

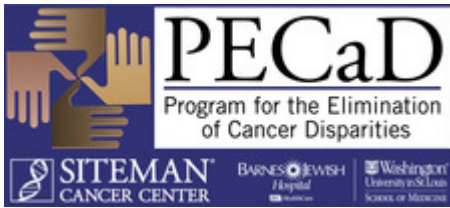


PROGRAM FOR THE ELIMINATION OF CANCER DISPARITIES

STL Connection

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Revitalizing the Breast Cancer Community Partnership



PECaD is proud to announce the relaunch of the Breast Cancer Community Partnership (BCaP). In November, community members met to establish new goals to address breast cancer disparities in the St. Louis region. BCaP will officially begin meeting in February 2017 to work towards reducing breast cancer incidence and providing more support for community organizations and members in our region. [READ MORE.](#)

In the News

[Dr. Vetta Thompson](#) wrote a blog for The Institute for Public Health at Washington University, [Moving Beyond Mental Illness to Mental Health and Wellbeing.](#)

[Dr. Graham Colditz](#) was interviewed regarding recent research linking obesity and cancer risk to specific cancer sites in [Prevention.com.](#)

PECaD Faculty Highlight: Sarah Gehlert, PhD



A new research project from Sarah Gehlert, PhD, addresses childhood cancer burdens for rural Missouri families and physicians. Dr. Gehlert has been actively involved with PECaD since its inception and her research continues to address health disparities in the St. Louis region. [READ MORE.](#)

Did You Know?

- February is [American Heart Month.](#)
- February 4 is [World Cancer Day.](#)
- March is [National Colorectal Cancer Awareness Month](#) and [National Nutrition Month.](#)
- April is [National Minority Health Month](#) and [STI Awareness Month.](#)
- April 4-10 is [National Public Health Week](#) and April 7 is [World Health Day.](#)

[Learn ways to help prevent your risk of cancer.](#)

New Educational Messaging for American Indians

<p>Healthy Foods <i>Healing: Mind, Body, Spirit.</i></p>  <p>Early healthy diet is an important aspect of maintaining good health. Here, it's all about choosing to eat smart. Choose to eat healthy, diet full of fruits, vegetables, healthy fats, and whole grains can help reduce your risk of cancer. It's all about making smart choices to reduce the amount of fat, sugar, and processed food you eat, and consider a multivitamin and fish oil.</p> <p>Delays (Genetic/Chronic disease) Since 20 years old, the longer that you live, the more likely you are to develop a chronic disease. Delaying the start of a healthy diet can increase your risk of developing a chronic disease. Healthy diet can help reduce your risk of developing a chronic disease. Healthy diet can help reduce your risk of developing a chronic disease.</p> <p>For more information, visit 8ways.wustl.edu</p> <p>The Program for the Elimination of Cancer Disparities (PECaD) is a group of multidisciplinary, multi-organizational, and multi-institutional researchers and clinicians working together to reduce cancer disparities in the St. Louis region. We are committed to providing the best care for our patients and to advancing research that will improve the health of our community.</p> <p>SITEMAN CANCER CENTER BARNESJEWISH Hospital Washington University School of Medicine</p>	<p>Exercise <i>Healing: Mind, Body, Spirit.</i></p>  <p>Exercise can be an important part of your health. While it can be hard to get started, just 30 minutes of moderate activity each day (such as walking, swimming, or gardening) can help you feel better and live longer. It's all about making smart choices to reduce your risk of cancer. It's all about making smart choices to reduce your risk of cancer.</p> <p>Cherry, a member of the Premier Status of Oklahoma, was a participant in the program and was inspired to join the program. She has been actively involved in the program and has been instrumental in the success of the program. She has been instrumental in the success of the program. She has been instrumental in the success of the program.</p> <p>For more information, visit 8ways.wustl.edu</p> <p>The Program for the Elimination of Cancer Disparities (PECaD) is a group of multidisciplinary, multi-organizational, and multi-institutional researchers and clinicians working together to reduce cancer disparities in the St. Louis region. We are committed to providing the best care for our patients and to advancing research that will improve the health of our community.</p> <p>SITEMAN CANCER CENTER BARNESJEWISH Hospital Washington University School of Medicine</p>
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The Kathryn M. Buder Center and PECaD have created new cancer prevention and education messages to help increase health and cancer screening awareness in the American Indian and Alaskan Native populations in the St. Louis region. This outreach campaign will include health messaging tips to reduce cancer risk and will be featured in local newspapers, a national

MindsEye Health Podcasts

[Health Beyond Barriers Podcasts](#)

Coming soon!
[Know Your Health History,](#)
[Erin Linnenbringer, PhD](#)

[National CLAS Standards,](#) [Vetta Thompson, PhD](#)

Helpful Links

magazine, and the St. Louis metro link and buses beginning in spring 2017. [READ MORE](#).

Save the Date for the 2017 St. Louis City Smart Health Community Education Day!



PECaD is pleased to announce the 2017 St. Louis City Smart Health Community Cancer Education Day will be held April 22, 2017 from 10:00 a.m. - 2:00 p.m. at Washington University School of Medicine in St.

Louis. Please save the date for this free community cancer education day! [READ MORE](#).

- [Learn more about PECaD](#)
- [Learn more about health disparities](#)
- [Cancer prevention tips](#)
- [Calendar of events](#)



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Program for the Elimination of Cancer Disparities
660 S. Euclid Ave.
Campus Box 8100
St. Louis, Missouri 63110
US



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