



Staff Spotlight



Michelle Sperry joined the ColoCare team in 2016. She completed her B.A. in Science at the Goldfarb School of Nursing in 2010. She has been a nurse since 2000 and has lived in Missouri for over twenty years. Michelle assists with recruiting patients and cultivating lasting relationships with participants. She enjoys meeting patients and hearing their life stories – “We all have so much to share and learn from each other!”

Greetings ColoCare Participant

We hope you are enjoying the beautiful weather! Thank you for your continued participation in the ColoCare Study! Your ongoing engagement in the research will improve treatment options for future colorectal cancer patients.

Number of active ColoCare participants: 116

Number of new ColoCare participants who joined in May 2019: 9



*“Perhaps my participation might help someone else going through the same thing”
- Sharon*

Tips

- Get help with rides to school events and activities.
- Accept help with meals.
- Let others take over with the laundry, cooking, cleaning, homework and dishes.
- Let your kids see you as often as possible. Let them cheer you up.
- Let kids know things may be okay.
- Show appreciation every day.

Haley JS. When a Parent Has Cancer, Help Keep Kids Grounded. 2018; <http://yourcenter.uvacancercenter.com/how-to-plan-for-travel-during-chemotherapy/>.



The ColoCare Study
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Why did you decide to join the ColoCare study?

I felt like it was something I could do.

What motivates you to continue participating in the ColoCare study?

I had a positive experience and was not too inconvenienced by the requirements. Sometimes it took a little time and work, but being retired, I had the time.

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

It does take a little time, but it's not that time consuming.

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

My care went smoothly. I studied the booklet I was given, listened to the surgeon and oncologist, did what I was told, and had a strong support group of three of our daughters, relatives, and friends.



Participant number 35: Sharon

Support Others by Sharing Your Story!

Send an email request to:

colocare@wudosis.wustl.edu

or call: 314.286.2779

Leading Causes of Death by Sex among Non-Hispanic Blacks and Whites, US, 2016

Cause of Death	NH Black				NH White			
	Rank	Number	%	Death Rate*	Rank	Number	%	Death Rate*
Heart diseases	1	40,040	24%	267.2	1	266,981	25%	214.1
Cancer	2	35,215	21%	228.1	2	247,202	23%	190.7
Accidents (unintentional injuries)	3	12,452	7%	65.8	3	76,025	7%	72.4
Cerebrovascular diseases	4	8,114	5%	57.4	5	43,711	4%	35.8
Diabetes	5	6,976	4%	45.3	6	30,010	3%	23.6
All causes		168,742		1088.7		1,077,329		880.6

Cause of Death	NH Black				NH White			
	Rank	Number	%	Death Rate*	Rank	Number	%	Death Rate*
Heart diseases	1	36,563	23%	171.2	1	233,632	22%	131.3
Cancer	2	34,510	22%	156.1	2	219,262	21%	138.2
Cerebrovascular diseases	3	10,074	6%	48.0	5	63,776	6%	35.6
Diabetes	4	7,077	4%	32.8	7	23,389	2%	14.4
Alzheimers	5	6,126	4%	30.3	4	67,893	6%	35.6
All causes		158,057		735.4		1,056,078		635.4

NH: Non-Hispanic. *Rates are per 100,000 and age adjusted to the 2000 US standard population. Source: National Center for Health Statistics, Centers for Disease Control and Prevention.

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