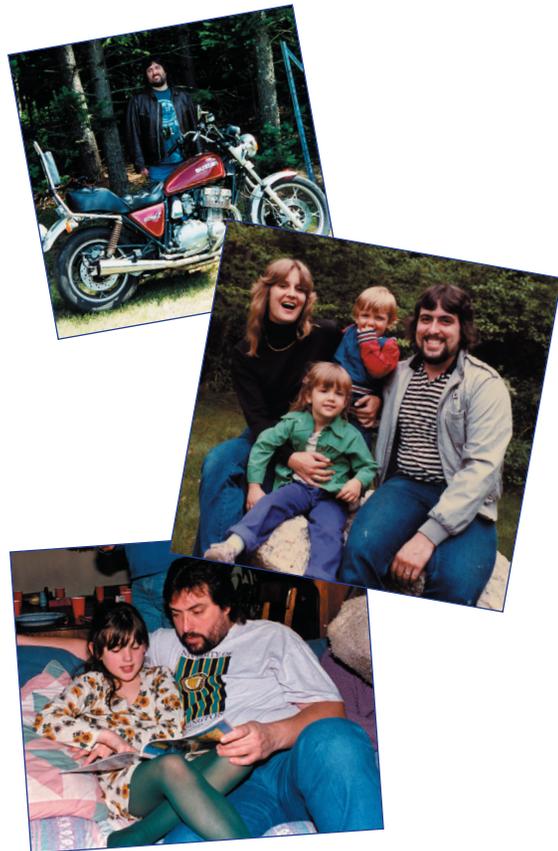


The reasons for this brochure are inspired by Tom's dream of making a difference:

~ To raise awareness of the need for cancer treatment that is specific to an individual's need

~ To encourage regular screenings for colon cancer

~ To honor Tom by collecting donations that will be used solely to support cancer survivors



For More Information, visit the following web sites:

www.TomsRide.org

www.Cancer.org

Send donations directly to:

The Tom Grunske Fund

Dr. Harold Wanebo

206 Cass Avenue

Woonsocket, RI 02895

Or send me your donation:

Joseph Grunske

22A Mount Vernon Drive

Vernon, CT 06066

I can be reached by e-mail at:

JoeG@TomsRide.org

Thank you for your generosity and for helping me to accomplish Tom's goal.



A log in a stream
doesn't stop the stream
from flowing,
it merely
redirects it.

My Story (in brief)

I lost my older brother, Tom, to colon cancer on May 26, 2004. (Just writing those words wrenches my gut.) He left behind a loving and devoted wife, Laurie, and three wonderful children: Sara, Matthew and Mariah.

For seven long and arduous years, Tom battled his cancer vigorously. He was almost always in pain to one degree or another, yet he seldom complained. More often than not, he had a big smile on his face, or he was recalling some crazy antic of his younger years.

In 2002, Tom made plans to ride his bike around the country to raise money for cancer research, as well as to raise awareness of the need for cancer treatment that is specific to an individual's need. Unfortunately, his cancer became more aggressive and he never had the chance to take that ride, which is why I'm finishing what he started.

With so much focus put on cancer research, cancer survivors seem to be forgotten. Therefore, all donations (that's 100%) collected from Tom's Ride will go directly to providing support for cancer survivors.

Tom wanted more than anything to make a difference. With your help, we can still accomplish his goal.



Visit the web site (TomsRide.org) for the full story and more information about Tom's Ride.

Things You Should Know

Without getting too preachy, I would like you to consider the following paragraphs, taken from the American Cancer Society web site—keeping in mind that I am not a doctor, nor am I dispensing medical advice.

Screening: One of the most powerful weapons in preventing colorectal cancer is regular colorectal cancer screening or testing. This is because polyps, or growths, can be detected and removed before they have the chance to turn into cancer. Screening can also result in finding colorectal cancer early, when it is highly curable.

People who have no identified risk factors (other than age) should begin regular screening at age 50. Those who have a family history or other risk factors for colorectal cancer need to start screening at a younger age and more frequently.

On a personal note, the most common excuse for not getting a colonoscopy is the invasiveness and discomfort of the procedure. I've had several colonoscopies and the procedure itself is a breeze because of the sedative they gave me. And I'd rather put up with mild discomfort during the preparation for a colonoscopy than endure the agony Tom suffered.

Diet and exercise: People can lower their risk of developing colorectal cancer by managing the risk factors that they can control, such as diet and physical activity. It is important to eat plenty of fruits, vegetables, and whole grain foods and to limit intake of high-fat foods.

Physical activity is another area that people can control. The American Cancer Society recommends at least 30, preferably 45 to 60 minutes of physical activity on 5 or more days of the week. If you are overweight, you can ask your doctor about a weight loss plan that will work for you.

Other factors: There are other risk factors that can't be controlled, such as a strong family history of colorectal cancer. But even when people have a history of colorectal cancer in their family, they may be able to prevent the disease by starting screening tests when they are younger and having them performed more frequently.

See the American Cancer Society web site (Cancer.org) for more details on prevention.

If You Are a Cancer Survivor

One message Tom wanted to convey, perhaps more than any other, was the importance of seeking treatment based on one's own individual situation, rather than a generic protocol that doesn't take into account the specific needs of the person.

Although most doctors are dedicated to helping their patients, it is ultimately your responsibility and your right to self advocate; to sit down with your healthcare team to discuss the standard options available to you, as well as other avenues of treatment. Textbook treatment works for some, but certainly not all.

One thing you would do well to remember is that your thoughts regarding your care are equally important to those of the professionals.

Don't be afraid to take charge of your own life, and LIVE! That's what Tom himself did...and encouraged in all the lives he touched.