



ColoCare Study

Hello ColoCare Community Members!

I wanted to take a moment to introduce myself. My name is Katrina, and I am the new Community Advisory Board member for the ColoCare study. My story with colorectal cancer started before I knew it did because I had NO physical symptoms. If I had been aware of the importance of having a colorectal screening (i.e., colonoscopy) earlier in life, I would have been able to treat my cancer sooner. I often wonder if other communities have greater knowledge and better resources about colorectal cancer screening than communities that are predominantly African American. How can clinics, hospitals, and physicians communicate the importance of screening, in a way that motivates patients to agree to complete a screening? As we enter 2022, I hope that you are doing well and will try your best to communicate the need to have a screening to your friends, family, and coworkers. I also wanted to take a moment to remind each one of you that you are indeed making a difference to colorectal cancer research. The ColoCare team and future colorectal cancer patients greatly appreciate the valuable contribution you are making through participation in this important study.

Sincerely,
Katrina Flood, Community Advisory Board Member on behalf of the
ColoCare Study Team



ENROLLMENT UPDATES

We are happy to report the ColoCare Study has been active for over 12 years across 7 sites. To date, we have enrolled 253 participants at the Washington University, St. Louis site, and over 3,400 participants in the United States and Germany. Enrolling from multiple geographic locations allows us to understand the challenges patients face in different places, including those living in rural vs. urban areas, a particularly important question in Missouri and other parts of the Midwest.

Mindfulness, Self-Compassion, and Gratitude | Mental Health After Diagnosis

A 4-week positive psychology group intervention, Activating Happiness®, was implemented in a group of 35 cancer survivors and 14 caregivers that aimed to cultivate mindfulness, self-compassion, and gratitude. Participants were taught skills related to mindfulness, self-compassion, gratitude, forgiveness, and character strengths. Preliminary analyses suggest that Activating Happiness® may be associated with increased mindfulness and self-compassion and decreased depression, and anxiety. [Raque-Bordan, et al. J Psychosoc Oncol., 38\(6\) 2020.](#)

RESEARCH HIGHLIGHTS

Did you know that early onset (under 50 years of age) colorectal cancer is more likely to be diagnosed at a later stage?

A recent ColoCare research study found that patients with early-onset colorectal cancer were more likely to be diagnosed with advanced stage disease, to receive more neo and adjuvant treatment regardless of stage, and were less likely to be ever smokers or overweight. **Thanks to your generous contribution**, our team will be able to continue researching ways to help younger CRC patients. [Himbert, et al. Cancers, 13\(15\) 2021.](#)

Cancer-Related Distress After Surgery

The ColoCare study research team in Heidelberg, Germany examined levels of cancer-related distress in ColoCare study participants, before and after they underwent surgery. This type of distress refers to cognitive (thinking), behavioral, emotional, and/or spiritual aspects of your life. They found that health related distress increased over time while financial, medical demands, and identity distress decreased over time. Younger age, lower income, advanced cancer stages, poor social support, and low functional quality of life at pre-surgery predict cancer-related distress after surgery in CRC survivors.



Because of you, we discovered there is a strong need to develop early assessments and interventions to help CRC patients manage risk factors that cause cancer-related distress early. [Han, et al. J. Cancer Surviv: Vol 14, 2020.](#)

Colorectal Cancer Alliance | Meet Certified Patient and Family Support Navigators

What is a navigator?

Someone that provides one-on-one guidance with colorectal cancer prevention and support during and after cancer treatment.

How can a navigator help me?

They will help you make sense of your options and follow-up with you about next steps. Overall, navigators help patients manage their care.

To speak with a Certified Patient & Family Support Navigator call: (877) 422-2030.

- Washington University School of Medicine**
St. Louis, Missouri
- Huntsman Cancer Institute**
Salt Lake City, Utah
- Fred Hutchinson Cancer Research Center**
Seattle, Washington
- Moffitt Cancer Center**
Tampa, Florida
- Cedars-Sinai Medical Center**
Los Angeles, California
- University of Tennessee Health Science Center**
Memphis, Tennessee
- University Hospital Heidelberg**
Heidelberg, Germany



ColoCare Sites in the United States and Germany

Connect with other participants and share feedback with the research study team!



ColoCare's Community Advisory Board has created an [online platform](#) for sharing and connecting with other study participants. If you wish to join or find out more, email the CAB at:

colocarecab@gmail.com.

Contact ColoCare Study

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