



LMSAlerts is an eNews service for families and professionals



New! Awareness ribbons for your events.

History of LMS Paraffin Block Drive [Video](#)

Participate in the Paraffin Block Drive for LMS Research



332 LMS patients have donated a primary paraffin tissue block for research - please [join us](#) and build our tissue bank.

DONATE NOW



Shop & Donate! Shop at [SMILE Amazon.com](#) and donate to LMSdr

Buy DVDs of the 2013 LMS Retreat Presentations

Visit Our Website [LMSdr.org](#)

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LMSdr T-shirts and water bottles available

LMSAlerts - JULY 2014

HIFU By Lynda Lang

HIFU (high-intensity focused ultrasound) was approved a couple of years ago for treatment of tumors but few hospitals offer it yet. Stanford University Medical Center is one of the first in Northern California that offers HIFU.

I underwent this procedure on Jan.16th to treat pain from a metastasis in my sacrum bone. This was a one day, out-patient, procedure. I had some pain and swelling for a few days afterward and then I started to improve. HIFU is totally non-invasive with no chance of infection and can be done while on chemo. Depending on the duration of the procedure, you either have a local pain blocker or total anesthesia. The procedure is MRI guided. My procedure took 5 hours because of the location of the sacrum bone and the need to avoid injuring nerves.

Dr. Pajman Ghanouni was my doctor directing the procedure. I was very impressed with the thoroughness and professionalism of his team. Dr. Ghanouni will be a speaker about HIFU and other interventional radiology techniques at the [LMS Conference](#) in San Francisco on October 31st.



More information on [HIFU](#). Dr. Ghanouni can be reached via email at: ghanouni@stanford.edu

REGISTRATION OPEN

October 30th - November 1st
LIVE IT UP! LMS Retreat 2014
San Francisco

Three Vaccine Trials for EBV Positive LMS in Houston and Washington DC

Have you ever had the infectious mononucleosis Epstein Barr virus (EBV)? You may be eligible for this phase I trial which uses your own treated T cells to kill LMS cells. Trial requires blood draw and 10 minute injection (shot) of the vaccine. See clinical trial identifiers: [NCT00062868](#), [NCT01447056](#) and [NCT01956084](#)

FDA Testimonies on Uterine Morcellation

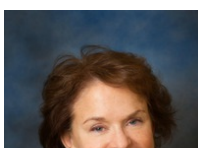
On July 10th and 11th, the FDA will hear arguments for and against the use of morcellation on uterine fibroids in Washington DC. Many LMS families have provided letters asking that morcellation be banned. In attendance will be Drs. Hooman Noorchashm and Amy Reed, the initiators of this campaign, Sarah Salem-Robinson, Scientific Advisor and Sharon Anderson, Executive Director, LMSarcoma Direct Research Foundation (LMSdr.) Many other victims of morcellation will also give testimony against its use.

The link for the webcast is available at: <https://collaboration.fda.gov/obgyd/>, or further information regarding the webcast, including the Web address for the webcast, will be made available at least 2 days in advance of the meeting at the following Web site: <http://www.fda.gov/AdvisoryCommittees/CommitteesMeetingMaterials/MedicalDevices/MedicalDevicesAdvisoryCommittee/ObstetricsandGynecologyDevices/default.htm>. Select the link for 2014 Meeting Materials.

Calling all Artists!

Cancer has a profound effect on all the lives it touches. ASCO produces the [Expressions of Hope wall calendar](#) that allows for patients, friends, families, and caregivers to share their journey with cancer through art. In preparation for the 2015 calendar, ASCO is calling for art from anyone who has been affected by cancer. To submit artwork for the 2015 calendar, please fill out the [online submission](#) form by August 2, 2014 .

New LMSdr Scientific Advisory Committee Member, Janice Gilbert Rushton



Janice Gilbert Rushton (Michigan) is a Physician Assistant who works in urological oncology specializing in renal, prostate, and bladder cancers. She practiced law for 21 years prior to returning to school for a master's degree in physician assistant studies. As a lawyer, she counseled healthcare facility staffing and home health care staffing entities. She is the surviving spouse of Kevin Rushton who was diagnosed with LMS in April 2009 (right hip tumor) and died in October 2012. She wants to improve public and medical community awareness of LMS and generate more resources to fund research for early diagnosis, effective treatment, and caregiver support.

HERE



Water bottles are BPA free, dishwasher safe, 30 oz. clear purple with gripper sides, easy to clean flip top cap.

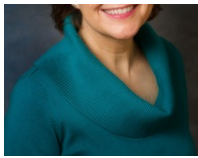


T-shirts are unisex, preshrunk 50/50 cotton and polyester, color is blackberry. Sizes M, L, XXL.

Read past issues of [LMSAlerts](#)

LMSdr advocates for and funds LMS specific research. We've been a nonprofit 501 (c) (3) since 2006. For details of our past grants go to [LMSdr.org](#)

Forward this message to a friend



Careers and Cancer

[Cancer and Careers](#) empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools and educational events. Through a comprehensive website, free publications, career coaching, and a series of support groups and educational seminars for employees with cancer and their healthcare providers and coworkers, Cancer and Careers strives to eliminate fear and uncertainty for working people with cancer.

Check out their [Job Search Tool Kit](#), webinars, resume review service, Linked-In profile help and their [Flex-Job Membership](#) - all FREE!

Mixoid ULMS

I was a 16 year old, junior in high school when I had a biopsy for a misshaped, enlarged uterus. They said that it was not cancer.

They scheduled a surgery a few months later and found a baseball size tumor. Because I was so young, they didn't want to damage my uterus or bladder so they only got 95% of it. The remaining 5% "benign" tumor the surgeon had left behind, grew to a large cantaloupe in just 5 months.

By my 17th birthday, they went back and took out my uterus, both ovaries, appendix, bladder, part of my colon to make a new bladder, another part of my colon because it was close to the tumor and the upper portion of my vagina. I then had 28 radiation therapy treatments.

I was told I had uterine myxoid leiomyosarcoma. There were only 10 reported cases and only one was in someone young like me.

I was really quiet and shy and tried not to complain. I have learned that was a mistake. There are medicines out there to help with the side effects, especially now! So tell the doctors, nurses and therapists all your problems, because if they don't know, they can't help you.

I haven't had any recurrences, thank God! But I do worry about having the radiation so young. I have a narrowing of my colon due to late radiation side effects that sometimes bothers me. I've had a couple surgeries on my bladder too.

I am a radiation therapist myself now, and know so much more. I want to help people get through the worst time of their life so they can get back to enjoying it.



Myxoid Smooth Muscle Tumors of the Uterus

by Atkins K, Bell S, Kempson M, Hendrickson M.
Modern Pathol 2001;132A:14.

Myxoid leiomyosarcoma is an extremely rare variant of leiomyosarcoma, masquerading almost to perfection as a benign lesion. For, indeed, the tumor lacks the defining features of high mitotic activity, cellular atypia or necrosis, and the microscopic picture is dominated by abundant myxoid stroma containing sparse spindle cells. We report here such a case occurring in the uterus and discuss the differential diagnosis. The relevant literature is reviewed.

Epithelioid and myxoid leiomyosarcomas, however, are two rare variants which may be difficult to recognize microscopically as their pathologic features differ from those of ordinary spindle cell leiomyosarcomas. In fact, nuclear atypia is usually mild in both tumor types and the mitotic rate is often b3 MF/10 HPF [9] (Figs. 1b, c).

In epithelioid leiomyosarcomas, necrosis may be absent and myxoid leiomyosarcomas are often hypocellular. In the absence of severe cytologic atypia and high mitotic activity, both tumors are diagnosed as sarcomas based on their infiltrative borders [10].

Medical Benefits of Laughter

Did you know there are health benefits when you laugh? 10 minutes of belly laughing is equal to 30 minutes on a row machine. It can: lower your blood sugar, enhance circulation, deliver more oxygen to your brain, stimulates some organs, relieves pain, produces a physical relaxation response, improves your immune system, and releases endorphins, the "feel good" chemical. Watch this [video](#) by WebMD.

Shop for the Cause

When you buy online via [Smile.Amazon.Com](#) you can designate a percentage of the proceeds to LMSdr!

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