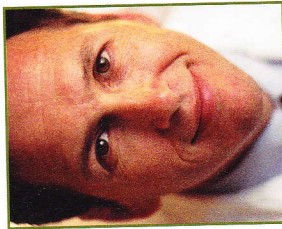


the drug acted as a sort of natural glue, binding as well.

JAMA study shows surgery reduces risk for ovarian and fallopian-tube cancers

by Pat Kramer

Women who face an inherited, high risk of ovarian cancer now have some much-needed confidence when deciding how best to protect their health, thanks to a research team that includes City of Hope scientists.



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Jeffrey Weitzel

Surgical removal of the ovaries and fallopian tubes, called salpingo-oophorectomy, can reduce the chance of ovarian and related cancers by as much as 80 percent in women at high risk for the malignancies, according to the team's

findings, which were recently reported in the *Journal of the American Medical Association*.

Many women who carry mutations in genes called BRCA1 and BRCA2 eventually develop breast and ovarian cancer, so physicians have offered them mastectomy and salpingo-oophorectomy as preventive options. Researchers, though, have done few substantial studies to discover just how effective these procedures

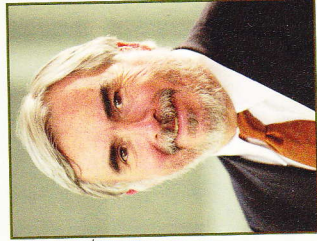
See **JAMA** page 2

City of Hope study

No ifs, ands or butts — smoke-free campus works

by Mark Wheeler

Establishing a smoke-free workplace may help smokers light up fewer cigarettes or even quit the habit altogether, according to a recent study by City of Hope researchers.



Kaminsky Productions

Frederic W. Grannis

City of Hope banned smoking on campus in 1989, and research findings on the campus employees' attitudes toward the ban — published in the July issue of the *Journal of the National Cancer Center Network* — showed that virtually all who responded to the survey, including smokers, supported a smoke-free campus.

Researchers surveyed nearly 2,787 employees on the Duarte campus, and of the 1,356 who responded, smokers and now-former smokers reported puffing 2.4 fewer cigarettes on workdays than on days off.

More than 61 percent of respondents believed that the smoke-free campus reduced their cigarette consumption, and 42 percent quit smoking altogether while employed at

See **Cigarettes** page 2

Take a Walk

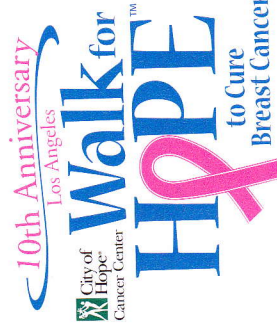
Walk for Hope Los Angeles takes place at City of Hope on Oct. 8. Registration opens at 7 a.m. and the Walk begins at 8:45 a.m.

Preregistration has ended, but participants can still register on site the day of the event.

Registration is \$30 for adults and \$20 for children under 12.

For more information on the 10th anniversary event, go to

www.walk4hope.org



JAMA: Women who undergo preventive surgery are significantly less likely to develop cancers

Continued from page 1

are in preventing cancer; this study is the largest so far.

"BRCA1 and BRCA2 are the most common causes of hereditary breast and ovarian cancer. If a woman carries a BRCA mutation, her breast cancer risk is 50 to 80 percent, often at an early age of onset, and her ovarian cancer risk is 15 to 60 percent over her lifetime," said Jeffrey Weitzel, M.D., director of City of Hope's

Department of Clinical Cancer Genetics and one of the study authors. He has spent more than a decade studying BRCA1 and BRCA2.

From 1992 to 2003, a consortium of international researchers, including Weitzel, studied 1,828 women with an abnormal BRCA1 and BRCA2 gene. They compared women who had salpingo-oophorectomy to those who did not.

Over time, the researchers found that women who underwent the preventive surgery were

significantly less likely to develop cancers of the ovaries and fallopian tubes.

Researchers recommended in the July 12 study that women undergo the procedure after finishing childbearing or by age 35 to get the most benefit. Through laparoscopy, Weitzel said, this surgery can be done with only an overnight hospital stay and about a two-week recovery.

When given the facts and risks of not having surgery, he said, most carriers of mutated BRCA choose oophorectomy. "By and large, we have not seen a significant change in the quality of life after the salpingo-oophorectomy, as compared to studies looking at the after effects of a mastectomy," he said.

ovarian cancers, as well as the clinical implications of ethnicity on women's cancers.

- **Thoracic Oncology: Current Methods of Evaluation and Successful Management**, on Dec. 2. This conference will address issues in current and emerging therapies for mesothelioma and lung and esophageal cancers.

Robert Morgan, M.D., CME director, called 2006 "exceptional" for its CME offerings.

"Although there is a decrease in external funding, we have been successful. The quality and content of our CME offerings continue to expand and improve each year," Morgan said.

"We are very pleased that our physicians and scientists, as well as external experts, are eager to participate," he added. "I welcome and encourage all health-care professionals to take advantage of these educational opportunities."

For more information go to www.cityofhope.org/CME.

Conferences offer lots to learn

by Hourii Yeghiayan

City of Hope Continuing Medical Education (CME) kicked off its fall season with the Gastrointestinal Neoplasia Conference on Sept. 8 at Rancho Bernardo Inn in San Diego, and organizers are enthusiastic about attendees' reactions to the presentations.

"Our fall educational offerings are among our best yet," said Jean Kagan, CME manager. "I am very excited about the response rate to date — it is very encouraging."

Among the upcoming CME events:

- **Update 2006: Management of Central Nervous Tumors**, on Oct. 21. This conference will bring together a group of multidisciplinary experts to discuss and critique such topics as oligodendrogliomas, TomoTherapy and minimally invasive approaches to skull-based tumors.

- **Sixth Annual Women's Cancer Conference: Updates and Controversies**, on Nov. 3 to 5 in Las Vegas. This three-day conference at the Bellagio will highlight breast, lung and

ovarian cancers, as well as the clinical implications of ethnicity on women's cancers.

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Weitzel established the registry for genetic cancer risk assessment at City of Hope when he arrived in 1996. His Clinical Cancer Genetics research team focuses on understanding the needs of people at high cancer risk — including everything from how surgery and medication alter disease risk to how to preserve quality of life for cancer patients.

While it has been more than a decade since researchers identified the BRCA genes and first understood the role they play in cancer risk, Weitzel said, more work is still needed to ensure that this genetic information is used responsibly and in the right circumstances, and to find ways to reduce risk without surgery.

For more information about cancer screening and prevention, please call Weitzel in the Department of Clinical Cancer Genetics: 626-256-HOPE, ext. 64324.