



STL Connection

Program for the Elimination of Cancer Disparities Volume 1 Issue 1 2006

New Colorectal Cancer Screening Program

Missouri's Screen for Life program is offering colorectal cancer screening for low-income women and men age 50 and older who fall into the following groups:

1. Their income is 200 percent of federal poverty guidelines or below.
2. They have no insurance, or their Medicaid or Medicare does not cover colorectal cancer screenings.
3. They are 50-64 years of age. Younger people may be eligible if they have had colorectal cancer or polyps (small growths of excess tissue in the colon), or if their family has a history of colorectal cancer.
4. They are a resident of St. Louis City, St. Louis County, St. Charles County, Jefferson County or Franklin County.

The Screen for Life program reimburses for two types of colorectal screening tests. People with an

average risk for getting the disease can receive a fecal occult blood test (FOBT), which detects blood in the stool. A small stool sample is placed on a chemically treated card, pad or wipe. A chemical developer solution is put on top of the sample. If the card, pad or cloth turns blue, there is blood in the stool.

People with a high risk for getting the disease or whose FOBT detects blood may receive a colonoscopy. During a colonoscopy, a doctor looks at the large intestine (colon) using a long, flexible, lighted viewing scope. The scope is usually linked to a video monitor similar to a television screen.

If colorectal cancer is detected, program participants may seek free medical treatment at the Siteman Cancer Center.

Those interested in receiving a free colorectal cancer screening test may call 314-879-6372.

The Program for the Elimination of Cancer Disparities is one of 25 Community Network Programs funded by the National Cancer Institute. (Grant number 1 U01 CA 114594-01).

Meet the Staff



Dr. Dione Farria
Co-Director

Dr. Farria works with Dr. Katherine Mathews, overseeing all aspects of the program, including community screening, research, and health education.

Her interest in cancer disparities is a result of public health (MPH) and general preventive medicine training. Her clinical specialty is breast cancer imaging.



Dr. Katherine Mathews
Co-Director

Dr. Mathews interest in PECaD grew out of a family experience, aiding in a deep commitment – personally and professionally – in cancer education and prevention. She and Dr. Farria work together to oversee all of PECaD's programs. Dr. Mathews works actively to find partners in the university and the local community. Her clinical specialty is obstetrics and gynecology (OB-GYN).



Gwendolyn Randall
Community Liaison and Patient Advocate

Gwendolyn serves on breast, lung, and prostate cancer community partnership teams. She is also PECaD's liaison with marketing and development staff from the institution. Gwen's involvement in PECaD originates from a personal experience with breast cancer, first diagnosed 11 years ago. Prevention of breast cancer is her passion, driven by the desire to educate women about this disease.

continues on page 2



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continued from page 1



Brian Springer

Executive Committee Member

Brian, Director of Research and Business Administration at Siteman Cancer Center, serves as co-chair of PECaD's research coordination team, as well as the co-chair of the planning committee for an upcoming course on health disparities. Brian is an active member of PECaD's prostate cancer community partnership; he represents PECaD for the Annual Prostate Cancer Awareness Walk.



Talithea McHenry

Program Coordinator

Talithea is PECaD's Disease Team Coordinator. In this role, she works directly with three of PECaD's Cancer Community Partnerships- breast, lung and prostate cancer. She also serves as PECaD's health outreach coordinator.



Anna Langenberg

Administrative Assistant

Anna joined PECaD in December, 2005. She has quickly become a valuable member of the team. Her involvement with PECaD includes typing letters, running reports, helping coordinate meetings and events, and providing motivational support.



Christine Nolan

Executive Committee Member

Christine is a Research Administrator for the Siteman Cancer Center. Christine has experience with program evaluation, which is what she has been doing for the past year with PECaD. Her duties include serving on the executive committee and working with the evaluation team to ensure that milestones are reached.



Theresa Waldhoff

Administrative Assistant

Theresa's major duties include the Siteman Summer Student Program, Cancer Biology Pathway Program, and coordinating meetings for leaders at the Siteman Cancer Center. Theresa also provides administrative support to PECaD, especially for meeting and event planning.

COMMUNITY PARTNER UPDATE: Prostate Cancer Walk Set for August 5



The Fourth Annual Prostate Cancer Survivors and Awareness Walk will take place Saturday, August 5, in downtown St. Louis. Registration for the one-mile walk will begin at 7 a.m. outside the Blue Cross/Blue Shield of Missouri Building, 1831 Chestnut (in front of Aloe Plaza and Union Station). The walk will start at 9 a.m. and end at the Missouri Black Expo at America's Center. The walk is free to all who take part. Pre-registration is available by going to www.prostatecancerwalk.com.

Once at the Expo, free prostate cancer screenings will be offered by Siteman Cancer Center, to all male participants over age 40.

Blue Cross/Blue Shield of Missouri and the 100 Black Men of St. Louis organization are sponsors of the event. More than 1,000 walkers took part in the event the past two years. Each year several hundred people are screened.

The American Cancer Society says that other than skin cancer, prostate cancer is the most common type of cancer in American men. It is also the second-leading cause of cancer death in men, behind lung cancer. In African-American males, the rate of prostate cancer is 60 percent higher than in white men and the death rate is twice as high.

Did You Know?

Test your Knowledge About Cancer and Cancer Disparities. The answers are to the right...

1. African-American youth smoke cigarettes at a higher rate than other racial/ethnic groups in the U.S. (True/False)
2. In the U.S., the rate of breast cancer is higher in African-American women than white women. (True/False)
3. In Missouri, What percent of tobacco settlement funds were used for tobacco education, smoking cessation or lung cancer services?
a. 100% b. 75% c. 50% d. 25% e. 0

H.U.G.S. Helps Children Find Their Way

Help Us Give Support (H.U.G.S.) is a Siteman Cancer Center program that helps children aged 5 – 12 cope when a close relative is diagnosed with breast cancer. The 10-week program meets twice a week in the Barnard Health and Cancer Information Center located in the Center for Advanced Medicine, 4921 Parkview Ave. The sessions begin at 5:45 p.m. with a dinner provided by either Hardee's or Domino's Pizza. From 6 p.m. – 7:30 p.m., four facilitators talk to the children about a topic related to cancer and the changes and emotions associated with it. Related activities are designed to be both fun and educational.

"The meetings give children a safe place to talk about their family's experiences," says Teresa DeShields, PhD, manager of psycho-oncology services at Siteman. "They are able to meet other children dealing with the same types of situations while also receiving attention and support from the group facilitators."

A book used in H.U.G.S., "Finding My Way," is available for children unable to attend the program, as is a book written for teenagers, "Finding Normal."

Two H.U.G.S. programs are scheduled each year—February through June and September through January. Those interested in learning more about H.U.G.S. may call the Information Center at 314.362.7844.

H.U.G.S. is sponsored by the Siteman Cancer Center, the St. Louis Affiliate of the Susan G. Komen Breast Cancer Foundation, Cardinals Care and the St. Louis Public Library.



Answers

1. False.
Caucasian youth smoke cigarettes at a higher rate than African-Americans. Although African-Americans in Missouri start smoking at a later age than whites, African-Americans have a higher incidence and mortality from lung cancer.
2. False.
The rate of breast cancer is slightly lower in African-American women in the U.S., but the mortality rate is higher.
3. 0

In the Spotlight



Dr. Donald Suggs serves on the PECaD's Disparities Elimination Advisory Committee and is the president and publisher of the St. Louis

American, Missouri's largest African-American newspaper. He is involved in editing a monthly section of a community newsletter featuring various health issues and strives to improve overall health awareness. Improving access and availability of healthcare resources is a large issue in the African-American community, especially among the underserved.

Dr. Suggs feels that increasing health literacy through community cooperation will help to address some issues that have been deeply entrenched in the beliefs of many African-Americans, such as minority exclusion in clinical trials. Dr. Suggs said he thinks that African-Americans' distrust in healthcare is warranted and that health providers will need to make a strong effort to eliminate this distrust.

Dr. Suggs believes that for programs to be effective, they need to be implemented through community-based efforts, with more cooperation and collaboration between healthcare providers and community institutions. He thinks that the health disparities in the African-American community are a multi-dimensional problem. Not only does collaboration have to take place in the community, but larger issues such as changes in public policy and coalition building will have an enormous impact on healthcare and its outcomes. In addition to involvement in PECaD, Dr. Suggs serves on the board at St. Louis Children's Hospital and the Siteman Cancer Center.

Behind the Scenes

PECaD has organized several working teams and partnerships who work diligently in the Siteman Cancer Center and the community. Here is an introduction to two of our teams:

Education Team

This team is led by Marilee and

Nancy Kuhrik, both PhD-trained nurses with more than 20 years of experience in clinical oncology and education.

The primary role of the education team is to review the patient educational materials in the clinics and the Barnard Health and Cancer Information Center (BHCIC). BHCIC is the primary education resource for our



Nancy Kuhrik, PhD

patients, caregivers and the community. This project will determine gaps and needs in educational materials for minority and low health literacy patients, as well as for the patient population as a whole. This team is currently reviewing educational materials from four main disease areas, including lung, breast, colorectal and prostate cancer. The materials are being evaluated by: 1) clinical experts; 2) literacy experts;



Marilee Kuhrik, PhD

and 3) lay community volunteers.

Prostate Cancer Community Partnership

Ronald Jackson, the community co-leader, is President of the Breakfast Club Brothers and a member of Centennial Christian Church. The



Ronald Jackson

Breakfast Club Brothers, a group of family members of breast cancer survivors, have developed an interest in other cancers affecting the African-American community. Dr. Arnold Bullock, the clinical co-leader, is a Siteman

Cancer Center urologist with expertise in detecting and treating prostate cancer. He is actively involved in community education and screening programs to reduce prostate

cancer disparities among African-Americans. The Prostate Cancer Community Partnership primarily focuses on community education, screening and research programs that benefit the underserved. This group has resolved to increase the number of African American men screened for prostate cancer in the upcoming year.



Arnold Bullock, MD

From the Co-Director's Desk

Have you or your loved ones suffered from cancer? If so, you are not alone. Cancer is the second leading cause of death in the United States.

The causes of cancer are complex, but some risk factors are clear. Tobacco causes 30% of all cancers. Lack of insurance and lack of access to health care also have an impact on cancer. For a number of reasons, people from minority backgrounds suffer a particularly heavy cancer burden.

In order to improve cancer care for minorities and other underserved groups, the National Cancer Institute (NCI) established the Community Networks Program in 2005. In St. Louis, the Program for the Elimination of Cancer Disparities, known as PECaD, received funding to become one of 25 NCI funded Community Networks throughout the US and in American Samoa.

The goal of the PECaD Community Network is to fight cancer on many fronts through:

- Community Partnerships.
- Education
- Health Care Policy
- Screenings
- Research Programs

Remember, if you have suffered from cancer, you are not alone. The best way to fight cancer is by working together.

— Katherine Mathews

PECaD

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NCI PARTNER



Free Cancer Information Line

The Cancer Information Service (CIS) is a program of the National Cancer Institute (NCI), the nation's premier cancer research organization. For nearly three decades, the CIS has provided the latest, most accurate cancer information to patients and their families, health professionals, and the public.

Call the CIS at **1-800-4-CANCER (1-800-422-6237)**. Trained CIS information specialists can answer your questions about cancer screening tests, risks, symptoms, how cancer is diagnosed, the latest treatments, clinical trials (research studies with people), and support organizations. The specialists can send you written materials tailored to your needs, and help you navigate cancer information on the NCI Website.

The CIS answers calls in English and Spanish between 9 a.m. and 4:30 p.m. local time, Monday through Friday. Callers with TTY equipment may call 1-800-332-8615.

Internet users can obtain CIS assistance through LiveHelp, an interactive service available on the NCI Web site at **www.cancer.gov** from 9 a.m. to 10 p.m. Monday through Friday. (Click on the "Need Help?" button. Then click on "Connect to LiveHelp.")

COMMUNITY CALENDAR

JUNE 3

Event: *Breast Cancer Screening*
Sponsor: Faith on the Move
Location: Prince of Peace Church, 2741 Dayton St.
Time: 10am-3pm
Contact: 286-2632

Event: *Health Fair/Witness Project-Breast Health*
Sponsor: Area of Council 4th Annual HIV/AIDS Prevention Walk & Health Expo
Location: Dwight Davis Park
Time: 8am
Contact: 383-0592

JUNE 10

Event: *Race for the Cure*
Sponsor: Susan G. Komen Breast Cancer Foundation
Location: St. Louis Downtown
Time: Registration opens at 630am, 5K Run and wheelchair event starts at 8:15am
Contact: www.komenstlouis.org

JUNE 11

Event: *Breast Cancer Screening*
Sponsor: Siteman Cancer Center Mobile Mammography Program
Location: Our Lady of Guadalupe, 1115 S. Florissant Rd.
Time:
Contact: 747-5688

JUNE 24

Event: *7th Annual Charles Drew Commemorative Blood Drive*
Sponsor: American Red Cross
Location 1: Omega Center, 3900 Goodfellow, St. Louis, MO
Location 2: Jackie Joyner Kersee Foundation, 101 Jackie Joyner Kersee, East St. Louis, IL
Time: 10am- 2pm
Contact: Collette Houchen, 3140658-2127

Event: *Breast Cancer Screening*
Sponsor: Faith on the Move
Location: Mt. Beulah Church
Time: 10am-3pm
Contact: 286-2632

JULY

Event: *Breast Health Outside the Box* (Program to educate women regarding breast health)
Sponsor: Breakfast Club
Location: St. Louis County Correctional Facility, Clayton, MO
Contact: 972-8883

JULY 9

Event: *Women's Day Mime Presentation* (Breast Health)
Sponsor: Witness Project
Location: Zion Travelers Missionary Baptist Church, 351 Chambers Rd
Time: 3pm
Contact: 383-1924

JULY 15

Event: *Breakfast Club Meeting* (African-American breast cancer support and outreach group)
Location: Centennial Christian Church, 4950 Fountain Ave
Time: 9am- noon
Contact: 314-972-8883

JULY 22

Event: *Breast Cancer Screening*
Sponsor: Faith on the Move
Location: Prospect Hill Baptist Church, 4533 Arlington
Time: 10am- 3pm
Contact: 286-2632

Event: *Day of Pampering* (Women's Health Education)
Sponsor: Black Women's Health Network/Siteman Cancer Center
Location: University City Library
Time: noon to 5pm
Contact: PECaD, 747-4611, Gwen Randall

AUGUST 5

Event: *4th Annual Prostate Cancer Survivor and Awareness Walk*
Sponsor: 100 Black Men of St. Louis, Anthem/Blue Cross Blue Shield of Missouri, Missouri Black Expo, Siteman Cancer Center
Location: Aloe Plaza, downtown St. Louis (concludes at America's Center, Missouri Black Expo)
Contact: 314-385-2100, www.prostatecancerwalk.org

Event: *Breast Health Outside the Box* (Program to educate women regarding breast health)
Sponsor: Breakfast Club
Location: St. Louis County Correctional Facility, Clayton, MO
Contact: 972-8883

AUGUST 19

Event: *Breakfast Club Meeting* (African-American breast cancer support and outreach group)
Location: Centennial Christian Church, 4950 Fountain Ave
Time: 9am- noon
Contact: 314-972-8883

SEPTEMBER 2

Event: *Breast Health Outside the Box* (Program to educate women regarding breast health)
Sponsor: Breakfast Club
Location: St. Louis County Correctional Facility, Clayton, MO
Contact: 972-8883

SEPTEMBER 19

Event: *PECaD Annual Awards Ceremony and Reception*
Sponsor: PECaD
Location: Center for Advanced Medicine, Barnes-Jewish Hospital
Time: 5-7pm
Contact: 747-4611