



STL Connection

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In this Issue • Prostate Cancer Advocate • Undy 5000 • PECaD PROFILE

Insert • Facts About Prostate Cancer Game • Community Calendar July-August 2010

Prostate Cancer Advocate Appointed to Research Review Panel

Adapted from Suburban Journal Article on April 6, 2010

Prostate cancer advocate and long-time PECaD collaborator Dewey Helms was selected to evaluate research proposals submitted to the Prostate Cancer Research Program sponsored by the U.S. Department of Defense.

As a consumer reviewer, Helms will be a full voting member, along with prominent scientists, to determine how \$80 million appropriated by Congress for fiscal year 2010 will be spent on prostate cancer research.

Consumer reviewers are asked to represent the collective view of prostate cancer survivors and patients, family members, and persons at risk for the disease when they prepare comments on the impact of the research on issues such as disease prevention, screening, diagnosis, treatment, and quality of life after treatment. Helms is one of more than 40 consumer advocates selected.

Helms, 64, was diagnosed with prostate cancer in 2004. Shortly after his treatment, Helms began advocating on behalf of prostate cancer patients. "I've been interested in helping other men since I was diagnosed six years ago. While a lot has changed since then, at the time I didn't feel there was enough information about the disease. I had always heard about getting my cholesterol and blood pressure tested, but heard very little about the importance of PSA tests and other health screenings," Helms said. "By being able to make recommendations to fund research programs

looking for better ways to treat prostate cancer and by working to keep men better informed, I hope to make a positive difference in the lives of others."

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Dewey Helms pictured with his daughter and wife of 42 years

Helms' radiation oncologist, Dr. Lannis Hall of the Siteman Cancer Center (SCC) at Barnes-Jewish St. Peters Hospital (BJSPH) says, "Dewey clearly demonstrates

an ongoing commitment to the community by sharing his experience, strength, and hope with other prostate cancer survivors in the St. Louis metropolitan area." He participates in prostate cancer support groups and is one of the founding members of the SCC at BJSPH Patient and Family Advisory Council. He serves on the speakers' bureau of the Program for the Elimination of Cancer Disparities (PECaD) to tell others about his cancer journey.

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Prostate Cancer Advocate Appointed *(continued from front page)*

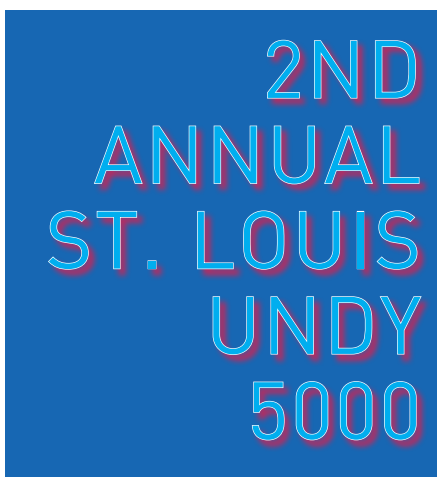
Helms will travel to Reston, Va., to participate in one three-day session July 28-Aug. 6. He will serve on an eight to 10 person panel to review grant proposals. More than 800 prostate cancer research proposals will be reviewed for 2010 funds. "I'm inquisitive. Just being in the presence of so many experts dedicated to cancer research, prevention, and treatment is an honor for me," said Helms.

After retiring as a U.S. Army officer, Helms went on to retire from the Missouri Department of Economic Development. He and his wife Camille, a breast cancer survivor, have one daughter, Myra, one son, Chris, and two grandchildren.

St. Louis takes on the Colon Cancer Alliance Undy 5000

The 2nd annual St. Louis Undy 5000 took place on Saturday, March 27 in Forest Park. More than 1,200 adults and children participated in the event, wearing their boxer shorts, in order to bring awareness to colon cancer and the importance of getting screened. A portion of funds raised from the event will go to the Gateway Colon Cancer Alliance (CCA) Chapter of Missouri, Illinois and Kansas to support regional colon cancer programs. Remaining funds will go to national CCA programs. Funds that stay in the region will increase as the region continues to support the St. Louis Undy 5000 year after year.

The local Gateway CCA Chapter which has had strong support from the Siteman Cancer Center is committed to educate the public about colon cancer, promote screenings, and get people talking about this deadly, but preventable, disease. Siteman was a sponsor in 2009 and 2010 for the Undy 5000 event.



The Colon Cancer Alliance (CCA) is a national patient advocacy organization dedicated to ending the suffering caused by colorectal cancer. In order to increase rates of screening and survivorship, CCA provides patient support, education, research and advocacy across North America.

PECaD Profile: Dr. Jeffrey Bradley



Jeffrey Bradley, MD

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 minority participation in clinical studies and other research at the Siteman Cancer Center. PECaD partners with Siteman's Protocol Review and Monitoring Committee to accomplish this goal. We encourage investigators to set targets for minority enrollment before they begin a study. We review progress of minority enrollment during study implementation. Dr. Lannis Hall, who leads PECaD's Clinical Studies Outreach team, follows up with study investigators on a regular basis.

In this issue, we highlight Jeffrey Bradley, MD, Associate Professor of Radiation Oncology. His clinical expertise is lung cancer, esophageal cancer, and special radiation and proton therapies. Dr. Bradley attributes his success in enrolling minority patients in clinical studies to the fact that he talks to all eligible patients about participating.

Despite his success, Dr. Bradley observes some real challenges with enrolling patients. One of the greatest challenges is lengthy trial consent forms. Dr. Bradley and his staff explain the clinical trial process and time commitments as best as possible before patients leave the office to read the consent forms on their own. Length aside, the forms are often very hard to understand. "Sometimes the patients don't understand the consent and want their doctor to tell them what they should do," says Bradley. "Our objective is to give patients as much information as they need to make an informed decision." Having clinical trial coordinators available to help explain consents to patients on their first visit could be beneficial in the future. Dr. Bradley also finds that patients are more likely to participate in trials when there is a defined "plan of action," meaning patients know which treatments they will be getting before they enroll versus trials in which patients are randomly placed in different treatment groups after enrolled. These groups may require varying commitment levels above the standard of care. Dr. Bradley explains pros and cons of both types of trials. With persistence, he has enrolled many patients into trials, while maintaining a representative balance of minority patients in his trials.

Thank you to Dr. Bradley and the Radiation Oncology team for their excellent work and tireless efforts to enroll a diverse group of patients in clinical studies that advance discoveries in lung and esophageal cancers.

Clinical Studies Education Video

Siteman's Clinical Studies Outreach Program developed an education video for patients and families about participation in clinical studies. Siteman physicians and staff have begun using the video.

It can be found on the Siteman Cancer Center website at <http://www.siteman.wustl.edu/internal.aspx?id=3990>.

If you would like a copy of the video, please contact the PECaD office at 314-747-4611 or PECaD@siteman.wustl.edu.



Cancer Prevention Begins With You

Lower your prostate cancer risk

While there is no way to know for sure if you will get prostate cancer, men who are older than 50 years; have a father, brother, or son who have had prostate cancer; or are African American have a greater chance of getting the disease.

Here's what you can do to protect yourself.

- **Talk to a health care provider** about your risk of prostate cancer and to see if a screening test is right for you. Common screening tests for prostate cancer include a Prostate Specific Antigen (PSA) blood test and a Digital Rectal Exam (DRE).
- **Cut back on animal fat.** Cut back on foods like red meat, processed meat, cheese, and other high-fat dairy products.
- **Avoid too much calcium.** Calcium is important for bone health, but men should stick to the recommended 1000-1200 mg/day for most adults.
- **Eat more tomato-based foods.** Cooked tomatoes are best, so choose foods with tomato sauces.



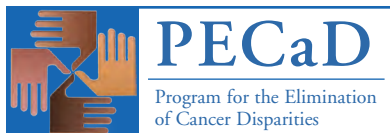
HELPFUL RESOURCES

To find out your risk of prostate cancer and if a screening test is right for you:

- Florissant City residents and employees can call **1-800-600-3606** to get a free PSA test. *First come, first served. (Project supported by donated funds).*
- Call Betty Jean Kerr People's Health Centers at **(314) 879-6300**.
- Call Illinois East Side Health District at **(618) 874-4713**.
- Call 2-1-1 for more information on resources in your area, or go online – **www.211missouri.org**
- Visit Your Disease Risk – **www.yourdiseaserisk.org**

Visit **siteman.wustl.edu** or call **800-600-3606**.

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PECaD
Siteman Cancer Center
660 S. Euclid Ave, Box 8100
St. Louis, MO 63110
Phone: 314-747-4611
Email: pecad@ccadmin.wustl.edu