

## Meet Grace Krieger

Heidi Krieger became part of the LLS family when her daughter Grace was diagnosed with leukemia. Here in her words is the story of a survivor, her daughter Grace.

We had just brought home a new baby when Grace, not even two years old, was diagnosed with leukemia. During the day, I was busy and distracted caring for two, small children; but at night I cried—how would I ever live without my Grace?

Her life was saved by research.

The Leukemia & Lymphoma Society's funding over the years have contributed to major advances that helped get our daughter into remission. Still, the fear of relapse stayed with us. LLS helped with that too. An LLS volunteer—her son was a survivor—answered my questions and gave us so much hope.

Grace is in kindergarten now—she's a little ballerina who also wants to play soccer! We are one grateful family. Leukemia & Lymphoma Society is a proud member of **Community Health Charities**.



## Meet Jose: Why Getting Screened is So Important

Meet Jose Mendoza Silveiras, MD, PhD was diagnosed with colorectal cancer in 2008. He's young, fit and highly educated. He knew he had a family history of colorectal cancer, but didn't think that was something he needed to worry about until he was older.

Jose first joined the Colon Cancer Alliance (CCA) community as a Buddy, a CCA peer-to-peer survivor and caregiver program. His volunteer role has evolved and he now advises the Colon Cancer Alliance as its first Latino Medical Consultant. Jose received his Medical Doctor Degree from Venezuelan Central University, Caracas-Venezuela. His work experience includes serving as the Clinical Trial Center Director at the Naval Medical Research Center and as the Medical Director of Sanar Espacio Terapeutico for cancer and HIV patients in Venezuela.

"I believe that the CCA's mission is very important to all communities, including the Latino community. I love the tagline, "Inform. Prevent. Support." The CCA is great for people who are newly diagnosed or who have been touched by colon cancer. But, if we want to create change, we need more people to be passionate about preventing this cancer.

There are only a few cancers that you have the power to prevent, and this is one of them. Go get a screening test. I want to encourage more people to get involved with this cause before they are diagnosed with colon cancer.”

“We have our work cut out for us in the Latino community. This is such a quiet cancer. There are a lot of taboos about the body, about health – it’s going to be hard. You can’t do a self-check for this. You have to go to a doctor.

We need to make the case for being proactive. We want you to be informed so you can help your family. Let’s motivate our families to get screened. Tell your doctor you want your colon checked.”

Early detection is vital – over 90% of all cases of colon cancer can be prevented with recommended screenings. Despite its high incidence, colon cancer is one of the most detectable and, if found early enough, treatable forms of cancer.

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