



## Book About Dog's Brain Tumor Encourages Children With Cancer

A book about a dog's account of his experience with a cancerous brain tumor is designed to help children with the disease. Buddy, a nine-year-old golden retriever, "wrote" (with the help of his owner, Dave Bauer, and the National Brain Tumor Foundation [NBTF]) *My Name Is Buddy*, a children's book about his diagnosis, treatment, and recovery.

The picture book includes photos of Buddy after his surgery with his head shaved

and an incision closed with stitches running the length of his skull. Despite this seemingly uncomfortable situation, Buddy appears to be smiling and demonstrating to the children that he is still okay. The book also depicts Buddy visiting children with cancer in hospitals.

*My Name Is Buddy* soon will be available on an interactive CD-ROM with Dom DeLuise as the voice of Buddy. Children will be able to participate in the story by

changing Buddy's bandanas and clicking on animals to hear animal sounds. The CD-ROM also includes NBTF's phone number for parents, as well as a link to its Web site so parents can learn more information about brain tumors.

Patients can receive a free copy of *My Name Is Buddy* by contacting NBTF at 800-934-2873 or visiting [www.braintumor.org](http://www.braintumor.org). Healthcare professionals can receive as many as 10 copies free.

## Worldwide Obesity Increase Will Cause Increase in Cancer Risk

Scientists at the 2002 Annual International Research Conference on Food, Nutrition, and Cancer presented new evidence demonstrating that obesity causes hormonal and metabolic changes that increase cancer risk. The American Institute for Cancer Research also released new nutritional guidelines for cancer survivors at the conference (see box at right).

The Office of the Surgeon General estimates that 61% of people living in the United States are obese or overweight. New



research indicates that the fat cells in overweight people produce excessive amounts of hormones and growth factors, which cause cells to grow and divide at an accelerated rate. When this occurs, the risk for random cell mutation increases and ultimately could lead to cancer.

In addition to recommending weight loss and healthy diets, researchers also suggest exercise, which helps regulate the production of hormones and growth factors.

### Nutritional Guidelines for Cancer Survivors

- Choose a diet rich in a variety of plant-based foods, fruits, and vegetables.
- Select foods low in fat and salt and use small amounts of oil and salt when cooking.
- Do not eat charred food; limit consumption of flame-grilled or cured and smoked meats.
- Maintain a healthy weight and exercise daily.
- Limit alcohol to less than two drinks per day for men and one for women.
- Do not use tobacco in any form.

For more information, visit the American Institute for Cancer Research's Web site at [www.aicr.org](http://www.aicr.org).

## Aspirin Is Found to Reduce the Incidence of Pancreatic Cancer

A recent study by researchers at the University of Minnesota found that aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) may help prevent pancreatic cancer. The researchers said that epidemiological data still are needed to support this finding, however.

The study followed 28,283 postmenopausal women in Iowa from 1992–1999. The women were asked how often they took aspirin or products containing aspirin, as well as their frequency of use of other NSAIDs. Eighty of the women studied developed pancreatic cancer during the seven-year study.

Researchers determined that the women's risk for developing pancreatic cancer was 43% lower in women who took aspirin or products containing aspirin than those who did not. The risk was 53% lower in women who took aspirin two to five times per week.

Results were not conclusive as to whether the use of other NSAIDs had the same effect because researchers did not have enough information regarding their use.



They suggested that this was because many of the NSAIDs used today were not used as frequently or widely during the time frame of the study.

Researchers were encouraged by these findings but cautioned that

overuse of aspirin and NSAIDs can have side effects and that patients should be educated about their use.

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