

How to Eat and Live Well During Coronavirus: Vital Tips for our Pancreatic Cancer Community

On March 19, 2020, California Governor Gavin Newsome ordered a statewide order to stay at home. The Hirshberg Foundation is dedicated to supporting our pancreatic cancer community while we observe California's 'shelter in place' rules to mitigate the spread of the coronavirus COVID-19. We are committed to providing virtual patient support and resources to our patients and their caregivers.

We know that cancer patients currently receiving treatments or recovering from surgery are considered at a higher risk for having a weakened immune system. Amid the COVID-19 crisis, patient well-being is more important than ever. We have asked our resident expert, Zhaoping Li, MD, PhD, Director of the UCLA Center for Human Nutrition, to provide our pancreatic cancer community with tools to eat well and live well during the coronavirus.

Our first webinar will be held on Friday, April 3, 2020 at 1:00 PM (PST). Entitled "How to Eat and Live Well During Coronavirus: Vital Tips for our Pancreatic Cancer Community," participants will join Dr. Li for an interactive conversation as she provides important information to boost your immune system. Beyond nutrition she'll discuss stress eating, sleeping, cooking and best practices for food delivered to your home.

The public is asked to [register online](#) for this Zoom meeting where they will be able to listen, learn and ask questions from

the comfort of your home. To learn about Zoom, visit zoom.us/support.

Keeping Patients Safe & Never Giving Up on a Cure!

Dear Hirshberg Foundation Family,

I can imagine by now your inbox, like mine, has been flooded with coronavirus and COVID-19 updates and announcements from every organization you've ever encountered. We know this is not an easy time, especially for our beloved patients at high risk, so I'll keep my message short and sweet: we are here for you!

The Hirshberg Foundation is determined to provide the support and resources our patients need at this critical time. Pancreatic cancer patients, newly diagnosed or in treatment, are extremely vulnerable right now due to compromised immune systems. We encourage our patients and loved ones interacting with them, to [take precautions](#). Contact your doctor or oncologist for guidance and we too will provide information to help during these challenging times. While we can't meet in person, we are available to help patients and families by [email](#) or [phone](#). Although our [symposium at UCLA scheduled for April](#) has been postponed, we are working to confirm a new date in the future. In the meantime, we have launched a [webinar series](#) to provide the pancreatic cancer community with the support & resources during this uncertain time.

Make no mistake, research will continue to advance, the UCLA Agi Hirshberg Center will not miss a beat and although a couple

events have been postponed, we will come together again. We are honored to keep working for you and will never give up curing pancreatic cancer, a disease that has impacted lives for decades.

We hold in our thoughts all those affected by the coronavirus and I wish you safety, meaningful times with your family and good health.

Warmest Regards,

A handwritten signature in black ink that reads "Agi". The letters are cursive and fluid.

Agi Hirshberg
Founder

P.s. Our office hours are currently irregular but we are all still hard at work – we appreciate your patience.

Please find additional resources below:

- [What Pancreatic Cancer Patients Should Know About COVID-19](#)
 - [Pancreatic Cancer Treatment During the COVID-19 Pandemic](#)
 - [Staying Healthy During Coronavirus \(COVID-19\)](#)
 - [Center for Disease Control COVID-19 Information](#)
 - [World Health Organization COVID-19 Information](#)
 - [Hirshberg Symposium Video Library](#)
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Tour de Pier Pop-Up Presented By CycleBar Santa Monica

This year, you can be participate in the LA Marathon without running a mile, let alone 26.2 miles! The ***Tour De Pier Pop-Up Presented by CycleBar Santa Monica***– a new one-of-a-kind outdoor stationary cycling event – gives your front row access to all the action of the LA Marathon course while fundraising for cancer.

On Sunday, March 8, 2020, [CycleBar Santa Monica](#) and the Hirshberg Foundation for Pancreatic Cancer Research, an official charity of the LA Marathon, will host a fundraising event sure to energize and inspire runners and riders alike. CycleBar Santa Monica will bring their heart-pumping excitement with three 60-minute outdoor classes at 9:00am, 10:15am and 11:30am taught by the studio's most popular teachers. Participants may ride one or more of the sessions.

Participants will get a taste of [Tour De Pier](#), the award-winning outdoor stationary cycling cancer fundraiser that raised more than \$1.5 million for cancer organizations last year. This unique opportunity to work up a sweat outside of the spin studio also affords a great view of the over 25,000 marathoners who pass by mile 21. For \$95 per session, you reserve your spot on a bike, get a sweet participant swag bag, and be able to high-five runners as they pass!

The [Tour De Pier Pop-Up Presented by CycleBar Santa Monica](#) will take place at the Hirshberg Foundation's official cheer station, the Purple People Party located on the median strip on San Vicente Blvd along mile 21 of the Los Angeles Marathon. Aptly named for the color of pancreatic cancer awareness, the cheer station is one of the most popular and energetic spots on the

course. Volunteers, families, cancer survivors and spectators come to the [Purple People Party](#) to celebrate marathon day, enjoy music, hand out healthy treats, and cheer and energize runners on their way to the finish line.

Only 26 bikes will be available for each session and this is one ride you don't want to miss.

[Reserve your bike now!](#)

Not riding? Make a donation! Support a rider and cancer research when you visit, support.pancreatic.org/TDP-PopUp2020.

February is National Cancer Prevention Month

Pancreatic cancer symptoms often go undetected or might be mistakenly associated with other medical conditions. It's important to know the common [symptoms](#), as anyone experiencing one or more should speak with their doctor.

While the exact cause of pancreatic cancer is not known, certain [risk factors](#) are strongly linked to the disease, including tobacco smoking and obesity. People with specific genetic mutations have a greater risk of developing this disease as well as individuals who have two or more first-degree relatives who have had pancreatic cancer. The risk also increases if there is a history of familial breast, ovarian or colon cancer, familial melanoma or hereditary pancreatitis.

Take a moment to find out more about the symptoms and risk

factors. If you or someone you love is experiencing one or more symptoms, or think there is an increased risk of pancreatic cancer, consult with your doctor today.

[Share this graphic](#) with your community to help raise pancreatic cancer awareness.

CPK Philanthropizza

Every time you use your Philanthropizza card, 20% of your food & beverage purchases will be donated to the Hirshberg Foundation.

22nd LA Cancer Challenge Honorary Medical Chair to be Dr. Timothy Donahue of UCLA

We are excited to announce that Dr. Timothy Donahue will serve as the Honorary Medical Chair for the 22nd Annual LA Cancer Challenge. Dr. Donahue has been a valued member of the surgical team at the [UCLA Agi Hirshberg Center for Pancreatic Diseases](#) and a beloved speaker at our annual [Symposium](#).

Both a researcher and a surgeon, Dr. Donahue will be recognized for his focus on [personalized medicine](#) and his collaborative efforts to provide the best treatment option for pancreatic cancer patients. Dr. Donahue's advocacy for treating patients

with chemo or radiation therapy prior to surgery, has led to some of the best survival rates. In addition, Dr. Donahue is dedicated to training the next generation of surgeons.

Beyond his accolades, Dr. Donahue embodies the Hirshberg Foundation spirit with his emphasis on the genuine care of patients. His optimism that pancreatic cancer survival rates will markedly improve during his career makes him the ideal candidate for our LACC Honorary Medical Chair.

Join Dr. Donahue & the pancreatic cancer community as we walk for research and race towards a cure at the [LA Cancer Challenge](#) on October 20th 2019 at UCLA!

More about Dr. Donahue:

Dr. Donahue was appointed to the UCLA faculty in 2009 and has made great strides in pancreatic cancer ever since. He is a Professor of Surgery at the David Geffen School of Medicine at UCLA, the Chief of the Division of Surgical Oncology and has a joint appointment in the Department of Molecular and Medical Pharmacology to facilitate his research program. His scientific research also focuses on developing improved treatment strategies and earlier diagnostic markers for patients with pancreatic cancer. Dr. Donahue is a valuable part of the surgical team at the UCLA Agi Hirshberg Center for Pancreatic Diseases, performing up to three pancreatic surgeries per week. In this role, he oversees all of cancer surgery including the pancreatic cancer program, which is one of the largest in the nation.