DANCE WITH CANCER ASSOCIATION

ACTIVITY REPORT

MAY 2013 - MAY 2014

DANCE WITH CANCER ASSOCIATION

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Dear Supporters, Volunteers, Health Professionals and Friends,

With your tremendous support, we finished a very productive first year which makes all of us beam with smiles and pride.

All the events, trainings, seminars, psycho-social support activities were offered free of charge thanks to your generous support and donations.

What we have accomplished is the top of the iceberg and an indicator of what we will do in the future! As we always say, we just started!

With your love and support, we will continue on our path.

For your kind donations:

Paypal: Kanserledans@gmail.com

Or
Send checks to:
DANCE WITH CANCER INC.
913 QUAIL RIDGE DR, PLAINSBORO NJ 08536-2249

On Behalf of Kanserle Dans Board of Members,

Esra URKMEZ, President
OUR VISION

Making cancer prevention a priority and shaping the future of care to be patient centered.

OUR MISSION

- Raise public awareness for cancer screenings and early detection at a national level in Turkey and in Turkish speaking communities within the United States.

- Provide cancer patients and their caregivers with a wide spectrum of accurate, up-to-date and quality information during treatment and aftercare and empower patients to be part of their own care team.

- Provide complementary psychological and social support platforms, both in-person and online for patients and caregivers.

- Champion and assist in improving communication and building bridges between health care teams and the patients.

- Educate and actively promote healthy lifestyle habits and prevention amongst a wide range of audiences, including general public and schools to help reduce cancer incidence.

OUR VALUES

- Research-based information
- Constructive and community-powered approach
- Positive energy
- Individual attention
- Volunteerism
WHY THE NAME DANCE WITH CANCER?

Every battle creates its own enemies. Every battle has winners and losers. We picked a name that doesn't have a war connotation or losers. Cancer treatment is a long process, a roller coaster, full of ups and downs, highs and lows. We believe that once you start your dance with cancer, you begin to learn cancer’s (your partner’s) moves and plan your own treatment steps accordingly.

HOW WE DO IT

We are a grassroots organization and proud to be 100% volunteer based.
We work with reputable content partners and fight against misinformation and hoaxes on social media.
We listen to the needs of patients and work with other similar associations and government entities to give them voice.
We take pride in implementing many projects initiated and lead by our volunteers.
We answer each and every question addressed to us in all of our channels within 24 hours, and if needed, direct them to the appropriate subject matter experts.
All publications are vetted by our medical board, as well as our review council, comprised of psychologists, social workers, nurses, dieticians and other experts for accuracy.
We provide a safe and moderated online and in-person support environment where patients and caregivers might express their feelings, exchange ideas and find support.
The driving force behind our success and wide reach are our volunteers and their passion. The association grew out of a blog and became a community; we consider ourselves ONE BIG FAMILY.
As the incidence of cancer in our society increases, we need to create more awareness about early detection and cancer screenings immediately. Cancer has a profound impact on every life that it touches. But equally profound is the extraordinary difference that we can make together.
We are committed to remove obstacles and inequalities experienced by the underserved.
If you would like to be a part of our passion in spreading the word about cancer, we invite you to join us.
2013-2014 OUR PUBLICATIONS DISTRIBUTED IN ALL TURKEY FREE OF CHARGE

BOOKS
- Me and My bone Marrow
- Everything You Need to Know About Colorectal Cancers
- Triple Negative Breast Cancer
- Someone in Your Family Has Cancer / For 13-19 years olds
- Lump in Mummy / story book for kids
- Cancer and Infertility
- Sevim’s mask coloring book for kids
- Chemo to the Rescue
- Everything You Need to Know About Prostate Cancer
- How to Approach Cancer Patients

OUR BROCHURES
- Breast Self Exam
- Chemo dairy (magnet)
- Colorectal Cancers Prevention and Screening
- Melanoma and Skin Cancers
- Self Breast Exam Shower Hanger
- CML

100+ Infographics
30+ Educational videos
~15,000 books and brochures distributed free of charge
ISTANBUL ACTIVITIES

1 ISTANBUL NOVEMBER 17, 2013 ISTANBUL EURASIA MARATHON

During the 35th Eurasia Marathon, approximately 200 patients and volunteers walked from Asia to Europe crossing the Bosphorus Bridge, carrying banners and chanting our slogan: "We are crossing the continents, we can overcome cancer".

2 ISTANBUL NOVEMBER 27, 2013 RESPIRA BREATHING THERAPY

Health is not only related just to the body, but also to the mind and spirit. Understanding this leads to the importance of proper breathing practices. A seminar on the importance of breathing in our lives was conducted and breathing exercises were carried out with a group of patients.

3 ISTANBUL WEEKLY DANCE TRAINING MAY-JUNE 2013

Free weekly Latin dance trainings focused on encouraging socialization, improved balance and coordination.
ISTANBUL WEEKLY GROUP PSYCHOTHERAPY

Group psychotherapy sessions have been performed with individuals who were undergoing or had completed cancer treatment and their family members every Friday between 10:30 – 12:00 under the leadership of Psychiatrist Prof. Dr. Kemal ARIKAN who has deep experience on the subject and with the support of Oncologist Prof. Dr. Bülent BERKARDA.

After the weekly meetings the quality of life and the coping capacity of the patients had improved and the level of anxiety had diminished as confirmed by the participants’ assessment questionnaire.

A Participant’s Comment: “I was looking forward to Fridays. I was able to understand the cancer patients’ fear and how they were feeling. Since it was a group therapy, everyone was able to understand what others were dealing with and they are not the only ones. I absolutely think that everyone should attend.”

ISTANBUL FEBRUARY 23, 2014, MAKE A WISH

Şevket Cem ÖZDAĞ a 14-year-old cancer patient was taken to GALATASARAY SPORTS CLUB to fulfill his wish of meeting and taking pictures with his favorite soccer players.
6 ISTANBUL MARCH 28, 2014, CHARITY COCKTAIL AND EXHIBITION
Made possible by the participation of our association’s volunteers and supporters, a charity exhibition was held featuring photographs of our bravest cancer survivors taken by Nalan KILIMCI.

7 ISTANBUL MONTHLY COACHING
Under the leadership of Laksya Coaching, Dr. Betül SAF instructed a group of people to set goals with activities. Our personal development therapies continue in 3 cities monthly.

A participant comment: “I became aware of the power I had in me and I was afraid of that power.”

8 ISTANBUL APRIL 25, 2014 III. PATIENT COMMUNICATION SUMMIT
Our president Deniz ÖNER and Melike KUL represented Dance with Cancer.
ISTANBUL APRIL 24, 2014 MAKE A WISH
A young girl named Seher YILDIZ was taken to FENERBAHÇE SPORTS CLUB to fulfill her wish of meeting and taking pictures with the soccer players.

ISTANBUL JANUARY AND MAY 2014, BİLGİ UNIVERSITY SOCIAL RESPONSIBILITY PROJECTS
DANCE WITH CANCER Association was introduced with a presentation by our president Dr. Deniz ÖNER.

ISTANBUL ONGOING NUTRITION PROGRAM AND INDIVIDUAL FOLLOW – UP
Nutritional needs of patients undergoing cancer treatment shows differences according to; type of cancer, age, height, weight and other diseases. According to this information, personalized nutrition program and regular follow-ups are applied with the evaluation of the dietitians who specialize in oncology. Average menus would not be beneficial for the patients. Weight control and patients who lose weight (especially related to radiotherapy and chemotherapy) may need support products. We offer individual check ups and education service for the patients with this program.

Evaluation: All participants fill out a form about their health history and the nutrition program they use currently before the program. First, this information is evaluated and then personalized programs are created. Guidance based upon each individual program is given.

Specialist: Dietitian Dilşat BAŞ
Equipment: Fat measuring device, scale
ISTANBUL MAY 2014, NATURAL HENNA HAIR COLORING
Artist Meyzi Petilon DENİZEL applied natural henna hair coloring to Sevil ÖZSOY who lost her hair during chemotherapy.

ISTANBUL JUNE 5 2014, BREAST CANCER AWARENESS SEMINAR
A seminar about breast cancer was conducted with participation of Specialist Breast Surgeon Prof. Dr. Abut KEBUDI and Radiologist Prof. Dr. Levent ÇELİK with contributions from Maltepe City Hall at Maltepe Türkan Saylan Culture Center. Our professors replied to questions in clear language rather than medical terminology.

Participants were able to ask questions in a Q & A format.
MAY 10 2014, DOĞA KOLEJI DAYS WITHOUT CANCER EVENT

Cancer, cancer preventative measures and early diagnoses of cancer, briefings were given at the Doğa Koleji Private School. Booklets and leaflets were distributed.

ISTANBUL MAY 2014, AYÇA DURMUŞ COMMEMORATION CEREMONY

We lost one of our most active volunteers, Ayça DURMUŞ. In her memory, her family and loved ones had a memorial service. May God bless your soul AYÇA...
IZMIR ACTIVITIES

1 IZMIR JANUARY 7, 2014 HAVVA ÖZİŞBAKAN ANATOLIA VOCATIONAL SCHOOL OF HEALTH

A short educational lecture about early diagnosis in cancer and awareness was given by our president Dr. Deniz Oner to Havva Özişbakan Anatolia Vocational High School of Health students.

2 IZMIR WEEKLY LATIN DANCE TRAINING

Every Monday evening, 2 hours of Latin dance training is given to 40 patients and survivors.

The therapeutic effect of the dance increases patient’s self confidence, reduces stress, while encouraging physical exercise, and development movement skills and muscles coordination.

Furthermore, it prevents patients and their relatives to isolate themselves from normal life. We help to improve self-realization, confidence and communication skills through dance and rhythm.

A participant's comment: “I incorporated musical steps, twists and fun into my life, I didn't say "I’m sick and I died" but held hands with beautiful people and met young dancers who pass their joy of living to us too and loved them... It’s something rejuvenating, what I saw on the participating friends’ faces are very pleasing... It should continue all the time...”
IZMIR MUNICIPALITY MEETING

Izmir Bayraklı Mayor Hasan KARABAĞ and Dance with Cancer Association organized “A complementary breakfast” to mix and mingle with 50 cancer patients and survivors.

IZMIR JANUARY 23, 2014, BOOK DISTRIBUTION TO THE PHARMACIES

Our Izmir coordinator Güzin YILDIRIM visited the pharmacies and distributed books and leaflets to be given to patients and relatives of the patients on behalf of our association.

IZMIR JANUARY 31, 2014 PUBLIC HEALTH CENTERS AND PRIMARY CARE PHYSICIANS BOOK DISTRIBUTION

Our Izmir coordinator Güzin YILDIRIM visited Public Health Centers and primary care physicians to distribute books and leaflets and talked about collaboration opportunities. Our books and leaflets reached to patients and their relatives through the Health Care Centers and primary care physicians.
IZMIR MARCH 26, 2014 DANCE WITH CANCER AEGEAN FOREST FOUNDATION TURKISH CLASSICAL MUSIC CONCERT

Aegean Forest Foundation Turkish Classical Music Choir, gave a Turkish Classical Music concert to 900 people that consisted of Izmir Dance with Cancer members, volunteers and guests. Our founding member Esra ÜRKMEZ also attended the night. In addition, our volunteers performed a dance show.

IZMIR APRIL 5, 2014 DANCE WITH CANCER FOREST TREE PLANTING CEREMONY

1000 trees were planted and ceremony participants met for breakfast before the event.

Aegean Forest Foundation’s mission is to prevent cancer in nature and our mission is to promote a healthy life using the importance of nature and lifestyle to prevent cancer. Our similar goal makes our partnership a perfect union.
IZMIR APRIL 8, 2014 IZMIR - KARŞIYAKA - ŞEMİKLER ANATOLIA HIGH SCHOOL EDUCATION

Medical Trainer Şenay ÇELENK gave a seminar with videos and slide show to 600 students about cancer, early diagnosis, reasons of cancer and categorizing and treatments of cancer.

IZMIR ART THERAPY

Group therapies for cancer patients started under the leadership of psychiatrist Nezahat BEDİR. Our Izmir therapy program is a combination of movies, art and talking therapies, which continue every 3 weeks.
ANKARA ACTIVITIES

1 ANKARA MAY 2013 - DECEMBER 2013, WEEKLY ZUMBA/DANCE ACTIVITY

Zumba was offered to promote exercise, which is one of the basic conditions of Cancer prevention and healthy living after cancer.

2 ANKARA MARCH 24, 2014 DEPARTMENT OF HEALTH VISIT

One of our founders Esra ÜRKMEZ paid a visit to the Department of Health and had a meeting with Head of Cancer Department Associate Prof. Murat GÜLTEKİN to inform the Department about our association’s projects and activities.

3 ANKARA MARCH 24, 2014 PROVINCIAL DIRECTORATE OF HEALTH MEETING

With Esra ÜRKMEZ, Ankara Provincial Directorate of Health Assistant Manager Rahmi ACAR conducted a meeting to talk about our association’s activities and publications.
ANKARA MARCH 23, 2014 AWARENESS AND INFORMATION MEETING, ÇANKAYA MUNICIPALITY CONTEMPORARY ARTS CENTER

Speakers
Radiology Specialist: İşıl SOYGÜR
Dietitian: Dilşat ARSLANGERİ BAŞ

İşıl SOYGÜR provided information about breast cancer and early diagnosis. On behalf of volunteer Specialist Dietitian Dilşat ARSLANGERİ BAŞ, the importance of a regular and balanced nutrition was discussed. Volunteer patients also shared their history and information.

The most important feature of this meeting was that the entirety was translated into sign language for the hearing impaired. Hearing impaired guests expressed satisfaction in being included and being able to participate for the first time at this kind of health meeting.

ANKARA APRIL 3, 2014 NATIONAL CANCER SYMPOSIUM

One of our founders Ebru TONTAŞ attended the National Cancer Symposium organized by Department Head of Cancer Turkish Public Health Foundation in Ankara on April 2-4, 2014.

ANKARA APRIL 5, 2014 CANCER WEEK

Our association was invited to Cancer Week by the Ankara Provincial Directorate who organized the event. We had a booth for public screening and to raise awareness in early diagnosis in Antares AVM Ankara. Books named “Sevim’s new mask” and “Mom’s lump” were distributed and drew considerable attention.
7 ANKARA APRIL 20, 2014 TREE PLANTING

Dance with Cancer Three Nursery was brought into existence and three planting was carried out with collaboration of our volunteers in BatikentUGHur Mumcu District with contributions of Neighborhood Assembly.

8 ANKARA APRIL 23, 2014 PEDIATRICS ONCOLOGY VISIT

Our volunteer Nurşen İNCE gave out presents to children with leukemia at Gazi University Hospital on April 23 to recognize National Sovereignty and Children’s Day.
9 ANKARA MAY 9, 2014 MOTHER’S DAY ACTIVITIES

May 11, 2014 Our volunteers came together for the purpose of remembering the holiness of motherhood, spending a nice day together and to distribute leaflets about early diagnosis.

10 ANKARA MAY 2014, UĞUR MUMCU DISTRICT OFFICE SEMINAR

Specialist Dr. İşıl TÜRKMEN SOYGÜR educated 35 women about breast cancer, symptoms and screening with the support of Uğur Mumcu District Office.

Specialist: Dr. İşıl TÜRKMEN SOYGÜR
ANTALYA ACTIVITIES

1. ANTALYA MARCH 2, 2014 RUNTALYA MARATHON

We attended the RUNTALYA MARATHON with a team of 10 volunteers. We displayed our name with banners at the starting line to be able to introduce our association to public.

2. ANTALYA 19-23 MART 2014, MEDICAL ONCOLGY CONVENTION

Our association participated in the 5th Turkish Medical Oncology Convention on March 19-13, 2014 at Susesi Hotel in Antalya. Our administrative and founder member Esra ÜRKMEZ addressed a speech to nationwide oncologists and health professionals, introduced our association and shared the result of a survey, taken by over 10,000 people, about patient’s expectation from health services at the terminal stage.
MANISA ACTIVITIES

1 MANISA SALIHLI ANATOLIA HIGH SCHOOL CANCER PREVENTION WAYS EDUCATION

Our member Biology Teacher Ayşin AKSU educated high school students about ways of prevention from cancer and risks by using Dance with Cancer materials.
ESKISEHIR ACTIVITIES

1 ESKISEHIR JANUARY 26, 2014 KETEM WALK

Our association’s volunteers attended the walk to draw attention to cancer and walked together with our banners.

2 ESKISEHIR APRIL 11, 2014 MIMAR SINAN MIDDLE SCHOOL EDUCATION

“If someone from the family has cancer” booklets were distributed at the activity under the leadership of our volunteers Serkan KIZIBAYIR and Selin YÜRÜK.

3 ESKISEHIR JUNE 1, 2014 ESKISEHIR SEMI MARATHON & 10 KM RUN

The Ankara Dance with Cancer family created an activity to attend the 2nd New Balance Eskisehir 10 km run and semi marathon. The goal was to increase our members’ interest in sports, to strengthen communication.
BURSA ACTIVITIES

BURSA MARCH 1, 2014, AMAZON WOMEN’S DAY

At the activity that was organized by Op. Dr. Ceyhun İRGİL, Dance with Cancer Association was represented and our books and leaflets were distributed.
SAMSUN ACTIVITIES

1 SAMSUN MAY 30, MAYIS 2014

A panel named “Hand in Hand for Breast Cancer” took place at Samsun Ondokuz Mayis University. Studies about breast cancer in the world, Turkey and Samsun were discussed. Our president Deniz ÖNER informed the panel about Dance with Cancer’s studies about early diagnosis and awareness and our activities about breast cancer.
KAHRAMANMARAS ACTIVITIES

1 KAHRAMANMARAS
Dance with Cancer contributed to KETEM Türkoğlu high school awareness event, visited patients and provided training.
MERSIN ACTIVITIES

1 MERSİN
Mersin weekly breathing therapy has been continuing on every Thursday at 15:00 / 17:00 since December 2013.
FREE ACTIVITY TICKETS DISTRIBUTION IN 12 PROVINCES

MEDIA PROGRAMS

1. Esra ÇOKÇETİN and Deniz ÖNER talked about our association at a Health Program on TV8.

2. Ayça DURMUS and Sertac DOGANAY TV 8 Program
3 Ebru TONTAŞ and Nalan ARAPKIRLOĞLU participated in Health Report Program on April 4, 2014 TVNET.

4 Melike KÜL, Berrin GÜLDIKEN, Hediye ATAMAN joined a MC TV show.

5 Habertürk November 2013 Balçıçek İlter Program Esra ÜRKMEZ.
6 Medikal with Esra KAZANCIBAŞI May 2013 Ebru TONTAŞ.

7 Ebru TONTAŞ and Güzin YILDIRIM shared our association’s activities and cancer on March 31, TV24 Health Program with Meral KARADAĞLAR.

8 Sevgi SARIGÜL represented our association on Healthy Life Program with Duygu CANOVA on May 2, 2013.
INTERNATIONAL EVENTS AND ACTIVITIES

1 Dance with Cancer founders each gave a speech and talked about the association’s activities at New York Promotion Dinner Night on May 2013 and March 8, 2014. Demet SAGIROGLU gave a concert at this event.

2 APRIL 3, 2014 OPEN CONFERENCE (ONCOLOGY PARTNERSHIP AND EDUCATION NETWORK AND MCRC)

Executive Board Member Özgün TANSÖKER DANACI represented our association at OPEN (Oncology Partnership and Education Network and mCRC) in Frankfurt.
3 CML ADVOCATES CONFERENCE MAY 2014 CML HORIZON IN BELGRADE

Özgün TANSÖKER DANACI represented our association and gave a presentation at KML Conference on May 2014 in Belgrade.

4 MAY 15, 2014 DANCE WITH CANCER DAY

CARCELONA MARATON AND AVON WALK VOLUNTEERS PARTICIPATION

We would like to thank Nilhan ÖZPAĞADA who represented our association at the Barcelona Marathon and Özlem ÖZCAN who participated in the Avon New York Walk.

MAY 15, 2014 NEW YORK FLAG CEREMONY

Flag raising ceremony that takes place every year on Wall Street in New York was carried out with the Turkish flag flown at half-mast this year. We were present as Dance with Cancer Association, sang our national anthem and a moment of silence was held.

JULY 8, 2013 SUNNYVALE ROTARY SPEECH, CALIFORNIA

A presentation was given by Ebru TONTAS to Sunnyvale Rotary Club.
VARIOUS SPIRIT RAISING ACTIVITIES

In Ankara, Istanbul, Antalya, Samsun, Mersin, Adana, Bursa different activities are organized for raising spirits and motivation. These activities are usually social gatherings that keep people together and to have conversations.

1 ANKARA

2 İSTANBUL

3 İzmir

4 ADANA  5 MERSİN  6 SAMSUN
NEW PROJECTS:

1. ROTARY BREAST AND COLON AWARENESS

With the support of the Rotary Club, an instructional activity about colon and breast cancer was planned where people could walk through a giant colon.

DANCE WITH CANCER ASSOSIATION

Dance with Cancer, to dance with Life!
Esra Urkmez and Ebru Tontas, 2 high schools friends whose fathers were diagnosed with cancer, created a blog and a thriving Facebook patient support page and community group in April 2012. The goal has been to offer research-based information about treatment modalities, new research, side effects, and provide a psycho-social support platform for those where accessibility had previously been deficient. With their social media and blog followers reaching thousands, they decided to become a non-profit to extend the realm of their services; hence “Kanserle Dans Association” was born in February 2013 in the United States and May 2013 in Turkey.

DANCE WITH CANCER ASSOCIATION is highly popular and active on social media channels such as Facebook, Twitter, Youtube, Vimeo, Pinterest, Google+ and LinkedIn and leverages all these channels for public awareness and education.

According to Google Analytics reports as of May 2014, we have reached 85 countries worldwide and 79 out of the 81 states in Turkey have accessed our www.kanserledans.org website.

For the given reporting period, our social media channels subscribers reached 60,000 and we have more than 20 million views.
Dance with Cancer, to dance with Life!