

## St. Charles receives Lance Armstrong grant for cancer survivor program

by Bend\_Weekly\_News\_Sources

BEND, Ore. -- The St. Charles Foundation recently received \$149,590 from the Lance Armstrong Foundation (LAF) to support the DEFEAT Cancer program. DEFEAT (Diet, Exercise, Fine Eating, and Thriving) Cancer is designed to help cancer survivors by improving their lives through exercise and nutrition. Archie Bleyer, MD, of the St. Charles Regional Cancer Center will lead the program.

The St. Charles Foundation was one of five non-profit organizations across the country (and the only program in the western half of the United States) to receive LAF grants during the current round of awards to help people with the physical, emotional and practical challenges of cancer. With DEFEAT, a year-round program, and annual retreats designed to enhance the nutrition and exercise of cancer survivors, the St. Charles Regional Cancer Center is developing a model program that is anticipated to have national application. Cancer patients, cancer survivors, and family members participating in DEFEAT Cancer are expected to have an improved quality of life and potentially longer survival. "With this grant, St. Charles plans to expand our current cancer survivorship program, and to do so with a scientifically rigorous, evidence-based approach," said Dwight Heaney, Executive Director of the St. Charles Foundation and Vice President of Philanthropy for Cascade Healthcare Community. "We are honored and excited to be among such an extraordinary group of recipients who all share a passion for helping people living with cancer." Through its community program, the LAF awarded grants in the areas of physical activity and nutrition, and practical issues of cancer survivorship. LAF awards grants to community, non-profit organizations to serve the needs of people living with cancer as identified by the National Action Plan for Cancer Survivorship: Advancing Public Health Strategies, and offers grant recipients regular training, technical assistance and opportunities to discuss common challenges and exchange best practices. "Through our grant program, the LAF focuses on improving quality of life for people affected by cancer," said Suzanne Kho, director of grants for the LAF. "We are delighted to support community organizations across the country in their efforts to help cancer survivors face the challenges and changes that come with cancer." About the St. Charles Regional Cancer Center The St. Charles Regional Cancer Center is accredited by the Commission on Cancer from the American College of Surgeons. We serve as Oregon's primary resource and referral center for cancer information, education and diagnostic and treatment services east of the Cascades. In addition to participation in major research protocols, St. Charles offers the following radiation therapy options and leading-edge technologies: external beam radiation, implants, stereotactic radiosurgery (SRS), permanent seed implantation (brachytherapy), three-dimensional conformal beam therapy and intensity modulated radiation therapy (IMRT). [www.scmc.org](http://www.scmc.org). About the Lance Armstrong Foundation The Lance Armstrong Foundation (LAF) inspires and empowers people affected by cancer. We help people with cancer focus on living; we believe that unity is strength, knowledge is power and attitude is everything. From the moment of diagnosis, the LAF provides the practical information and tools people with cancer need to live life on their own terms. The LAF serves its mission through advocacy, public health and research. Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the LAF is located in Austin, Texas. For more information, visit [livestrong.org](http://livestrong.org).

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