

## LANGERHANS CELL HISTIOCYTOSIS (LCH)

Langerhans cell histiocytosis (LCH) occurs in patients when the body accumulates too many immature Langerhans cells, a subset of the larger family of cells known as histiocytes. A Langerhans cell is a type of white blood cell that normally helps the body fight infection. In LCH, for some unknown reason, too many Langerhans cells are produced and then build up in certain parts of the body where they can form tumors or damage organs.

According to most experts, Langerhans cell histiocytosis (LCH) is classified as a rare cancer. The cause of this disease is unknown, although many possibilities have been explored, including viruses, exposure to toxins in the environment, family history and geography.

LCH is believed to occur in fewer than 1 in 200,000 children, but any age group can be affected.

There are several histiocytic disorders: HLH, LCH, Juvenile xanthogranuloma (JXG), Erdheim-Chester disease (ECD), and Rosai-Dorfman disease (RDD).

To learn more about LCH and other histiocytic disorders, please visit the Histiocytosis Association website at: [www.histio.org/diseaseinformation](http://www.histio.org/diseaseinformation)

## ABOUT THE ASSOCIATION

The Histiocytosis Association is an international partnership of parents, patients, physicians and friends bound together by their mutual interest in histiocytic disorders. The Association provides educational and emotional support programs, and promotes scientific and medical investigation into histiocytic disorders through its research program with the aim of establishing better treatments, prevention, and a cure for these diseases.

**HISTIOCYTOSIS ASSOCIATION™**  
*A Rare Community*

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# HISTIO RUN

In Memory of Jeffrey White

**SATURDAY, MAY 18, 2024**



**Abby Potts**

**The Goal: To raise \$5,000 for family support, awareness, and research for a cure.**

<http://histio.org/HistioRunJeffreyWhite>

# RUN DETAILS

The Histo Run in memory of Jeffrey White is a 5K USATF certified course that will start and end at the Mannford High School.

For young and novice runners, please join us for the Mile Fun Run taking place just prior to the 5K event.

## SATURDAY, MAY 18

**7:00 - 8:00 AM CHECK-IN/REGISTRATION**

**8:00 - 9:00 AM MILE FUN RUN**

**9:00 AM 5K START**

## REGISTRATION

### EARLY BIRD REGISTRATION (ends April 27)

**\$35** Includes: 5K run access and t-shirt

**\$25** Includes: Fun Run access and t-shirt

### REGULAR REGISTRATION (ends May 16)

**\$45** 5K run access and t-shirt

**\$35** Fun Run access and t-shirt

### ON-SITE REGISTRATION (May 18)

**\$55** 5k run access and t-shirt while supplies last

**\$45** Fun Run access and t-shirt while supplies last

### TEAM OF 10 REGISTRATION

**\$250** 5k run access and t-shirts for 10 runners

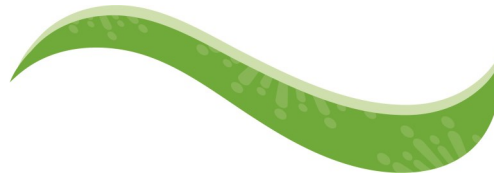
## FUNDRAISING GOAL

The funds raised for the Histo Run In Memory of Jeffrey White will benefit the Association's family support, awareness, and research programs. These support programs include educational brochures, regional education meetings and awareness campaigns. The objectives of the Research Program are to fund worthy scientific research projects, educate physicians and scientists, encourage and support symposia into histiocytic disorders, directly participate in research projects, and encourage publication of scientific information. Please help us reach our goal of \$5,000 with your donation today!

## ABBY'S STORY

Abby is a fun, happy 19-year-old girl. In late 2014 she started experiencing pain in her shoulder. At first we assumed she was having growing pains and we did all sorts of home remedies but the pain kept increasing. In early March 2015 the pain was worse and she was unable to perform some of her daily activities (taking a shower, dressing herself, combing her hair). After months of tests and spending some time in the hospital, Abby was diagnosed with Langerhans cell histiocytosis (LCH), a rare disease that causes an overproduction of white blood cells that can lead to organ damage and the formation of tumors and lesions. In Abby's case she had a single lesion on her second rib. The lesion had eroded her rib to the point of her rib being fractured; this caused a lot of pain for Abby and also led us to months of physical therapy. Her physicians opted to treat the lesion with a steroid injection in hopes that the lesion would shrink and it did!

This journey was hard and exhausting but Abby has learned that she can do hard things. This diagnosis hasn't slowed her down at all and she is still active in her church, plays volleyball for her school & through the local YMCA. She would tell you her faith (her favorite verse: Jeremiah 29:11), family and friends helped her most during her hard days and she wants to be able to give hope to others who need help, that's why funding is so important.



## WHY WE RUN

We are running to raise money for this "orphan disease" so that no child has to go through what Jeffrey had to go through. This is a rare disease and there isn't a lot of research money. It is up to the families of the children stricken with it. Please donate and help find a cure.

## MAKE A DIFFERENCE

Thank you for being a part of this special event by sponsoring a Histo Run in Memory of Jeffrey White participant. Your donation directly supports awareness and research programs into improved treatments for children and adults affected by the histiocytic disorders. Thanks for making a difference! Your donation may be tax deductible under IRS code 501(c)(3).

Name of Person Sponsored: \_\_\_\_\_

Tribute Name: **Abby Potts**

Donate Online:

**Go to: [www.histio.org/HistoRunJeffreyWhite](http://www.histio.org/HistoRunJeffreyWhite)**

- Click the link "Donate to This Event" button
- Enter in the runner's first or last name and click "Search"
- Click the "Donate Now" button next to the walker's name

### Donate In Person

Enter the data below and give this form with your donation directly to your favorite runner. The runner will give it to the Histiocytosis Association.

### Donate by Mail

Send your donation along with this completed panel to: Histiocytosis Association

Attn: Histo Run for Jeffrey White

332 North Broadway

Pitman, NJ 08071

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

- Cash
- Personal Check or Money Order

Payable to the Histiocytosis Association • *Include runner's name on check*

Credit Card: Visa/Master Card/American Express/Discover

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ACCOUNT NO.

\_\_\_\_\_  
AUTHORIZED SIGNATURE

CVV/SECURITY CODE 

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 EXP. DATE 

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 TOTAL DONATION AMOUNT

I prefer to make this donation anonymously.