



CANCER CONNECTION

February 2016

Dear WA CARES,

Welcome to the February edition of the Cancer Connection; the monthly briefer of the "Washington Cancer Partnership." If you have information about upcoming news, events, organizational happenings, or other cancer-related topics you wish to include in the March Cancer Connection please email them to me by March 4.

What's new in 2016?

There is so much great work going on in cancer control across Washington State and I'd like to take the opportunity to feature some of our terrific partners throughout the year. This edition will kick off with the Fred Hutch Cancer Center and their work in both survivorship and prostate cancer. Please see below for more details. If you are interested in having your organization highlighted please feel free to reach out to me!

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TABLE OF CONTENTS

[PARTNER HIGHLIGHT](#)

[EVENTS/TRAININGS](#)

[BREAST CANCER](#)

[COLORECTAL CANCER](#)

[CERVICAL CANCER/HPV](#)

[LUNG CANCER/TOBACCO](#)

[SKIN AND OTHER CANCERS](#)

[SURVIVORSHIP/SUPPORT](#)

[GROUPS](#)

[FUNDING](#)

[GENERAL](#)



Partner Highlight

Fred Hutchinson Cancer Research Center



SURVIVORSHIP: The mission of the Fred Hutch Survivorship Program is to improve the lives of cancer survivors through integrated research, education and advancements in clinic care.

Clinical Care

Through the Survivorship Clinic at the Seattle Cancer Care Alliance individualized survivorship care plans are provided that empower survivors with knowledge about their cancer diagnosis and treatment, address the chronic effects of cancer and its therapy, provide monitoring recommendations to allow for early identification of treatment-related sequelae, and promote health-protective behaviors. [Survivorship Clinic](#).

Education

Throughout the year they offer events and lectures for cancer patients, survivors, caregivers, friends, family, and health care professionals designed to provide general education on a variety of the late and long-term effects faced by cancer survivors after treatment is completed. [2016 Symposium](#) and [Adult Moving Beyond Cancer to Wellness 2015](#)

Research

Through their research efforts research is conducted and supported that both examines and addresses the long and short-term physical, psychological, social, and economic effects of cancer and its treatment among pediatric and adult survivors of cancer and their families.



PROSTATE CANCER: MPOWER (Mpower)

Mpower is a partnership between patients, researchers and care providers with the goal of improving the prevention and treatment of prostate cancer. This project aims to better understand the experiences of men diagnosed with prostate cancer in Washington State. The Mpower project will collect statewide trends on prostate cancer patient experiences by asking questions about diagnosis, treatment and quality of life.

The goal of Mpower NW is to establish a population-based registry of every man diagnosed with prostate cancer in Washington State. They see this database as being a valuable resource connecting patients, physicians, and researchers to high quality information on prostate cancer trends and outcomes. Patients will have access to summary reports, contextualizing their experience, side effects and quality of life with their peers. Providers will also have access to treatment and outcome trends across the state. Visit www.mpowernw.org for more information and to take the survey.

EVENTS/TRAININGS

Sustainable Financing for Community Health

Workers: Exploring Medicaid Opportunities

Utilization of CHW's has historically been supported through grant funding. However, as more states come to understand the value of CHW's as a means of improving health outcomes through care coordination, preventive care, and community-based engagement activities, they are looking for sustainable financing strategies, including Medicaid.

This Web Forum will feature speakers from state agencies in Connecticut, Michigan, Minnesota, and Pennsylvania who will provide valuable insight into how they have approached sustainable financing levers for CHWs, such as the recent preventive service rule change (440.130), managed care contracting, and health homes.

Find out more and register [here](#)



BREAST CANCER

A 'Major, Major Finding' in Managing Residual Breast Cancer

What should clinicians do when a patient with HER2-negative breast cancer undergoes neoadjuvant chemotherapy but, disappointingly, residual disease is found at surgery? A new study from Japan provides a surprising answer: treat patients with even more chemotherapy. The study showed that adding capecitabine (Xeloda, Roche) to adjuvant therapy such as tamoxifen extended disease-free and overall survival for women with HER2-negative breast cancer that was not fully eradicated by neoadjuvant chemotherapy and surgery.

For the entire story, go to: [here](#)

COLORECTAL CANCER

CERVICAL CANCER/HPV

New video created for cancer awareness month

January is Cervical Cancer Awareness Month. To observe it, the Office of Immunization and Child Profile teamed up with the Center for Public Affairs to create a new video on the Department of Health's YouTube channel.

Ann Butler, Immunization Health Promotion Supervisor, came up with the idea to create this video after meeting Dr. Yolanda Evans, an advocate for the human papilloma virus (HPV) vaccine and a pediatrician with a medical practice that focuses on teenagers. "I was looking for a personal story for the HPV media communication campaign and then I heard about Lori Stone through my search for HPV immunization advocates and healthcare providers," she explains.

Stone became an advocate for the HPV vaccine after being diagnosed with invasive cervical cancer. "I didn't know anything about HPV at the time, but [since I've recovered] I've educated myself to become a subject matter expert on HPV and cervical cancer and now work with individuals and groups to share my story," she says.

Dr. Evans says the HPV vaccine is recommended for both boys and girls. "The vaccine protects against nine different types of the virus that can lead to cervical and other cancers," Evans says. "It's recommended to be given at the well child exam between the ages of 11 and 12, but it can be given as young as age 9 and as old as age 26," she adds. "We're poised to have a generation today who don't have to have this disease. That's huge. HPV vaccination can prevent cancer," Stone says.

[Find video here](#)

NCI-designated Cancer Centers Urge HPV Vaccination for the Prevention of Cancer

Approximately 79 million people in the United States are currently infected with a human papillomavirus (HPV) according to the Centers for Disease Control and Prevention (CDC), and 14 million new infections occur each year. Several types of high-risk HPV are responsible for the vast majority of cervical, anal, oropharyngeal (middle throat) and other genital cancers. The CDC also reports that each year in the U.S., 27,000 men and women are diagnosed with an HPV-related cancer, which amounts to a new case every 20 minutes. Even though many of these HPV-related cancers are preventable with a safe and effective vaccine, HPV vaccination rates across the U.S. remain low.

For the entire report, go to: [NCI HPV Consensus Statement_012716.pdf](#)

What can you do?

1. Use free CDC tools to promote HPV vaccination (www.cdc.gov/vaccines/teens) with all adolescent vaccines, at every visit.
2. Learn more about cervical cancer prevention and use CDC materials to help promote the vaccine and screening message: <http://www.cdc.gov/cancer/knowledge/index.htm>.
3. Help educate providers and community leaders in your area: <http://www.cdc.gov/hpv/>

LUNG CANCER/TOBACCO

E-cigarettes: Teen users three times more likely to smoke a year later

There is much debate about whether e-cigarette use is a gateway to conventional smoking. Now, a new study adds fuel to the fire, finding that teenagers who use the devices are more likely to smoke standard cigarettes a year later. Read the full article [here](#)



Washington State Department of Health Tobacco Quitline.

The Quitline is currently offering up to 5 **FREE** counseling calls to help people quit tobacco. Two weeks of free nicotine replacement gum or patches is offered to qualified callers. No callers are turned away. If you have insurance please check with your health plan, as you may have a better benefit with no out-of-pocket costs.

SKIN AND OTHER CANCERS

New tool to determine the risk of prostate cancer death

Researchers at the University of Copenhagen have identified a

new prognostic biomarker: the neuropeptide pro-NPY, which may help determine the risk of dying from prostate cancer. This particular type of protein is very specific to prostate cancer cells and could help identify whether newly diagnosed patients require radical prostatectomy surgery or if it is safe to delay surgery.

Read the full study [here](#).

SURVIVORSHIP/SUPPORT GROUPS



[Save the Date! 2016 Biennial Cancer Survivorship](#)

[Conference](#). The Biennial Cancer Survivorship Research Conference, initiated in 2002 by the American Cancer Society's Behavioral Research Center and the National Cancer Institute's Office of Cancer Survivorship, serves as a forum for

researchers, clinicians, cancer survivors, advocates, program planners, policy-makers and public health experts to learn about current and emerging cancer survivorship research. **June 16-18, 2016** at the Omni Shoreham Hotel in Washington, D.C.

[Save the Date! 3rd Symposium on Cancer](#)

[Survivorship for Clinicians](#). **October 28-29, 2016**

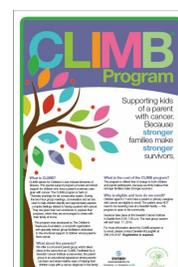


FRED HUTCH
CURES START HERE™

in Seattle. 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.

[Cancer Support Group](#). The Skagit Valley Hospital Regional Cancer Care Center offers a monthly support group for individuals and their caregivers dealing with the emotional life changing challenges of a cancer diagnosis. The group is open and available on a drop-in basis (pre-registration welcomed.) The group meets at **4 p.m. the second Thursday of each month**. To register, or for further information, please contact [Peter Wold](#), MSW, Oncology Social Worker. The meetings are held in the Safeway Conference Room at Skagit Valley Hospital Regional Cancer Care Center, third floor.

[CLIMB Group for Kids](#). The Swedish Cancer Institute is excited to announce that our CLIMB group is officially open for enrollment. CLIMB is a special support program that provides emotional support for children who have a parent or primary caregiver with cancer. The program is **FREE** and dinner is provided at the start of each session. CLIMB was developed by The Children's Treehouse Foundation and is open to any family, regardless of where they get their cancer care. Pre-registration is required and a family can refer themselves by calling 206-215-6127.





Family Cancer Support Program at Gilda's Club. This program is for children, teens, and family members to come together to support one another on their journey with cancer. Groups are confidential and led by experienced Art Therapists/Licensed Clinicians. The program is offered on the **third Saturday of the month** at the Seattle Clubhouse. Saturday

Support Schedule: Parent Networking Group, 10:00-11:30am; Small Talk, ages 5-11, art therapy group for all children affected by cancer, 10:00-11:00am; Kids Kitchen, ages 5-11, learn to make simple, healthy food, 11:00-11:30am; and Family Potluck Brunch, bring a dish to share, 11:30am-1:00pm.

Cancer Lifeline provides **FREE** lectures, support groups, and health classes for cancer patients and their caregivers at four Seattle area locations: EvergreenHealth, Northwest Hospital Valley Medical Center, and the Dorothy O'Brien Center. For more information visit their website or call (206) 297-2500 or (800) 255-5505.



Art and Healing Group. **First and third Mondays of each month, 2 - 4 p.m.** in the Safeway Conference Room (third floor) at the Regional Cancer Care Center. Instructor Margaret Carpenter Arnett, BSN, ATR, has been doing art therapy with cancer patients for more than 20 years. Creating art can promote healing by reducing anxiety and stress and improving emotional well-being. Please note that artistic "skills" are not required! Come and join this fun and welcoming group. For more information call 360-814-8255.



LIVESTRONG. The classes are free to cancer patients and a membership to the YMCA is included. Classes consist of an individualized exercise program based on the goals of the participant along with presentations from professionals in the community, including Skagit Valley Hospital Regional Cancer Care Center. The next session will be held from **January 12-March 21, Tuesday and Thursday from 11:30 a.m. - 12:30 p.m.** For more information or to register, contact [Amy Cheadle](#), YMCA Fitness and Sports Director.

Gilda's Club and Gilda's on the Go offers free programs of social, emotional, and educational support to anyone touched by cancer in several Puget Sound locations including the Seattle Clubhouse; the four MultiCare Regional Cancer Centers in Auburn, Gig Harbor, Puyallup, and Tacoma; the Cancer Center at Overlake; and Seattle Children's. Participation in the variety of Gilda's Club classes, lectures, workshops, support groups, mini symposiums, and social events can enhance quality of life while living with cancer, and beyond.





Fred Hutch · Seattle Children's · UW Medicine

[The Seattle Cancer Care Alliance Patient and Family Resource Center](#)

offers a monthly calendar of free classes for patients, families, and caregivers. From therapeutic yoga to food safety classes to luncheons for caregivers, SCCA offers all kinds of valuable support.



[The Swedish Cancer Education Center](#)

offers a variety of complimentary patient education classes that are open to patients, family, friends, and caregivers. The classes range from cooking demonstrations to gentle yoga, and are offered at four of our different campuses. Here are a few of the classes we will be offering: Cancer Prevention: Living Above and Beyond, Cancer and Finances 101, and T'ai Chi. To register for classes, please call 1-800-SWEDISH or visit Swedish.org/classes. In addition to the educational classes Swedish offers, the Oncology Social Work department hosts support groups for prostate cancer, gynecological cancer, living with cancer, support for caregivers, and more. To learn more about our support groups, please call (206) 386-3228.

[Washington State Prostate Cancer Coalition](#) provides assistance to prostate cancer support groups across the state. These groups provide support to those living with prostate cancer and their caregivers. Please contact [Jim Kiefert](#) if you are interested, can help or want more information.



[University of Washington Center for Child & Family Well-being](#) (CCFW)

is dedicated to promoting the positive development of children and families by translating research for practical application. Through its Mindful Living and Practice Initiative, CCFW offers public lectures, professional training, and workshops to promote mindfulness practices in the community and provide parents and practitioners with ready access to the latest evidence-based knowledge.

FUNDING



[Voices for Healthy Kids](#). The American Heart Association and Robert Wood Johnson Foundation Voices for Healthy Kids program have several different types of grant opportunities addressing six priority areas: smart school foods, healthy drinks, marketing matters; food access, active places, and active kids out of school.

No deadline.

[Miscellaneous Small Grants Available from Komen](#). These grants support some of the "unexpected" costs associated with a project, e.g. purchase of educational materials, food costs of a presentation session, survivor recognition, etc. Requests should comply with the following criteria:

- Specific to breast health/breast cancer
- Relevant to the mission of Komen
- Funding request may not exceed \$1,000
- Willingness to acknowledge support of the Puget Sound



Affiliate

- Report financial and project progress to the Puget Sound Affiliate
- Allow participation of Puget Sound Affiliate representative(s) where appropriate

Small grants are due by the 25th day of each month. For more information, please contact [Robyn Sneeringer](#).

GENERAL

Washington Cancer Partnership Projects

80% by 2018 Washington Employer Challenge. This project aims to increase colon cancer screening rates across our state by partnering with employers. Enrollment in the challenge is an easy, online process and your organization will have hands on assistance every step of the way. For assistance in enrolling your organization, contact [Cynthia Eichner](#) at the American Cancer Society.

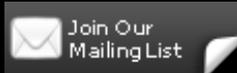


Washington Alliance for Cancer Survivorship.

This alliance arose from the June 2015 George Washington Cancer Institute survivorship workshop at EvergreenHealth. The focus of this group is helping healthcare systems to implement survivorship care plans. For more information contact [Rose Guerrero](#).

Washington Cancer Screening Network. This group provides a forum for networking and training among professionals dedicated to detecting cancer in the early stages. For more information contact [Robyn Sneeringer](#).

**FOR MORE INFORMATION ABOUT THE
WASHINGTON CANCER PARTNERSHIP,
VISIT OUR WEBSITE!**



Cancer Connection
February 2016

Washington Cancer Partnership
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Links to external resources are provided as a public service, and do not imply endorsement by the Washington State Department of Health. For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).