

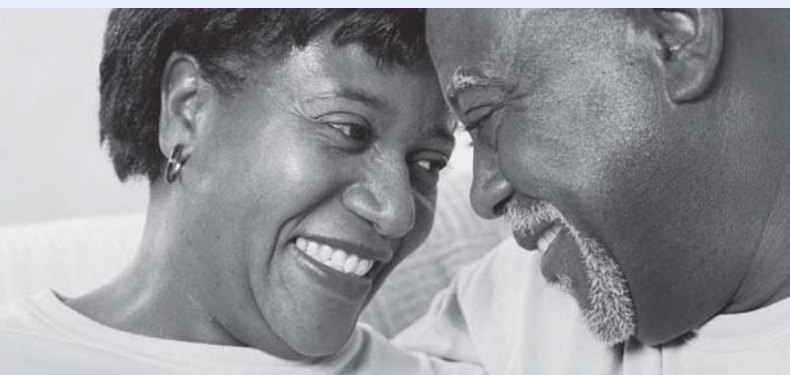
# You Can Beat Colon Cancer



PROGRAM FOR THE ELIMINATION OF CANCER DISPARITIES

## STL Connection

Volume IV Issue II 2009



### In addition to screening, you can:

- Be physically active for at least 30 minutes a day.
- Maintain a healthy weight.
- Limit the amount of alcohol you drink to no more than 1 drink a day.
- Eat no more than 2 servings of red meat per week.
- Eat a variety of vegetables. Aim for at least 3 servings a day.
- Quit smoking or never start.

### HELPFUL RESOURCES

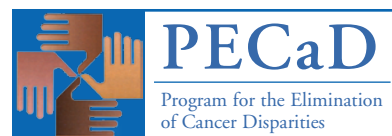
If you or someone you know would like more information on screening for colon cancer, here are some resources in the community that can help.

- Talk to your doctor or local clinic about screening.
- Henry R. Willis Colon Cancer Foundation — to find screening locations and other events, call [1-866-616-0991](tel:1-866-616-0991).
- American Cancer Society — [www.cancer.org](http://www.cancer.org) or call [1-800-ACS-2345](tel:1-800-ACS-2345).
- National Cancer Institute — [www.cancer.gov](http://www.cancer.gov)
- Your Disease Risk — [www.yourdiseaserisk.org](http://www.yourdiseaserisk.org)
- Visit [www.siteman.wustl.edu](http://www.siteman.wustl.edu)

Colon cancer is the 2nd leading cause of death in the United States. Each year, death rates are higher in African American men and women than white residents in St. Louis. The good news is that more than half of all colon cancers can be prevented with routine screening and a healthy lifestyle. Many of the behaviors that reduce the risk of colon cancer also lower the risk of other chronic diseases, including heart disease, diabetes, stroke, and other cancers.

One of the most important things you can do to decrease your risk for colon cancer is to start getting colon screening tests once you turn 50.

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



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## Highlighting Cancer Survivors

Mr. Richard Hunt, 1-year colon cancer survivor



Mr. Richard H. Hunt has been teaching Fine Arts at Normandy High School in St. Louis for 37 years. Richard is an avid cyclist and exercise buff. He never expected to have any major health problems until much later in life, if at all. This past winter marked Richard's 1st anniversary of being a colon cancer survivor.

### Richard's Journey

Richard has always made sure to get regular checkups from his doctor every year. He knows his family's history for diseases such as heart disease, diabetes, and stroke and he does everything he can to stay healthy and active. Last year, however, Richard noticed that he was getting tired more often and not able to ride his bike as much as he once had. He decided to go to his doctor for a detailed checkup. He had a colonoscopy and the doctor quickly noticed cancer polyps (growths on the inside of the colon). Richard was diagnosed with stage 3 cancer of the colon.

At first, he didn't really know what to think about being diagnosed with cancer. He describes it as a strange experience because of all the different tests the doctors performed. At first, it was difficult to understand and realize what exactly was going on. The more he spoke with his oncologist and surgeon, the better he was able to understand the full situation and how the doctors planned to treat the cancer. Richard then went home to do

more research on his own. He got information from the American Cancer Society and other federal and state agencies. He continued to talk with many Barnes-Jewish Hospital and Siteman Cancer Center physicians. Richard became more confident about what was going on and what needed to be done to treat his cancer.

Richard had three separate surgical procedures, two rounds of chemotherapy, and one round of radiation to treat his cancer. His otherwise good health contributed to his doctors' plan to treat his cancer aggressively. They didn't have to consider other existing conditions which might have interfered with his treatment. Richard recalls his visits to Siteman as good ones

because the entire staff was great. Everyone from the doctors to the nurses and front office staff was so nice and treated him with great care. Richard made sure he was able to stay in the hospital as long as he needed after his surgeries. Through the whole process, Richard's family and friends were a huge help. He says, "Family makes a big difference. Knowing you're not alone makes a big difference. Their support was huge."

Today, Richard volunteers with the PECaD Colorectal Cancer Community Partnership. He felt it was important to join the partnership to be able to give input as a survivor who has lived through the experience and can keep the partnership aware of the circumstances patients face when diagnosed with cancer. As he continues teaching, eating healthy, and exercising, Richard hopes to receive a clean bill of health from now on.

"Family makes a big difference. Knowing you're not alone makes a big difference. Their support was huge."



# 2009 Community Calendar

## April 8, 9, 22, & 28

### Event: Mammography Van at Schnuck's Locations

**Sponsor:** Breast Health Center at Siteman Cancer Center and the Mallinckrodt Institute of Radiology

**Location:** St. Louis area, call to find out more

**Time:** 8 am-4 pm

**Contact:** 314-747-7222, or toll free 800-600-3606

**Details:** Please call to schedule an appointment. If you do not have insurance, you may still qualify for screening at no charge; call to find out more.

## April 16

### Event: Lung Function Screening

**Sponsor:** Christian Hospital

**Location:** 1225 Graham Rd., Community Room, Florissant, MO 63031

**Time:** 5pm – 6:30 pm

**Contact:** 314-747-WELL

**Details:** No cost to participants. Please call to register.

## April 25

### Event: 9th Annual Salute to Excellence in Health Care Luncheon

**Sponsor:** St. Louis American Foundation

**Location:** Hilton St. Louis at the Ballpark  
1 South Broadway, St. Louis, MO 63102

**Time:** 11 am - 2 pm

**Contact:** 314-533-8000

**Details:** Tickets start at \$40 per person. Keynote Speaker: Dr. Beverly Coleman-Miller. PECaD will host a poster session immediately before and after the luncheon to highlight research studies relevant to the community at Washington University.

## April 25

### Event: Head and Neck Screening

**Sponsor:** Barnes-Jewish Hospital

**Location:** Center for Advanced Medicine, 11th floor  
4921 Parkview Place, St. Louis, MO 63110

**Time:** 8 am - 11:30 am

**Contact:** 314-867-3627

**Details:** No charge. If you smoke, chew or dip, and/or consume alcohol regularly, you are at an increased risk for cancers of the head and neck. Siteman Cancer Center will provide a free head and neck screening. The screening will be of particular interest to those who experience mouth and neck pain or hoarseness.

## April 30

### Event: Preventing Colon, Rectal & Pancreatic Cancers

**Sponsor:** Barnes-Jewish Hospital – West County

**Location:** West County Doubletree Hotel  
16625 Swingley Ridge Rd., Chesterfield, MO 63017

**Time:** 7 pm - 8:30 pm

**Contact:** 314-542-WEST or 1-800-392-0936

**Details:** No charge. Join two Washington University physicians as they cover cancer prevention, detection and the latest advances

in treatment available from the Siteman Cancer Center. Enjoy a sample of a high fiber recipe while a registered dietitian discusses the importance of a high fiber diet in cancer prevention. Participants will complete a colon and rectal cancer assessment during the event.

## May 11 – June 18, 2009/June 22 – August 6

### Event: BREATHE – Pulmonary Exercise Class

**Sponsor:** Christian Hospital

**Location:** 1150 Graham Rd., Suite 104  
Florissant, MO 63031

**Time:** 11 am -12 pm

**Contact:** 314-747-WELL

**Details:** Cost is \$30. Classes are designed for people with pulmonary disease. Participants focus on stretching, strengthening, balance, coordination and endurance exercises as well as posture, deep breathing, and relaxation.

## May 30

### Event: 4th Annual "Walk for Life" Walk-a-thon

**Sponsor:** Community Women Against Hardship, Inc., Ameren, Barnes-Jewish Hospital

**Location:** Tower Grove Park  
4256 Magnolia Ave., St. Louis, MO 63110

**Time:** 8 am – registration begins

**Contact:** 314-289-7523

**Details:** Registration is \$20 for adults and \$10 for children. Choose a 1k, 3k or 5k noncompetitive walk/run and help support the CWAH provide basic services to low-income residents, single parents, and their families.

## June 8

### Event: Look Good Feel Better

**Sponsor:** Christian Hospital and the American Cancer Society

**Location:** 11125 Dunn Rd., Cancer Care Center (POB 2)  
St. Louis, MO 63136

**Time:** TBD

**Contact:** 314-747-WELL

**Details:** No cost for cancer survivors. Anyone undergoing or just finishing cancer treatment is invited to experience a free make-over from certified cosmetologists that includes demonstrations on the use of wigs, turbans and scarves, nail care and cosmetic use. Complimentary cosmetics and skin care products are provided.

## June 13

### Event: 11th Annual Komen St. Louis Race for the Cure

**Sponsor:** Susan G. Komen for the Cure/Siteman Cancer Center

**Location:** Downtown St. Louis

**Time:** 6:30 am – registration begins

**Contact:** 314-747-7222 or 800-600-3606

**Details:** Registration fee is \$25. If you would like more information on the race, how to sign up to be on Siteman's team, or how to donate, please visit [www.komenstlouis.org](http://www.komenstlouis.org) and click on the "Race for the Cure" tab at the top of the page.

# Just for You



A Patient's Link to Cancer Health Information and Community Events

\*Please feel free to make copies of this insert for distribution.

## Test Your Knowledge of Prostate Cancer

Prostate cancer is one of the most treatable cancers when found early. Today, more people survive prostate cancer than ever before. Prostate cancer occurs when cells in the prostate gland grow out of control. Health professionals can perform simple tests to find prostate cancer. These tests include a prostate specific antigen (PSA) blood test and a digital rectal exam (DRE). It's recommend that men age 50 and older get tested, (also called screened) every year for prostate cancer. African American men and men with a family history of the disease should get tested every year beginning at age 45. Your decision to get tested for prostate cancer is important. Find out more at [www.yourdiseaserisk.wustl.edu](http://www.yourdiseaserisk.wustl.edu). To request a copy of the resource used for this puzzle call (314) 454-5646, or go to [www.cancer.gov](http://www.cancer.gov).

## Word Search — Hidden Message

Find the words listed in the word search. Words are hidden across, down, diagonally, forwards and backwards. Once you have found all the words, the remaining letters in the first 7 lines will show a secret message.

The hidden message is: \_\_\_\_\_

N	C	T	H	E	S	U	U	R	V	I	N	V	A	L	U	R	A	T	E	F	O
E	A	R	P	S	R	R	O	S	T	A	T	G	E	R	C	A	N	C	E	R	I
G	N	I	N	E	E	R	C	S	S	N	E	A	I	R	L	Y	O	N	E	E	H
I	C	U	T	M	N	D	R	E	D	P	M	N	E	N	R	C	E	N	R	T	W
T	E	H	H	E	U	E	R	E	D	D	A	L	B	N	E	F	O	O	U	N	D
N	R	A	N	N	D	T	T	R	E	R	X	A	T	E	D	B	C	E	A	R	L
A	Y	G	O	O	D	D	O	H	Y	P	E	R	P	L	A	S	I	A	A	Y	Q
C	O	H	E	A	G	L	D	R	O	U	L	P	T	R	N	O	T	S	I	Y	M
I	T	A	O	R	D	Y	O	T	C	P	A	T	H	O	L	O	G	I	S	T	R
F	S	A	I	B	C	M	E	T	A	S	T	A	S	I	Z	E	P	P	C	I	O
I	U	T	E	C	U	P	T	P	R	E	C	A	N	C	E	R	O	U	S	A	E
C	N	I	C	T	T	H	A	I	A	A	E	U	I	C	O	I	U	E	L	N	I
E	Y	E	S	P	L	N	T	S	T	L	R	A	I	S	B	T	U	G	S	T	P
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P	E	I	A	C	E	N	E	I	U	T	O	L	I	E	N	U	R	P	M	E	P

- |                     |              |                           |           |
|---------------------|--------------|---------------------------|-----------|
| ASYMPTOMATIC        | HYPERPLASIA  | PROSTATITIS               | TUMOR     |
| BENIGN              | LYMPH NODES  | PROSTATE SPECIFIC ANTIGEN | URETHRA   |
| BIOPSY              | METASTASIZE  | RECTUM                    | URINARY   |
| BLADDER             | PATHOLOGIST  | SCREENING                 | UROLOGIST |
| <del>CANCER</del>   | PENIS        | SCROTUM                   |           |
| DIGITAL RECTAL EXAM | PRECANCEROUS | SEMEN                     |           |
| GLEASON SCORE       | PROSTATE     | TESTICLE                  |           |

Hidden Message: The survival rate for prostate cancer is nearly one hundred percent when found and treated early. Good day.



RESEARCH  
COMMUNITY  
EXCELLENCE

The goal of the exhibit is to inform community members and providers about some of the research being conducted that impacts them and their surrounding community.

## Report Back to the Community Exhibit

In partnership with the Washington University School of Medicine Center for Community Based Research and the St. Louis American Foundation, PECaD will host a poster exhibit on April 25th to share ongoing research findings with the community. Feedback from community members and leaders has indicated that in addition to being asked to participate in local research projects, the community would like access to subsequent research findings in order to benefit from the research.

The poster exhibit on April 25th is one step toward this goal. Studies conducted by faculty at Washington University were selected through a committee review process to be included in this event. The exhibit will be displayed during the St. Louis American Foundation's Annual "Salute to Excellence in Healthcare" Luncheon held this year at the Hilton St. Louis at the Ballpark starting at 11 AM.

The posters will reflect a range of topics relevant to the St. Louis metropolitan community including sickle cell disease, obesity, STDs and more. They will be formatted for a community audience. The goal of the exhibit is to

inform community members and providers about some of the research being conducted which impacts them and their surrounding community. The posters will highlight the importance of each project to the community it serves.

We hope to continue to feature the posters at other community forums in the future and to include additional research projects that can benefit the St. Louis community.

**For more information about the poster exhibit, please contact PECaD at 314-747-4611.**

**For more information or to buy tickets for the St. Louis American Foundation "Salute to Excellence in Healthcare" Luncheon, please contact 314-533-8000.**

## Race for the Cure with the Siteman Cancer Center



Over 64,000 people participated in last year's Komen St. Louis Race for the Cure, which raised about \$2.5 million for breast cancer programs in the metropolitan area. You can help make this year's race bigger – and more beneficial for those in the region affected by breast cancer – by joining the Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine for the event.

The 11th annual Komen St. Louis Race for the Cure will be held Saturday, June 13th, in downtown St. Louis. Participants can select from several race options, including a competitive 5K run, a noncompetitive 5K run/walk or a fun run. The registration fee is \$25.

During last year's race, Siteman fielded one of the largest teams. This year, those who join the cancer center's team will receive two T-shirts and the chance to win a drawing for prizes such as \$500 or gift certificates from area merchants.

To sign up as a member of the Siteman team, visit the Komen St. Louis Web site at [www.komenstlouis.org/goto/siteman](http://www.komenstlouis.org/goto/siteman). Click on the "Join Team" link after 090068-Siteman Cancer Center and follow the steps for online registration. For more information, or to request a paper version of the entry form, call 314-747-7222 or 800-600-3606. T-shirt pickup for Siteman team members will be from 11 a.m. to 3 p.m. June 8 to 12 at the Barnard Health and Cancer Information Center in the lobby of the Center for Advanced Medicine, 4921 Parkview Place, St. Louis, 63110.

## PECaD Profile: Michael Naughton, MD



Michael Naughton, MD

To improve cancer care and discoveries for patients of all backgrounds, it is important that research studies include participants who represent our diverse community. One of PECaD's goals is to increase the number of minority patients who participate in clinical trials and other research studies at the Siteman Cancer Center. PECaD partners with the Protocol Review and Monitoring Committee at Siteman to accomplish this goal. We encourage investigators to set targets for minority enrollment in clinical trials when studies begin. We review progress of minority enrollment over the course of trial implementation. Our team leader for PECaD's Clinical Studies Outreach team, Dr. Lannis Hall-Daniels, follows up with study investigators about their progress on a regular basis.

Here, we profile Michael Naughton, MD, Assistant Professor of Medicine, Division of Oncology, for his recent success in enrollment and maintenance of strong minority participation in clinical trials. Dr. Naughton has a number of clinical trials dedicated to breast cancer treatment. Understanding that African American women are at an increased risk for breast cancer in St. Louis, Dr. Naughton and the entire Breast Oncology team are doing a fantastic job of recruiting minority breast cancer patients into clinical trials. Though he and the team of physicians and clinical study coordinators may face challenges when trying to recruit patients into trials, Dr. Naughton has made it his standard practice to explain and offer clinic trials to all of his patients. "You never know who might say yes... I've been surprised many times," Dr. Naughton expressed.

We would like to thank Dr. Naughton and the entire Breast Oncology team for their excellent work and tireless efforts to recruit minorities into clinical trials and advance discoveries in breast cancer!