



Val & Jerry Demings with Pam & Gary Sain
at the Thoracic 100's first fund raiser held at The Capital Grille

Jack's Course The Start to Thoracic 100

By: Dana Damato
Photo: Brion Price

Read more at:
StyleToMe.com

entry. Pam Sain, Orlando resident and wife of Gary Sain, CEO of the Orange County Convention and Visitor's Bureau, has taken one of life's most heartbreaking challenges and turned it into hope for future generations. Thoracic 100 is a fund set up with the Florida Hospital Foundation to help spread awareness for not only individuals suffering from esophageal cancer, but families of those individuals. Pam, who has passion and empathy for all who have faced or are currently facing this painful experience, is on a mission to create a network of supporters to reach out to the community and make a difference.

After an unfortunate loss in a long and hard battle with esophageal cancer, Pam's father, Jack Wooldridge, passed away on March 19th 2010. In her father's memory, Pam has taken her journey through this experience and turned it into a fund to help spread awareness for the disease. "I really wanted to start a fund for Thoracic cancer because I feel like it's a disease that no one ever talks about. I think the numbers are higher than people realize. It is the unspoken cancer," says Pam, "The thoracic is the lungs, esophagus, heart, and all the vital stems of living. The complications of esophageal cancer affect all those major organs and the signs can easily be overlooked." Pam's effort to spread awareness starts with finding a way to help educate individuals of all ages about the common symptoms. "Acid reflux is

> "In life we never know what journey is ahead of us. Sometimes we look back and are surprised at how much we can endure. My dad endured more than any human being should ever have had to experience," Pam Sain expressed in a journal

a huge sign. If people have acid reflux it's something they should seriously look into." The goal is for more people to get screened so there are more success stories as opposed to unfortunate outcomes. As Pam continued with her story, she mentioned the many challenges she will be facing in bringing the community together to help raise money for awareness. "People usually don't want to donate to these types of causes because they feel that any cancer related to the lungs and esophagus is a smoker's disease and they brought it on themselves," Pam stated, "my father was not a smoker nor was he ever exposed to any harmful chemicals."

Gary, Pam and The Capital Grille hosted Thoracic 100's first fund raiser function on September 8th, 2010. Bringing in some of Orlando's top community leaders, the first event held about 70 invitation only guests together to begin building a starting foundation for this organization. Although Esophageal Cancer awareness month is in April, Pam will initiate planning events within the next few months. Being at her father's bedside for 8 ½ months and living through the pros and cons of what helped get through this process, her plan for action starts with reaching out to the community. "People need to know that if you or your loved one is going through any kind of life threatening illness, it's important to never give up hope. Having the will to survive and strong faith will make or break the fight." Pam is currently starting a blog and building a website which can be viewed at www.jackscourse.com, Pam can also be reached by email at pamela.sain@gmail.com. <