

WASHINGTON

CANCER

Partnership

CANCER CONNECTION

June 2016

Dear WA CARES,

Welcome to the June edition of the Cancer Connection, the monthly briefer of the "*Washington Cancer Partnership*." As we know National Cancer Survivors Day® just occurred this past Sunday and is an annual observance to celebrate those who have survived, inspire those recently diagnosed, and gather support and outreach for families in our community (National Cancer Survivors Day Foundation, n.d.). According to the American Cancer Society there are an estimated 352,830 cancer survivors in Washington State and a projected 37,770 new cases in 2016. We at the DOH thank everyone for your continued motivation and passion to improve the quality of life for those survivors we seek to serve across our state.

If you have information about upcoming news, events, organizational happenings, or other cancer-related topics you wish to include in the July Cancer Connection please email them to me by July 8.

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

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Partner Spotlight

Fred Hutch **Obliteride** - August 2016

Help Fred Hutch Cure Cancer Faster



Obliteride is something we can all do to help cure cancer faster. It's a fun bike ride and event for the whole family and 100% of rider-raised dollars go to Fred Hutch. We're seeking thousands of riders and volunteers to join us August 13-14, 2016.

Please watch the video below about Allistaire's battle with cancer. Her mom rides in Obliteride every year. Then, please register to ride, volunteer or donate at obliteride.org.



<https://www.youtube.com/watch?v=pzckLZq30eM>

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

Latest News

- [Use of complementary, alternative medicine affects initiation of chemotherapy](#)
- [Stopping cancer in its tracks](#)
- [New approaches to eradicate aggressive breast cancers](#)
- [High fruit intake during adolescence linked with lower breast cancer risk](#)
- [Breast cancer cells flushed out of hiding](#)
- [First large-scale proteogenomic study of breast cancer provides insight into potential therapeutic targets](#)

COLORECTAL CANCER

[New 80% by 2018 Blog Post](#)

We wanted to let you know that a new 80% by 2018 Blog post featuring David Dubin, co-founder of AliveAndKickn and active Roundtable member, is now live at: <http://nccrt.org/80-by-2018-blog/>

Learn about AliveAndKickn's new HEROIC Registry, a registry for individuals with a Lynch Syndrome genetic mutation.



If you or your colleagues would like to share on social media, you are welcome to use our shortened URL (<http://ow.ly/WL2dl>) and/or to retweet/repost the messages we've already shared through @NCCRTnews and [facebook.com/coloncancerroundtable](https://www.facebook.com/coloncancerroundtable).

[Webinar Replay:](#)

In case you missed it, you can access a replay of the May 5th webinar introducing the new eClinicalWorks Best Practices Workflow and Documentation Guide to support CRC screening here: <https://www.youtube.com/watch?v=SPBRkxOG15s&feature=youtu.be>

The purpose of the webinar is to provide an in-depth look at our [eClinicalWorks Best Practices Workflow and Documentation Guide](#) to support CRC screening. Please note, this webinar is best suited for those who work directly with EHRs, particularly eClinicalWorks. This is **not** an introductory webinar.

[Save the Date!](#)

Next webinar:

Wednesday, June 29th at 12:00 Noon EST

Guidance on implementing FIT-based screening programs

Speakers:

Durado Brooks, MD, MPH, American Cancer Society

Gloria Coronado, PhD, Kaiser Permanente Center for Health Research

You can access the library of NCCRT webinar replays here: <http://nccrt.org/webinars/>

[USPSTF Final Recommendation on Aspirin to Prevent Cardiovascular Disease and Colorectal Cancer Now Available](#)

The U.S. Preventive Services Task Force released its final recommendation on using aspirin to prevent cardiovascular disease and cancer. The cancer evidence summaries focus on incidence and mortality for colorectal cancer and cancer overall. The USPSTF recommends that adults aged 50 to 59 years take aspirin for primary prevention if they have a 10% or greater 10-year CVD risk, are not at increased risk for bleeding, have a

life expectancy of at least 10 years, and are willing to take low-dose aspirin for at least 10 years. (B recommendation) The USPSTF has a C recommendation for aspirin use in adults aged 60 to 69 years. The decision to use aspirin should be an individual one based on the balance of benefits and harms and patient preferences and values. The final recommendation, supporting evidence reports and summaries and the decision analysis report can be found on the [USPSTF website](#).

Latest News

- [A little excess weight may boost colon cancer survival](#)
- [Colon cancer: Primary tumor location predicts survival](#)
- [Blood Test Shows Promise as Colorectal Cancer Screen](#)
- [Time to Drop the "No-Eating Rule" Before Colonoscopy?](#)
- [Study Finds Uptick in Young-Onset Colon Cancer](#)
- [Screening Boosts CRC Survival in Vets](#)

CERVICAL CANCER/HPV

LUNG CANCER/TOBACCO

Latest News:

- [Survey: Most Smokers Prefer Smoking to Vaping](#)
- [Smoking in 2016: Infographic Shows How Far We've Come In The Fight Against Smoking Cigarettes](#)
- [E-cigarette tax may be new fix as tobacco money goes up in smoke](#)
- [People Who Quit Smoking Risk Gaining "Substantial" Weight, Regardless of Changes in Daily Calorie Intake](#)
- [How pictures of cigarettes can set economic policy](#)
- [Researchers emphasize need to rethink tobacco control strategies](#)
- [CDC: Smoke is Clearing in U.S.](#)



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

George Washington Cancer Institute Releases National Cancer Survivors Day Social Media Toolkit

National Cancer Survivors Day® is coming up on Sunday, June 5th.

If your organization plans to promote National Cancer Survivors Day on June 5 or throughout the month of June, this toolkit provides many useful resources. From sample Tweets and Facebook posts to evidence-based practices for communicating with survivors, caregivers and health care providers, this toolkit can help leverage your organization's social media presence and raise awareness.

Get your toolkit at this [link](#)!



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



10th Annual "Moving Beyond Cancer to Wellness"

What: The Fred Hutchinson Cancer Research Center Survivorship Program and Seattle Cancer Care Alliance are hosting our 10th annual event for cancer survivors, patients, caregivers, friends, family and health care professionals. This free conference is designed to provide education on a variety of the late and long-term effects faced by cancer survivors after treatment in completed and to promote wellness and empowerment after cancer.

When: Saturday, June 4th 8:30 a.m. to 3:00 p.m.

Where: Fred Hutchinson Cancer Research Center, Thomas Bldg, 1100 Fairview Ave. N, Seattle, WA

Event Website: www.fredhutch.org/mbctw

For more event details and Registration: RSVP by May 27th - Space is Limited!

Online: www.fredhutch.org/mbctw

Phone: 206-667-2013

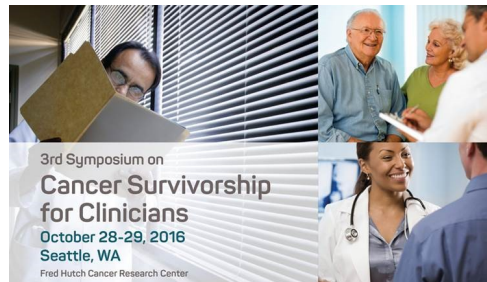
Email: survivor@fredhutch.org

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.

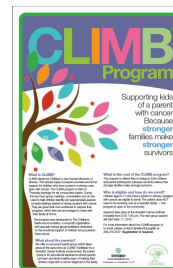
This conference, featuring speakers who are the leaders in the field of cancer survivorship, covers an important and increasingly relevant gap in the medical education of clinicians who care for cancer survivors.

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.



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.



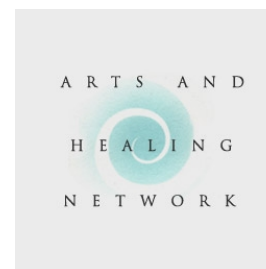
Cancer Education for Teens. Since 2005, Cancer Pathways has offered an interactive course designed to raise teen awareness about cancer risk factors. The 50 minute program is offered through face-to-face presentations by Cancer Pathways representatives in area high schools and an online, e-learning platform 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.

Lecture: Update from ASCO: Breast Cancer Research & Treatment

Cancer Pathways (formerly Gilda's Club Seattle) welcomes Julie Gralow, MD, the Director of Breast Medical Oncology at the UW/SCCA, as she returns from the annual meeting of the American Society of Clinical Oncology (ASCO). Dr. Gralow will share a synopsis, for patients and caregivers, of up-to-the-minute research findings in breast cancer research, prevention, detection and treatment. Thursday, June 16, 7:00-8:30pm at Cancer Pathways (1400 Broadway, Seattle). To register, visit <http://cancerpathways.org/education/lectures-and-seminars/>.

Cancer Pathways (formerly Gilda's Club Seattle) is accepting applications for Camp Sparkle, its annual free day camp for kids affected by cancer. Kids and teens experience music, art, crafts, games, exercise, theater, therapy dogs, field trips and much more! Camps are held from 9:30-4:00pm daily and will be offered in Seattle (7/11-7/15), Redmond (7/18-7/22), Tacoma (8/8-8/12), and Everett (8/22-8/25). A parent must complete a Cancer Pathways Individual Orientation to participate in camp. To get started with that process, please visit <http://cancerpathways.org/support/family-program/>.

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.

FUNDING

Now Accepting Applications NCI Cancer Prevention Fellowship Program

The National Cancer Institute (NCI) Cancer Prevention Fellowship Program (CPFP) is now accepting applications for Cancer Prevention Fellows until August 25, 2016. The CPFP is a postdoctoral training program open to scientists, researchers, and clinicians in the fields of cancer prevention and control. Watch the [video](#) to learn more about the unique features of the CPFP.

As part of the program, fellows receive: The opportunity to obtain an M.P.H. degree at an accredited university during the first year. Competitive stipends, paid health insurance, reimbursement for moving expenses, and a travel allowance to attend scholarly meetings or trainings. To learn more about eligibility requirements and application details, please visit this website, cpfp.cancer.gov, or contact cpfpcoordinator@mail.nih.gov. Additional program details can also be found in the comprehensive [Cancer Prevention Fellowship Program Catalog](#)

[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](#).



[View New Video Abstract About Cancer Incidence and Mortality](#)

Features Dr. Hanna Weir

Hannah Weir, MD, CDC epidemiologist in the Division of Cancer Prevention and Control, talks about her work to predict cancer incidence and mortality through 2020.

Her predictions are based on population projections from the US Census Bureau and on national cancer surveillance data from the National Program of Cancer Registries and the National Vital Statistics System. Projections were calculated by using age-period-cohort regression models. Although cancer rates are decreasing or stabilizing, cancer incidence and mortality will continue to rise. The public health community needs to do more to address these increases by reducing the number of people who get cancer through prevention and by reducing the number of people who die of cancer through early detection and treatment. Results of this work were previously published in both *Preventing Chronic Disease* and *Cancer*. To access the video, click on [this link](#).

Overwhelmed by Too Much Health Advice?

By [Lisa C. Richardson, MD, MPH](#)

Director of CDC's Division of Cancer Prevention and Control

As a doctor, I am the go-to person my friends rely on when they have a medical question. A good friend recently said to me, "I'm so overwhelmed by all of the health advice out there that I tend to just tune it all out."

She went on to say that every time she turns around, she hears something else that women should do to stay healthy: get a mammogram, get your Pap smear, get a colonoscopy, don't smoke, exercise, get more sleep, get a flu shot, eat more kale, get a whooping cough vaccine (pertussis booster vaccine)...and I think you get her point. I certainly did.

This got me thinking. As a woman, an oncologist, and the director of CDC's Division of Cancer Prevention and Control, I can help. I don't want you ignoring anything that may help you stay healthy...and alive!

To help lighten the load, I've created your very own cheat sheet for cancer screenings and good health.

CDC supports screening for breast, cervical, colorectal (colon), and lung cancers as recommended by the U.S. Preventive Services Task Force. I've started your cheat sheet off with the screenings (checking your body for a disease before you have symptoms) that are available for some of the cancers that most often affect women. But I challenge you to add to it with your doctor's recommendations for further screenings or tests based on your own health, family history, and age. Download this [printable fact sheet](#) take to your next appointment.

For the rest of this article, click [here](#).

LATEST NEWS:

[Increased physical activity associated with lower risk of 13 types of cancer.](#)

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
June 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).