

## Why is it called the Periwinkle Press?

The Madagascar periwinkle, or rosy periwinkle, is a flowering shrub. Medical interest in the plant began in the 1950's when researchers who heard of a periwinkle tea from Jamaica began to study the plant. They discovered that the plant contains two anticancer alkaloids that inhibit the growth of tumors. The plant also has other medicinal properties that can decrease blood sugar or reduce blood pressure.



Of course the plant was being used to treat a wide variety of symptoms long before modern medicine discovered periwinkle's cancer-fighting abilities. In India they treated wasp stings with the juice from the leaves. In Hawaii they used an extract of the boiled plant to stop bleeding. It was used in Central and South America as a gargle to soothe sore throats, and in Cuba, Puerto Rico, Jamaica and other Caribbean Islands, an extract of the flowers was used as an eyewash. Folk medicine in the Philippines used the plant as a remedy for diabetes. It was the use of periwinkle to treat diabetes that led modern medical researchers to focus on the plant's properties. Vincristine, used as a treatment for Hodgkin's disease, and Vinblastine, used to treat childhood leukemia, are two of the most important medical compounds found in plants in the last 40 years. And that's why we just had to name our newsletter after such a helpful little plant!

### Cancer Society Directors 2008-2009

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### Thoughts to Ponder

Volunteering is the ultimate exercise in democracy. You vote in elections once a year but when you volunteer, you vote everyday about the kind of community you want to live in.

Author unknown.



### Vicki on the Road

As part of the many activities for Cancer Awareness Month Vicki Anderson, Project Coordinator, participated in 15 presentations from East End to West Bay. As a result of her heroic efforts, the Cancer Society and Lions Club were able to distribute record numbers of cancer screening test vouchers. Thanks to this joint educational outreach effort, many women received these life-saving tests.



The Lions Club focuses their efforts on Breast Cancer Awareness in October of every year, however, the Cancer Society's mammogram voucher program is one of the programs we provide year-round. If you know someone who is uninsured or under-insured, please let them know we are here to help. Providing these tests is expensive but it's worth it to us because it saves lives. If you'd like to help us, help others, make your donation today!





The Cancer Society is elated to have new volunteers  
 Monica Watler & Samantha Philander.  
 Monica, who is married to a Caymanian, is originally from Miami. She assists every Tuesday morning.  
 Samantha (photo at left) is from Guyana, South America and offered her services every day  
 until the end of October while she was here on vacation.

*And let's not forget Carolyn Bathgate, from Ohio –USA who lives here with her husband.  
 She offers her services three times a week.*



### **Birthday Greetings**

In October, The Cancer Society proudly celebrated the birthdays of two staff members-Pat Bain and Victoria Anderson. No, they aren't twins. Pat's birthday is October 9th and Vicki's is October 5th. A party was thrown by their workmates and friends on Friday October 7th at 1:30 pm at the office. There were eight persons in attendance at this special lunch; Birthday girls-Pat and Vicki of course, Milena Conolly, Alex Stewart, Carolyn Bathgate, Amica Scott -Samuels, Jennifer Weber and Samantha Philander. Everyone had a great time. There was music, plenty to eat and drink, and lots of laughter and smiles. Happy belated birthday girls!

### **WANT TO QUIT SMOKING?**

**Call us at 949-7618 or email us at [info@cics.ky](mailto:info@cics.ky) and give us your contact details.  
 You will be the first to know once our Smoking Cessation Classes are launched!**

### **Upcoming Events**

#### MOvember

Participants attended the MO'pening CereMOny clean-shaven on Tuesday, November 1st and will be returning for the MOSquerade Ball at MORGaritaville on Saturday, November 26th to show off their MOustaches! In between all the growing, men are invited to attend an education night on November 17th at 7:30pm. A medical guest speaker will provide information about prostate cancer and free blood test screenings will be taken. Don't miss it guys! Go to [www.movember.ky](http://www.movember.ky) for more information.

#### Christmas Cards

Cancer Society Christmas cards are now available at our office on Maple Road. Stop by to get yours today! \$12 for 12. Artists include: Marley Trench (age 4), Charli Foster (age 3), and Saskia Drake (age 7 ½)

#### Marathon

The Cayman Islands Marathon 2011 is taking place on Sunday, December 4th. Proceeds from the race go to support the Cancer Society and the Cayman Islands Cadet Corps. More information about the race as well as registration forms are available at [www.caymanislandsmarathon.com](http://www.caymanislandsmarathon.com)

#### Bingo Night

Our next Cancer Society Bingo Night will be held on Wednesday, December 7 at Margaritaville. Come out and join us!

#### Stride

Our biggest annual fundraiser is coming soon! Stride Against Cancer 2012 will be held on Sunday, January 29th. Please contact the Cancer Society for more details if you'd like to be a corporate sponsor.

#### Heart Fund Gala

The Cayman Heart Fund will be presenting its annual Red Dress Valentine's Gala on February 10th. For more information contact the Cayman Heart Fund at 345-325-2243

## Medical Symposium and Health Fair

In September the Cancer Society was pleased to host two events promoting Cancer Awareness, Prevention & Treatment:

- A Medical Symposium on Friday 9<sup>th</sup> September from 5:30 to 9:00pm at St. Matthew's University in George Town.
- A Day of Awareness and Education Health Fair on Saturday, September 10<sup>th</sup>, 2011 from 8:30am to 2pm at the Marriott Beach Resort Grand Cayman.

The medical symposium began with a reception followed by presentations on a number of cancers. Baptist Health International's Dr. Troy Gatcliffe, Johns Hopkins' Dr. Linda Lee, ORNOA's Dr. Abner Landry & Dr. Carlos Suarez and the University of Miami's Dr. Lynn Feun gave the presentations, which were considered interesting and very informative by those in attendance. The Honourable J. Mark Scotland, Minister for Health, Environment, Youth, Sports & Culture, was in attendance and gave the welcoming remarks. The concluding Vote of Thanks was done by Dr. Sook Yin. Approximately 200 medical students and professionals were able to attend.

At the Health Fair, on September 10<sup>th</sup>, attendees had the opportunity to speak one-on-one with professionals who answered their questions about cancer prevention and treatment. In addition, medical students from St. Matthew's University conducted health exams: Cholesterol & blood glucose tests, Body Mass Index tests (B.M.I.), hypertension tests etc. These results were then interpreted by local doctors. There were also a number of booths showcasing local organizations and companies. The booths contributed to the theme of cancer prevention by showcasing healthy food, fruit juices and books on healthy lifestyles. For a complete list of the booths represented at the Health Fair, please see the back page of this newsletter.

Presentations were also scheduled during the Health fair in two different rooms on a variety of types of cancer. Each presentation lasted 25 minutes. The doctors presenting at the Health Fair were:

- |                 |                |                 |
|-----------------|----------------|-----------------|
| • Dr. Barroso   | • Dr. Lee      | • Dr. Suarez    |
| • Dr. Feun      | • Dr. Ostroski | • Dr. Turnquest |
| • Dr. Gatcliffe | • Dr. Ritvo    |                 |
| • Dr. Landry    | • Dr. Savanaj  |                 |

Qualifying patients were able to pick up free PAP smear screening and mammogram vouchers from the Cancer Society's booths.

The Health Fair was officially declared opened with a ribbon-cutting ceremony which was done by the Honourable J. Mark Scotland, JP, Minister for Health, Environment, Youth, Sports & Culture, and Ana Bassil, representative from Baptist International. The ribbon was held on one side by Sybil Mc Laughlin, National Hero & Patron of the Cancer Society, and on the other side by Cassianne Lawrence, Miss Cayman contestant.



Cassianne Lawrence, Miss Cayman contestant was voted Miss Congeniality & Miss Photogenic. Thanks for representing us so well, Cassianne!



The Honourable Mark Scotland also proclaimed September 10, 2011 to be Cancer Awareness Day.



Sponsors and speakers at the Medical Symposium.





## Charity Matters

Since the last edition of the Periwinkle Press, many things have happened and I am immensely proud of the work our staff, Directors, volunteers, community partners and sponsors have done to make a difference in the community.

**In June** we hosted the annual survivors dinner to a crowd of grateful people who were all very happy to be celebrating another year of life! Our youngest survivor Miss Charli Foster lit up the room with her smile and reminded us all that there is life after cancer.

**In July** our beloved Project Coordinator Victoria Anderson had a health scare that led to surgery but we are happy to report she bounced back from the ordeal better than ever. Her stress laden experience helped us better understand the difficulties our patients face as they navigate the complicated insurance and health care systems.

**In August**, we planned and prepared for the September 9th Continuing Medical Education seminar for all the allied health professionals on the island. Over 200 people showed up to hear our invited specialists present the latest findings and treatments on cancer. September 10, we welcomed the public to join us for a free health fair at the Marriott. In spite of the rain, an estimated 500 people attended the event where the Minister of Health, Mark Scotland presented an official government proclamation declaring “Cancer Awareness Day” in Cayman. Thanks to participation from exhibitors, and healthcare partners, we were able to provide everything from information on healthy eating and exercise, to health screenings and topical physician presentations. Many of the attendees qualified to receive free vouchers for mammograms, pap tests and PSA tests which they would not have been able to afford without our assistance.

**September** was gynecological awareness month so we provided more vouchers than usual as women came through our doors asking for help. We also celebrated a very happy gynecological event when we learned our regular office volunteer Carolyn is expecting a baby!

**October** was breast cancer awareness month and we saw PINK everywhere we looked thanks to the many community organizations and companies that pitched in to help raise awareness and funds in a variety of ways. Midway through the month, Society veteran employee “Miss Pat” had eye surgery. Although we wondered if she would return to the office as “Pat the Pirate” with a patch on her eye, she breezed through her surgery and came back to the office with enhanced vision. We hoped this new clarity would cause her to better see the stunning beauty of her co-workers but to date, she hasn’t mentioned it. She must still be recovering...

Enjoy this issue of our newsletter and know that your support of the society makes it possible for us to help real people every day. Since the last issue was produced we have seen a dramatic increase in the number of people who are coming to us for vouchers, tests and direct financial assistance for treatment expenses. The need is great! Please continue helping us, help others, whenever you can! —Jen

**If you would like a No Smoking Sign for your business or office, stop by the Cancer Society’s office on Maple Road to pick up a sign.**



Are you interested in a **FREE** cancer education seminar for your business, group or organization?

**We are happy to help!**

Seminars we currently have available are:

**Cancer Prevention**  
**Colorectal Cancer**  
**Breast Cancer**

**GI Cancer**  
**Tobacco/Lung Cancer**  
**Skin Cancer and Sun Safety**

**Prostate and Testicular Cancers**  
**Gynaecological and Female Cancers**

For more information or to book your seminar please contact Victoria Anderson.

345-949-7618  
victoria@cics.ky

## Calendar of Cancers:

March: Colon Cancer  
April: Gastrointestinal Cancer  
May: Lung Cancer  
June: Skin Cancer  
July: Skin Cancer  
September: Female Cancers  
October: Breast Cancer  
November: Prostate Cancer

**Book your FREE seminar today!**

### SHOW YOUR SUPPORT TODAY

Cancer Society logo magnetic car decals are now available.  
Make a donation of \$2 or more and get a magnet.



The Cancer Society supported The Lions Club of Tropical Gardens in their efforts to promote public awareness of Breast Cancer for the month of October. In keeping with the Breast Cancer color theme (Pink), Margeta Facey-Clarke stopped by our office one day decked out in her pink and white outfit and all smiles.



### *Leave your Legacy*

The Cancer Society gratefully acknowledges the kindness of Ingrid Pennelli who remembered the Society in her will. Charitable planned gifts like this can be made by anyone, for any amount, by just adding your intention, in writing, to your will. All gifts help us help people in Cayman.

### “Life is an Art; You are the Artist” Cancer Survivor Dinner

Cancer survivors shared their experiences, as well as their laughter and artwork, at a June dinner organized by the Cancer Society. Over 130 people, mostly cancer survivors, attended the free, annual dinner at the Marriott, where the theme was “Life is an Art, You are the Artist”. Although many of the guests had never met each other previously, they all had something in common—they all fought cancer and won. Organizers described the event as an “opportunity to honor and celebrate those that have battled cancer”. Participants were encouraged to create their own artwork (Art from the Heart) on blank paper frames that were scattered on tables, and guests also milled around the room to find missing pieces of a famous artwork puzzles they were given at the beginning of the evening. Occupying a place of dignity at the front of the



room was a table with a white tablecloth and an empty chair. On the table were a flower in a pink-ribboned vase, an empty water glass, a candle and a plate with a slice of lemon and some salt. This stood to symbolize those unable to attend due to their personal loss to cancer. At the end of the

evening, cancer survivor Mittre Rankin won a diamond and rose gold pendant necklace when her ticket was pulled from the box by youngest cancer survivor Charli Foster, age 3 (photo at left). Debbie Chase van der Bol, Karen Coles and David Bridgeman created artworks as gifts, while Diamonds International donated 100 charm bracelets and a diamond pendant necklace. Photographs of all the survivors and guests were taken as they entered the dinner by Miguel Escalante and Richard Marshall of Photo Plus provided picture frames.

Many thanks to all who helped make the evening so special.

### HELP NEEDED

We're always looking for volunteers! If you're interested in helping at events, helping with presentations to the community, assisting with community events like the Cayman Islands Marathon or Sea Swim, or helping with other miscellaneous projects, please contact Vicki at [victoria@cics.ky](mailto:victoria@cics.ky)

## Giveaway Items in exchange for donations

Monkeys were donated for the Health Fair held at Marriott Hotel on the 10th September, 2011. They brought in \$110. They were donated by Rich Mento from Cayman Electrical Supply Ltd..

Special Thanks to Rich Mento – your trash became our treasure !!!!



*A Funny Office Moment...*

"Jen, there's a man on the phone who has a bag of little monkeys. Do you want them?"  
-Miss Pat



## Eat More of these Cancer Fighting Foods

Tomatoes	Guava
Oranges	Strawberries
Lemon & Lime	Spinach
Red Grapefruit	Papaya
Blood Oranges	Pineapple
Broccoli	Pumpkin
Watermelon	Apricots
Raspberries	Kiwi
Cauliflower	Carrots
Cantaloupe	Mango
Blueberries	Chili Peppers
Brussels Sprouts	Ginger Root

Also, these vitamins may help reduce your risk of developing cancer:

- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Vitamin E



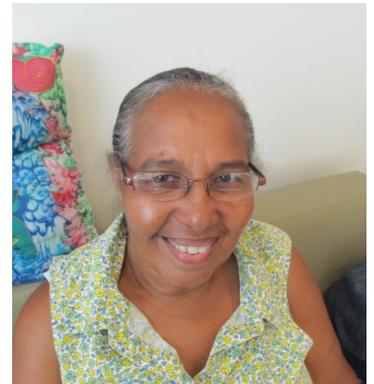
## An original poem by Survivor Roxie Marie Smith

When problems seems impossible  
And we can't face another day,  
The Lord extends his helping hand  
And shows us "He" can make  
away!

Let me forget the hurt and pain  
Found along life's days  
Let me remember kindness  
Given day by day.

A true friend helps us keep going  
When we feel like giving up.

I would like to say sincere Thank You!!  
To the people whose hearts are touched  
Who make it possible through caring people of the Cancer  
Society.  
Thank God! And Thank you all so very much!!



Poet, Miss Roxie Marie Smith

## Did you know...

Caribbean men develop prostate cancer more often than other populations? And they present 10 years earlier.

## Hey Guys!

Don't miss the information night hosted by The Lions Club of Tropical Gardens on November 17th at 7:00pm at the Lions Centre. Refreshments will be provided.



Milena Conolly (Cancer Registrar), Betty Ann Duty (CICS Board Chair), and Jennifer Weber (Operations Manager) all enjoyed a night of glitz and glam at the Breast Cancer Gala, October 15, 2011 at the Ritz Carlton.

## Hello Ben!

The Cancer Society received a USD\$100 bill from an anonymous donor in a donation can.



Would you like to participate in a 6-week cancer survivor support group? The group will meet on the 1st Thursday of each month from 12 to 1:30 pm. Drinks provided. Bring a lunch if you like. Contact Alexandra Stewart for more information: 925-4804 [alexstewart@candw.ky](mailto:alexstewart@candw.ky)



A group of Brownies at Bodden Town Primary School did their part for Breast Cancer Awareness month by having a bake sale fundraiser. How sweet!

If you or someone you know has had cancer, please visit the [cics.ky](http://cics.ky) website. Click on the Cancer Registry tab then download the registry form.

## *Thank You to Our Health Fair Sponsors & Exhibitors*



- SPONSORS**
- ◆ BAPTIST HEALTH INTERNATIONAL
  - ◆ JOHNS HOPKINS
  - ◆ ORNOA
  - ◆ UNIVERSITY OF MIAMI MILLER SCHOOL OF MEDICINE
  - ◆ MARRIOTT BEACH RESORT



### **EXHIBITORS**

- |  |  |
|--|--|
| ◆ A CRAZY IDEA                             | ◆ CHRISSIE TOMLINSON MEMORIAL HOSPITAL   |
| ◆ AMERICAN BREAST CARE                     | ◆ DEAN HEYNE NTS                         |
| ◆ THE BRASSERIE                            | ◆ EVA RITVO MD, AUTHOR                   |
| ◆ BREAST CANCER FOUNDATION                 | ◆ FULL OF BEANS                          |
| ◆ CAYMAN FIRST INSURANCE COMPANY LTD       | ◆ FOSTER'S FOOD FAIR                     |
| ◆ CAYMAN HEART FUND                        | ◆ HEALTH SERVICES AUTHORITY              |
| ◆ CAYMAN HOSPICECARE                       | ◆ KIRK'S SUPERMARKET                     |
| ◆ CAYMAN ISLANDS CANCER REGISTRY           | ◆ LIONS CLUB OF GRAND CAYMAN             |
| ◆ CAYMAN ISLANDS CANCER SOCIETY            | ◆ LIONS CLUB OF TROPICAL GARDENS         |
| ◆ CAYMAN ISLANDS DIABETES CHARITABLE TRUST | ◆ ROOTS DELIGHT                          |
| ◆ CAYMAN ISLANDS TRIATHLON ASSOCIATION     | ◆ SAGICOR LIFE OF THE CAYMAN ISLANDS LTD |
| ◆ CAYMAN PHARMACISTS' ASSOCIATION          |  |

## **The Cancer Registry: Part Two**

### **Who provides the CICR with data?**

Collect and process relevant data from all health institutions, laboratories and medical practitioners in both the public and private sectors. Persons may inform the CICR of their cancer and with their permission the CICR can contact their medical facility for further medical information. The CICR will be collecting data from as many sources as possible and will be requesting the data be provided within six months after diagnosis and the follow-up.

### **Who has access to CICR data?**

Only the Cancer Registrar has full access to the CICR data. Researchers must apply in writing to the CICR seeking permission to access and utilize the CICR data. Specifics on the use and purpose of the data collected must be included in the request. All data released from the CICR will be in aggregate format. No information that may identify a patient will be released to unauthorized persons.