Fun at Battery Park on June 22nd

Join Vermont Lung Center at the American Lung Association's 2nd Annual LUNG FORCE Walk Burlington, on Thursday, June 22nd at Battery Park from 5:00-7:30 PM.

Vermont Lung Center will have a raffle of 10 prizes donated by local artisans.
$5 ea./5 for $20
- Home Crafted Beer 4 – 22 oz bottles
- Custom Bow Tie
- 2 Tickets to the NY Day Concert at Elley Long Music Center
- Home Made Fruit Pie (2 winners)
- Lake Champlain Chocolate 30 pc Gift Box
- Farm Fresh, Local, No Antibiotic, Free Range Eggs – 1 dozen a week for a month
- ½ Gallon Maple Syrup
- Original Painting 14 x 11 Landscape Scene
- Hand knit socks. washable wool Women's size 9-11: Blue, Rose, and White.

LUNG FORCE is the American Lung Association’s national campaign to raise awareness of lung cancer - the number one cancer killer of both men and women in the United States. On average one person dies from lung cancer every day in Vermont.

The LUNG FORCE Walk is like no other charity event. In addition to a 1.75 mile walk from Battery Park to the Burlington waterfront and back; there will be, Zumba with Synergy Fitness, yoga with Bodhi and Mind Yoga, fun activities for kids, exhibitors, and more! There will also be four mission tents led by the American Lung Association where you can learn more about lung health, take photos and share on social media, and raise your voice against lung cancer and lung disease. Visit each of these tents, and you'll be entered to win a special prize!

Sign up to volunteer to walk at http://action.lung.org
Lung Cancer Survivor Story by Nancy Hale

What?! I don’t think so! I quit smoking almost 30 years ago! I can’t have Lung Cancer!

That was my reaction in 2012 when I was diagnosed with Stage 3 NSCLC. I exercised, rode bikes, walked 13 minute miles, downhill skied, snowshoed, hiked, etc. Why hadn’t I had any symptoms? Not until I was skiing in Vail, Colorado and staying in Avon, CO at 7,000 feet above sea level did I suspect something might be wrong. The pain in my chest was severe one morning but subsided enough so that I could still ski.

When I returned from that trip back to Florida, I was breathless while walking, so I went into a local walk-in clinic. They thought it was my heart but soon found it wasn’t so they diagnosed my condition as Stress! With the x-ray they prescribed, what they found instead was an 8 cm tumor in my upper right lung.

I drove the next day, or two, back to Vermont, home and Fletcher Allen Medical Center. With further testing, it was found that a lot of my lymph nodes were compromised, thus no surgery. Chemo and radiation together was the treatment to shrink the tumor and try to stop the cells from spreading. It worked for a short while, then back for another round of chemo. Again, another 3 months or so and it was back. I elected not to have further chemo.

My Oncologist, Dr. Farrah Khan, worked so hard that day. She got me into Dana Farber. They thought I might fit a trial they had going in Boston. After a month of traveling back and forth to Boston with some serious testing and tons of paperwork, I was accepted. I drove to Dana Farber every other Thursday for this trial. These were long days, but great results for me, although not for all who were on the trial, unfortunately.

The infusion I received every other week for two years, that I knew as MK3475 and that has categorized me as a Lung Cancer Survivor for these past (almost) two years was approved by the FDA in 2015 and is now known as Keytruda. My savior!

Welcome New Faces at Vermont Lung Center

Olivia Johnson - Research Coordinator
Olivia grew up in New Hampshire and graduated from the University of Vermont with a Master of Science in Nutrition and Food Science. She worked as a personal trainer and nutrition counselor during her graduate studies. She continues to teach group fitness classes for UVM Campus Recreation and another local facility where she specializes in heart rate training. She volunteers planning fundraisers for the UVM Cancer Center and is on a young professionals board for Make A Wish Vermont. In her free time, she enjoys spending time with friends and family, reading, and cooking.

Erika Gonyaw - Research Coordinator
Erika is a native Vermonter, who grew up in East Montpelier, VT, reaping the spoils of her grandparents sugaring operation. Recently she graduated from Connecticut College with a Bachelor of Arts in Behavioral Neuroscience, with a strong animal behavioral pharmacology experience. For her last semester of college she studied abroad in Quito, Ecuador and the Galapagos Islands, with a focus in Marine Biology. Additionally, she has worked as a research assistant for the Behavioral Neuroscience Program Director, Professor Joseph Schroeder on projects relating to addiction, and learning and memory in rats, one of which was presented at the Society for Neuroscience annual meeting in San Diego, California this past fall. In her free time Erika enjoys hiking, paddle boarding, reading, and gardening.
Actively Recruiting for the Following Studies  
Spring 2017

- **AIRWAYS PATIENT REGISTRY** - ALA/ACRC
  
  A registry of adults and children with a diagnosis of the airways diseases asthma and/or COPD especially specific subgroups (e.g. smokers, elderly, co-existing illnesses) to contact for active/upcoming studies and to develop future research protocols.

- **ASTHMA**
  
  - **Airway Compliance in Relation to BMI in Asthma** - Anne Dixon, MD
    
  
  - **Effect of BMI on Allergic Airway Disease**
    
    Volunteers:
    
    Asthmatics—BMI greater than or equal to 35 who are enrolled in Bariatric Surgery Program / 1-10 visits / up to $1000
    
    Controls—BMI 18.5—24.9 who are undergoing routine scheduled abdominal surgery / 2 visits / $225 total
  
  - **Increased Lung Volumes as Rescue Therapy** - 5 Visits
  
  - **Increased Lung Volumes as Controller Therapy** - 3 Visits

  Volunteers: 18+ years / Compensation: $100 per visit - Anne Dixon, MD

- **IDIOPATHIC PULMONARY FIBROSIS (IPF) STUDIES**
  
  - **Idiopathic Pulmonary Fibrosis Prospective Outcomes (IPF-PRO) Registry** - Prema Menon, MD
    
    Volunteers: Ages 40+ newly diagnosed with IPF/a blood draw at regularly scheduled 6 month provider visits over 3-4 years
  
  - **A Multicenter, Randomized, Double-Blinded, Placebo-Controlled Trial to Evaluate the Safety and Efficacy of Inhaled Treprostinil in Subjects with Pulmonary Hypertension Due to Interstitial Lung Disease Including Combined Pulmonary Fibrosis and Emphysema** - MaryEllen Antkowiak, MD
    
    Volunteers: 18 –79 years / diagnosed with Pulmonary Hypertension associated with interstitial lung disease including combined Pulmonary Fibrosis and Emphysema / 7 visits / up to $469

- **CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)**
  
  - **Losartan Effects on Emphysema Progression** - ALA/ACRC - David Kaminsky, MD
    
    Randomized, Blinded Placebo-Controlled Multi-Site Clinical Trial of the Effects of Losartan on Progression of Emphysema.
    
    Volunteers: 40+ years old / current or former smoker greater than 10 Pack year history / 7 visits / Up to $425

- **CHRONIC COUGH**
  
  - **Chronic Refractory Cough Cohort Study (COCO)** ALA/ACRC - Charles Irvin, PhD
    
    A study to evaluate the potential for testing zinc acetate as a treatment for chronic cough.
    
    Volunteers: Ages 18 + yrs. / Chronic Cough for more than 3 months / Does NOT have a diagnosis for COPD / 2 visits / Up to $150

- **LUNG CANCER**
  
  - **Detection of Lung Heterogeneity as an Early Risk Factor for Lung Cancer in Patients Undergoing Lung Cancer Screening by Low Dose CT of the Chest** - David Kaminsky, MD
    
    Volunteers: Ages 15-79 yrs./ 30 pack year history of smoking / Currently smoking or have quit within 15 years, and have been referred for a Lung Cancer Screening /1 Visit / Compensation $100
Be a Research Volunteer At VT Lung Center

The Vermont Lung Center is responsible for making sure you know what is expected of you in regards to the research study:

1. Once the study is explained to you, you will be asked to read and sign an “Informed Consent”. This form is designed to explain everything you need to know about the study.

2. Studies may be therapeutic (involving observation of lung function). However, The Vermont Lung Center can make no claims that your involvement in a research study will improve your condition.

3. Compensation may or may not be provided to you for your involvement in a study. Compensation provided, is meant to cover your time and expenses incurred—it does not constitute employment.

For more information: Call 802-847-2193
or visit us on the web: www.uvm.edu/medicine/vermontlung.org