

The Optimist

Newsletter of Indian American Cancer Network (IACAN)

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We dedicate this issue of the Optimist to all our donors, supporters and volunteers. We are grateful for their generosity and value their ongoing commitment. The organization is able to march forward because of their support and volunteer spirit. Our appreciation and thanks to each donor and volunteer.

We recognize the following organizations and corporations for their donations and for funding some of the activities:

Indo American Charity Foundation, The Houston Foundation, Asian Cancer Council at the American Cancer Society, Cancer Prevention & Research Institute of Texas, Asian American Health Coalition, Hope Clinic, BP Foundation, and Jacobs Technology.

We recognize the following individual donors and sincerely appreciate their contribution. (Not in any particular order)

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We applaud and salute all our volunteers who have given their valuable time and expertise to further the mission of IACAN.

In the month of January we had sent out a survey to all of you. So far 23 people have responded. You can still go to iacannetwork.org website and complete the survey. Your feedback will help us immensely to grow and develop into an effective organization.

Upcoming educational outreach event:

Speaker: Alok Kalia, M.D.

Title: The South Asian Diet, the Grandmother, and the Scientist- A Cautionary Tale

Date: Sunday, March 13, 2011 Time: 3PM

Venue: India House

South Asians have among the highest rates of diabetes and heart disease of any major ethnic group. There is also evidence that our diet places us at increased risk of cancer. In his presentation, Dr. Kalia will critically examine the South Asian diet of today. He will then take the audience on a guided tour inside the body to show how our food might be contributing to some of our illnesses and suggest simple changes in our diet that can lead to a significant improvement in health.

Sincerely
IACAN Board



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