



# ***CANCER CONNECTION***

January 2016

**Dear WA CARES,**

Welcome to the **January** 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 February Cancer Connection please email them to me by **February 5.**

I am so honored to be a part of cancer control here in Washington! I come from Austin, TX where I oversaw the Comprehensive Cancer Control Program for just under five years. Part of my job was convening the Cancer Alliance of Texas through quarterly meetings and various workgroup and ad hoc activities. I thoroughly enjoyed my work in Texas and cannot wait to infuse my experience and energetic passion into my work here in Washington! I look forward to meeting everyone in the near future. Please don't hesitate to contact me!

**Jill**

Jill Maughan Wisehart, MEd  
Chair, NACDD Cancer Council  
Special Projects Coordinator  
Comprehensive Cancer Control Program  
Office of Healthy Communities

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## NEWS AND EVENTS

[Look Good, Feel Better](#) sessions are being held in 30 Washington cities. They are led by trained, volunteer cosmetologists who teach women either in active cancer treatment or about to start treatment how to cope with skin changes and hair loss using cosmetics and skin care products donated by the cosmetic industry. Women also learn ways to disguise hair loss with wigs, scarves, and other accessories. The classes are free and pre-registration is required; register by calling the **American Cancer Society** at 800-227-2345.



**The American Cancer Society and the WA State Department of Health** invite you to attend the WA Colorectal Cancer Roundtable on March 25, 2015 at the Conference Center at Sea-Tac. Our featured speaker will be Dr. Richard Wender, Chief Cancer Care Officer, American Cancer Society and Chair, National Colorectal Roundtable.

The full-day program features research, success stories, and breakout sessions about evidenced based interventions working across our state, disparities in screening, diagnosis and treatment among underserved populations, and how we can

collectively strengthen efforts to improve Washington's CRC screening rates. Roundtable participants include clinic managers, providers, insurers, and quality professionals.

Registration information coming soon! For general information contact Cynthia Eichner, State-based Health Systems Manager, American Cancer Society.

[Cynthia.Eichner@cancer.org](mailto:Cynthia.Eichner@cancer.org)



### [Step It Up: Moving from Intention to Intervention](#)

*January 19, 2016 2:00PM - 3:00PM EST*

The January 2016 NCI Research to Reality cyber-seminar examines the evidence underlying walking and chronic disease prevention and what successful communities have learned about working across sectors to create a culture of health. We are delighted to welcome Jackie Epping from the Centers for Disease Control and Prevention and Kelly Cavanaugh from the South Carolina Department of Health and Environmental Control to lead what promises to be a wide-ranging and robust conversation

### [SCCA/Fred Hutch Survivor Rates Among the Best in the US](#)

The Fred Hutch Bone Marrow Transplant Program at Seattle Cancer Care Alliance (SCCA) has earned recognition by the Center for International Blood and Marrow Transplant Research for outperforming its expected one-year survival rates for allogeneic transplant patients. This recognition, held by only 17 of 173 stem cell transplant programs nationwide, is reported in the 2015 Transplant Center-Specific Survival Report, published by the Center for International Blood and Marrow Transplant Research.

The report is based on survival outcomes gathered over a three-year period from the National Marrow Donor Program registry.



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## **BREAST CANCER**

### [Need to inform breast cancer patients about the pros and cons of breast reconstructive surgery.](#)

A study by University of North Carolina Lineberger Comprehensive Cancer Center researchers and collaborators has uncovered a need to better inform breast cancer

patients about the pros and cons of breast reconstructive surgery among women undergoing mastectomy.



### [Sugar in Western diets increase risk for breast cancer.](#)

The University of Texas MD Anderson Center conducted a study looking at the impact of dietary sugar on mammary gland tumor development in multiple mouse models, along with mechanisms that may be involved.

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## COLORECTAL CANCER



### [NUS-led study discovers potential therapy approach against colorectal cancer.](#)

A study led by researchers from the Cancer Science Institute of Singapore (CSI Singapore) at the National University of Singapore (NUS) has demonstrated the efficiency of a small molecule drug, PRIMA-1met, in inhibiting the growth of colorectal cancer cells.

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## CERVICAL CANCER/HPV

### [Cervical Cancer Survivor Teaches Others to Speak Out.](#)

Cervical Cancer Survivor Teaches Others to Speak Out. The American Cancer Society collects stories from survivors to encourage hope and strength in those who are fighting their own battles with cancer. 14 year survivor Tamika Felder shares her story here.

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## LUNG CANCER/TOBACCO



### [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

### What is your Sun Safety IQ?

Think you know how to stay safe while enjoying the outdoors? Test your knowledge and assumptions by taking this quiz by the American Cancer Society, then share your results to encourage your friends and family to test their knowledge.



## 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**

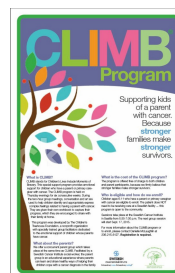


**FRED HUTCH**  
CURES START HERE™

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.



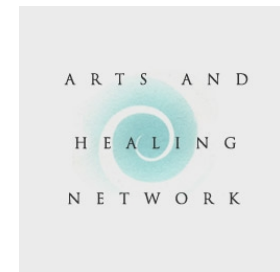
**[Family Cancer Support Program at Gilda's Club](#)**. This program is for children, teens, and family members to come together to support one another on their journey with cancer. Groups are confidential and led by experienced Art Therapists/Licensed Clinicians. The program is offered on the **third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





**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 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](http://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.

**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.

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## 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](#).

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## GENERAL

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### 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. The next meeting will be in January. For more information contact [Ellen Philips-Angeles](#).

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





Cancer Connection  
January 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).*