



CANCER CONNECTION

May 2016

Dear WA CARES,

Welcome to the May 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 June Cancer Connection please email them to me by June 10.

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

Washington State Colorectal Cancer Roundtable- March 2016

Representing the broad cross-section of health care organizations across the state, more than 125 health care professionals attended the WA Colorectal Cancer Roundtable on March 25 at the conference center at SeaTac. The American Cancer Society and the Washington State Department of Health partnered together to plan the full day event featuring Dr. Richard Wender, the Society's Chief Cancer Control Officer and Chair of the National Colorectal Cancer Roundtable. While near the top, Washington has a CRC screening rate of about 69% - and ranks within the second highest tier across the nation.

Speaking to how WA can achieve an 80% CRC screening rate by the year 2018, Wender recommends specific strategies:

- Using both colonoscopy and stool screening
- Ensuring that high quality colonoscopies are available too
- Improving colonoscopy quality
 - Screening the right patients at right intervals
 - Maximize bowel prep quality and patient show rates
 - Monitor adenoma rates
- Deploying colonoscopy navigation to improve colonoscopy show rates
- Ensuring that anyone is offered a home stool blood test
 - Many patients prefer home stool testing - 69% completion v. 38% colonoscopy

Achieving 80% CRC screening rates in Washington by 2018 will be a challenge, but is achievable. The result will be 6,129 cases and 4,492 deaths from CRC cancer can be prevented by 2030! To learn more about the 80% by 2018 program contact Cynthia Eichner, State-based Health Systems Manager at [Cynthia Eichner](#) or 206.674.4177.

The agenda also featured local and regional experts from the WA Health Alliance, Group Health Research Institute, and Kaiser Permanente's Center for Health Research. Data and research shared about CRC screening initiatives among Federally Qualified Health Centers across our state indicated vast disparities and opportunities for improvement.

"Lessons Learned in CRC Screening Initiatives" included insights from the WA DOH, Sea Mar, Regence and the Quinalt Tribal Nation. Addressing barriers to access and care coordination, speakers presented a multi-prong approach by incorporating safety net services, improvements in the referral and care coordination process (after a positive stool test) among GI's and focus on quality measures at Swedish Medical Group.

PDFs of all presentations from the WA CRC Roundtable are now available at [this link](#).

BREAST CANCER

[Latest News:](#)

[Molecular marker in healthy tissue can predict a woman's risk of getting the disease, research says](#)

[More guidelines, uniformity in RT needed following chemotherapy in breast cancer](#)

[Researchers discover novel risk factor in breast cancer protein 1 \(BRCA1\) for fetal alcohol spectrum disorder](#)

[Common Class of Breast Cancer Drugs May Not Trigger 'Chemo Brain': Study](#)

[Is It Rational For Breast Cancer Patients To Have Bilateral Mastectomies?](#)

[No increased risk of fatal cardiovascular events for breast cancer patients on newer hormone therapy](#)

[Study finds explanation for some treatment-resistant breast cancers](#)

[Breast Cancer Gene Might Lower Women's Fertility: Study](#)

[Many Breast Cancer Patients May Not Need Chemo](#)

[How breast cancer cells slide to metastasis](#)

[BRCA1 gene mutation linked to fewer eggs in ovaries](#)

[Testing non-breast cancer genes in high-risk women leaves more questions than answers](#)

COLORECTAL CANCER

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

We wanted to let you know that a new 80% by 2018 Blog post featuring Roundtable Steering Committee member Dr. Mark Pochapin of NYU Langone Medical Center is now live at: <http://nccrt.org/80-by-2018-blog/>



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.

[New resource on What can Gastroenterologists and Endoscopists Do to Advance 80% by 2018?](#)

Additionally, as Dr. Pochapin mentions in his blog, we're delighted to share a new NCCRT resource, [What can Gastroenterologists and Endoscopists Do to Advance 80% by 2018?](#). It has been cobranding by the American College of Gastroenterology, American College of Surgeons, American Gastroenterological Association, and American Society for Gastrointestinal Endoscopy. We appreciate the leadership of our partners in these organizations and others who played a critical role in creating this resource for all of you. Special thanks to Mark Pochapin, Lynn Butterly, Dave Greenwald, Nina Miller, Dorothy Lane, Mike Potter, Kerstin Ohlander, Durado Brooks, Bob Smith, Anne-Louise Oliphant, Aimee Frank, Gina Steiner, Jennifer Michalek and Emily Bell for their work in getting this done!

CERVICAL CANCER/HPV

[Latest News:](#)

[HPV vaccine effective in youth with kidney disease, but less so in those with a kidney transplant](#)

Research Project Update: AFIX Program Strategies for Improving HPV Vaccination Rates in the Field



Attend on **Thursday, May 19, 2016 at 1:00PM ET** for "Research Project Update: AFIX Program Strategies for Improving HPV Vaccination Rates in the Field." This webinar will be geared towards AFIX coordinators, AFIX program field staff, trainers of field staff, and immunization managers. Presenters will share strategies and tools they are using in an ongoing study to adapt AFIX to the unique challenges posed by HPV vaccination.

The update on this project will include discussion of how the study team is:

- Using incentives, such as CMEs, to encourage vaccine providers to participate in AFIX
- Using an Immunization Report Card to communicate the problem of low HPV vaccination coverage
- Helping providers set measurable goals for HPV vaccination QI
- Emphasize provider recommendations as a QI focus

Dr. Melissa Gilkey, Assistant Professor of Population Medicine at Harvard Medical School & Harvard Pilgrim Health Care Institute, will discuss the tools and strategies that were used by the participating AFIX programs for improving HPV vaccination rates in the field. **Chrystal Averette** of the Washington Department of Health will share how, as part of this project, Washington State is implementing specific AFIX strategies in order to increase HPV vaccination rates.

To register for this event, click [here](#).

LUNG CANCER/TOBACCO

[Latest News:](#)

['Liquid biopsy' blood test detects genetic mutations in common form of lung cancer](#)

[The Triangulum: Tobacco, Marijuana, and E-Cigarettes Webinar](#)

Thursday, May 26th 9:00am-12:00pm

Triangulum, Latin for triangle, reflects the intersection of tobacco, marijuana, and electronic cigarettes; the latter, being the delivery device for both these and other substances. This changing landscape is striking and something the tobacco control movement mustn't lose sight of: not only is the use of e-cigarettes growing, but also hookah pens that deliver aerosolized flavored aldehydes, with or without nicotine; heat-not-burn products producing a new chemically laced vapor; flavored little cigars, both regular and electronic; blunts and spiffs; and butane hash oil that you can dab, synthetic marijuana, which you can smoke and liquid THC, which you can aerosolize, not to mention old-fashion joints.

To capture the science behind these new developments, the TRDRP is bringing together an outstanding group of scientists to explain these and comment on this new terrain.

Click [here](#) to register!

Smoking Moms and Related Harms :

In the United States, over 18.5 million adult women currently smoke, putting them at risk for heart attacks, strokes, lung cancer, emphysema and other life-threatening illnesses. Lung cancer is the leading cancer killer among women, and smoking is attributable for 80 percent of these deaths. Smoking also accounts for one of every three deaths from heart disease, the overall leading cause of death among women. When women quit smoking, they improve their own health as well as the health of the people around them. Mothers who give up smoking improve the likelihood that their children will grow-up to be tobacco-free and live longer, healthier lives.

Please visit the [Campaign for Tobacco-Free Kids](#) for related fact sheets on women and smoking.



[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

Intended Care Seeking for Ovarian Cancer Symptoms Among



U.S. Women Abstract:

To investigate U.S. women's intended care seeking for symptoms associated with ovarian cancer, data from the 2012 HealthStyles Fall survey of U.S. adults were examined.

Analyses were limited to women with no history of gynecologic cancer (N=1726).

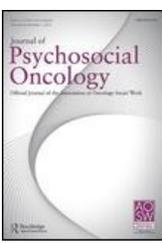
Logistic regression models for intended care seeking within 2 weeks of symptom onset were developed. A minority of women recognized that unexplained pelvic or abdominal pain (29.9%), unexplained bloating (18.1%), and feeling full after eating a small amount of food (10.1%) can indicate ovarian cancer, and 31.1% mistakenly believed that the Papanicolaou (Pap) test screens for the disease. In the multivariate regression models, the most consistent, significant predictors ($p < 0.01$) of intended care seeking within 2 weeks of symptom onset were age (older women were more likely to seek care) and awareness that symptoms could signal ovarian cancer.

Care seeking in response to ovarian cancer symptoms may be delayed among younger women and those who do not recognize the potential significance of symptoms.

Raising awareness of ovarian cancer symptoms may promote early detection. However, educational efforts should emphasize that symptoms associated with ovarian cancer may also result from benign conditions.

To access the manuscript, [click here](#).

Intended Care Seeking for Ovarian Cancer Symptoms Among U.S. Women



Abstract:

To investigate U.S. women's intended care seeking for symptoms associated with ovarian cancer, data from the 2012 HealthStyles Fall survey of U.S. adults were examined.

Emergent themes included feeling blamed for having caused their cancer, being stigmatized as "throwaways", and long-term survivors' experiencing surprise that they're still alive, given poor overall survival rates. Survivors also desired increased public support. It is imperative for healthcare and public health professionals to learn more about the needs of this population.

To access the manuscript, [click here](#).

Latest News:

[New research suggests early life factors could increase prostate cancer risk](#)

[High-Dose Radiation and Low-Risk Prostate Cancer](#)

[Process that drives prostate cancer metastasis uncovered](#)

[New Treatment Target Identified for Key Prostate Cancer Driver](#)

[Researchers link higher levels of vitamin D to reduced cancer risk](#)

[Run for your life: Exercise protects against cancer](#)

[Scientists discover a new mechanism of resistance to chemotherapy](#)

[Fighting Cancer With Killer T-Cells: 5 Developments To Watch](#)

[Precision medicine: is it becoming a reality for childhood cancer?](#)

[Machine learning as good as humans' in cancer surveillance, study shows](#)

[Pembrolizumab Shows Promise in Patients with Rare Form of Skin Cancer](#)

[Targeted Photoimmunotherapy Approach for Cancer Moves Forward](#)

[Research findings reveal potential to reverse cancer-related nerve pain](#)

[Starving cancer the key to new treatments, say scientists](#)

SURVIVORSHIP/SUPPORT GROUPS

Go ALL IN to Help Cure Cancer Faster:

Mark your calendar now for **Obliteride** 2016! Obliteride is a fun celebration and bike ride to raise money for Seattle's Fred Hutch. We are serious about curing cancer and we are asking you to go ALL IN. 100% of every dollar raised goes to Fred Hutch. We are seeking thousands of riders and volunteers to join us August 13-14, 2016. For more information, or to register to ride, volunteer or donate, please visit obliteride.org.



[Registration Open! 2016 Biennial Cancer Survivorship](#)

[Conference](#). Registration is open for the "Cancer Survivorship: Research Innovation in a Rapidly Changing Landscape"

conference scheduled June 16-18 in Washington, DC. It will focus on changes in the demography of the survivor population, how care is delivered to these individuals and their families, and the role of new technologies in the promotion of health and well-being.

To register, visit the conference website:

<http://www.cancer.org/subsites/survivorship2016>.

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!

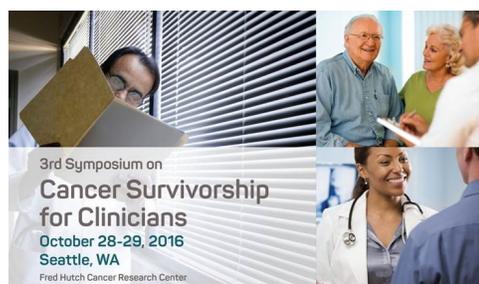
Online: www.fredhutch.org/mbctw

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 Comes to Work. Annually, approximately 1.6 million people will hear the words "you have cancer" and 44% of these individuals will be of working age. In addition, 80% of cancer survivors will return to work. Cancer Pathways is hosting a half-day seminar that will provide HR professionals and managers with information that will help them be prepared when cancer enters the workforce. Tuesday, May 17th from 8:00am-12:00noon at the Washington Athletic Club. \$195 registration, space is limited. To register, call 206-709-1400 or visit cancerpathways.org/education/cancer-comes-to-work.



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: Home-Style Nutrition with Cynthia Lair
Cooking your own meals affords you the peace of mind that comes with having control over the type and quality of ingredients in your meals. Find out which foods to emphasize and why moderation is a winning strategy. Food demo included. Saturday, May 14th, 10:00am-12:00noon at St. Anthony Hospital: CHI Franciscan Health Smalling Conference Room, Milgard Building 11567 Canterwood Blv NW, Gig Harbor. Visit their [website](#) to register.



Lecture: Breast Reconstruction Surgery with Keith Paige, MD
Dr. Keith Paige of The Polyclinic will provide information on the

pros and cons of different reconstruction procedures, their recovery times, and the various phases of reconstruction. Dr. Paige will also provide insight into the emotional and psychosocial journey of breast reconstruction following cancer and mastectomy. Thursday, May 19th, from 7:00-8:30pm at Cancer Pathways, 1400 Broadway, Seattle. Visit their [website](#) to register.

[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.



ARTS AND
HEALING
NETWORK



[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

[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



Seattle Cancer Care Alliance Article in "The Atlantic":

Please click [this link](#) to read Cancer: The Final Frontier, a recent story published in *The Atlantic!*

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 held May 16th at the Dept. of Health office in Kent. For more details and to RSVP please contact [Jill Wisehart](#).

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



Cancer Connection
May 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).