

You Can Cut Your Cancer Risk In Half



You can cut your risk of cancer in half.

THAT'S RIGHT, you can cut your cancer risk in half with some simple changes in your behavior. It's not as complicated as you might think. But if you don't know your risk, then you won't know what to do to change it.

The Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine has a powerful new web-based tool called **YOUR DISEASE RISK** that can help you.

Simply answer a few questions at www.yourdiseaserisk.wustl.edu and you'll get a personalized estimate of your risk factors for developing many of the most common chronic diseases, including many types of cancer, heart disease and diabetes, plus tips on how to lower your risk.

Go to yourdiseaserisk.wustl.edu and find out how knowing your risk can change your future.



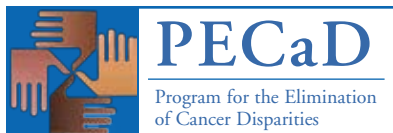
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A National Cancer Institute Comprehensive Cancer Center

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STL Connection

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Cancer Survivors Share Stories

You can learn so much when you share your story with others and listen to theirs. We recently sat down with two women who now share a common experience—breast cancer.

Ms. Mikki Brewster, a 15-year breast cancer survivor and Ms. Joyce Young who is currently being treated for breast cancer allowed us to listen in while they talked. They also let us write this article to help other women with breast cancer.

Shock

Any woman can get breast cancer, especially women age 60 and older or with a family history of breast cancer. It can be shocking to learn that you have breast cancer. Mikki and Joyce were both very surprised when they were first diagnosed.

“It came as a surprise because I had been getting mammograms and doing (breast) self-exams,” said Mikki.

“I had a mammogram every year and it was fine. It was a blow to me,” said Joyce.

Women age 40 and over should get a mammogram and clinical breast exam every year. A breast self exam is not the same as a clinical breast exam by a doctor.

Treatment

The treatments for breast cancer are numerous and can vary by the type and stage of the cancer. In addition

to having the tumor removed, some women have chemotherapy or radiation and others have both.

Joyce said, “I have to do five chemos. I only have one left, then I have to do a month of radiation.” Mikki, on the other hand said she, “did not have to do radiation...there wasn’t anything to radiate.” This was because she’d had her breasts removed.

Reactions to treatment also vary. A good example is how some women lose all of their hair after chemotherapy while others have only sporadic periods of hair loss during treatment.

Joyce said, “I only took one chemo and my hair fell out. I was devastated.”

“Every woman has a different kind of experience.” said Mikki.

Mikki lost her hair too, but got support from a friend. She advised Joyce to, “Just say it’s being bald for a cause. I had a wonderful friend who was a breast cancer survivor and she intentionally shaved her head because she was losing it anyway and because she wanted people to start asking her why she was bald. So that was her own way of starting a campaign.”

Mikki went on to describe that, “When I started chemotherapy, it (hair) started getting real thin but then eventually, after the chemo was over, it came back.”

Since every woman with breast cancer is different, it is important to discuss treatment options and what to expect during treatment with your doctor.

(story continues inside)

Cancer Survivors Share Stories *(continued from cover)*

Support

Family and friends can be very supportive during diagnosis, treatment and survival, but they also may not know a lot about breast cancer or what to say to make you feel better. For some women faith also keeps them strong.

“I describe it as faith, family, and friends,” says Mikki. “I had a wonderful husband who also happened to be a minister and he was always there for me.”

“Every woman has a different kind of experience,” said Mikki. “I had mine (breasts) removed, but it was because of where the cancer was.”

Though well meaning, some of Joyce’s friends scared her by saying she, “...should have had both her breasts taken off,” even though that is not what her doctor recommended.

But Joyce does have support from other friends. “They make me feel better by saying ‘You’re not the only women

going through this and you can call me anytime you feel like it.” She also said that her doctors, nurses, and the entire staff at the hospital have been very supportive.

Advocating For Other Women

Both women have become more concerned for the other women in their lives and want all women 40 and older to know how important it is to have a mammogram and clinical breast exam every year to detect breast cancer early. They especially want to encourage young women in their 20s and 30a to have a clinical breast exam at least once every three years.

Becoming more aware of the issues surrounding breast cancer has made both of these women strong advocates for women’s health and wellbeing. They are actively involved in their community to help spread the word about breast cancer.

**PECaD would like to thank Mikki and Joyce for sharing their stories and being beacons of strength to help other women with breast cancer.*

Coming Soon: A Clinical Studies Patient Education Tool

As part of Siteman’s clinical studies outreach, PECaD developed a clinical studies patient education tool that physicians and other health care professionals can use when they talk with patients about clinical study participation.

The video has broad application and uses patient testimonials to highlight

- The importance of clinical studies
- The need for broad participation in clinical studies
- Safeguards in place for participants in clinical studies
- Patient testimonials about being in clinical studies
- The hope that clinical trials bring to advancement in cancer prevention, diagnosis, and treatment

This video will be available in DVD form and will also be available on the Siteman website. Ultimately, this video tool will help patients understand clinical studies and set them on a path to become more well-informed about participating in them.



For more information, please contact the PECaD office at 314-747-4611 or pecad@ccadmin.wustl.edu

Susan Kraenzle Appointed Chairperson of Show Me Healthy Women Advisory Council



Susan Kraenzle, RN, Manager of the Joanne Knight Breast Health Center at Siteman Cancer Center, has been named Chairperson of the Show Me Healthy Women Advisory Council. She has been a member of the Council for five years and assumed the Chairperson seat at the September meeting. Kraenzle oversees “Tightening the Safety Net: Caring for Underserved People through Community Alliances and Navigation.” This program has been funded by Komen St. Louis for 10 years.



PECaD Profile: Perry Grigsby MD, MS, MBA



Perry Grigsby MD, MS, MBA
Professor of Radiation Oncology

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 to trial over the course of trial implementation. The team leader for PECaD’s Clinical Studies Outreach team, Dr. Lannis Hall, follows up with study investigators about their progress on a regular basis.

In this issue, we profile Perry Grigsby, MD, MS, MBA, Professor of Radiation Oncology, for recent success in enrolling and maintaining strong minority participation in clinical trials. Dr. Grigsby has a number of ongoing clinical trials focused on gynecologic and thyroid cancer treatment. Dr. Grigsby and his entire team understand how important clinical trials are for everyone. They seek to make sure that everyone on their team understands the importance of clinical trials. They follow a thorough process to find possible clinical trials for all of their patients. Dr. Grigsby’s team has been successful in their recruitment efforts, in part, because of their excellent communication skills to patients and their sensitivity to patient needs and concerns. “We believe that everyone can benefit from clinical studies, so we make sure to ask every one of our patients if they’d like to participate” says Dr. Grigsby.

We would like to thank Dr. Grigsby and the entire Radiation Oncology team for their excellent work and tireless efforts to enroll a diverse group of patients in clinical trials to advance discoveries in thyroid and gynecologic cancers.

2009 Community Calendar

October 9

Event: Homer G. Phillips Public Health Lecture Series

Sponsor: Washington University School of Medicine

Location: Eric P. Newman Education Center

320 S. Euclid Ave., St. Louis, MO 63110

Time: 6 pm – 9 pm

Contact: 314-362-6854, Office of Diversity Programs

Details: RSVP to attend dinner at 6pm. Lecture begins at 7:30 pm.

Guest lecturer—Harriet A. Washington, Medical Ethicist and Author of the award-winning 2007 bestseller, *Medical Apartheid: The Dark History of Medical Experimentation with African Americans from the Colonial Era to the Present*.

October 12, 21, 22, 26 & 28

Event: Mammography Van at Schnuck's Locations

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

Location: St. Louis area, call for locations

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.

October 18

Event: Live Life Aware: Health, Wellness and Cancer Awareness Fair

Sponsor: Siteman Cancer Center

Location: Siteman Cancer Center – Barnes-Jewish West County Hospital, 10 Barnes-West Dr., Creve Coeur, MO 63141

Time: 10 am – 2 pm

Contact: 1-800-600-3606 or 314-747-7222 to register

Details: Come for screenings, educational materials, cooking demonstrations, and visit the "Ask the Doctor" booths about cancer awareness and prevention, all at no charge.

October 24

Event: Live Life Aware: Health, Wellness and Cancer Awareness Fair

Sponsor: Siteman Cancer Center, PECaD, *The St. Louis American*, and Washington University Department of Surgery

Location: Monsanto Family YMCA

5555 Page Ave., St. Louis, MO 63112

Time: 10 am – 2 pm

Contact: 314-454-7650, Emma Ilori

Details: Come for screenings while supplies last, browse educational materials, and visit the "Ask the Doctor" booths about cancer awareness and prevention, all at no charge. Bring the whole family to learn ways to stay healthy.

October 24

Event: 3rd Annual Awareness Banquet

Sponsor: Henry R. Willis, Sr. Colon Cancer Foundation

Location: University of Missouri St. Louis

Millennium Student Center, One University Blvd., St. Louis, MO 63121

Time: 6 pm – 10 pm

Contact: 314-458-9939 or 314-361-4313 www.hrwsr-ccf.org

Details: Tickets are \$40.00 semi-formal; Keynote Speaker Dr. Charmaine Edwards, MD, Gastroenterologist; Live Entertainment: Bosman Twins.

November 2, 5 & 10

Event: Mammography Van at Schnuck's Locations

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

Location: St. Louis area, call for locations

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.

November 7

Event: Black Women & Breast Cancer: The Knowledge is Power Conference

Sponsor: UMSL, Susan G. Komen for the Cure St. Louis

Location: UMSL Student Millennium Center

Time: 8 am – 2pm

Contact: 314-516-6074 for additional information

Details: A one-day workshop to educate black women on breast health and early detection. Breast cancer screenings will be available onsite through the Missouri Baptist Mammography Van. There is no fee to register; however, participants must register for this event and indicate if they would like to have a mammogram at 314-516-5948.

December 2, 3, 7, 9 & 10

Event: Mammography Van at Schnuck's Locations

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

Location: St. Louis area, call for locations

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.

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.

Facts about Breast Cancer

Did you know that breast cancer is the second most common type of cancer in women? You can't control two common risk factors for getting breast cancer—being a woman and getting older—so, what can you do? Get regular screening tests to find breast cancer early.

At age 20, you should see your doctor or nurse for a clinical breast exam. The doctor or nurse will look and feel for any lumps or changes in your breast. If you have any changes in your breast that don't go away, see your doctor. Continue to see your doctor for regular breast exams at least once every three years until you are 40.

You should have a mammogram (breast x-ray) and breast exam starting at age 40 (forty). Finding cancer early is the best way to protect you. When cancer is found early, treatment can be more effective. You can also cut down on the amount of alcohol you drink, maintain a healthy weight, and stay physically active. To learn more, visit www.yourdiseaserisk.wustl.edu.

Across

- 1) A common risk factor for getting breast cancer is getting _____.
- 2) The age to begin getting yearly mammograms.
- 3) By age 20, women should be having a _____.

Down

- 1) An x-ray to screen for breast cancer.
- 2) One of the most common risk factors for getting breast cancer is being a _____.
- 3) This is the best time to find and treat breast cancer.

