What more can you do?
Your continued participation is very valuable. With your help we can continue to find the clues to prevent cancer, heart disease, and other health problems. Please fill out the next questionnaire that should arrive in the mail within the next couple of months. Thank you for your help.

Establishment of the Community Research Review Committee

The Johns Hopkins Research Center has established a community advisory group to review genetic research protocols that involve participants from the community, and promote community awareness of the importance of our research in improving the health of individuals. Although all of our research must have prior approval from one of the institutional review boards of Johns Hopkins University, we would like to know whether a committee composed of a group of Washington County residents also agrees that the proposed research is useful and ethical. The Review Committee is composed of a representative from the following community organizations: Washington County Health Department Advisory Committee, Community Action Council, Washington County Bar Association, Washington County Medical Society, American Cancer Society, Washington County Mental Health Association, Y-Me of the Cumberland Valley, Washington County Health Systems and the Washington County Council of Churches. The committee has met twice and we are planning our next meeting later this winter.

John R. Marsh Cancer Center Seeks Volunteers for STAR Breast Cancer Prevention Study

The John R. Marsh Cancer Center is participating with Johns Hopkins STAR, the Study of Tamoxifen and Raloxifene. STAR is the second major breast cancer prevention study sponsored by the National Cancer Institute (NCI). It is the first research study being done to compare tamoxifen, a drug proven to reduce the chance of developing breast cancer, with raloxifene, another drug that holds promise for breast cancer prevention. STAR is being done throughout the United States and Canada and has enrolled over 14,300 women since the study began July 1999. This number is 65% of the 22,000 participant number goal. The drug tamoxifen was proven in the first Breast Cancer Prevention Trial sponsored by the NCI to reduce breast cancer incidence by 49% in women at an increased risk for the disease compared to a placebo. In October 1998, the Food and Drug Administration (FDA) approved raloxifene to reduce breast cancer risk in women at an increased risk for the disease. Raloxifene is approved by the FDA to prevent osteoporosis.

To be eligible for the STAR Trial, a woman needs to be 35 years of age or older, postmenopausal and have an increased risk for breast cancer. An increased risk for breast cancer is determined by many factors including age, family history of the disease and personal medical history. For example, women who have a strong family history of breast cancer or have had a breast biopsy that has shown atypical hyperplasia or lobular carcinoma in situ (LCIS) are at an increased risk. The trial is limited to postmenopausal women because raloxifene has not been tested in premenopausal women. Only a few medicines or hormones that may lower the risk of getting breast cancer.

We have an ongoing study to find out why some women who have had a benign breast biopsy may go on to develop breast cancer, while others don’t. We are hoping to learn what we can do to prevent breast cancer.
What are the signs of diabetes? 

- Frequent urination
- Excessive thirst
- Unusual weight loss
- Drowsiness
- Fatigue
- Thirsty
- Polyuria
- Polydipsia
- Polyphagia

How to prevent diabetes? 

1. Maintain a healthy weight.
2. Exercise regularly.
3. Eat a healthy diet.
4. Avoid smoking.
5. Limit alcohol consumption.

Diabetes treatment options include:

- Oral medications
- Insulin injections
- Lifestyle changes

Important: Early detection and management are crucial for preventing complications and maintaining a healthy lifestyle. Regular check-ups and blood glucose monitoring are essential for managing diabetes effectively.