

Cancer Prevention Begins With You



PROGRAM FOR THE ELIMINATION OF CANCER DISPARITIES

Lung Cancer — *If you smoke, the most important thing you can do is quit as soon as possible. You'll lower your chance of getting lung cancer and boost the health of your family, who won't have to breathe secondhand smoke.*

SOME BENEFITS OF QUITTING:

- **Live about 14 years longer**, giving you more time with your family and friends.
- **Lower risk of stroke, ulcer, and heart attack**, as well as lung and many other cancers
- **Food smells and tastes better**
- **Circulation improves**
- Walking becomes **easier**
- Coughing, congestion, and shortness of breath **begin to fade**
- Blood pressure and pulse rate **go down**
- **No more** smoky clothes, hair, and breath
- **Safer, healthier environment** for family and friends

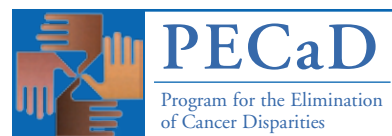
HELPFUL RESOURCES

- **Tobacco Quitlines help smokers quit.**
Missouri Residents can call 1-800-QUIT-NOW (1-800-784-8669) daily from 7 a.m. – 11 p.m.
Illinois Residents can call 1-866-QUIT-YES (1/866-784-8937) daily from 7 a.m. – 9 p.m.
- **Group Classes/Programs**
Siteman Cancer Center six-week *Freedom from Smoking class*. Call **314-362-7844**
- Grace Hill Neighborhood Health Centers
Assistance and Self-Help to End Smoking (ASHES) Program. Call **314-539-9574**
- American Lung Association Freedom from Smoking online class – www.lungusa.org



For more information about lung cancer visit: American Cancer Society – www.cancer.org
Your Disease Risk – www.yourdiseaserisk.wustl.edu
Siteman Cancer Center – www.siteman.wustl.edu or call **800-600-3606**

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STL Connection

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Colon Cancer Survivorship – Muriel Hicks

A diagnosis of cancer doesn't have to be the end of life as you know it. There can be a healthy, happy, and productive life after cancer. We spoke with colon cancer survivor Muriel Hicks about her survivorship story.

Muriel was diagnosed with early stage colon cancer in 2005. Since her cancer was caught early, Muriel underwent laparoscopic surgery in March of 2005. She did not need any additional treatments such as chemotherapy or radiation. Since her surgery, Muriel does a lot to stay healthy. Eating a healthy diet is a very important part of staying healthy after cancer. Muriel is a vegetarian and tries her best to eat a healthy and balanced vegetarian diet.

Another important element to staying healthy is exercise. After attending colon cancer information sessions at Siteman, Muriel learned about a number of different classes Siteman offers. One of the classes that piqued her interest was the yoga class. Muriel has been faithfully

attending every week for over a year now. Since she lives nearby, she also walks to and from the class.

“I try to stay active as much as I can”, says Muriel. Her advice to others diagnosed with cancer is to “educate

yourself about your cancer... get as much information as you can. Whatever (type of cancer) you have, learn about it and get the resources available for you. There are a lot of classes and programs available.” Muriel also advises keeping up-to-date on all of your post-surgery visits to the doctor's office. Muriel has never missed a colonoscopy since her surgery. By keeping up with not

only your appointments, but with exercise and eating right, you can have a healthy life after cancer. “It (cancer survival) makes you a stronger person” says Muriel.

PECaD would like to thank Muriel for sharing her story and encourage all cancer survivors to stay strong and live well.

“I try to stay active as much as I can”, says Muriel.



Photos by Wiley Price.



The Oct. 24th health fair at the YMCA included a number of health screenings and informational booths such as "Ask the Doctor" and a diseased organs display.

CANCER PREVENTION FAIR

Health, Wellness and Cancer Prevention Fair

October 24, 2009 marked the first Siteman-PECaD Health, Wellness and Cancer Prevention Fair, in partnership with the Department of Surgery at Washington University School of Medicine and the *St. Louis American* newspaper. The fair took place at the Monsanto YMCA at 5555 Page Avenue. The fair was a great success. It provided a variety of services to the community including health and wellness information from the American Cancer Society, the American Heart Association, Volunteer for Health, and YourDiseaseRisk (www.yourdiseaserisk.wustl.edu). There was a cooking demonstration and a nutrition booth. Also



Over 100 visitors received their seasonal flu shot.



Mr. Dewey Helms, 5-year prostate cancer survivor, talks with other men about getting a prostate cancer screening test.

provided were health screenings where visitors could check their glucose and cholesterol, have a PSA test to screen for prostate cancer, and a booth that provided over 100 seasonal flu shots.

We look forward to another fair in Spring 2010. Thank you to everyone who helped make this fair a success.

Florissant PSA Project



Mr. Keith English, Florissant Councilman Ward 4

Keith English, Florissant Councilman of Ward 4, approached the Siteman Cancer Center to setup a limited fund to pay for prostate cancer screenings (PSA blood test) for Florissant, MO residents and city employees at no charge. Mr. English, a 42-year-old prostate cancer survivor, was diagnosed about two years ago. He raised and personally donated funds for this project.

Mr. English's efforts have created the opportunity for this prostate cancer awareness and screening project and have catalyzed additional efforts to reduce cancer disparities in his community.

Screening for prostate cancer can lead to finding the disease at an early stage. The PSA test and DRE (Digital Rectal Exam) are the most common screening tests for prostate cancer. A higher PSA level may mean more testing is needed to detect prostate cancer.

Florissant MO residents or city employees who are interested in receiving a PSA test at no charge can call the Siteman Cancer Center at 1-800-600-3606 to take part in the Florissant PSA Project for Residents and City Employees. For more information, please contact the Program for the Elimination of Cancer Disparities (PECaD) at 314-747-4611.

PECaD Profile: Dr. Matthew Ellis



Matthew Ellis, MB, BChir, PhD

Washington University School of Medicine

Siteman Cancer Center

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 highlight Matthew Ellis, MB, BChir, PhD, Professor of Medicine and Chief, Section of Medical Oncology. His specialty is breast cancer. Dr. Ellis has found that his success in recruiting minority patients to clinical trials is due, in part, to being culturally sensitive. This means getting to know the patients as individuals, learning their fears and comfort level with healthcare, and finally, presenting clinical trials to them as an option for their care. Dr. Ellis feels this level of compassion and sensitivity is necessary for every staff member who comes in contact with the patients. This is why the physicians, as well as nurses and clinical research coordinators, all have a certain level of cultural sensitivity and compassion for their patients. Dr. Ellis' clinic also employs a very organized system of pre-screening new patients before they arrive. Dr. Ellis says one of the reasons he feels the team is so successful in recruiting minority patients is organization and pre-screening patient charts before patients come in for a visit. This gives the team a better understanding of the patient. Dr. Ellis points out that clinical trials are always presented as options. He tells his patients, "I'll still love and look after you no matter what you decide to do." This helps break down some of the fears and mistrust that many people feel about healthcare.

PECaD's Clinical Studies Outreach team would like to thank Dr. Ellis and the entire Breast Oncology team for their excellent work and tireless efforts to enroll a diverse group of patients in clinical trials that advance discoveries in breast cancers.