



August 3, 2017

Dear Chaverim,

Hadassah member and Region OVP, **Lin Pomerantz**, attended the Women's Health Empowerment Summit in Washington, DC this past May, held in conjunction with Women's Health Week. We asked her a few questions about the Summit and how Hadassah became involved.

Q. What exactly is the Women's Health Empowerment Summit, and what role did Hadassah play?

LP- The Summit, which brought together policymakers, thought leaders and women's health champions, was a national meeting to build momentum and strategize action steps to further women's health equity – from prevention and diagnosis, to treatment and cure. Hadassah was a national supporter of the Summit and the convener of the Coalition for Women's Health Equity, comprised of 23 different organizations, which sponsored this inaugural event.

Q. Hadassah members range from ages 17 to 90+. What age group do you think is most impacted by issues of women's health?

LP- The most underserved population is women between 50 and 64. Because the greatest health care focus for women is on their reproductive years, the ages "between Menopause and Medicare" see the highest insurance costs, the greatest gaps in coverage for many procedures and the higher likelihood of medications being deemed unnecessary. This age group is also most likely to become family caregivers which often results in their own health care needs taking second place to those they are caring for.

Q. What was your #1 take-away from the Summit?

LP- In my opinion, the biggest call to action is to get out and vote and to elect more women to public office. We need more women both in Congress and on the local level. It's all about educating, advocating and legislating if we hope to achieve our goals for ourselves, daughters and granddaughters.

Q. As the incoming President for Hadassah Florida Central, is advocacy going to play a major role in the agenda you set forth for the Region?

LP- It's going to be my main platform. Advocating for women's health equity has never been more crucial. The Coalition for Women's Health Equity has come together to promote gender equity in medical prevention, research, funding, and quality of care, all of which have long been part of Hadassah's goals. I believe it is important for Hadassah to continue raising awareness of the health inequities that adversely affect women and families – not only now, but for generations to come.

To learn more about the work being done by Hadassah, and to see a complete list of members in the Coalition for Women's Health Equity, visit www.hadassah.org/womenshealthequity. The next Summit will be held in May 2018.



Collier/Lee Chapter

Hadassah Movie Mania

Leslie Lilien is starting "**Hadassah Movie Mania**" which will be in the afternoon, on the **second Tuesday of every month**. **The first movie date will be Tuesday, August 8th**. **Happy Hour and discussion will follow** the movie. Leslie will try to pick at least two movies that are playing at the same time so there is a choice. Hollywood 20 or Pavilion Paragon will be the theaters we will choose from; and we will pick a nearby place for our discussion afterwards. **Let Leslie know if you are interested.**

LYLAH PINELLAS CHAPTER

PLEASE JOIN US!

Lylah Chapter of Hadassah Annual Membership Event

Wednesday, August 30, 6:30 pm

Pot luck dinner at the home of **Terri Tankel**, Dunedin, FL

Bring a dairy or vegetarian entree or side.

Dessert will be provided.

Friends welcome!



ISRAELI RESEARCHERS FIND DIABETES DRUG MAY WARD OFF BREAST CANCER A drug commonly used to treat type-2 diabetes can prevent or delay the recurrence of some types of breast cancer, researchers at Hadassah-University Medical Center have found.

Metformin (Glucophage and other brand names) was found in a study of 8,000 patients around the world to reduce the risk of repeated HER-2 positive breast cancers. The study, led by Hadassah oncologist Dr. Amir Sonnenblick, offers encouraging results for women with HER2-positive (human epidermal growth factor receptor 2) breast cancer,

as metformin was found beneficial to women with type-2 diabetes as well as this aggressive type of malignancy.

“Until now there have been preclinical studies in the field – using lab cultures and mice. They showed that administering metformin and related diabetes drugs to mice may prevent or delay recurrence of breast cancer, while not giving the drug can raise the risk for the return of the malignancy,” said Sonnenblick. But this was the first significant study using women as subjects.

The researchers also found that giving insulin to HER2+ patients more than doubled the risk of a breast cancer recurrence, while metformin had the opposite result.

Thus, the international team concluded that careful dosage of such patients could have a dramatic effect in protecting women with this high-risk type of breast cancer.

A graduate of the Hebrew-University Medical Faculty who did his oncology residency at the Jerusalem medical center, Sonnenblick also spent time at the Institut Jules Bordet, the only autonomous hospital in Belgium completely dedicated to cancer.

A total of 8,381 patients were included in the study: 7,935 patients (94.7%) had no history of diabetes at diagnosis, 186 patients (2.2%) had diabetes with no metformin treatment, and 260 patients (3.1%) were diabetic and had been treated with metformin. Patients with diabetes and HER-2 positive breast cancer who had not been treated with metformin experienced worse multivariable hazard than those who had. “Metformin may improve the worse prognosis that is associated with diabetes and insulin treatment, mainly in patients with primary HER2-positive and hormone receptor-positive breast cancer,” the team concluded. The other researchers came from the UK, Italy, Brussels, US, Denmark, Switzerland, Chile, Japan, Ireland, Brazil, Slovenia and the Netherlands.

Suggested Giving Opportunities

Lighting the Way in Tower - \$5000

Patient Bed in Tower - \$5000

Additional variety of equipment in Tower - \$1000 +

Furnish a one bed patient room in Tower - \$18,000

Furnish a 2-bed patient room in Tower - \$36,000

Seat in Synagogue in the Tower - \$36,000



Yahrzeit - \$5000 Yahrzeit - \$1000, Enhanced



Keeper of the Gate-\$1000-\$5000 annual commitment

Chai Society-\$180-360 annual commitment



Road Tile - \$1500



Encourage your members to become a member of Chai Society and get this beautiful new pin. Contact Gayle Dorio for of Collier/Lee for ordering information.



Have you heard about the Hadassah Nurses Council? Together, thousands of nurses around the United States are working to advance Hadassah's mission. Find out how you can get involved in this letter from National Nurses Council co-chairs Judith Levy and Nancy A. Rapoport.

Judy and Cliff Levitt in the Abel Synagogue at Hadassah Ein Kerem



Eat Healthier with Every Bite Counts: Hadassah's Nutrition Program

RUBY RED SMOOTHIE



Goji berries have been used in Chinese medicine for over 6,000 years. They are believed to boost the immune system and brain activity, protect against heart disease and cancer, and improve life expectancy.

5MIN DURATION 5MIN PREP TIME
1SERVINGS

INGREDIENT

- ¼ cup cooked, chopped red beets
- ½ cup fresh or frozen strawberries or blueberries
- ½ cup frozen cherries
- 1 tablespoon goji berries
- ½ cup plain nonfat yogurt
- 1 teaspoon honey

PREPARATION

- Combine beets, strawberries, cherries, goji berries, yogurt, and honey in a blender and puree until smooth.

NUTRITION INFORMATION

- *Serving Size: 1*
- *Calories: 200*
- *Carbohydrate Content: 45 g*
- *Fat Content: 1 g*
- *Fiber Content: 6 g*
- *Protein Content: 9 g*
- *Sodium Content: 35 mg*

JOIN ME! SPACE IS LIMITED

HADASSAH FLORIDA MISSION:

ISRAEL SEEING IS BELIEVING

October 18 - 31, 2017

Led by Marlon Aronheim, Linda Goldstein,
Dorrie Kahn & Susan Lafer

This amazing mission includes...

- ▶ Meeting with Israel's communal leaders & speakers throughout
- ▶ Visiting the Yad Vashem complex & the newly found materials relating to the people & events connected to the Holocaust
- ▶ Enjoying an in-depth visit to Hadassah Ein Karem Hospital
- ▶ Uncovering the glorious past of the Temple Mount on a "hands-on" archeological dig at Ein Tzurim
- ▶ Exploring the mystical city of Safed & participating in a calligraphy workshop
- ▶ Interacting with the kids & staff at Hadassah's Meir Shfeya youth village
- ▶ Taking an amazing tour of the Eshkol region, including a visit to the Regional Center & Bnei Netzarim
- ▶ 6 nights at the Dan Panorama, Jerusalem
- ▶ 2 nights at Kibbutz K'far Blum, Galilee
- ▶ 4 nights plus late check-out at the Crowne Plaza, Tel Aviv
- ▶ Meals per itinerary
- ▶ Arrival/Departure transfers with main group
- ▶ Entrance fees & portorage per itinerary

Eilat/Petra Extension: Oct 30 - Nov 2, 2017

- ▶ 2 nights at the Hilton, Queen of Sheba, Eilat
- ▶ Day tour to Petra
- ▶ Meals per itinerary
- ▶ Transfer in Eilat

Full Itinerary & online registration:

secure.ayelet.com/HDFlorida2017.aspx

Ayelet Tours, Ltd.
www.ayelet.com
P 800-227-5517 • F 516-793-6033
19 Avilaton Rd., Albany, NY 12205



PRICING CHART	COST (Credit Card/Check)
LAND TOUR <i>Price per person</i>	\$3,775
Additional Cost for Single Occupancy	\$1,250
Eilat/Petra EXTENSION <i>Price per person</i>	\$889
Additional Cost for Eilat Single Occupancy	\$385

Rates based on a minimum of 20 paying participants. Below 20, a small group surcharge may apply.
Contact Ayelet Tours for connecting flights from any city at 800.227.5517
Group flight booking only.



Shabbat Shalom,

Susan

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