

Congressional Families Cancer Prevention Program®

of the Prevent Cancer Foundation®



SPRING/
SUMMER
2022

ACTIONS

WWW.CONGRESSIONALFAMILIES.ORG



L to R: Prevent Cancer Foundation Founder Carolyn "Bo" Aldigé, Congressional Families Program Executive Director Lisa McGovern (Mass.), House Speaker Nancy Pelosi (Calif.) and Sen. Angus King (Maine)



Congressional Club President Charles Capito (W. Va.) and Congressional Club Liaison Patti Garamendi (Calif.)

CONGRESSIONAL FAMILIES PROGRAM CELEBRATES 30 YEARS

On December 8, 2021, the Congressional Families Cancer Prevention Program® celebrated its 30th anniversary with a bipartisan, bicameral reception at the Library of Congress in Washington, featuring a toast from **Speaker of the House Nancy Pelosi** to honor the Program.

The event brought together members of Congress and their spouses, as well as leaders in the cancer prevention community, to recognize our decades of bipartisan work to educate the public about early detection and cancer prevention. The Program was founded in 1991 as a partnership between the Congressional Club, led by then-congressional spouse **Rep. Doris Matsui**, and the Prevent Cancer Foundation®.

"Thirty years ago, congressional spouses sought a unifying issue and service opportunity, and cancer is one issue that knows no political party," said **Carolyn "Bo" Aldigé**, founder of the Prevent Cancer Foundation. "Today, this remains a unique program in its bipartisanship and the work being done by both congressional members and spouses to educate the public about cancer prevention and early detection."

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Rep. Doris Matsui (Calif.) and Carolyn "Bo" Aldigé



CONGRESSIONAL FAMILIES
CANCER PREVENTION PROGRAM®
of the Prevent Cancer Foundation®

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LETTER FROM THE EXECUTIVE DIRECTOR

Dear Congressional spouses and friends,

I hope you and your loved ones are enjoying a happy and healthy spring. This season is a time of renewal, rejuvenation and hope for what's to come.

Earlier this year, President Biden announced the Cancer Moonshot—originally launched in 2016—would be reignited. The Moonshot's goals include reducing the death rate from cancer by at least 50% over the next 25 years and improving the experiences of those living with and surviving cancer and their loved ones—with the ultimate objective of ending cancer as we know it.

President Biden and First Lady Jill Biden also released a call to action for cancer screenings to jumpstart progress on screenings that were missed during COVID-19 and ensure everyone in the United States equitably benefits from the tools we have to prevent, detect and diagnose cancer.

As we know from a series of surveys done by the Prevent Cancer Foundation, Americans continue to miss and postpone routine cancer screenings during the pandemic; this call to action will be instrumental in getting Americans back to their health care providers and helping achieve the goals of the Moonshot.

These goals are achievable. We've made measurable progress over the past few decades, and people are surviving cancer and living longer after cancer diagnoses. And there are promising new technologies on the horizon that we are closely watching, including Multi-Cancer Early Detection (MCED) tests; learn more about them on page 3.

It will take a continued bipartisan effort to reach these goals, and this Program and our participants play an important role. You have a voice and a platform to reach millions of Americans. You save lives by spreading the message of cancer prevention and early detection, and we will continue to provide the tools to help you. Visit www.congressionalfamilies.org to learn ways you can connect with constituents, including op-eds and social media posts. And we invite you to reach out if you'd like to work with us one on one on more personalized content tailored for you and your community.

Warmly,

Lisa McGovern, Executive Director

UPCOMING EVENTS

SEPTEMBER 15, 2022

Australia *Bounding Ahead*

Prevent Cancer Foundation
28th Annual Gala

National Building Museum
Washington, D.C.

The 2022 Prevent Cancer Gala will be held under the gracious patronage of His Excellency, the Ambassador of Australia, Arthur Sinodinos AO and Mrs. Elizabeth Sinodinos.

preventcancer.org/gala

SEPTEMBER 21, 2022

29th Annual Action for Cancer Awareness Awards Luncheon

Cannon Caucus Room
Washington, D.C.

11:30 a.m. Reception
12:00 p.m. Luncheon

Congressional Members and spouses are invited to attend the Annual Action for Cancer Awareness Awards Luncheon, which honors individuals in the following categories: Congressional Families Leadership, Distinguished Service in Journalism/Media, and Excellence in Cancer Awareness.

congressionalfamilies.org

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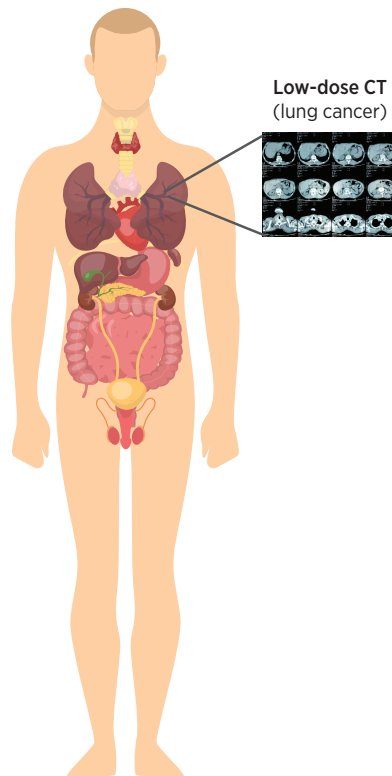
MULTI-CANCER EARLY DETECTION TESTING – A NEW WAY TO DETECT CANCER EARLY

When it comes to cancer, we need time on our side. Finding cancer early leads to more effective, efficient treatment and a better quality of life for patients and their loved ones. Today, routine screening is available for only five types of cancer (breast, cervical, colorectal, lung and prostate), which leaves the vast majority of cancers without available screening tests. But [when cancer is detected early](#), nine of every 10 cancer patients will live five years or longer.

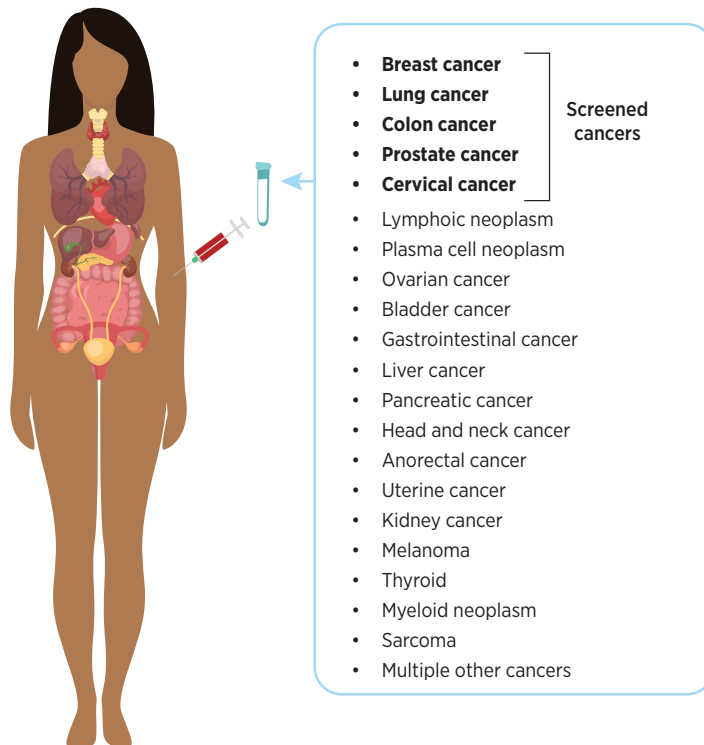
Enter multi-cancer early detection (MCED) tests—blood-based screening tests (also called liquid biopsies) that are designed to identify the presence of cancer for more than one cancer at a time at the earliest possible stages, before noticeable symptoms occur. These tests are designed to detect many types of cancers by looking for cancer signals in the blood. They are intended to complement existing screenings and extend the benefits of early detection to detect more cancers in early, more treatable stages. At this point, certain MCED tests are certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) and are commercially available but not yet approved by the Food and Drug Administration (FDA).

Currently, MCED tests are not covered by insurance. The Prevent Cancer Foundation and more than 400 advocacy organizations and cancer centers are [calling on Congress](#) to ensure seniors with Medicare have access to multi-cancer screening tests once they are approved by the FDA. Under current law, Medicare coverage of preventive services is limited to tests for which Congress has explicitly authorized coverage. Private insurers cover screening tests that receive an “A” or “B” recommendation from the U.S. Preventive Services Task Force (USPSTF). In the absence of congressional action, it could take several years after FDA approval before Medicare beneficiaries can receive coverage for MCED tests.

“One test-one cancer” approach



“One test-many cancers” approach



WHAT IS THE MEDICARE MULTI-CANCER EARLY DETECTION SCREENING COVERAGE ACT OF 2021?

In March 2021, **Rep. Terri Sewell** (Ala.) and her bipartisan colleagues introduced the [Medicare Multi-Cancer Early Detection Screening Coverage Act of 2021](#) (H.R. 1946). Its companion in the Senate (S. 1873) was introduced on May 27, 2021. If passed, this bill will remove barriers to innovative multi-cancer screening technologies for America’s seniors. This bipartisan legislation, which as of this writing, has 113 Democrat and 86 Republican cosponsors for the House bill and 20 Democrats, 18 Republicans and 1 Independent for the Senate Bill, recognizes emerging advances in our nation’s fight against cancer by ensuring Medicare can make a coverage decision for new, innovative tests that can detect multiple types of cancer before symptoms develop.

Learn more about multi-cancer early detection at www.preventcancer.org/early.

CONGRESSIONAL FAMILIES PROGRAM CELEBRATES 30 YEARS

(continued from page one)

Highlights of the event included remarks from **Mrs. McGovern**, **Rep. Matsui** and **Ms. Aldigé** on the history and legacy of the Program. Congressional Club President **Charles Capito** and Congressional Families Program Congressional Club Liaison and the 2021 Congressional Club First Lady's Luncheon Chair **Patricia Garamendi (CA)** announced that First Lady's Luncheon selected the Congressional Families Program as a beneficiary of the Luncheon, which will help fund a 2022 research grant. Former Program executive director **Tamra Bentsen** (Texas) attended the event and the Program's first director, **Linda Bachus**, sent congratulatory greetings from Alabama.

More than 30 congressional spouses and more than 25 Senators and Members of Congress attended. (More than 75 Members had accepted the invitation, demonstrating the broad support for this program, but were unable to attend due to a two-hour series of five-minute votes.) Program members and former Action for Cancer Awareness Award honorees received



L to R: Rep. Antonio and Lacey Delgado (N.Y.), Matt Gatton (N.M.) and Lisa McGovern

commemorative lapel pins to mark the 30-year milestone and honor their contributions.

Given that the Annual Action for Cancer Awareness Awards luncheon was not held in 2021 (and was held virtually in 2020) due to the COVID-19 pandemic, the reception offered a welcome opportunity for this bipartisan group to reunite and celebrate the Program's mission and achievements.

We look forward to coming together again at the **29th Annual Action for Cancer Awareness Awards on Wednesday, September 21, 2022.**



L to R: Brenda Fleischmann (Tenn.), Martha Hill (Ark.) and Caroline Aderholt (Ala.)

Inset: Sen. Roger and Laina Marshall (Kan.)



In Memoriam:
Prevent Cancer
Foundation
Board Member
The Honorable
Vic Fazio

The Congressional Families Cancer Prevention Program and the Prevent Cancer Foundation are deeply saddened by the loss of former Congressman Victor "Vic" Fazio (CA), who died on March 16 of melanoma. Former Rep. Fazio served on the Foundation's board of directors since 2015, transitioning to sustaining director in 2022. His unwavering support, kindness and belief in our vision of a world where no one dies of cancer will be remembered not only by the Foundation, but by all who knew him on Capitol Hill and beyond.

The former representative, who served the Sacramento, California, area from 1979 to 1999, was a steadfast supporter of community, civic and charitable activities. "The loss of Vic's daughter to cancer was the backdrop of his appreciation of the Foundation's mission and his dedication to helping save lives through prevention and early detection. The Foundation was blessed to call Vic a friend; he will be missed by all," said Prevent Cancer Foundation Founder Carolyn Aldigé.

OPINION: I DELAYED MY MAMMOGRAM DUE TO COVID. “I NEVER THOUGHT I’D GET CANCER.”

By Mary Himes, spouse of U.S. Rep. Jim Himes (Conn.)



A version of this op-ed was originally published in several Connecticut newspapers in February.

February is National Cancer Prevention Month. It is vitally important to pay attention to this. Why? Because you really do not want to get cancer. I know because last June I was diagnosed with Stage 2A breast cancer.

Like many women, I had delayed my mammogram for a few months because of COVID concerns. I never thought I’d get cancer. After all, I’m not that old (56 years old now) and I lead a healthy lifestyle. But cancer is wily, sometimes it affects people who are otherwise healthy, and it’s far too common. One in eight women in America gets breast cancer. And in Connecticut alone, an estimated 22,810 people will be diagnosed and 6,400 will die of cancer this year. These are scary numbers. The important thing to remember is that up to 50% of cancer diagnoses and about 50% of cancer deaths can be prevented! And early detection is a key part of the strategy to keep people healthy.

You could say I was lucky with that. One warm spring night in June, I woke up, shifted my body position, and felt a pea-sized lump in my left breast. It was a terrifying moment. The big C word loomed in front of me. I tried to pretend that I didn’t feel that lump. The temptation to deny its existence was huge. I went immediately to get that

delayed mammogram and it confirmed that the lump was Stage 2A breast cancer, a fairly early stage of cancer. The treatments I’ve been given, even for this early stage cancer, have been really hard on my body and soul. In my case, both have been irreparably changed by the chemo, immunotherapy, surgery and radiation. And the more advanced the cancer, the more challenging the treatments. It would have been much easier if I had found out earlier, if I’d gotten my mammogram on schedule.

In addition to screenings, vaccines can also prevent certain cancers. The human papillomavirus (HPV) vaccine can ultimately protect against at least six types of cancer and could prevent nearly all cervical cancer cases. It is recommended for girls and boys ages 9-12; teens and young adults up to age 26 can receive a catch-up series. Hepatitis B, which is a leading cause of liver cancer, can also be prevented with a vaccine. The vaccine is usually given at birth with the series completed at six to 18 months. Children up to age 18 and adults at high risk should also receive the vaccine if they have not already received it.

And finally, a healthy lifestyle goes a long way to reducing the likelihood that you’ll get cancer. According to the American Cancer Society, an estimated 18% of cancer cases and 16% of cancer deaths are attributable to the combined effects of excess body weight, alcohol consumption, physical inactivity and consuming an unhealthy diet. As a member of the bipartisan Prevent Cancer Foundation’s Congressional Families Cancer Prevention Program, I am sharing my personal story and highlighting this vital information to urge you to take preventative action. Make an appointment with your health care provider today to get your recommended cancer screenings and vaccinations against certain viruses. If you want to learn more, please visit www.preventcancer.org.

Statistics provided by the American Cancer Society.

INVITATION: SHARE YOUR STORY

Did you keep your appointment on the books during the COVID-19 pandemic and get a clean bill of health? Did a routine medical appointment or cancer screening lead to your diagnosis? We need everyone to prioritize getting these appointments Back on the Books, and your story may be what motivates others to do so!

To see a great example, visit bit.ly/3kHZYga to hear Rep. Nikema Williams’ (Ga.) powerful story about her family’s fight with colorectal cancer. Reach out to us at congressional.families@preventcancer.org if you have a story to share (as a blog or video).

THANK YOU FOR TAKING ACTION: OP-ED OUTREACH

Each month, the Congressional Families Program offers members and spouses the opportunity to submit op-eds about cancer prevention and early detection to their local media outlets. Op-eds can be personalized and tailored for local use. Thank you to the following members and spouses who have recently requested state-specific information to personalize their op-eds and share vital cancer prevention and early detection messages in their home communities:

- ▶ Bobbi Barrasso – Wyo.
- ▶ Vera Davis – Ill.
- ▶ Scott Fischbach – Minn.
- ▶ Patti Garamendi – Calif.
- ▶ Lorena Saenz Gonzalez – Texas
- ▶ Nicole Beus Harris – Md.
- ▶ Martha Hill – Ark.
- ▶ Mary Himes – Conn.
- ▶ Mikey Hoeven – N.D.
- ▶ LeeAnn Johnson – Ohio
- ▶ Mary McKinley – W. Va.
- ▶ Jane Mrvan – Ind.
- ▶ Rep. Nikema Williams – Ga.

Learn more about how you can educate the public about cancer prevention and early detection at www.congressionalfamilies.org.

CONGRESSIONAL FAMILIES PROGRAM MISSION AND HISTORY

The Congressional Families Cancer Prevention Program® is a bipartisan effort, founded in 1991, to increase the public's understanding of cancer prevention and early detection. Families of Senate, House, Cabinet, Supreme Court and the Diplomatic Corps are invited to work within their respective constituencies to educate the public. The Congressional Families Program offers educational events, materials and resources, enabling its members to bring the message of cancer prevention and early detection back to their communities.

www.congressionalfamilies.org



CONGRESSIONAL FAMILIES CANCER PREVENTION PROGRAM®

of the Prevent Cancer Foundation®

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WE'VE MOVED!

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Lisa McGovern, Assistant Editor

Congressional Families Cancer Prevention

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The Prevent Cancer Foundation® is one of the nation's leading health organizations and the only U.S. nonprofit focused solely on cancer prevention and early detection. Founded in 1985, it has elevated cancer prevention to prominence and fulfills its mission through research, education, outreach and advocacy across the country. Our public education programs have applied this scientific knowledge to inform the public about ways they can reduce their cancer risks.

www.preventcancer.org

Do you know of a member or spouse who might want more information about the Congressional Families Program? Contact Lisa McGovern at lisa.mcGovern@preventcancer.org.

POSTING WITH A PURPOSE: MAKING AN IMPACT THROUGH SOCIAL MEDIA

The Congressional Families Program distributes weekly social media posts for members and spouses to share, highlighting facts or tips related to monthly cancer observances (e.g., Lung Cancer Awareness Month) and other relevant occurrences, such as World Cancer Day. We encourage you to share these educational posts with your followers on Facebook, Instagram and Twitter. Remember to use #CongressionalFamilies and tag @PreventCancer to coordinate our efforts and so we won't miss your post. If you aren't receiving this information and would like to, email Lisa at Lisa.McGovern@preventcancer.org.

Thank you to the following members and spouses who have shared posts on social media in recent months:

- Rep. Cindy Axne – Iowa
- Megan Beyer – Va.
- Rep. Brendan Boyle – Pa.
- Jennifer Carnahan – Minn.
- Rep. Buddy Carter – Ga.
- Rep. Yvette Clarke – N.Y.
- Rep. Mark DeSaulnier – Calif.
- Rep. Mike Doyle – Pa.
- Lorena Saenz Gonzalez – Texas
- Nicole Beus Harris – Md.
- Martha McKenzie Hill – Ark.
- Rep. Teresa Leger Fernandez – N.M.
- Scott Fischbach – Minn.
- Sydney B. Gallego – Ariz.
- Rep. John Garamendi – Calif.
- LeeAnn Johnson – Ohio
- Wayne Kye, D.D.S. – N.Y.
- Rep. Betty McCollum – Minn.
- Rep. Jim McGovern – Mass.
- Rep. David McKinley – W.Va.
- Rep. Kweisi Mfume – Md.
- Jane Mrvan – Ind.
- Rep. Greg Murphy – N.C.
- Rep. Ed Perlmutter – Colo.
- Rep. Bobby Rush – Ill.
- Rep. Pete Sessions – Texas
- Tonya Veasey – Texas
- Rep. Randy Weber – Texas
- Rep. Nikema Williams – Ga.

