March is Colon Cancer Awareness Month. Did you know that through early detection some hereditary cancer risks can be reduced from 100% down to 0%?! YOU can help save lives in several ways!

1. Wear something that incites conversation!
If you’re receiving this message, you know more about genetic risk than most people - You never know who might ask you about it! We offer t-shirts, sweatshirts and free tattoos to get you started. To request tattoos, simply go to HCCTakesGuts.org. Click on “Become a Member” and update your profile.

2. Get inspired!
In collaboration with Ambry Genetics, we’ll share inspirational videos and stories throughout March on Facebook, Instagram, and Twitter.

3. "Like" "Share" and "Retweet!"
Thanks to a generous opportunity from our Board Chairman, we’ll receive donations for delivering content that inspires YOU. In March, for every one of our social media posts that you "like," we’ll receive $1. For every "share" or "retweet," we’ll receive $5! Help us raise $5000 in March just by following us on Twitter or Facebook @HCCTakesGuts!

4. Talk to your family about screening.
Check out www.HCCTakesGuts.org for resources to help you learn about your family history, how a genetic counselor and genetic testing can help, and how to convince reluctant family members to get screened.

Dear Community Members,
According to the Chinese zodiac, 2014 was the year of the horse; the horse is recognized as making “unremitting efforts to improve itself with passion and diligence.” I would like to think that these characteristics extend to the Foundation.

During this solar circumnavigation, we expanded our focus from Familial Adenomatous Polyposis to the entire suite of Hereditary Colon Cancer Syndromes. We educated over 200 clinicians via our “Preparing to Treat Polyposis Conditions” webinar series. We expanded web content to 100+ page for patients and providers. And our board welcomed Kristen Truffa, who brings 20+ years of non-profit experience and world renowned colorectal surgeon, Dr. James Church.

We also endured gross dips in funding, leaving Shawnie and I to ‘fend for ourselves’ for three months. But we not only SURVIVED, we continued to grow and gain momentum in our commitment to educate patients and providers, facilitate patient networking, and provide financial assistance to this hard hit community.

We thank you for your support and faith in us. We look forward to the good we can do in 2015!

Cheers,
Travis & Shawnie Bray, Founders

(c) 2014 Hereditary Colon Cancer Foundation. Hereditary Colon Cancer Foundation is a registered charitable organization in Illinois and Utah, and tax-exempt under Internal Revenue Code Section 501(c)(3).
Our 2015 medical education webinar series will focus on diagnosing and treating Lynch patients. These LIVE and ON-DEMAND webinars begin on March 5th and conclude on September 10th.

The Lynch Syndrome webinar series will be presented by medical professionals with expertise in treating Lynch Syndrome, these webinars cover the following topics:

Learn more at www.HCCTakesGuts.org.

What Should I Eat?

One of the most frequently asked questions on social media sites is, "What should I eat?" Our goal is to combine recommendations from medical professionals along with the successes experienced by many patients, to provide tips for reducing pain, flatulence, and bathroom visits.

If you would like to contribute to this project, please email ShawnieBray@HCCTakesGuts.org.

New Online Resources

Did you know that learning your family risk, and following recommended screening guidelines, significantly reduces your chances of developing cancer? In fact, for some syndromes like Familial Adenomatous Polyposis (FAP), early detection and preventative surgery can reduce your risk of colon cancer from 100% down to 0%!

Learning your family history can be challenging. Our newest online resource offers tools that can help. There you will also find advice from patients on speaking to reluctant family members.

Resources that answer patients’ frequently asked questions about their syndrome are currently in development. If you would like to be a content reviewer, please email TravisHBray@HCCTakesGuts.org.

And, if you know someone who can donate web design skills, please let us know!
Quality of life is directly related to quality of care. Patients should have access to a medical team who is experienced in treating their syndrome. The icing on the cake is when patients and caregivers have access to others who “get it.” To that end, we are collaborating with patients and providers to host Patient Days and develop Education and Support Groups across North America.

If you are a medical professional interested in working with us to host a Patient Day, OR if you are a patient interested in starting an Education & Support Group, please contact us. We need lots of hands to achieve this important goal!

Contact TravisHBray@HCCTakesGuts.org for more information!

We are dreaming BIG... Our goal is to create the first grant for families effected by ANY hereditary colon cancer syndrome. Grants will be available for three areas of need: financial hardship, genetic testing, and costs associated with visiting a center of excellence. We hope to have the fund established by the end of 2015 and begin providing grants by January 2016.

We are currently seeking generous donors to support this fund. Know a philanthropist?... Please introduce us!

Please support our work by making a tax-deductible donation online at www.HCCTakesGuts.org.

or by check:
P.O. Box 2005
Park City, UT 84060

Order online at http://bit.ly/1vM2X3k