

ColoCare Study



PATIENT FEATURE: JOHN



Why did you decide to enroll in the ColoCare study? I wanted to help provide data for studies that will assist those who have colon cancer earlier in life with no family history (I was only 43 when diagnosed).

What motivates you to continue to participate in the ColoCare study? I do what I can to provide useful information to those who are studying potential cures and treatments for colon cancer.

What would you like other participants to know about your experience on the ColoCare study? It does not take much time to participate and will help researchers with valuable data.

What would you like other colorectal cancer patients to know about your experience during your care? The earlier you notice something do not hesitate to act on it, better to be safe and in my case it made my recovery much easier.

Your Bio-specimen Samples Are Important!

While potentially unpleasant to collect and ship back to our lab, the stool samples that you provide to us are very important for our research. By using the samples we received so far, we have identified a microbe in the colon, *Fusobacterium nucleatum*, which may be linked to clinical outcomes. Further studies on this microbe could help in future management and treatment of colorectal cancer. We are thankful to all our patients and encourage everyone to continue providing their stool samples and other samples so that we can continue our research in understanding colorectal cancer and improving diagnoses and treatments. [Eisele et. al. Clin Colorectal Cancer, 20 \(3\) 2021.](#)

ENROLLMENT UPDATES

To date we have enrolled 273 participants at Washington University in St Louis and over 3,400 patients in the United States and Germany! Thank you for being a part of the study!

TEAM SPOTLIGHT



Clifford Aturi joined the ColoCare team as an intern in May 2022. He graduated with a Medical Degree from the University of Ghana School of Medicine and Dentistry and is currently pursuing an MPH in Epidemiology and Biostatistics at Washington University in St. Louis. He is interested in Medical Oncology and is excited to be part of the ColoCare team. Clifford enjoys interacting with ColoCare participants and taking part in research projects that help to improve the care of cancer patients.

Exercise is Important for Cancer Patients!

A recent ColoCare study using your survey answers has shown that exercise decreased during the first 6 months of the COVID-19 pandemic. Exercise is very important because it improves many cancer outcomes (including survivorship and recurrence), improves overall quality of life, and may even help with other diseases such as diabetes, heart diseases, and respiratory diseases. Exercise doesn't have to be at a gym and can include going for daily walks, doing simple workouts while watching TV at home, or even doing work around the house. We encourage all our participants to find ways to exercise that are comfortable for you! *Himbert et. al. Cancer Causes Control, 33(7) 2022.* Exercise Tips for Cancer Patients: <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/be-healthy-after-treatment/physical-activity-and-the-cancer-patient.html>

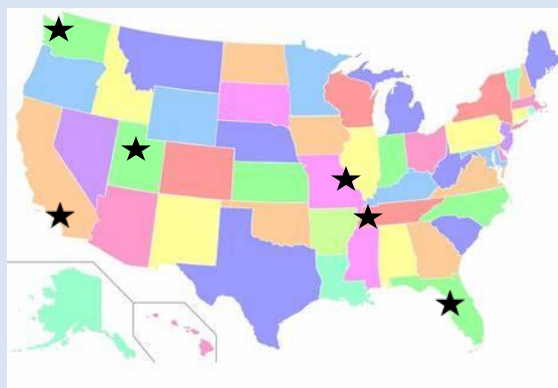
Siteman Psychology Services

Siteman Cancer Center provides counseling support for cancer patients and their families.

They provide services such as counseling, teaching coping skills, connecting with support groups, and referring to needed resources such as financial counseling, case management, and spiritual care.

For more information or to schedule an appointment, call (314) 747-5587 or visit the Barnard Health and Cancer Information Center in the lobby of the Center for Advanced Medicine at BJC Siteman's Main Campus in Central West End Saint Louis.

- 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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