



# STL Connection

Program for the Elimination of Cancer Disparities Volume IV Issue I 2009

## Promoting Research Careers Among Underrepresented Minority Physicians

The need to increase and sustain a diverse academic medicine faculty including physicians, researchers, and teachers from underrepresented minorities is vital to addressing the health challenges we face today in a more diverse America. Such minority professionals can also be role models for future medical leaders. Washington University researchers **Donna B. Jeffe, PhD** and **Dorothy A. Andriole, MD**, have received a three-year, \$570,000 grant from the National Institute of General Medical Sciences for their study titled, "Promoting Research Careers among Underrepresented Minority Physicians."

Drs. Jeffe and Andriole recognize that we must examine both barriers and facilitators to underrepresented minority career pursuits toward academic medicine. The study will use existing records to follow medical students from the time they first enter medical school through the time they choose an academic medicine career field. These records will cover more than 80% of the allopathic medical school students and graduates who entered medical school from 1993-2000, and their analysis will identify opportunities to help increase diversity in the most effective ways.

Drs. Jeffe and Andriole also feel it is important to look at factors that may encourage or hinder underrepresented minorities from entering academic medicine career paths. For example, if mentorship programs or summer research opportunities prove to be facilitators for students entering academic medicine, then more resources should be put towards developing these kinds of programs. If they find that there are barriers such as cost of schooling, then programs might be developed to ease loan repayment. Ultimately, this study will help identify factors before and during medical school that are associated with engagement in an academic medicine career. It will also assist in designing programs to increase underrepresented minorities in biomedical research careers.



**A grant given by The National Institute of General Medical Sciences to Drs. Jeffe and Andriole will promote research careers among underrepresented minority physicians.**

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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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BARNES-JEWISH HOSPITAL • WASHINGTON UNIVERSITY SCHOOL OF MEDICINE

*A National Cancer Institute Comprehensive Cancer Center*



# Bayless Junior High Students Honored For Anti-Smoking Message

With a message of "Smoking Kills," students at Bayless Junior High in south St. Louis were recognized by the Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine for their creative anti-smoking messages.

Students at the school were asked to design artwork and write an essay encouraging young people to be smoke-free as part of an annual art and essay contest for November's "Great American Smokeout." Seventh grader Cathy Vo and eighth grader Sabina Dizdar were first place winners of the Siteman-sponsored art contest "Keep Kids Tobacco Free." The winning artwork was printed on t-shirts given to the school's student body.

Eighth grader Donna Dinh was recognized at an assembly for her essay on "Why You Shouldn't Smoke." The essay was about her father who smokes and her plea for him to quit. "Hopefully this essay would help you to stay away from smoking or put an end to it," she wrote.

St. Louis Rams linebacker Chris Chamberlain attended the assembly and signed autographs. He spoke about a former teammate at the University of Tulsa, who was among the most talented players he'd seen, but did not make the NFL due to his smoking habit. "It shows how destructive smoking can be," said Chamberlain.

Sporting the winning t-shirt design, "Bayless Bronchos Don't Need to 2 Smoke: We're Already on Fire!" select students from Bayless Junior High attended the "Siteman Smokeout for Life" on Thursday, November 20 at Siteman Cancer Center.

Students received lunch and a tour of Siteman. The day included a health fair and an anti-tobacco presentation from Don Young of Young Choices, Inc., a local non-profit organization that advocates about the dangers of smoking. D'Marco Farr, former St. Louis Rams defensive tackle, met with students. Mr. Farr signed autographs and encouraged students to stay smoke-free.

"It's exciting to know area children are knowledgeable about the dangers of cigarette smoking and interested in helping others 'kick the habit,'" says Timothy Eberlein, MD, Siteman Cancer Center director.



D'Marco Farr with Don and Kay Young of Young Choices, Inc.

**BAYLESS BRONCHOS**  
**DON'T NEED 2 SMOKE**



**WE'RE ALREADY**  
**on Fire!**

Seventh grader Cathy Vo and eighth grader Sabina Dizdar's winning artwork.



Chris Chamberlain and the winners from Bayless Jr. High. First row (left to right): Cathy Vo, Sabina Dizdar, and Olivia Owens. Second row (left to right): Chris Chamberlain, Donna Dinh, Cassie Miller, Jacob Politte, and Don Young from Young Choices, Inc.



D'Marco Farr, former St. Louis Rams player, autographs the T-shirt of a Bayless Jr. High student.





# You Can Quit Smoking

Cancer is the 2nd leading cause of death in the United States and lung cancer is the #1 cancer killer for both men and women in Missouri especially for African Americans. Smoking causes most lung cancers.

**The single best way to prevent lung cancer is not to smoke. If you smoke, quit as soon as possible. Your risk for lung cancer goes down when you quit.**

In addition to not smoking, you can:

- Encourage your family and friends to get help quitting.
- Eat more fruits and vegetables.
- Avoid second-hand smoke (smoke from other people's cigarettes and cigars).
- Avoid exposure to chemicals (like asbestos) that can cause lung cancer.
- Limit your exposure to heavy air pollution over time.

## HELPFUL RESOURCES

If you or someone you know would like to get help quitting smoking, or want more information on lung cancer, here are some resources in the community that can help.

- **Tobacco Quitlines** help smokers quit.
  - Missouri residents can call 1-800-QUIT-NOW (1-800-784-8669) daily from 7 AM – 11 PM.
  - Illinois residents can call 1-866-QUIT-YES (1-866-784-8937) daily from 7 AM – 9 PM.
  - There is also a national quitline available from the National Cancer Institute. Call 1-877-44U-QUIT (1-877-448-7848) Mon – Fri from 9 AM – 4:30 PM.
- Siteman Cancer Center offers a six-week *Freedom from Smoking* class. Call 314-362-7844 for more information.
- Grace Hill Neighborhood Health Centers has an *Assistance and Self-Help to End Smoking (ASHES) Program*. Call 314-539-9574 for more information.
- ConnectCare *smoking cessation program*. Call 314-361-CARE for more information.
- People's Health Centers *smoking cessation program*. Call 314-367-7848 x1112 for more information.
- American Lung Association *Freedom from Smoking* online class – [www.lungusa.org](http://www.lungusa.org)
- American Cancer Society – [www.cancer.org](http://www.cancer.org)
- Your Disease Risk – [www.yourdiseaserisk.org](http://www.yourdiseaserisk.org)



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## Continued Efforts of the PECaD Colorectal Cancer Community Partnership

Colorectal cancer is the 2nd leading cause of cancer death among men and women in the United States. There are still more African Americans dying from this disease than Caucasians in St. Louis. PECaD's Colorectal Cancer Community Partnership held a strategic action workshop in 2006 to identify research and outreach priorities to address this disparity in St. Louis. Since that time, progress has been made on many of the priorities named. The Colorectal Cancer Community Partnership reconvened in November 2008 to discuss progress and identify action steps for the future. At the meeting, representatives from area health centers and community organizations, colorectal cancer survivors and researchers were brought together to talk about new ways the partnership can work to eliminate colorectal cancer disparities in the St. Louis metropolitan area through outreach, education and research. The partnership will meet again in January to refine goals and action steps.

## Highlighting Cancer Survivors: *Carolyn Spencer*

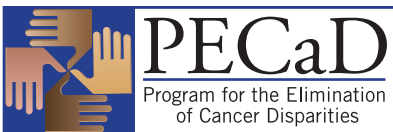
Born and raised in Indiana, Carolyn Ann Spencer has lived in St. Louis for almost thirty years with her husband and two children. Carolyn is a Training and Quality Systems Coordinator at Planned Parenthood. This past fall marked Carolyn's 10th anniversary of being a breast cancer survivor.

Carolyn had been a firm supporter of breast cancer awareness, education and screening for years. Carolyn got yearly mammograms on schedule. This was no different in February 1998. Her mammogram came back perfectly normal, but that summer, she noticed a small lump. She waited a month to see if it would go away, but it did not. She went to see her primary care doctor who referred her for an ultrasound. The doctor was amazed that this lump had not shown up on her mammogram in February. After a second mammogram and ultrasound, she underwent a biopsy which confirmed that the lump was a very aggressive type of cancer. Carolyn and her husband discussed the options with her surgeon and decided to have a full mastectomy to remove the entire breast. She was referred to an oncologist and went through six months of chemotherapy. She has been cancer-free ever since.



**Carolyn Spencer, 10-year breast cancer survivor**

Carolyn said that her oncologist's ability to embrace her faith really helped comfort her. After discussing the treatment options, her doctor kept saying, "You pray and I'll do the chemo." The nursing staff was also very supportive and made her experience as pleasant as possible. During her chemo treatment, she continued with work, family, and church activities. Through it all, her husband was "her rock." Her diagnosis helped her see the power of her faith, embrace the strength of family and friends, and prioritize what was truly important in her life. Carolyn says that the most important thing for a woman is to "... know your own body, listen to your inner voice, and know your inner strength. Don't look at (cancer) as a bad diagnosis, but as something you can get through." Carolyn now volunteers with the Witness Project at the Siteman Cancer Center, a health and wellness program for African American women in which women cancer survivors "witness" about their triumph over breast or cervical cancer. The program also provides education in churches and various community settings.



PECaD  
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St. Louis, MO 63110  
Phone: 314-747-4611  
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# Just for You

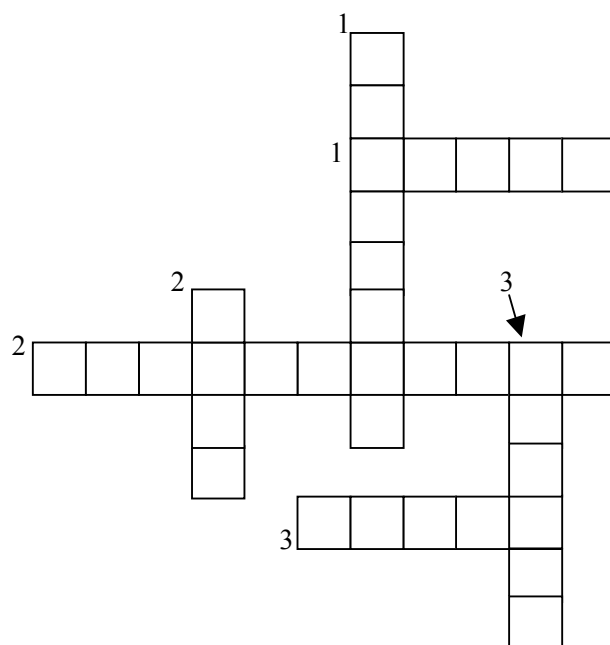
A Patient's Link to Cancer Health Information and Community Events

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



## Test Your Knowledge of Colon Cancer

Many colon cancers begin as colon polyps, growths on the inside of the colon. While most colon polyps are not harmful, some can become cancerous. Colon cancer symptoms may include a change in bowel habits or bleeding, but usually colon cancer has no symptoms until later stages when it's harder to treat. That's why it's important to get a colon cancer screening test, such as a colonoscopy, to look inside the bowel. Doctors recommend that men and women be screened for colon cancer starting at age fifty (50). If the cancer is found early, the doctor can use surgery, radiation, and/or chemotherapy for effective treatment. To help prevent colon cancer, doctors recommend a healthy, low-fat, high-fiber diet, and regular exercise. To find out more, visit [www.yourdiseaserisk.wustl.edu](http://www.yourdiseaserisk.wustl.edu) or [www.cdc.gov/cancer/colorectal/](http://www.cdc.gov/cancer/colorectal/).



### Across

- 1) This is the best time to find and treat colon cancer.
- 2) A test to screen for colon cancer.
- 3) The age to start colon cancer screening.

### Down

- 1) One way to lower your risk of colon cancer is to do this.
- 2) Which group do doctors recommend be screened for colon cancer—men, women or both?
- 3) Growths found in the lining of the colon.

Across: 1 - Early, 2 - Colonoscopy, 3 - Polyps    Down: 1 - Exercise, 2 - Both, 3 - Polyps

## COMMUNITY CALENDAR

### January 19, 2009

*Event:* Martin Luther King, Jr. Celebration Lecture  
*Guest speaker:* William Julius Wilson, PhD, sociologist and leading scholar on urban poverty, Harvard University  
*Sponsor:* WUSM Office of Diversity Programs  
*Location:* WUSM  
Eric P. Newman Education Center  
320 S. Euclid Avenue, St. Louis, MO 63110  
*Time:* 4 pm  
*Contact:* Lisa Stevenson, 314-362-6854, for more details

### January 21-April 9, 2009

*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:* Appointments are required. Exam is provided at no cost if you qualify through the MO Show Me Healthy Women Program. If you do not qualify, exams will be billed to patient, her insurance, or Medicare as appropriate. Please bring your insurance card with you to your appointment.

### January 22 & 28, February 12 & 18, 2009

*Event:* Cholesterol Screenings  
*Sponsor:* Missouri Baptist Medical Center  
*Location:* Locations vary, please call  
*Time:* Times vary, please call  
*Contact:* 314-996-5433, or toll free 800-392-0936  
*Details:* Screening provided at no cost, but must call to pre-register for screening. To help prevent heart disease, this screening measures your total cholesterol and HDL (good cholesterol). You will receive your results at the screening.

### January 29, 2009

*Event:* How to Deal with Creditors during a Medical Crisis  
*Sponsor:* The Wellness Community  
*Location:* 1058 Old Des Peres Rd., St. Louis, MO 63131  
*Time:* 6 pm - 7:30 pm  
*Contact:* RSVP at 314-238-2000, or register online at [www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)  
*Details:* No charge.

### February 14, 2009

*Event:* Heart Fair 2009  
*Sponsor:* Christian Hospital  
*Location:* Detrick Building Atrium  
11133 Dunn Rd., St. Louis, MO 63136

*Time:* 9:30 am - 1:30 pm

*Contact:* 314-747-9355, or toll free 877-747-9355

*Details:* No charge. Includes lectures, screenings, guided tours of the cardiac surgery suite, information booths, and more.

### February 18, 2009

*Event:* Cholesterol and the Heart Healthy Diet  
*Sponsor:* Christian Hospital  
*Location:* 175 Jamestown Mall, Community Room  
Florissant, MO 63034  
*Time:* 9 am - 10 am

*Contact:* 314-747-9355, or toll free 877-747-9355

*Details:* No cost. Learn how food choices you make today can affect your health and well-being for life.

### February 20, 2009

*Event:* African American Nursing History: Health Disparities within a Historical Context.  
*Sponsor:* Univ. of Missouri, St. Louis College of Nursing  
*Location:* J.C. Penney Conference Center  
One University Blvd., St. Louis, MO 63121  
*Time:* 8:30 am - 3 pm  
*Contact:* <http://nursing.umsl.edu>, 314-516-6066  
*Details:* This event includes nationally recognized keynote speakers who will address health care disparities and cultural competence.

### February 26, 2009

*Event:* Cancer in the Workplace: Navigating Employment and Insurance Issues  
*Sponsor:* The Wellness Community  
*Location:* 1058 Old Des Peres Rd., St. Louis, MO 63131  
*Time:* 6 pm - 7 pm  
*Contact:* RSVP at 314-238-2000, or register online at [www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)  
*Details:* No charge.

### March 21, 2009

*Event:* Tobacco-Free Missouri Greater St. Louis 3rd Annual Trivia Night  
*Sponsor:* Tobacco-Free Missouri Greater St. Louis Coalition  
*Location:* DePaul Hospital - May Community Center  
12303 DePaul Dr., Bridgeton, MO 63044  
*Time:* 6:30 pm  
*Contact:* 314-286-0431, Diana Wilhold or 314-977-8104, Pat Lindsey  
*Details:* Tickets are \$20/person which includes food, drinks, a chance to win prizes and more. Proceeds benefit local tobacco prevention and cessation programs.