



ColoCare News

Staff Spotlight



Rachael Newton joined the ColoCare team in January 2019. She graduated from Truman State University in 2018 with a B.A. in Biological Sciences and is currently attending Saint Louis University School of Medicine as a part of the Class of 2022. She is considering a career in surgery and is excited to be involved in a study assessing the impact of treatments and lifestyle factors on outcomes in patients with colorectal cancer. Rachael enjoys recruiting and cultivating relationships with all ColoCare participants.

AUTUMN GREETINGS

We hope you are looking forward to another gorgeous Fall in the Midwest! Thank you for your continued participation in the ColoCare Study! Your ongoing engagement in the research will help understand how treatments and other lifestyle factors influence outcomes, including recurrence, toxicity and quality of life for colorectal cancer survivors.

Number of ColoCare participants in the greater St. Louis area: 145

Number of new ColoCare participants who joined in July 2019: 6



“There is help out there and you are not alone”
- Fredrico

Tips

- Exercise reduces fatigue, up to 40 to 50% less fatigue
- Taking a daily walk or doing some gardening and housework can enhance physical well-being and spur recovery
- Exercise at least 30min a day, 5 days a week
- Proceed with care and don't overdo it! Break up the 30min to 3 10 min walks and drink plenty of water!
- Don't exercise if you are not feeling well, consult a doctor to see what exercise will be safe; many hospitals offer exercise programs for cancer patients.

Exercising During Cancer Treatment. 2019; https://www.nccn.org/patients/resources/life_wit_h_cancer/exercise.aspx



The ColoCare Study
600 S. Taylor Ave.
Campus Box 8100
St. Louis, MO 63110

Phone: 314.286.2779

www.colocare.wustl.edu
colocare@wudosis.wustl.edu

Why did you decide to join the ColoCare study?

To express my thoughts and opinions on having cancer at the age of 24 to 25 and how it impacted my day to day life.

What motivates you to continue participating in the ColoCare study?

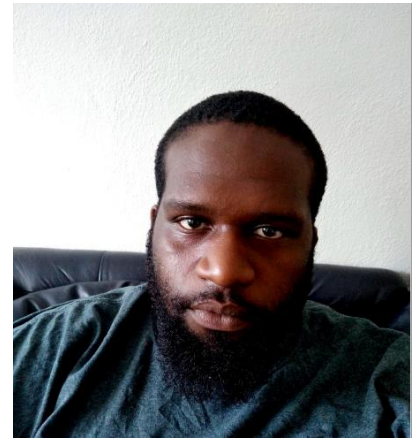
Having my first child and only child helped me overcome the pressure and depression, so I figured I could help other young fathers.

What would you like other participants to know about your experience on the ColoCare study?

The Colocare Study helped me with socializing and to stop being depressed.

What would you like other colorectal cancer patients to know about your experience during you care?

I want people to know about my journey and how I overcame this difficult time. Also to let people know that there is help out there and you are not alone.



**Participant number 94:
Fredrico
Start Date: 2/9/18**

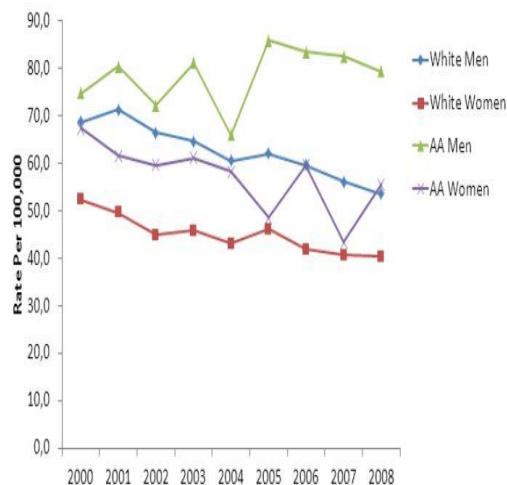
**Support Others by Sharing
Your Story!**

**Send an email request to:
colocare@wudosis.wustl.edu**

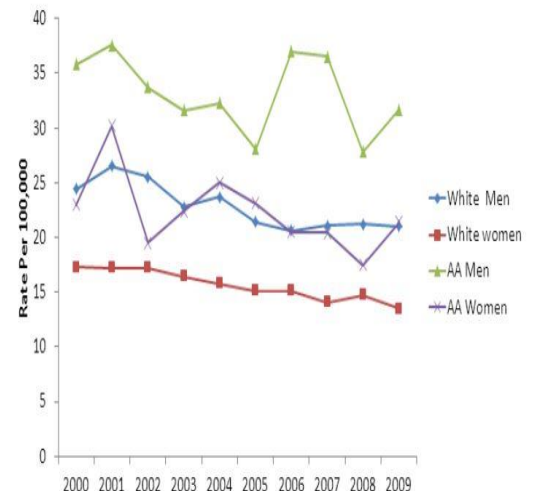
or call:

314.286.2779

**Colorectal Cancer Incidence Rates*
By Race and Sex, Missouri**



**Colorectal Cancer Mortality Rates*
By Race and Sex, Missouri**



Source: Missouri Information for Community Assessment
*Age-adjusted using 2000 US standard population

Source: Missouri Information for Community Assessment
*Age-adjusted using 2000 US standard population