



CANCER CONNECTION

March 2016

Dear WA CARES,

Welcome to the March 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 April Cancer Connection please email them to me by April 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

Cancer Pathways



Gilda's Club Seattle is now Cancer Pathways.

Cancer Pathways offers programs of educational, supportive, 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. Programs include Thursday Evening Lectures; support groups for patients, caregivers, and people who have lost a loved one to cancer; healthy lifestyle classes; a Family Cancer Support Program for parents, teens and kids; and social events throughout the year. For more information call 1-866-200-2383, email info@cancerpathways.org, or visit the website at www.cancerpathways.org

Lecture "Fertility and Cancer" with Lynn B. Davis, MD

April 7, 7:00-8:30pm at Cancer Pathways, 1400 Broadway, Seattle

Advance treatments are enabling more people than ever to survive their cancer and live long, prosperous lives, but some of these lifesaving treatments have side effects that include the loss of fertility and early menopause. This lecture will cover the advancements in reproductive technology and options available to cancer survivors. Register by calling 206-709-1400 or emailing info@cancerpathways.org

[Genetic Testing for BRCA Breast Cancer Gene on the Rise in Young Women; Does It Even Influence Treatment Decisions?](#)

A new article reports genetic testing for BRCA mutations has increased among women diagnosed at a young age. Dr. Ann H. Patrige, of the Dana-Farber Institute in Boston, and co-authors set out to examine the rate of women who actually underwent the recommended testing, and how concerns about genetic information affected treatment decisions. The study included 897 women aged 40 and younger who were diagnosed with breast cancer throughout 11 different medical centers.

Read full article here: [Genetic Testing For BRCA Breast Cancer Gene On The Rise In Young Women; Does It Even Influence Treatment Decisions?](#)

[Increasing BRCA testing rates in young women with breast cancer](#)

Rates of genetic testing for BRCA1 and BRCA2 mutations have increased among women diagnosed with breast cancer at age 40 or younger, according to an article published online by JAMA Oncology.

Read study findings here:

<https://www.sciencedaily.com/releases/2016/02/160211141329.htm>

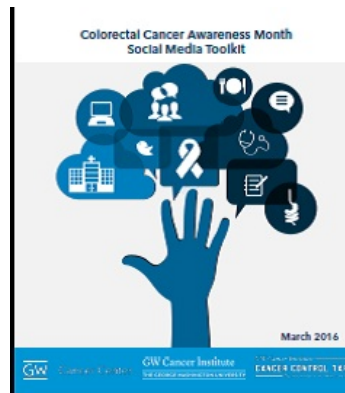
COLORECTAL CANCER

[Colorectal Cancer Awareness Month Social Media Toolkit Available](#)

George Washington University (GW) Cancer Institute has released its [Colorectal Cancer Awareness Month Social Media Toolkit](#) (March 2016).

This toolkit features resources to help public health professionals establish a social media strategy for Colorectal Cancer Awareness Month in March.

With nearly 75% of adults using social networking sites, comprehensive cancer control programs should leverage their social media presence to raise awareness about colorectal cancer prevention, screening, and survivorship.



This tool kit can help public health professionals:

- Understand the functions and benefits of social media
- Establish a Colorectal Cancer Awareness Month social media strategy with appropriate messaging
- Manage social media accounts, as well as implement Facebook and Twitter best practices, and
- Evaluate social media efforts

Click on the link to download the toolkit. [Get your toolkit today!](#)

For additional information and other technical assistance, contact Aubrey Van Kirk

[The National Colorectal Cancer Roundtable Has Launched a New Blog Focusing on 80% by 2018](#)



We wanted to let you know that a new 80% by 2018 Blog post featuring Dr. Jennifer Weiss of University of Wisconsin Health is now live. This blog will be a place to showcase success stories of this wonderful nation wide effort to increase colorectal cancer screenings. [Link to Blog](#)

[Connection Between Anal Cancer and HPV](#)

Researchers at Women & Infants Hospital, a Care New England hospital, recently published the results of a study demonstrating a connection between anal cancer and human papillomavirus (HPV) infection. [Link to Study](#)

[Colorectal Cancer Patients Need Colonoscopy After Cancer Resection](#)

It is critically important that colorectal cancer patients undergo colonoscopy after surgery to ensure that they do not have a second colon cancer, and to find and remove any additional polyps. According to new recommendations from the U.S. Multi-Society Task Force on Colorectal Cancer, the evidence shows that post-operative colonoscopy is associated with improved overall survival for colorectal cancer patients. Between 0.7 and 7 percent of colorectal cancer patients have a second, concurrent cancer. [Link to Article](#)

CERVICAL CANCER/HPV

[Prospective Study Links HPV Detection in the Mouth to Head and Neck Cancer](#)



In a new study, researchers have confirmed that infection with human papillomavirus (HPV) 16 precedes the development of some head and neck cancers. Previous studies have established an association between HPV-16 infection and oropharyngeal cancer, a type of head and neck cancer. The new study is the first to do so using samples collected from participants prior to their cancer diagnoses. [Link to Article](#)

LUNG CANCER/TOBACCO

[Cessation Interventions Among 4 State Tobacco Control](#)

Programs.

2016 Feb 8. doi: 10.1002/cncr.29739. [Epub ahead of print]

Antonio J. Neri, MD, MPH; Behnoosh R. Momin, DrPH; Trevor D. Thompson, BS; Jennifer Kahende, PhD; Lei Zhang, PhD, Mary C. Puckett, PhD; and Sherrie L. Stewart, PhD.

BACKGROUND: Comparative effectiveness studies of state tobacco quitlines and Web-based tobacco cessation interventions are limited. In 2009, the US Centers for Disease Control and Prevention undertook a study of the comparative effectiveness of state quitlines and Web-based tobacco cessation interventions. **METHODS:** Standardized questionnaires were administered to smokers who enrolled exclusively in either quitlines or Web-based tobacco cessation services in 4 states in 2011-2012. The primary outcome was the 30-day point prevalence abstinence (PPA) rate at 7 months both between and within interventions.

RESULTS: A total of 4086 participants were included in the analysis. Quitline users were significantly older, more heterogeneous in terms of race and ethnicity, less educated, less likely to be employed, and more often single than Web-based users. The 7-month 30-day PPA rate was 32% for quitline users and 27% for Web-based users. Multivariate models comparing 30-day PPA rates between interventions indicated that significantly increased odds of quitting were associated with being partnered, not living with another smoker, low baseline cigarette use, and more interactions with the intervention. After adjustments for demographic and tobacco use characteristics, quitline users had 1.26 the odds of being abstinent in comparison with Web-based users (95% confidence interval, 1.00-1.58; P = .053).

CONCLUSIONS: This is one of the largest comparative effectiveness studies of state tobacco cessation interventions to date. These findings will help public health agencies develop and tailor evidence-based tobacco cessation programs. Further research should focus on users of Web-based cessation interventions sponsored by state health departments and their cost-effectiveness. To access the manuscript, click on the link:

<http://www.ncbi.nlm.nih.gov/pubmed/26854479>



Could FDA E-Cigarette Regulation Help More People Quit Smoking?

E-cigarettes are smoking hot. They are the most popular nicotine-delivery products used by kids and the majority of adult smokers have tried them. E-cigarettes are a multi-billion dollar industry, with the website Yelp tallying more than 10,000 vape shops across the country. Wall Street analysts are predicting that revenue from e-cigarettes will surpass traditional cigarettes in a decade. [Link to Article](#)

E-Cigarettes Are More Popular than Ever Before - According to Google Search

A new study published Thursday in the American Journal of Preventive Medicine has found that the number of Google searches related to e-cigarettes has taken a sharp incline

since 2010. Whereas nationally there were around 1.5 million Google searches in 2010, 2014 saw 8.5 million searches. Even the way we we talk about them is beginning to change, with web browsers frequently turning to variations of "vaping" over "e-cigarettes" to describe the wide range of products collectively referred to as electronic nicotine delivery systems (ENDS) by the researchers. By 2014, searches for "vaping" eclipsed the latter. [Link to Article](#)

[More Evidence Found On Potential Harmful Effects of E-Cigarettes](#)

While e-cigarette use is increasing worldwide, little is known about the health effects e-cigarettes pose for users. A University of Louisville researcher is working to change that status.

Daniel J. Conklin, Ph.D., professor of medicine in UofL's Division of Cardiovascular Medicine, will discuss his early research identifying potentially harmful effects of e-cigarettes at the American Association for the Advancement of Science Annual Meeting

[Link to Article](#)



[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

[Board Approves More Than \\$30 Million for PCORnet](#)

At its meeting today, our Board of Governors approved \$31.6 million over three years to fund the PCORnet's Coordinating Center's next stage of operation. The funds will support

program management, data refinements, coordination among networks, and sustainability planning during the second phase of development of PCORnet, our effort to harness the power of data and partnerships to make health research faster and less expensive. [Link to Blog](#)



[New Report - Ovarian Cancers: Evolving Paradigms in Research and Care](#)

Although recent years have seen promising advances in cancer research, there remain surprising gaps in the fundamental knowledge about and understanding of ovarian cancer, including basic biology, risk factors, diagnosis, delivery of care, and survivorship. Ovarian

cancer is relatively uncommon, yet it is one of the deadliest cancers.

With support from the Centers for Disease Control and Prevention (CDC), the Institute of Medicine (IOM) of the National Academies of Sciences, Engineering, and Medicine convened an expert committee to examine and summarize the state of the science in ovarian cancer research, to identify key gaps in the evidence base, and to identify opportunities for advancing ovarian cancer research.

The resulting report, *Ovarian Cancers: Evolving Paradigms in Research and Care* gives a broad overview of ovarian cancer research and provides recommendations to help reduce the incidence of and morbidity and mortality from ovarian cancers by focusing on promising research themes that could advance risk prediction, prevention, early detection, comprehensive care, and cure.

For additional information, go to Report in Brief ([PDF](#)).

Cancer death rates show wide geographic variation

Over 595,000 cancer deaths - an average of about 1,600 each day - are expected in the United States in 2016, but those deaths are not evenly distributed among the states, according to investigators from the American Cancer Society. [Link to Article](#)

91% of Weight Loss Program's Don't Follow Medical Guidelines

Nearly half of Americans want to lose weight, yet less than a quarter of adults are seriously trying, perhaps due to the failure rates attached to certain weight loss programs. But why do most adults end up failing? A new study out of Johns Hopkins University suggests many of these programs don't consider reliable, science-based treatments. [Link to Article](#)

SURVIVORSHIP/SUPPORT GROUPS

Long-term cancer survivors still need guidance about screening, side effects, lifestyle

A team of researchers from Yale School of Public Health and Yale Cancer Center recently published a study in the *Journal of Cancer Survivorship* that addresses the needs of cancer survivors who are at least nine years beyond an initial diagnosis. In the Q & A below, authors Mary Playdon, Tara Sanft, and Brenda Cartmel, talk about how to better care for long-term survivors. [Link to Article](#)



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.

[3rd Symposium on Cancer Survivorship for Clinicians.](#)

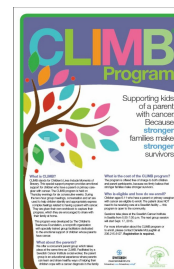


FRED HUTCH
CURES START HERE™

October 28-29, 2016 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.



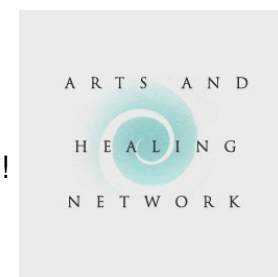
[Family Cancer Support Program at Cancer Pathways.](#) This program is for children, teens, and family members to come together to support one another on their journey with cancer. Groups are confidential and led by experienced Art Therapists/Licensed Clinicians. The program is offered on the **third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



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.

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 [Debi Johnson](#) 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:

- 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

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.

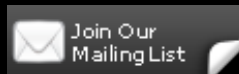


Washington Alliance for Cancer Survivorship.

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 May. For more information contact [Robyn Sneeringer](#).

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



Cancer Connection
March 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).