

# FULL LIFE DIGEST

APRIL 2022



## A MESSAGE FROM OUR FOUNDER



**PREYAA DOCU**  
FOUNDER

Welcome to our April 2022 newsletter! Cheers to a successful 2021, in which we established a relationship with a new research partner, The Dana Farber Lynch Syndrome Center. As a foundation, FLF was able to donate \$10,000 to their Lynch Syndrome Patient Registry and Biobank. Learn more about the Biobank on the following page.

FLF is excited to kick-off the year with an in-person happy hour in NYC. We simply want to get back out there and continue spreading awareness about Lynch Syndrome... and we miss hanging with our donors! [Join us](#) at The Underdog NYC on 4/21, 6-8pm. \$20 entry, cash bar. All proceeds go directly to FLF.

### **Lynch Syndrome: Myth or Fact?**

Lynch Syndrome carriers have up to an **80%** chance of developing colon cancer throughout their lifetime\*.

### **FACT!**

Compare that to the general population's 4% risk.

LS carriers require lifelong monitoring and care to prevent the development and/or progression of many types of cancer, colon cancer being the most common. Getting genetic testing is the first step in understanding your risk.

\*Per the Dana Farber Cancer Institute



# FLF'S IMPACT ON LYNCH SYNDROME RESEARCH

## 2021 HIGHLIGHTS

**\$15,000**

**Donated to  
Research**

**2**

**Partner Research  
Institutions**

### **FLF/Columbia University Research Fund**

During Full Life's first year, we established a perpetual Lynch Syndrome research fund at Columbia University Irving Medical Center (CUIMC). The fund is led by Dr. Fay Kastrinos who focuses on gastroenterology and cancer care at CUIMC. FLF donated another \$5,000 to this fund in 2021.

CUIMC participates in multiple national and international research efforts to promote the identification of Lynch syndrome in families. They aim to optimize cancer screening and preventative strategies to improve clinical outcomes and to help keep Lynch syndrome patients cancer-free and healthy. FLF's dedicated research fund supports these efforts.

### **Dana Farber Patient Registry & Biobank**

FLF donated \$10,000 to Dana Farber's Lynch Syndrome Center. This donation will go directly towards the LS Patient Registry and Biobank. Read below for details on what the Biobank is, and how it will promote LS research for "previvors" and survivors.

Dana Farber established the first, most comprehensive Biobank repository for Lynch Syndrome research. The Biobank will store samples from various types of LS patients: those who have been diagnosed with an LS-associated cancer, as well as LS patients who do not have cancer but are at high-risk (previvors). The biobank will store patient biological samples (blood, polyps, plasma, serum, fibroblasts, DNA, RNA, and tumor tissue) providing an essential foundation for novel research in Lynch syndrome. The Registry and Biobank will collect patient data longitudinally, so researchers can study how Lynch syndrome evolves over time and the effects of various preventative and treatment interventions.



# FUNDRAISING MADE EASY!

## THERE ARE MANY WAYS YOU CAN SUPPORT OUR MISSION CHECK IT OUT!

### Attend an FLF Event

- FLF aims to host 2-3 events/year
- Check out our Instagram or [website](#) for updates on upcoming events
- We've hosted an array of events from workout classes to social gatherings to virtual cooking classes with award-winning chefs
- Join us for our next event: Happy Hour at The Underdog (NYC) on April 21st. Tickets can be purchased [here](#)

### Create a Facebook Fundraiser

- Go to Facebook Fundraisers on your profile
- Select "The Full Life Foundation for Lynch Syndrome" as your nonprofit
- Click "create fundraiser" and set your fundraising goal!
- Edit your fundraising page to share with your friends why you've chosen FLF
- Any amount raised will go directly to FLF for Lynch Syndrome research

### Shop on Amazon Smile

- Choose "The Full Life Foundation for Lynch Syndrome" as your charity of choice and link it to your Amazon account
- Shop at [smile.amazon.com](https://smile.amazon.com) and Amazon will donate 0.5% of eligible purchases to Full Life—no fees, no extra cost. Every penny counts!
- Be sure to set your Amazon mobile app to the Amazon Smile mode as well! Go to "settings" and click "AmazonSmile" to check

### Create a Personal Fundraising Page

- Create your own fundraising page that directly benefits FLF
- If you're running a race, raising funds in memory of someone, or just because, this feature allows you to personalize and collect donations seamlessly
- Follow this [link](#) and click "I want to fundraise for this" to create your page
- Give Lively will provide a personal link so you can share your page directly with others

## ABOUT US

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The Full Life Foundation is a non-profit organization dedicated to supporting research for a cure for Lynch Syndrome and its related cancers. Through the efforts of our team, partners, and supporters, it is our goal to educate the public on Lynch Syndrome, raise funds for research, and give back to the affected communities through various volunteer initiatives.

We strive to always be transparent with our donors. Our Lynch Syndrome research projects are hand-picked by our team and conducted by universities and hospitals nationwide. When you donate to the Full Life Foundation, you can feel confident that your donation is being put to good use, directly funding one of our supported research projects.

## THE TEAM

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## STAY CONNECTED

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