

WA CARES about Cancer Partnership
Newsletter
June, 2017



DEAR WA CARES,

Welcome to the June edition of the WA Cancer Partnership Briefer.

Our Skin Cancer Awareness Day - Don't Fry Day, May 26th, 2017 - was a success, thank you to all of our partners who helped us grow this campaign. Help us continue the sun safety conversation and make sure you are paying attention to that UV index all season long.

Sunday June 4th is National Cancer Survivors Day. Head to our [Survivorship](#) section for more details.

Please use the table of contents to navigate through sections as needed. Clickable links are indicated by [underlined blue text](#). You can also click on pictures and logos for further information.

For questions regarding WA CARES and other projects and campaigns related to Comprehensive Cancer and the Cancer Survivorship Program, please feel free to contact me directly.

Best regards,

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"Public Health- Always working for a safer and healthier Washington."

- *WA State Dept. of Health*

What's New?

One of the leaders of the Fred Hutch-based HIV Vaccine Trials Network and director of its Africa programs was included in Time magazine's annual list of the 100 most influential people in the world. Dr. Glenda Gray's pioneering work on HIV prevention earned her a spot on the 14th annual list of honored individuals that has included many notable figures like retired Supreme Court Justice Sandra Day O'Connor, writer Margaret Atwood, philanthropist Melinda Gates, and Pope Francis. [Read more about Dr. Glenda Gray and her work at Fred Hutchinson by clicking here.](#)



Colorectal Cancer

- **80% by 2018:** The 80% by 2018 initiative is led by the American Cancer Society (ACS), the Centers for Disease Control and Prevention (CDC) and the National Colorectal Cancer Roundtable (an organization co-founded by ACS and CDC). more than 1,000 organizations have committed to

substantially reducing colorectal cancer as a major public health problem for those 50 and older. These organizations are working toward the shared goal of 80% of adults aged 50 and older being regularly screened for colorectal cancer by 2018. [Find out more by clicking here.](#)



- **Increasing Colonoscopy Screening in Disparate Populations:**

Data from a recent journal article on patient navigation suggests that when it comes to disparate populations, patient navigation is effective for improving colonoscopy screening completion and quality. A New Hampshire Colorectal Screening Program compared and evaluated their patients who were navigated to screening or surveillance colonoscopy to those without any navigation assistance and provide some of the strongest evidence for the effectiveness of Patient Navigation to date. [Read the entire journal article here.](#)

- **Research paves way for improved colorectal cancer test:** The type of bacteria in your gut may help diagnose colorectal cancer. [Research led by the Baylor College of Medicine](#) has identified specific types of bacteria that seem abundant in individuals with colorectal cancer. Using a combination of markers specific for these fecal microbes, scientists anticipate that a noninvasive, sensitive clinical diagnostic test potentially can be developed. [Read more about this research here.](#)

- **Yakima locals featured as survivors of colon cancer:** While undergoing chemotherapy, Gina Benedetti applied to be featured in On The Rise, a magazine that highlights those diagnosed with colorectal cancer under age 50. Benedetti was one of 12 chosen as the 2017 featured survivors, was flown to Nashville to tell her story. The event is organized by [The Colon Club](#), which connects young adults diagnosed with colorectal cancer while also educating others about risk factors, genetic precursors and symptoms. Turns out, another Yakima native was chosen as well. [Read more about their serendipitous encounter in the Yakima Herald.](#)

Breast Cancer

- **Breast Cancer Update from ASCO:** Thursday, June 15th, 7:00-8:30pm at Cancer Pathways (formerly Gilda's Club), 1400 Broadway, Seattle, WA 98122. Julie Gralow, MD, the Director of Breast Medical Oncology at the UW/SCCA, returns from the annual meeting of the American Society of Clinical Oncology (ASCO) to share a synopsis - for patients and caregivers - of up-to-the-minute research findings in breast cancer research, prevention, detection, and treatment. Free and open to the public. Visit cancerpathways.org to register
- **Bring Your Brave:** Resources are available to help young women (under 45) understand their risk of hereditary breast and ovarian cancer and identify risk factors for breast cancer at a young age. [Find out more about the resources offered by the Bring Your Brave campaign by clicking here.](#)
- **Journal of Women's Health:** Young Women's Perceptions Regarding Communication with Healthcare Providers About Breast Cancer, Risk and Prevention - A recently published article points out missed opportunities to enhance patient-provider communication and increase knowledge about breast cancer screening and surveillance for higher risk patients. [Read the entire research article by clicking here.](#)
- **Susan G. Komen Puget Sound:** 2017 Komen Puget Sound Race for the Cure will be Sunday, June 4th, 2017 at the Seattle Center. [To find out more information or to register click here.](#)



Featured Partner

Cancer Pathways

New name, same mission. Cancer Pathways is formerly Gilda's Club Seattle - named in honor of Gilda Radner, who, when describing the emotional and social support she received when she had cancer, called for such places of participation, education, hope and friendship to be made available for people with cancer and their families and friends everywhere. The New York flagship facility, with its International Training Center, opened in June of 1995. Anna Gottlieb, Gilda's Club Executive Director, saw an article in People Magazine on a rainy Seattle afternoon many years ago about the first Gilda's Club opening in New York City. She was so intrigued by the family focus and the humor that went along with a cancer support community that she went to NY to see it for herself. She was so convinced that this wonderful program was needed in Seattle that she spent the last 19 years pursuing this dream. Anna says, "This has been a journey filled with much love, dedication, passion and commitment on the parts of so many. It has been a privilege and honor to play a small part of this incredible team." Cancer Pathways offers programs of education, support, and community options for men, women, teens and children living with cancer along with their

families and friends. Programs are offered in Seattle and throughout the State with collaborating partners in varied locations such as hospitals, community centers



and schools. At their main facility in Seattle, and in off-site locations, they build that support together - at no cost to participants. Men, women, children, families, and friends - all are welcome. If you are interested in joining an adult support group or their family program, they'll first schedule you with an appointment to talk with one of their program social workers. You can sign up for many of their programs through our website.

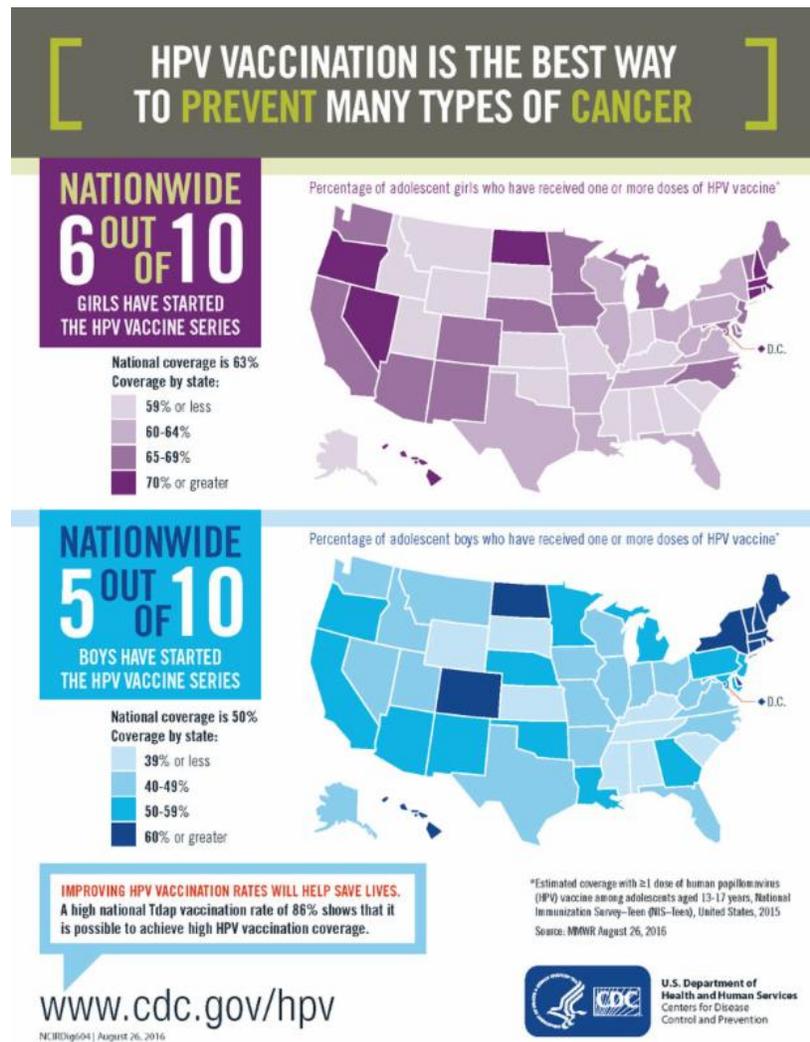
To find out more about Cancer Pathways and their history as Gilda's Club Seattle, [click here](#).

Cervical Cancer and HPV

- **Registration for the HPV Roundtable:** In conjunction with the National HPV roundtable, the State of Washington will be holding a state wide roundtable to bring together professionals to organize and discuss best strategies for HPV vaccine update. The Washington State HPV Roundtable will be held Friday, June 23, 2017 10am-4:30pm at the Washington Academy of General Dentistry in SEA-TAC, WA. [To register for the Washington State HPV Roundtable click here.](#)
- **More than 1 in 5 U.S. adults were infected by a type of high-risk HPV, CDC report shows:** Almost 23 percent of U.S. adults ages 18 to 59 had a type of genital human papillomavirus (HPV) that put them at high risk of certain cancers. That percentage jumped to more than 42 percent during 2013 to 2014 if any type of genital HPV was included. [Read more from this article by clicking here.](#)
- **Free HPV Immunization E-Course:** This course provides the most up-to-date information on HPV infection, related disease and cancers, vaccine recommendations, and vaccine safety and impact. Additionally, this course offers evidence-based suggestions for successful HPV vaccine communication with patients and their parents, frequently asked questions that providers hear from parents, and suggested responses to common questions. [To register for this course please click here.](#)

- **New HPV Vaccination Education Website:**

Looking for resources without the potential branding of an organization or company? There are educational resources provided by Merck now available at HPV.com. Browse the wealth of resources targeted towards parents and caregivers to promote HPV vaccination. [Get to know this website by clicking here.](#)



Lung Cancer/Tobacco

- **FDA delays enforcement of stricter standards for e-cigarette, cigar industry:** A rule finalized last year that imposed strict oversight over electronic cigarettes and cigars for the first time has been delayed by the FDA. The vaping and tobacco industries have been launching efforts to roll back the FDA's regulation through litigation and legislation. [To read the entire Washington Post Article click here.](#)
- **Why Men Need to Be Screened For Lung Cancer More Than Women:** New research presented at the [European Lung Cancer Conference](#) says men may need to be screened for lung cancer down the road more than women with the same smoking history. [Read more about this study and the entire article by clicking here.](#)

- **Blood test offers hope for better lung cancer treatment:** New research has shown that blood tests may be able to track genetic



changes in tumors as they progress from their very earliest stages. The new work is the first time tests like this have been used to monitor the evolution of lung tumors at an early stage, when there's a much better chance of cure. [To read more about this research and to read the entire article click here.](#)

Skin and Other Cancer News

- **CBS co-host Norah O'Donnell opens up about surprising and scary melanoma diagnosis:** While doing some holiday shopping after Thanksgiving, Norah received the call from her dermatologist. "I made my way through the Black Friday crowds toward the exit, my mind reeling, my chest constricting. Tears were running down my face now. I felt trapped." [Read more of Norah's story here.](#)

- **Costs of Cancer:** The American Cancer Society's Cancer Action Network (ACSCAN) has recently published a new report that examines the patient out-of-pocket costs for cancer. According to their report, cancer still makes a tremendous financial impact on patients, survivors, and their families.



[Read more about the Costs of Cancer report by clicking here.](#)

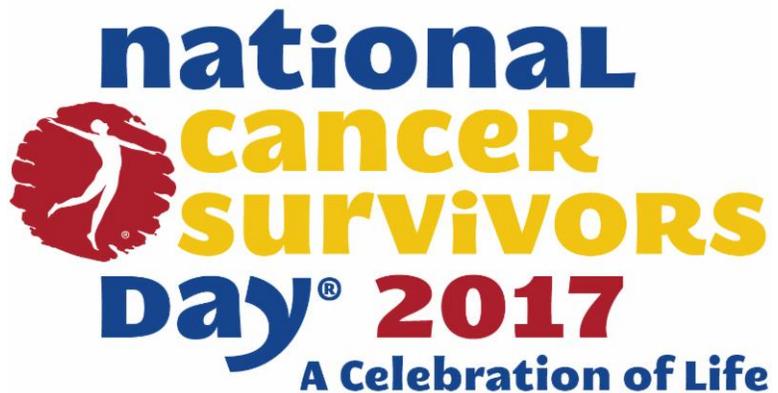
- **New study confirms prostate cancer is more common and more deadly in African-Americans:** Data from a [recent study at Fred Hutchinson Cancer Research Center](#) shows that black men may be at heightened risk not only of developing prostate cancer but also of having a more aggressive form at a younger age. Further research involving Fred Hutch comes as experts are re-evaluating the value of the prostate-specific antigen, blood test (PSA test) in the general population. [Read more about these studies and their potential implications on prostate screening by](#)

[clicking here.](#)

- **Pediatric Leukemia:** Seattle Children's Hospital develops innovative immunotherapy to help treatment last longer. To fight pediatric leukemia, Seattle Children's researchers work with T-Cells that have been modified with chimeric antigen receptors (CAR) resulting in CAR T-cells that are better able to target cancer cells. The hospital has had success with this treatment but it has not proved long-lasting for all patients, with cancer recurring within a year for about half of the patients. [To read more about their work with T-Cell Immunotherapy click here.](#)

Survivorship

- **National Cancer Survivors Day:** Sunday, June 4th, 2017, join the annual celebration in recognition of those who have survived Cancer. This day is recognized not only around the country but in communities around the world. It is a day for everyone, whether you're a survivor, a family member, friend, or medical professional. [For more information please visit the National Cancer Survivorship Day website.](#)



- **Cancer Survivor Celebration June 3rd:** Join the Swedish Cancer Institute at Cherry Hill, Saturday, June 3rd from 9:00am-1:00pm - Cherry Hill Campus Auditorium. For more information, or to register for this event, please visit the [Swedish Cancer Institute Website](#) and click on "Additional Resources."
- **11th Annual Fred Hutch Event - Moving Beyond Cancer to Wellness:** On Saturday, June 3rd The Fred Hutch Survivorship Program and Seattle Cancer Care Alliance hosts the eleventh-annual free event for cancer patients, survivors, caregivers, friends, family and health care professionals. This conference is designed to provide general education on a variety of the late- and long-term effects faced by cancer survivors after treatment is completed and to provide information on wellness after cancer. [For full event details and registration please click here.](#)
- **4th Symposium on Cancer Survivorship:** With survivorship now

recognized as a distinct phase of care in the cancer continuum, the focus turns to surveillance for, and management of, long-term and late effects that occur as a result of cancer and its treatment, as well as the health promotion and prevention of disease strategies that are particularly important for cancer survivors. This conference, featuring speakers who are the leaders in the field of cancer survivorship, covers an important and increasingly relevant gap in the education of all clinicians who care for cancer survivors. [For more information about this conference or to register please click here.](#)



- **WebPlus Survivorship Module:** In response to a 2005 Institute of Medicine report, a number of expert organizations have recommended that patients, along with their primary care providers, receive a summary of treatment provided as part of a comprehensive survivorship care plan. However, implementation of these plans has been slow, largely because they can be very time-consuming to produce. To help reduce barriers to delivering survivorship care plans to cancer survivors, funding was allotted from the CDC's National Program of Cancer Registries (NPCR), to develop a secure, Web-based application that allows providers to use previously collected cancer surveillance data from the central cancer registry to pre-populate and semi-automate survivorship care plans. Data also may be loaded directly from the hospital cancer registry. The Washington State Cancer Registry has sample care plans and will create a roadmap for the future to begin demonstrating this product within the coming months. [For more information click here.](#)
- **Young and Strong - Webcast Series:** Wednesday, June 14th, from 9:00AM - 10:00AM PST. Why does sleep matter for cancer patients? What should you do, and not do, in order to sleep better? What evidence-based ways are there to manage your anxiety and fatigue to improve your quality? These, plus many more, are all concepts that will be addressed in Dr. Eric Zhou's Webcast presented by Young and Strong. [Online registration is now open, to register please click here.](#)

Funding

- Since its launch, the CDC's Million Hearts® "has recognized

59 [Hypertension Control Champions](#) for their success in attaining a blood pressure control rate of at least 70 percent among their patients with high blood pressure through the smart use of health information technology, innovative communication techniques, and implementation of a team approach to health care." The [2017 Million Hearts® Hypertension Control Challenge](#) is now open to health professionals, practices, and health systems that achieve hypertension control rates greater than 70 percent over a 12-month period. The deadline for this application is June 2nd.

- Through a collaborative network of experts, data, and tools, the Environmental Public Health Tracking Program "connects environmental and public health information to drive innovative programs and solutions that protect and improve the health of communities across the country." In an effort to identify and promote innovative uses of data from CDC's Tracking Network, the CDC has announced the [Enviro Health App Challenge](#). The deadline for this application is June 23rd.
- Learn about your eligibility and search for more available funding opportunities by going to [Grants.gov](#).

Support Groups and Classes

- **New Mindfulness Groups at Cancer Pathways:** Cancer Pathways (formerly Gilda's Club), 1400 Broadway, Seattle, WA 98122
 1. Mindfulness-Based Arts Group: 1st and 3rd Wednesdays, 1:00-2:30pm. For anyone touched by cancer. Tune into your inner landscape - be it joyful, pensive, agitated, or a collage of mixed feelings. Ginny Rohan, our facilitator, will guide you in creating visual representations for your world through the use of art media. You do not have to be an artist to enjoy and benefit from this! All materials are provided. This group is open to cancer patients, caregivers, and anyone who has lost someone to cancer. Visit [cancerpathways.org](#) to fill out an information form.
 2. Mindfulness Meditation Group: 2nd and 4th Wednesdays, 1:00-2:30pm Join us for meditation instruction, meditation experientials, and emotional support. Increase your awareness and reduce your stress level by becoming acquainted with your mind and how to creatively engage with your thoughts. This group is available to cancer patients in treatment, out of treatment, and/or living long term with cancer. Visit [cancerpathways.org](#) to fill out an information form.
 3. Camp Sparkle: There's still time to register for Camp Sparkle! Cancer Pathways (formerly Gilda's Club) is offering four weeks of free summer camp in Everett, Redmond, Seattle, and Tacoma. At Camp, kids and teens experience music, art, crafts, games, exercise, theater, therapy dogs, field trips and much more! Children may attend one week of camp per summer. Call 206-709-1400 or email info@cancerpathways.org for information

about registering.

- **Cancer Lifeline:** People all over Washington State use the toll-free [Lifeline](#) program for emotional support and information. Those in the Puget Sound region can also take advantage of classes, other programs and resources which are offered at Cancer Lifeline's main office in Seattle and at several hospital partner locations. All Cancer Lifeline programs are free of charge. The May Calendar for Cancer Lifeline classes is now available. Get more information about classes on their [website](#).
- **Swedish Cancer Institute:** Each trimester, the Education Team at Swedish Cancer Institute works with Swedish staff and community partners to develop a diverse and robust line-up of **Patient Education Classes and Support Groups**. All of these services are FREE to patients, family, friends and caregivers. The classes assist patients in making treatment decisions, managing symptoms and helping to heal the mind, body and spirit. The support groups provide an opportunity for patients to meet with others having experiences similar to their own. Find a list of upcoming classes and ongoing support groups by [heading to their website](#) and clicking on "Cancer Support Groups and Classes".



Partner News

Asian Health Coalition

The Asian Health Coalition of Chicago, Illinois works with over 25 different ethnic community-based organization who are looking to improve the health and well-being of Asian Americans and Pacific Islanders (AAPIs). Check out the Asian Health Coalition for educational materials and other resources to use when reaching out to these populations. [Click here to go to their website.](#)

Find Health Materials in Spanish

Need reliable materials about health topics written in Spanish? The National Institute of Health has some recommendations you can find by [clicking here.](#)

GW Cancer Center Education and Training

The George Washington University Cancer Institute offers numerous training and education opportunities for public health and health care professionals, patients, researchers, policy makers, and advocates. To learn more about their Comprehensive Cancer Control webinars and interactive opportunities, [please click here.](#)

School Health Services

New resources are now available on the role of school health services in the management of chronic health conditions. Head to the CDC website to find

evidence-based strategies schools can use to manage chronic health conditions that focus on the relationship between chronic health conditions and academic achievement. [Head to their website by clicking here.](#)

Social Media Toolkit on Viral Hepatitis and Liver Cancer Available

You can now take advantage of a [social media toolkit](#) (PDF) provided by the George Washington Cancer Institute to help promote awareness of the link between viral hepatitis and liver cancer. Last month (May) was Hepatitis Awareness Month.

Contact Us

If you have information about upcoming events, organizational happenings, or other cancer related topics you wish to include in the next Monthly Briefer, please email them to me directly by June 21st, 2017.

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