

WASHINGTON

CANCER

Partnership

CANCER CONNECTION

July 2016

Dear WA CARES,

Welcome to the July edition of the Cancer Connection, the monthly briefer of the "*Washington Cancer Partnership*."

NEW

To streamline this communication even more, I've added a section called "Cancer and Related News"; these are weekly notices that are sent from our colleagues at CDC's Division of Cancer Prevention & Control. Adding a separate section will allow a shorter email with the flexibility to peruse CDC's weekly publication at your convenience.

If you have information about upcoming news, events, organizational happenings, or other cancer-related topics you wish to include in the August Cancer Connection please email them to me by August 5.

If you are interested in having your organization highlighted in an upcoming Cancer Connection, please feel free to reach out to me!

Jill Wisehart, MEd
Comprehensive Cancer Control Program Coordinator
Office of Healthy Communities
WA State Department of Health
Desk - 360.236.3674
jill.maughanwisehart@DOH.WA.GOV

TABLE OF CONTENTS

[PARTNER SPOTLIGHT](#)
[BREAST CANCER](#)

[COLORECTAL CANCER](#)
[CERVICAL CANCER/HPV](#)
[LUNG CANCER/TOBACCO](#)
[SKIN AND OTHER CANCERS](#)
[SURVIVORSHIP/SUPPORT GROUPS](#)
[FUNDING](#)
[CANCER AND RELATED NEWS](#)
[GENERAL](#)

Partner Spotlight



Citrine Health is a non-profit agency in Everett, WA. This year we are celebrating 20 years of carrying out our mission to create, maintain and support healthcare, social services and disease prevention programs for women and their families.

We are one of six prime contractors for the Breast, Cervical & Colon Health Program, managing Snohomish, Skagit, Whatcom, Island, San Juan & Pierce Counties. The program helps eligible women & men access cancer screenings through contracted providers in their area.

Our other programs include the Basic Food Education program which helps individuals to enroll in the Food Stamp program through DSHS. We also have a Women's Wellness Center that offers exercise, Yoga, Pilates, Zumba, Group Fitness Classes, Massage, Reiki, Bowen, Reflexology & Skin Care, with some scholarships available so all women can join.

Our newest program is the Bra Shop which has certified fitters to help women obtain the right fit bra, even in those hard-to-find sizes, as well as bras & prosthetics for women with breast cancer. And we will bill Medicare, Medicaid and other major insurances.

We are located at 2940 West Marine View Drive in Everett. Come visit our new Bra Shop & browse through Citrine Market for Fair Trade goods as well as treasures made by local women artists. All proceeds go to supporting wellness programs for women and their families. Or visit us on the web at:

- <https://www.citrinehealth.org/>
- <http://www.womenswellnesscenter.org/>
- <http://www.brashop.org/>

BREAST CANCER

Visit Updated CDC Breast Cancer Website:

The CDC's breast cancer Web [site](#) has been updated with the latest expert

recommendations for screening mammography and the risks and benefits of screening. In easy-to-understand language, the site offers comprehensive information about breast cancer symptoms, risk factors, and ways to reduce risk. The "[Breast Cancer: What You Need to Know](#)" fact sheet provides basic information about breast cancer in one page that is formatted for printing and ideal for distribution at clinics and health fairs.

COLORECTAL CANCER

[New Resource: Somali CRC Video](#)

The Allina Health system in Minnesota has recently created a colon screening video in the Somali language. This video is now online [here](#). An English transcript is available upon request. Allina Health has asked for our support in the promotion of this video. If you have any questions about the video, please contact Mollie O'Brien, the Allina Director of Health Equity, at mollie.obrien@allina.com.



[Journal of the American College of Surgeons Study:](#)

We thought you would be interested in a new study published online in the Journal of the American College of Surgeons that found that for uninsured patients who are at a high risk for colorectal cancer (CRC), performing free screening colonoscopies can identify cancer at an earlier stage and appears to be cost neutral from a hospital system perspective. Thank you to Nina Miller for bringing this article to our attention, and congratulations to Whitney Jones, as well as the other authors of the study. Read more [here](#).

[Final USPSTF Recommendations for CRC Screening Released:](#)

The final USPSTF recommendations for CRC screening were released today. You may also find of interest a related JAMA news release and a statement from the American Cancer Society on the new recommendations. One of the primary differences from the 2008 recommendation is the addition of computed tomography (CT) colonography and multitargeted stool DNA (FIT-DNA) to the list of screening strategies.

[Summit on CRC Screening in American Indian and Alaska Native Communities:](#)

The NCCRT and the American Cancer Society recently co-sponsored a meeting to discuss increasing colorectal cancer screening in American Indian and Alaska Native (AI/AN) communities. The meeting was co-moderated by the Society's Chief Cancer Control Officer and NCCRT Chair, Dr. Richard Wender, and Kris Rhodes, MPH, Executive Director of the American Indian Cancer Foundation. You can click on this link to learn more [here](#).

[New NCCRT Publication on Family History:](#)

We are pleased to share that a new NCCRT-commissioned article was published recently on colorectal cancer and family history in the journal Cancer: [Understanding the contribution of family history to colorectal cancer risk and its clinical implications: A state-of-the-science review](#).

The NCCRT's Family History Task Group conducted this review to better understand the current state of knowledge regarding family history and colorectal cancer.

[New CDC Capacity Study:](#)

A recently published study conducted by researchers at the Centers for Disease Control and Prevention (CDC) looks at US capacity to screen 80% of the eligible US population

with FIT, colonoscopy, or a mix of tests. The new study, "[Colorectal Cancer Screening: Estimated Future Colonoscopy Need and Current Volume and Capacity](#)," is published online in the Journal Cancer.

CERVICAL CANCER/HPV

HPV: You Are the Key to Cancer Prevention Webinars:

Please [click here](#) to learn more about upcoming webinars presented by the American Cancer Society in partnership with the Alaska Area Health Education Centers (AHEC). Trainings are open to all in WA, OR, ID, AK and participants can receive credit.

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 are 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

Facing Our Risk of Cancer Empowered (FORCE):

Below is a link to a study done by FORCE talking about the fact that women with ovarian cancer at any age need genetic testing and often need to be asked about it more than once. It is a great opportunity for healthcare providers to follow up with patients who may not have gotten testing when they were first diagnosed.

Take a look at the FORCE webpage [here](#).

"FORCE's KNOW MORE is a new campaign designed by FORCE to help women diagnosed with ovarian, fallopian tube, or primary peritoneal cancers make informed decisions about genetic counseling and testing for inherited gene mutations."

For more information please contact Kim Schliesman at:

Oncology Account Executive | Myriad Genetics, Inc.

320 Wakara Way, Salt Lake City, Utah 84108

Mobile: 206.650.0272 kschlies@myriad.com | www.myriad.com

Facebook:<https://www.facebook.com/MyriadGenetics>

LinkedIn:<https://www.linkedin.com/company/myriad-genetics>

Twitter:<http://twitter.com/myriadgenetics>

You Tube:<https://www.youtube.com/user/myriadgenetics>

Prostate Cancer Screening: Making the Best Decision:

The program is designed to enhance knowledge in the decision making process for

prostate cancer screening. The intervention materials include the following: 1) Prostate Cancer Decision: Making the Best Decision Web Aid; 2) Instructions for Using the Prostate Cancer Decision: Making the Best Decision Tool; 3) Troubleshooting for Web Decision Tool; 4) Internet Access Locations in DC Metro Area; and 5) NCI Decision Aid Letter. A research study was conducted to test the efficacy of the intervention and at post-test, the intervention group was more likely to significantly have greater knowledge about prostate cancer and lower decisional conflict than the comparison group. Please visit [this link](#) to learn more.

SURVIVORSHIP/SUPPORT GROUPS



Pierce County Cancer Survivorship Conference Set for Aug. 10 in Tacoma

The annual Pierce County Cancer Survivorship Conference is scheduled for Wednesday, Aug. 10, 2016, at the University of Puget Sound in Tacoma. This conference is free and open to all people affected by cancer as patients, family members and caregivers. The event is designed to allow survivors and caregivers to connect and learn more about all aspects of the cancer journey.

Topics discussed at the conference focus on the physical, mental and spiritual aspects of the cancer journey. Fifteen-year-old Dylan Walsh, a 13-year Burkitt Lymphoma survivor, will provide the keynote presentation. The event also features many breakout sessions on topics of interest to survivors and caregivers.

Major sponsors include CHI Franciscan Health, University of Puget Sound, MultiCare Health System, Leukemia & Lymphoma Society and American Cancer Society, in addition to contributions and assistance from dozens of community organizations and cancer advocates.

The Pierce County Cancer Survivorship Conference is the largest educational and inspirational gathering of cancer survivors in this community. The conference is set for Wednesday, Aug. 10, 2016, 8 a.m. to 4:30 p.m., University of Puget Sound, 1500 N. Warner in Tacoma. The event is free but registration is required. To register, visit www.pccancersurvivorship.org or call 253-207-5151.

Event highlights

Keynote: Fifteen-year-old Dylan Walsh, a 13-year Burkitt Lymphoma survivor, will provide the keynote presentation. Dylan and his father, Matt, have shared their extraordinary story at many American Cancer Society Relay for Life events throughout the country.

Breakout topics include:

- Meditation
- Sexual health after cancer
- Learning how to embrace your body
- Prostate, breast and colon cancer
- A variety of diet and nutrition talks

- A variety of exercise classes
- Create a healthy home and healing space
- Sleep and cancer
- Hoping for the best, planning for the worst
- Estate and long term care planning
- Art therapy project
- Chiropractic, naturopathic and acupuncture therapies

Full listing at www.pccancersurvivorship.org

Cancer Lifeline at EvergreenHealth:

Support Groups for Oral, Head & Neck, Colon, and Breast Cancer. All groups are held in the Halvorson Cancer Center, Conference Room, Green 1270/1272. If you would like more information about groups or other free classes and services that Cancer Lifeline offers please call the Lifeline at 206-297-2500/800-255-5505 or visit our [website](#).

ORAL, HEAD & NECK CANCER SUPPORT GROUP

Facilitated by Tricia Matteson, LICSW, MSW
2nd Wednesdays; 6:30-8:30pm

COLON CANCER SUPPORT GROUP

Facilitated by Gina Scarsella, MS, LMHCA
1st Wednesdays; 7-8pm

BOSOM BUDDIES BREAST CANCER NETWORKING GROUP

Facilitated by Dianne Graham, MA, LMHC
3rd Wednesdays; 10am-12pm



LIVING WITH CANCER SUPPORT GROUP

Facilitated by Lisa Magnusson, RN, BSN, OCN
2nd Tuesdays; 6:30-8:30pm



LIVING WITH METASTATIC CANCER SUPPORT GROUP

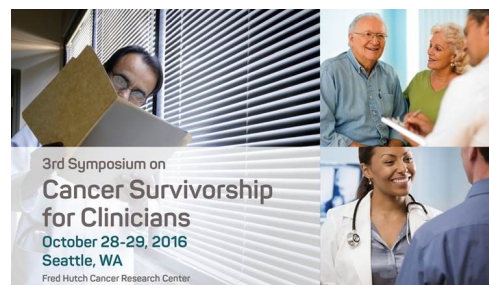
Facilitated by Lisa Magnusson, RN, BSN, OCN
2nd Saturdays; 10am-12pm

3rd Symposium on Cancer Survivorship for Clinicians: Registration now Open!

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 medical education of clinicians who care for cancer survivors.

Full agenda and online registration at www.fredhutch.org/2016-symposium. To request more information about this conference please call 206-667-2814, email survivor@fredhutch.org.



Fred Hutch Obliteride:

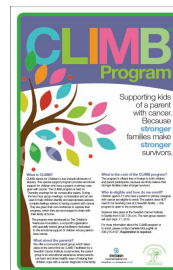
Hurry! The ride to help cure cancer faster is just three weeks away! Obliteride is a fun bike ride and event for the whole family and 100% of rider-raised dollars goes to Fred Hutch. There are routes for everyone from rookies to road warriors and a kickoff party at Gas Works Park in Seattle you'll never forget. Join the fun August 13-14, 2016. Don't wait, register today to ride, volunteer or donate at obliteride.org.



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.



Cancer Education for Teens:

Since 2005, Cancer Pathways has offered an interactive course designed to raise teen awareness about cancer risk factors. The 50 minute program is offered through face-to-face presentations by Cancer Pathways representatives in area high schools and an online, e-learning platform available to schools throughout the State. More than 50,000 students in Washington have received this innovative presentation and 96% reported learning a new way to reduce their cancer risk. Contact Sally Benson for more details at sally@cancerpathways.org.

Camp Sparkle! EVERETT:

Cancer Pathways has held free summer day camps for kids touched by cancer for the past 14 years. This year, we are offering a new camp in Everett from August 22-25th, from 9:30am-4:00pm. Campers will enjoy four days of themed activities, field trips, and making friends. Volunteer opportunities for teenagers 16 years and older are available. Contact Theresa Kelly for more information at 206-709-1400 or theresa@cancerpathways.org.

Cancer Pathways is also seeking counselors for all camp locations. Please [click here](#) to learn more about these opportunities.

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.



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 cancer prevention to gentle yoga, and are offered at four of our different campuses. Here are a few of the classes we will be offering: Cancer and Finances 101, The Wonderful World of Hula, 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.



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.

CANCER AND RELATED NEWS

- [Week of May 30, 2016](#)
- [Week of June 6, 2016](#)
- [Week of June 13, 2016](#)
- [Week of June 20, 2016](#)
- [Week of July 4, 2016](#)

FUNDING

FUNDING OPPORTUNITY: New Informatics Tools and Methods to Enhance U.S. Cancer Surveillance and Research:

To learn more please visit [this site](#).

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:

- In their 16 country service area
- 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

Jobs at the Seattle Cancer Care Alliance:

Seattle Cancer Care Alliance is opening a new Immunotherapy Clinic at our South Lake Union campus in September. This expansion will allow cancer patients to seek not only the most advanced treatments for their disease, but also access investigational immunotherapy treatments, using T-cells, monoclonal antibodies, and gene therapy, in clinical trials that are available only at limited sites around the country. With this expansion comes 30+ new positions at SCCA, including:

- Immunotherapy RN Nursing positions (various shifts available on days and evenings, including per diem opportunities)
- Immunotherapy Charge Nurses
- Licensed Practical Nurses
- Physical Therapist
- Intake Support Staff Supervisor
- Team Coordinators
- Receptionists and Consent Coordinators
- Other Clinical and Administrative Support positions are also available

If you are interested in learning about any of these opportunities, please contact careers@seattlecca.org.

Webinar: Exploring Social Determinants of Health through a Public Health Law Lens:

Thursday, July 14th 1-2:30 (ET)

The World Health Organization defines social determinants of health as "the conditions in which people are born, grow, live, work and age." These conditions are shaped by factors such as the economy, political systems, and the distribution of resources. The health of a population is affected by social circumstances and the inequities that pervade them. The law can perpetuate negative social determinants of health, but it can also remedy them by improving social conditions, leading to better population health. Public health law addresses these concerns in various ways from providing access to safer living conditions to prohibiting discrimination. This webinar, co-sponsored by the Network and the CDC's Public Health Law Program, will explore how the law can address social determinants of health, the ACA's impact on health disparities through its civil rights provision, and the reduction of health disparities through increased

recreational access.

To learn more and register please visit [this site](#).

Fred Hutch cancer prevention expert appointed to 2018 Physical Activity Guidelines Advisory Committee:

Dr. Anne McTiernan named to HHS 2018 Physical Activity Guidelines Advisory Committee

Fred Hutch cancer prevention expert can discuss how exercise and other lifestyle factors impact cancer risk

Dr. Anne McTiernan, a breast cancer epidemiologist and cancer prevention expert at Fred Hutchinson Cancer Research Center, has been appointed to the 2018 Physical Activity Guidelines Advisory Committee of the U.S. Department of Health and Human Services. She is among 17 nationally recognized experts in physical activity and health to serve on the committee, announced by Dr. Karen DeSalvo, HHS assistant secretary for health.

Over the next two years, the committee will examine current scientific evidence on the link between physical activity and health outcomes, and ultimately will submit evidence-based recommendations in a scientific advisory report to the secretary of HHS. These recommendations will help inform the second edition of the Physical Activity Guidelines for Americans, which is expected to be released in 2018.

McTiernan is a member of the Public Health Sciences Division at Fred Hutch, where cancer prevention is a major focus of research. While most people know the Hutch for pioneering bone marrow transplantation, it also houses the nation's oldest and largest cancer prevention research program.

She has led groundbreaking randomized clinical trials that have shown regular moderate aerobic exercise (such as brisk walking for 30 minutes a day) significantly reduces risk factors for breast cancer in women and colon cancer in men.

She can discuss a wide range of lifestyle issues and how they impact cancer risk, prevention and recurrence - from the dangers of hidden belly fat and yo-yo dieting to why it is so hard to lose weight, even when you exercise.

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.



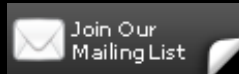
Washington Alliance for Cancer Survivorship

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 details please contact [Jill Wisehart](#).

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



Cancer Connection
July 2016

Washington Cancer Partnership
jill.maughanwisehart@doh.wa.gov

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).