



# ColoCare News

## Staff Spotlight



**Alena Ahrens** joined the ColoCare team in November 2018. She received her Ph.D. in Education with an emphasis in teaching and learning processes from The University of Missouri – St. Louis. Prior education includes an MFA from The School of the Art Institute of Chicago. She has a diverse background that includes communications, management, and transdisciplinary research. Alena assists with the overall supervision of the ColoCare Study and plays an active role in recruiting participants and follow-up efforts.

## Greetings ColoCare Participant

This is the first newsletter for the **Washington University ColoCare Study**. We will continue with quarterly updates as our research study continues. We deeply appreciate your generous participation in a study that aims to help have a better understanding of how to improve treatment outcomes and quality of life in patients with colorectal cancer. ColoCare in St. Louis is part of a national group called the ColoCare Study. Six cities have joined the effort. Our goal is for 4,000 participants worldwide to participate in the ColoCare Study! Thank you very much for participating. We understand this may be a difficult time for you and your family, so we are sincerely grateful of your willingness to participate.



*“Being part of the ColoCare study improved my overall outlook toward undergoing treatment.”*  
- Study participant (2018)

## Choose Healthy Foods

- Whole grains breads and cereals.
- Drink 100% fruit or vegetable juices (make sure they are pasteurized).
- Fill half of your plate with vegetables and fruits.
- Try meatless/vegetarian meals a few times a week.
- Have a leafy green salad with dinner.
- Limit sugary foods.
- Always choose lean meats and fish over processed meats.

Jaret P. Eating Well During Cancer Treatment.  
<https://www.webmd.com/cancer/features/eating-treatment#1>



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### Talk to Others

“Support groups create an opportunity to connect on a meaningful level about treatments, side effects and emotions, and can leave you with a better understanding of how cancer affects daily life for others who share your challenges.”

### Exercise

“Going for a short walk can help counteract anxiety.”

### Mindfulness Technique

“Take a deep breath and slowly let it out, noticing how that feels throughout your body. Focus intently on the activity and the movements you use to perform that activity.”

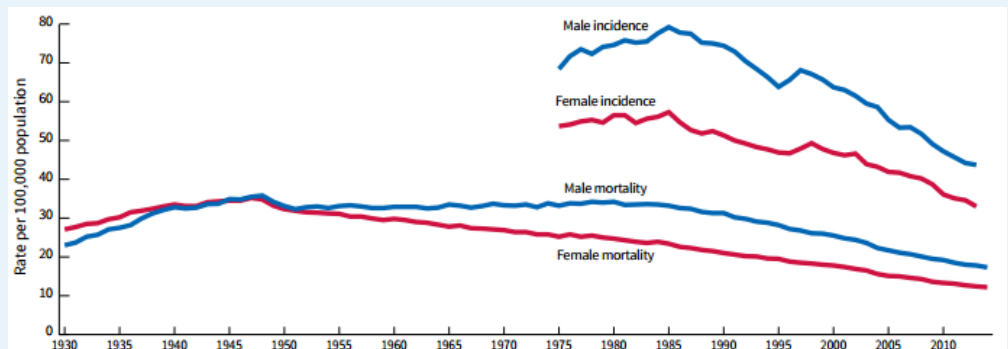
### Communicate With Your Medical Team

“Let your doctor know how you’re feeling. Anxiety tends to show up around milestones, like the date of diagnosis or anniversary of the news.”

Haley JS. 4 Ways to Manage Cancer and Anxiety. 2016; <http://yourcenter.uvacancercenter.com/4-ways-manage-cancer-anxiety/>.

## Managing Cancer and Anxiety

## Trends in Colorectal Cancer Incidence (1975) and Mortality (1930-2014) Rates by Sex, US



Rates are age adjusted to the 2000 US standard population. Incidence rates are adjusted for delays in reporting. Due to improvements in International Classification of Diseases (ICD) coding over time, numerator data for mortality differ slightly from those presented elsewhere.  
 Source: Incidence - SEER Program, National Cancer Institute, 2016. Mortality - US Mortality Volumes 1930 to 1959, US Mortality Data 1960-2014, National Center for Health Statistics, Centers for Disease Control and Prevention, 2016.