "My champion daughter said she had just learned how to pack (at Eastland-Fairfield) and would like the opportunity to do it instead of a nurse coming to our house two or three times a day."

Before and after school, and then again at night, Elizabeth carefully and expertly re-packed the wound.

"I was so impressed with how she handled all this," Kristin says. "She did it with such professionalism and kindness."

Then again, Kristin wasn't surprised that Elizabeth was there for her and Amy when they needed her.

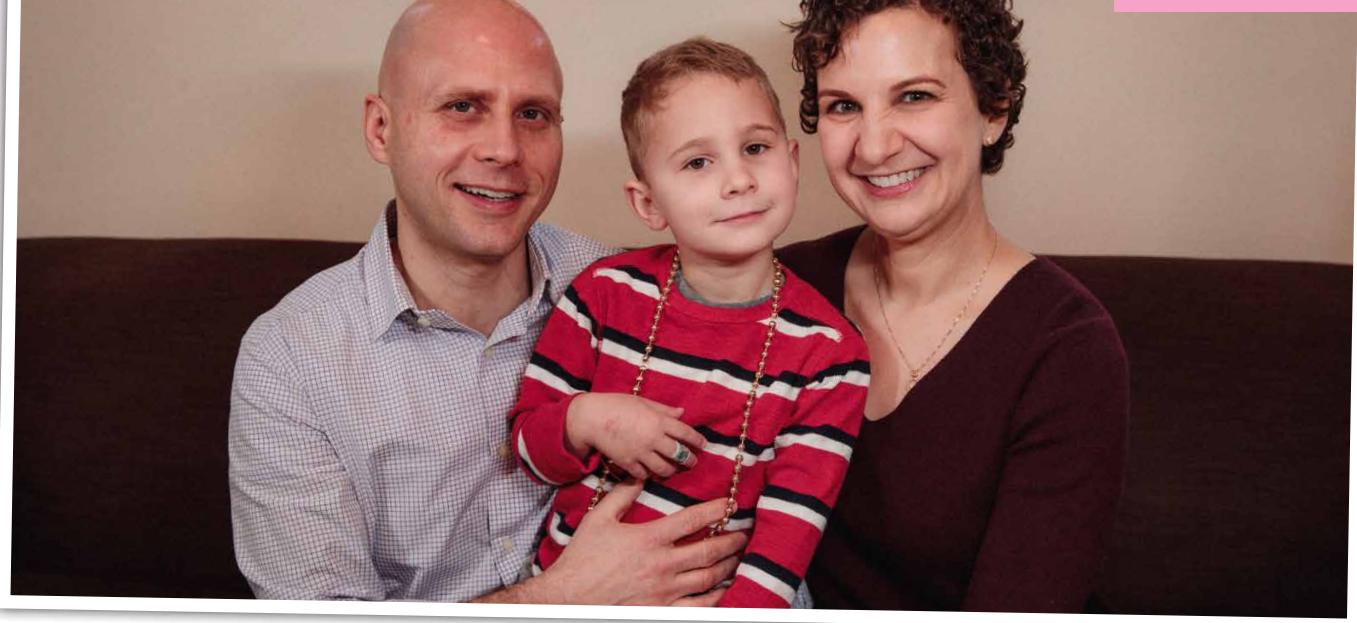
"She's always been a caring person and my best friend," Kristin says. "She doesn't think she did a lot for me, but she did so much and made so many sacrifices. We were always close, and now we're even closer."



"It was hard to watch my mom go through what she went through. But it made me stronger and feel more confident that, if I can take care of the person I love the most in the world, I can help other people."

Caring for her mother reinforced Elizabeth's decision that nursing is the right career path. She's now 21 and is working to complete her nursing degree at Columbus State Community College with the longer-term goal of earning a BS in nursing. She's not sure what area she will specialize in, but oncology and acute care are at the top of her list.

"It was hard to watch my mom go through what she went through," Elizabeth says. "But it made me stronger and feel more confident that, if I can take care of the person I love the most in the world, I can help other people."



ROB MESSINGER

*nominated by his wife, Aly
(Columbus, Ohio)*

Mommy was going back to work after some time off during her breast cancer treatment.

"I was getting ready in the morning," Aly DeAngelo says. "Leo (her 4-year-old-son) was used to me staying at home, but I said, 'No, Mommy's going to work today.' Leo ran upstairs and got two of his stuffies and gave them to me to put in my bag and take to work. He says, 'They'll make you feel better.' I got a little emotional."

Aly still gets emotional when she tells this heartwarming story about that kind and caring little boy—and the father who taught him these valuable qualities as he took care of his wife and son during the ups, downs and emotions of cancer treatment.

"Leo learned so much from Rob," Aly says of her husband, Rob Messinger. "Leo's compassion, sympathy and empathy really blossomed, and it was all because of Rob."

"Part of the challenge was how to confront this in a realistic way without falling apart," Rob says of how he approached his caregiving role. "How do I help Aly manage and make sure Leo isn't traumatized?"

Rob was scared, but he "tried to hide that from Leo, so he wouldn't be scared."

Rob is the director of communications for The Ohio State University Office of Business & Finance; Aly is a policy analyst for the Ohio Hospital Association; Leo is a stuffed-animal enthusiast. They live in Bexley.

"He never panicked and he never tried to sugarcoat things," Aly says of Rob. "He had this attitude that, yes this sucks, but here are all the reasons we're going to get through this. He let me have my moments when I felt sorry for myself, and he knew when to push me and just kind of get me over the hump."

Once, when Aly returned home from a chemotherapy session, the mailbox was filled with dozens of cards from family and friends. "Rob arranged that," she says.

When Aly's port became infected, Rob "painstakingly removed the old packing, cleaned the wound, gently repacked it and found ways to dress it that would be the least irritating to me...every night for a month."

Rob also became a role model for Leo.

"Aly and I talked a lot about it and made a real effort to help him understand things in a way that wouldn't be scary," Rob says. "He didn't know anything about cancer or being sick other than getting a cold."

With Rob's help, Leo—who called Aly's cancer her "boo-boo"—became part of Mommy's caregiving team.

"Leo's two favorite stuffies are Monkey and Tiger," Aly says. "I jokingly said, 'I'll never get Monkey or Tiger.'"

And then one day, on her way to a chemotherapy session...

"Leo gave me Monkey to take with me."

You can nominate your Champion today at SpielmanFund.com.



CELEBRATING 20 YEARS



Chix With Stix committee members and sponsors celebrate their success with Chris Spielman, Maddie Spielman and William Farrar, MD.



Stefanie Spielman (second from right) pauses in 2008 with the Chix With Stix committee.

Chix With Stix:

Taking a Swing for Breast Cancer Research

Twenty years ago, Chris Corcoran and another vendor in the architectural/design/commercial furnishings industry saw their male colleagues playing golf together all the time and thought, “Why don’t we invite some ladies to golf?”

The other vendor’s mother was going through breast cancer at the time, so they decided to raise some money for The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute (OSUCCC – James) while they were at it.

The result? Chix With Stix, a women-only, nine-hole “golf outing for non-golfers” that benefits the Stefanie Spielman Fund for Breast Cancer Research. From modest beginnings—the first outing in 1999 had 30 participants and a handful of sponsors—the 20th Chix With Stix held Sept. 7 at Raymond Memorial Golf Course drew 172 registrations and boasted a long list of industry sponsors. The event also put Chix With Stix on the brink of a major fundraising milestone: \$500,000 raised for breast cancer research at the OSUCCC – James.

While some events wane in popularity over time, Chix With Stix shows no signs of slowing. It’s become an incredible draw for the architectural/design/commercial furnishings industry, which supports the event through sponsorships and volunteerism—enabling men to get involved, as well. Says Lesley Collett-Felix, longtime member of the event’s planning committee, “I love seeing all these people who compete against each other every day in a very competitive industry taking that hat off for one day and coming together for an amazing cause.”

And what better way to engage competitive designer-types than through a spirit contest? “The contest started organically,”

Chris says. “A couple of golfers dressed up, and then some vendors decorated their golf cart. Now, many teams dress up, and there’s a big focus on breast cancer awareness.” From a team dressed in bridesmaids’ dresses (“Maid to beat cancer”) to pirate-themed costumes (“We treasure our chest”), puns abound. So does the fun.

I love seeing all these people who compete against each other every day in a very competitive industry taking that hat off for one day and coming together for an amazing cause.

—Lesley Collett-Felix, longtime member of the event’s planning committee

Another secret to the event’s success? Keeping costs down to maximize their donation to the Spielman Fund. “We don’t do frills. I remind everyone that every penny we spend takes away from the check we write at the end. And that’s not my typical approach to spending money,” Lesley laughs.

That’s what it all comes back to: a passion for breast cancer research. Organizers have invited speakers and guests from the OSUCCC – James to remind golfers and volunteers why the event is so important. Stefanie Spielman rallied the crowd at a few of the past events, and her daughter Maddie carried the mantle at the most recent outing, delivering inspirational remarks that continued her mother’s legacy of raising money for breast cancer research.

It’s a goal Chix With Stix is happy to assist with. “We’ve all known people who have gone through breast cancer, and we all know and were touched by a designer who passed away,” committee member Tricia Mahoney says. “Being able to support the research efforts of The James and to give back in that way is great.”



Fittingly, the “chicks” took home the 2018 Most Spirited Team award.

Importance of Breast Cancer Prevention Rises with Risk

As the risk of breast cancer rises, so does the importance of a proactive prevention plan.

Around 12 percent of all women will be diagnosed with breast cancer at some point during their lives, but a variety of factors can cause those chances to increase—sometimes drastically.

While not all heightened risk factors can be avoided, women facing increased odds can take an active role in prevention and, if necessary, early treatment by teaming with the experts at the Stefanie Spielman Comprehensive Breast Center's High-Risk Breast Cancer Program at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute (OSUCCC – James).

The James' high-risk program is operated by a world-class staff that features nurse practitioners, certified genetic counselors and oncologists, and is housed at one of the nation's leading breast cancer centers.



12%

of all women will be diagnosed with breast cancer at some point during their lives.

Here's some information about factors that raise the risk of breast cancer—and how they can be addressed at the OSUCCC – James—from the program's director, surgical oncologist Doreen Agnese, MD:

The impact of genetics depends on the details

"If your grandmother was diagnosed with breast cancer at 82, that's not a strong indication, but if your mother was diagnosed at 45 and your sister at 46, that would certainly increase your risk even if you don't have an inherited genetic mutation that we've been able to identify."

More risk = more urgency

"When you're at a higher risk, you don't want to just wait. You need an action plan, and that plan is different for each woman. The mammogram is the first tool we use, but for women with denser breast tissue, we can use a 3D mammogram, which is called tomosynthesis. It can see through the dense tissue better. We usually limit the use of regular MRIs

to women with an estimated risk of 20 to 25 percent or higher. For example, someone with a *BRCA* gene mutation.

"The second tier would be the use of chemoprevention. Tamoxifen is the most well-known of these drugs, but there are others. They can reduce the risk of breast cancer by about 50 percent.

"The most aggressive step is a preventive mastectomy, which doesn't eliminate the risk but lowers it by 90 to 95 percent."

The pros provide the treatment, but the patient picks the path

"I always tell women if there was one right decision, there wouldn't be so many options. [Some patients are] more inclined to want to do preventive surgery, but if someone has a family history in which

women were diagnosed in their 30s and 40s and are still here in their 60s and 70s, she might be more comfortable with increased screenings. This is why it's so important to spend time with each patient and get to know them."

Regardless of risk, The James' experts are partners in prevention and treatment

"It's so important for every woman, not just the ones we see in our High-Risk Breast Cancer Program, to know their family history and undergo their regular screenings.

"We have your back. We're here for you and we'll make sure that, if something does occur, we'll catch it as early as possible so you'll have the best-possible outcome."

LOW RISK

DIAGNOSIS & PREVENTION TOOLS

HIGH RISK

TIER 1

Mammogram, 3D mammogram or MRI

TIER 2

Chemoprevention

TIER 3

Preventive mastectomy

20-Year Reflection

Chris Spielman discusses this milestone year for the Spielman Fund with his daughter Maddie Spielman.

M **What have the past 20 years meant to you?**

C It's been humbling. The amount of support that the fund has received from inception to this point has been remarkable. It's something I never thought would be possible. And to see the growth that our family has been through during this time is also incredible. We've been through a lot, but it feels like everything has turned out right.

M **What do you want to say to supporters of the Spielman Fund?**

C Thank you. Thank you for helping to keep Stefanie's legacy alive, her dream alive. Thank you for providing hope to those who need it the most.

M **What has been the biggest change you have seen since the creation of the fund?**

C Breast cancer research has made great strides in the past 20 years, so that has been a big change that we've witnessed. But for as much progress as we've made, I know there is still so much important work to do to cure cancer. It's why I am so proud of the community partners and individuals who continue to evolve and grow their support of the fund.

M **What are you most looking forward to?**

C The ultimate goal: to say there is a cancer-free world. I look forward to that day and to saying that we played a role in it and that the contributors to the fund helped make it possible.

M **As you are doing this work, what do you hear Mom saying to you and our entire family?**

C I knew you could do it. Thank you very much for continuing the fight. I am so proud of you all.



Watch the new Continue to Fight video.

Hear Stefanie's words and how her vision lives on.

To view the video, go to cancer.osu.edu/SpielmanFund.



Audrey, Macy, Maddie and Noah Spielman

thank you

COMMUNITY PARTNERS

DURANGO BOOTS

Durango Boots, a division of Rocky Brands Inc., continued its ongoing support of breast cancer research with a \$10,098 donation to the Stefanie Spielman Fund for Breast Cancer Research. "Durango is proud to continue to support the fight against breast cancer," says Erin DeLong, marketing manager. "We are donating funds generated through the sale of the Pink Ribbon Lady Rebel boot to the Spielman Fund, to fund the research and work they are doing to support patients and find a cure." For each pair of Durango's Pink Ribbon Lady Rebel western boots sold, the brand donates a percentage of the proceeds to breast cancer organizations or initiatives. The boot features a translucent rubber graphic outsole with a pink ribbon graphic, a symbol for breast cancer awareness and support for those who have been affected by the disease. To date, Durango has donated \$72,606 in support to the Spielman Fund.





COLLEGE TRADITIONS

College Traditions, owned by the Dawes family since 1984, has been giving back to the Stefanie Spielman Fund for Breast Cancer Research for the past six years. The store, located on West Lane Avenue in Columbus, provides a large selection of Ohio State gifts, sportswear apparel and collectibles.

Owner Kelly Dawes wanted to honor Stefanie Spielman's legacy. Collection boxes are placed at the registers year-round, and all donations made in October are matched. Staff are also encouraged to ask each customer entering the store if they would like to make a donation to the Spielman Fund.

Funds raised have continued to increase, bringing in more than \$5,000 last year. To keep the initiative strong, Kelly continues to pursue new ideas, such as encouraging customers to donate through social media. College Traditions also provides an opportunity for donating customers to enter a raffle to win a Chris Spielman-signed football or framed photo. To date, College Traditions has donated more than \$13,000 to the Spielman Fund. For more information, please visit www.collegetraditions.com.

PINK OUT AT OHIO STATE

Pink Out the 'Shoe, an event held each October at an Ohio State football game, is a sea of pink at Ohio Stadium. The Ohio State student-led organization, Pink Out at Ohio State, raises awareness and funds for breast cancer research. The organization's goal is to spread messages of courage and hope to those affected by this terrible disease.

Pink Out at Ohio State raises awareness on Ohio State's campus through various events leading up to October's game day. The students hold T-shirt sales, with 100 percent of proceeds being donated to the Stefanie Spielman Fund for Breast Cancer Research thanks to sponsors. Pink Out at Ohio State encompasses over 50 student volunteers.

The organization typically sells 15,000 to 20,000 shirts annually and has raised nearly \$60,000 since its inception in 2014. Last year they raised almost \$9,000. The 2018 Pink Out at the 'Shoe took place during the Ohio State vs. Minnesota game on Saturday, Oct. 13. For more information, visit www.pinkoutatosu.com.



Thank You Supporters!

More than \$803,000 Raised by Our Community and Corporate Partners

During the 2017-2018 fiscal year, our Community and Corporate Partners raised more than \$803,000 for the Spielman Fund. Through bake sales, golf outings and many creative endeavors, our partners (listed below and on the facing page) are vital to the success of the Spielman Fund and are helping further our research and patient care. For more information about how to become a partner, visit us online at SpielmanFund.com or call 614-293-3752.

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Chix With Stix

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Good Deed Rags, LLC

Horizon of Hope - Life's Short, Eat Dessert First

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Jackson Township Division of Fire

James T. Hutta, DDS - Pink Smiles Campaign

Jazzercise Dublin - Dance for the Cure

Jill Vanuch Dance for Spielman

Kendra Scott Jewelry - Kendra Gives Back

Kenneth's Hair Salons

The Kroger Co. - Pink Ribbon and Pink Tag Items

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New York Islanders Hockey Club, L.P.	Pink Out at Ohio State	US Retail Flowers, Inc.
Not Forgotten's Night at the Races	Refuge Temple Church of Christ	VanSickle
OCSEA Breast Cancer Awareness Month	Road Runner Sports	Via OneHope - Pink Party
October Research, LLC	Rocky Brand Boots	Westerville Christian Church
Ohio Fair Managers Association	Rogue Fitness	Worthington Dairy Queen
Ohio State Chapter of Sigma Pi	Sigma Lamda Gamma	WTVN3
Ohio USBC Women's Bowling Association	Spielman Scramble Golf Outing	Zest Cold Pressed Juice Co.
Otterbein University Zeta Phi	Stef's Celebrate Life Tailgate	Zumbathon for Breast Cancer Awareness
P&G Custom Ent., LLC	Stephen Gould Corporation Golf Outing	
Peoples Savings & Loan Co.	Subaru Share the Love Campaign	
Petty Bielik and Burke Orthodontics	Tibet or Bust Team Komen for the Cure	
Pike Therapy Center	Turning Point Fitness	



The Honor Roll

The Spielman Fund is honored that elementary, middle and high schools have chosen to direct their fundraising efforts to support us. Thank you for helping us create a cancer-free world!

Anderson High School Gymnastics	Gahanna Christian Academy Girls Volleyball - Pass, Set, Cure	New Philadelphia Welty Middle School Honors Society
Big Walnut Youth Athletic Association Pink Out	Grove City High School Girls Soccer	North Shore High School Football - Breast Cancer Game
Bloom Carroll High School Girls Soccer - Kick for Cancer	Grove City High School Key Club - Breast Cancer Awareness Month	Riverside Local Elementary Schools - October Denim Day
Bunsold Middle School Cheerleading - Tackle Cancer	Hillsboro City High School	Upper Arlington High School Wrestling - Wrestling for a Cure
Calvert High School Girls Volleyball - Ace Out Breast Cancer	Jonathan Alder High School - T-shirt sales	Watkins Memorial High School Girls Basketball - Shoot for the Cure
Centerburg High School Football Touchdown Club	Kenton Ridge High School Cheerleaders	Westside Dolphins Youth Football - Pink Out Game
Central Crossing High School Football - Pink Out Game	Keystone Middle School Girls Softball - Strike Out Cancer	Westerville Central High School Football
Columbus School for Girls Program for Young Children and Lower School	New Albany High School Key Club - Smashing Out Cancer Football Game	Westerville Central High School Girls Volleyball - Volley for the Cure
Fairlawn High School FCCLA, Family Career and Community Leaders of America	New Albany Plain Local Middle School - Day of Pink	Worthington Kilbourne High School Girls Field Hockey - Stick it to Cancer
Franklin Heights High School - 5K Race for Breast Cancer Awareness	New Philadelphia School National Junior Honors Society	

The Spielman Fund is grateful for our 2018 Step Up for Stefanie's Champions Event Sponsors



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Bartha is a proud supporter of Step Up For Stefanie's Champions.

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The James



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Save the date
and join us!

step up for
Stefanie's CHAMPIONS

4-MILE OR 1-MILE WALK/RUN

Saturday, June 8, 2019

Join Chris Spielman and the Spielman family for the 4th walk/run celebrating the champions in the lives of cancer survivors!

Location: Stefanie Spielman Comprehensive Breast Center

Register today by visiting
go.osu.edu/stepup