

October 2009

Volume 8, No. 10

CIS Connection

National Cancer Institute's **CANCER INFORMATION SERVICE**

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The National Cancer Institute's (NCI) Cancer Information Service (CIS)

educates the public about cancer prevention, risk factors, symptoms, diagnosis, treatment, and research.

- CIS specialists provide the latest, most accurate information about cancer by telephone, TTY, instant messaging, and e-mail.
- The CIS operates the NCI's Smoking Quitline (1-877-44U-QUIT).
- Through its Partnership Program, the CIS works with established national, regional, and state organizations to reach those most in need of cancer information.
- The CIS takes part in health communications research to find new and better ways to educate people about health.

For information and publications, call 1-800-4-CANCER (1-800-422-6237) or visit <http://www.cancer.gov>.

NCI Press Releases & Information

Available at <http://www.cancer.gov/newscenter> or as otherwise noted.

- Scientists Identify Genetic Cause of Previously Undefined Primary Immune Deficiency Disease (9/23/09)
- MicroRNAs in Blood May be Biomarkers of Pancreatic Cancer (9/1/09)
- NIH Study Reveals New Genetic Culprit in Deadly Skin Cancer (8/31/09)

Clinical trials results:

Available at <http://www.cancer.gov/clinicaltrials/results-all> or as otherwise noted.

- Weight Lifting Does Not Exacerbate and May Improve Lymphedema Symptoms After Breast Cancer (9/16/09)

National Health Observances

This calendar comes from the National Health Information Center Web site: <http://www.healthfinder.gov/nho/nhoyear.asp?year=2009>.

October observances:

Metastatic Breast Cancer Awareness Day (13th)
National Mammography Day (16th)
Lung Health Day (28th)
Healthy Lung Month
National Breast Cancer Awareness Month

Looking forward to November:

Great American Smokeout (19th)
Lung Cancer Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Hospice Palliative Care Month
Pancreatic Cancer Awareness Month

NCI Fact Sheet Collection

New, revised and reviewed titles, from <http://www.cancer.gov/cancertopics/factsheet>.

In English:

- Ordering National Cancer Institute Publications (FS 1.20, 9/9/09)
- Cellular Telephone Use and Cancer Risk (FS 3.72, 9/9/09)
- Mammograms (FS 5.28, 8/14/09)

In Spanish:

- Exámenes selectivos de detección de cáncer colorrectal (FS 5.31s, 9/3/09)
- Pedido de publicaciones del Instituto Nacional del Cáncer (FS 1.20s, 8/31/09)

NCI Publications and Items of Interest

Available at <https://cissecure.nci.nih.gov/ncipubs> or as otherwise noted.

Beginning September 15, 2009, NCI began publishing the Boletín del Instituto Nacional del Cáncer, a modified Spanish-language translation of selected articles previously published in the NCI Cancer Bulletin. This new resource offers Spanish-speaking readers up-to-date articles on the latest research advances in the prevention, treatment, and understanding of cancer. To receive the monthly selection, E-mail nciboletin@mail.nih.gov or view the articles at <http://www.cancer.gov/espanol>.

Other Items of Interest

Chronic Disease Indicators Web Site Updated to include Large Metropolitan Areas

The Community Health and Program Services branch in the Division of Adult and Community Health at the Centers for Disease Control and Prevention (CDC), recently released updated data for the Chronic Disease Indicators Web site, providing users with an online tool that now allows them to compare data on the prevalence of chronic diseases in large metropolitan areas, as well as at state and national levels.

With the new version of the web site, users will be able to generate profiles comparing the prevalence of chronic disease in 38 large metropolitan areas.

The Web site draws upon numerous data sets to collect information on 98 chronic disease indicators, including measures related to physical activity, tobacco use, cancer, diabetes, arthritis, cardiovascular disease, and other conditions and behaviors. The information is used by state health departments, chronic disease directors, academic institutions, and researchers to guide and inform public health practice.

The large metropolitan areas recently added to the Chronic Disease Indicators Web site are: Arizona: Maricopa County; California: Alameda, Contra Costa, Los Angeles, Orange, Riverside, Sacramento, San Bernardino, San Diego and Santa Clara counties; Florida: Broward, Hillsborough, Miami-Dade, Orange, Palm Beach and Pinellas counties; Georgia: Fulton County; Illinois: Cook and DuPage counties; Michigan: Oakland and Wayne counties; Minnesota: Hennepin County; Missouri: St. Louis County; Nevada: Clark County; New York: Erie, Monroe, Nassau and Suffolk counties, and New York City; Ohio: Franklin County; Pennsylvania: Allegheny and Philadelphia counties; Texas: Bexar, Harris and Tarrant counties; Utah: Salt Lake County; Virginia: Fairfax County; Washington: King County. Search data at: <http://apps.nccd.cdc.gov/cdi/>.

Other Items of Interest *(continued)*

- ***Your Input Is Needed!***



The National Cancer Institute is planning the next generation of the Cancer Control P.L.A.N.E.T. and the Research Tested Intervention Program (RTIPs) Web sites. Cancer Control P.L.A.N.E.T. staff are looking for researchers, program planners, and staff who plan, implement, and evaluate evidence-based interventions and would be interested in participating in user research. User research will consist of interviews that will help define the next generation of these web sites. These interviews will take about one hour to complete and will take place online and over the phone. If you are interested in participating, please feel free to send in your contact information by visiting <http://cancercontrolplanet.cancer.gov/contact.html>.

- ***Information about the Flu -including the new H1N1 Flu- for People with Certain Medical Conditions*** (Centers for Disease Control and Prevention) <http://www.cdc.gov/flu/freeresources/print.htm#certain>



- ***What's New at AHRQ's Health Care Innovations Exchange—Medical Home and Workplace Wellness***

During the month of September the Agency for Healthcare Research and Quality (AHRQ) Health Care Innovations Exchange Web site featured innovative health service delivery profiles and tools in the areas of the Medical Home and the promotion of Workplace Wellness. The site also explored the development of Medical Homes for a variety of populations (low-income, at-risk, special needs, disabled, elderly). The site featured Workplace Wellness innovations and tools that demonstrate the benefits of offering employee health screenings, counseling, and workshops. The Innovations Exchange contains more than 300 searchable innovations and 1,400 searchable Quality Tools. Don't forget to visit the Spotlight for expert commentary, human interest stories, and other opportunities to connect with this program. You can access past issues of "What's New" on topics such as mental health, women's health, management of asthma, obese and overweight youth, and culturally competent care. Visit <http://www.innovations.ahrq.gov/>.



- ***New AHRQ Toolkit Improves Study Participant Recruitment Process***

AHRQ has a free toolkit to help researchers obtain potential research participants' informed consent and authorization to use their health data in accordance with the Privacy Rule of the Health Insurance Portability and Accounting Act (HIPAA). The toolkit provides information on how to ensure that people of all health literacy levels understand what studies entail and to what they are consenting when they agree to participate. AHRQ developed the toolkit because researchers often use long consent forms that potential study participants can find difficult to comprehend. Research also shows that a large proportion of study participants did not understand what they had consented to when they joined a study. There is evidence that Institutional Review Boards often fail to meet their own standards for the reading level of consent and data-use forms. The AHRQ Informed Consent and Authorization Toolkit for Minimal Risk Research, which was developed by AHRQ and tested by researchers from Boston University, includes recommendations for improving the informed consent and authorization process; sample consent and HIPAA authorization documents in English and Spanish; recommendations for adapting and testing the documents; statutory requirements and exceptions; and a tool for researchers' certification of consent and authorization. Access at <http://www.ahrq.gov/fund/informedconsent/>.

Other Items of Interest *(continued)*

Press releases of interest:

- Candy and Fruit Flavored Cigarettes Now Illegal in United States; Step is First Under New Tobacco Law (Food and Drug Administration [FDA]) (9/22/09)
<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm183211.htm>
 - Prostate Cancer Survival (HealthDay, National Library of Medicine [NLM]) (9/16/09)
http://www.nlm.nih.gov/medlineplus/videos/news/prostate_091609.html
 - Medications Effective in Reducing Risk of Breast Cancer but Increase Risk of Adverse Effects (Agency for Healthcare Research and Quality [AHRQ]) (9/15/09)
<http://www.ahrq.gov/news/press/pr2009/brcanmedpr.htm>
 - FDA Clears a Test for Ovarian Cancer (9/11/09)
<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm182057.htm>
 - Breast Cancer Relapse Risks (HealthDay, NLM) (9/9/09)
http://www.nlm.nih.gov/medlineplus/videos/news/breast_cancer_relapse_090909.html
 - Centers for Disease Control and Prevention (CDC) Awards \$22 Million for Colorectal Cancer Screening Program (9/8/09)
<http://www.cdc.gov/media/pressrel/2009/r090908.htm>
 - Innovative Community-Based Prevention System Reduces Risky Behavior in 10-14 Year Olds (National Institutes of Health [NIH]) (9/7/09)
<http://www.nih.gov/news/health/sep2009/nida-07.htm>
 - New NIH Tool Makes Funding Data, Research Results and Products Searchable (9/4/09)
<http://www.nih.gov/news/health/sep2009/od-04.htm>
 - FDA Moves Forward on Implementation of Tobacco Law (8/25/09)
<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm180109.htm>
 - Gardasil Vaccine Safety (FDA) (8/20/09)
<http://www.fda.gov/BiologicsBloodVaccines/SafetyAvailability/VaccineSafety/ucm179549.htm>
 - Life Expectancy at All Time High; Death Rates Reach New Low (CDC) (8/19/09)
<http://www.cdc.gov/media/pressrel/2009/r090819.htm>
 - Palliative Care Improves Quality of Life for Advanced Cancer Patients (HealthDay, NLM) (8/19/09)
http://www.nlm.nih.gov/medlineplus/videos/news/palliative_081909.html
 - What Is a Tracheostomy? (National Heart, Lung, and Blood Institute [(NHLBI)]) (August 2009)
http://www.nhlbi.nih.gov/health/dci/Diseases/trach/trach_what.html
 - New Spanish-Language Consumer Guides Compare Treatments for Depression, Prostate Cancer and Other Conditions (AHRQ) (7/29/09)
<http://www.ahrq.gov/news/press/pr2009/spanguidepr.htm>
-

National Funding Opportunities

American Recovery Reinvestment Act of 2009 Communities Putting Prevention to Work

Deadline: December 1, 2009

The purpose of this Funding Opportunity Announcement is to create healthier communities through sustainable, proven, population-based approaches such as broad-based policy, systems, organizational and environmental changes in communities and schools. Awardees funded under this FOA will work collaboratively to promote and sustain policy change efforts in communities and schools. It is recommended that awardees include a strong focus on the needs of populations who suffer disproportionately from the burden of disease.

Proposals should focus on implementing broad-based policy changes that are chosen from the prescribed set of evidence-based interventions. Each community will address all 5 evidence-based MAPPs strategies (Media, Access, Point of decision information, Price and, Social support services) for each application: tobacco and/or obesity/physical activity/nutrition. See full details at: <http://www07.grants.gov/search/synopsis.do;jsessionid=q1ZXK65DCLG1QQY1QXLJhvzxJtDbvZYNXmGgGfQZcJB8hzHXqpr!1685747439>

2009 NIH Summer Institute on Community Based Participatory Research Targeting the Medically Underserved (August 2-7, 2009, New Orleans, Louisiana)

In August 2009, the National Institutes of Health (NIH) sponsored a summer institute on Community Based Participatory Research (CBPR). Recommended readings and many of the institute presentations are now available online at <http://conferences.thehillgroup.com/si2009/agenda.html>. The Web site also includes links to a number of CBPR funding opportunities from NIH targeting the medically underserved which are pasted below.

Community Participation Research Targeting the Medically Underserved

- <http://grants.nih.gov/grants/guide/pa-files/PA-08-074.html>
- <http://grants.nih.gov/grants/guide/pa-files/PA-08-075.html>
- <http://grants.nih.gov/grants/guide/pa-files/PA-08-076.html>

Behavioral and Social Science Research on Understanding and Reducing Health Disparities

- <http://grants.nih.gov/grants/guide/pa-files/PA-07-379.html>
- <http://grants.nih.gov/grants/guide/pa-files/PA-07-380.html>

Understanding and Promoting Health Literacy

- <http://grants.nih.gov/grants/guide/pa-files/PA-07-018.html>
- <http://grants.nih.gov/grants/guide/pa-files/PA-07-019.html>
- <http://grants.nih.gov/grants/guide/pa-files/PA-07-020.html>

Impact of Health Communication Strategies on Dietary Behaviors

- <http://grants.nih.gov/grants/guide/pa-files/PA-08-239.html>

Health Promotion Among Racial and Ethnic Minority Males

- <http://grants.nih.gov/grants/guide/pa-files/PA-07-421.html>
 - <http://grants.nih.gov/grants/guide/pa-files/PA-07-422.html>
-

National Events of Interest

National Health Policy Training Alliance for Communities of Color – Health Policy Journalism Institute: Covering Health Disparities

October 8-9, 2009

Las Vegas, NV

http://www.healthpolicyalliance.org/trainings/upcoming-trainings_events.html



First Annual National Coalition of Oncology Nurse Navigators Conference - “Changing the Face of Cancer Care” ~ *NEW*

October 10, 2009

Baltimore, MD

<http://www.nconn.org/conference.php>

International Cancer Education Conference – The Art and Science of Cancer Education and Evaluation

October 15-17, 2009

Houston, TX

<http://aace.cpsonline.info>



National Conference to End Health Disparities II

November 3-6, 2009

Winston-Salem, NC

<http://www.ccehd.com>

American Institute for Cancer Research Annual Research Conference on Food, Nutrition, Physical Activity and Cancer

November 5-6, 2009

Washington, DC

http://www.aicr.org/site/PageNavigator/Research/ResearchConference/res_conference_home



Society for Public Health Education (SOPHE) 60th Annual Conference

November 5-7, 2009

Philadelphia, PA

http://www.sophe.org/singlenews.asp?item_ID=13414

American Public Health Association (APHA) 137th Annual Meeting and Exposition – Water and Public Health

November 7-11, 2009

Philadelphia, PA

<http://www.apha.org/meetings>

Rural Multiracial and Multicultural Health Conference, National Rural Health Association - Blueprints for Success: Ideas for Change

December 9-11, 2009

Memphis, TN

<http://www.ruralhealthweb.org/go/left/programs-and-events/nrha-conferences/rural-minority-and-multicultural-health-conference>



Regional Spotlight

A Men's Survivorship Retreat for Prostate and Testicular Cancer Survivors in Alaska

For those who have been diagnosed with prostate or testicular cancer, survivorship is often complicated by treatment side effects, including urinary, bowel, sexual, and hormonal dysfunction which can challenge a man's physical, mental and social well-being and life satisfaction.¹ Prostate cancer is the leading solid organ cancer in U.S. men², with more than 75% of cases diagnosed in men over the age of 65 years³. Testicular cancer is rare, but effects a younger population of males and can cause an increased risk of developing other tumors.

Despite the proven effectiveness of support groups at reducing depression in cancer patients, men typically do not participate in them⁴. Men with prostate cancer have individualized needs that must be specifically addressed and joining a general support group may not appeal to men or address their specific concerns.

The National Cancer Institute's (NCI) Cancer Information Service (CIS), the Alaska Native Tribal Health Consortium (ANTHC), and the State of Alaska Comprehensive Cancer Control Programs partnered to offer a Men's Retreat for Prostate and Testicular Cancer Survivors, September 11-13, 2009. The program, the first of its kind in Alaska, was developed as a pilot program to reach male cancer survivors who generally don't use survivorship resources when diagnosed with these two cancers.

ANTHC and State of Alaska Comprehensive Cancer Programs know the importance of developing support services that would be acceptable to Alaskan men. They investigated several approaches used with other survivorship groups to reach Alaskan male prostate and testicular cancer survivors. A Men's Retreat Advisory Team was convened with local stakeholders to help guide the development of the program. The Cancer Programs and Advisory Team decided the best way to gain the interest of men was to bring the social support and clinician advice, typical of standard support group settings, to the Alaskan outdoors.

The retreat was held in Cooper Landing, Alaska, at the Alaska Wildland Adventures, Kenai Riverside Lodge. The program brought together survivors in a supportive environment to discuss and share their experiences. Both days of the two-day retreat included an outdoor activity of fly fishing or rafting, and evening fireside discussions on cancer survivorship led by Greg Marino, DO, Alaska Native Medical Center (ANMC) Oncologist, Richard Chung MD, Radiation Oncologist, and other cancer experts. Transportation to and from the lodge, comfortable cabin lodging, and free time between activities and discussions was included to allow the men to interact with fellow survivors.



Tom and Will Robinson Fishing for Rainbow trout on the Kenai River

The retreat was advertised throughout the community and a waitlist was started due to the overwhelming interest. The retreat, which gathered 15 participants and four clinical staff, was well received by all involved. Participants commented, "I would have never dreamed that anything like this would ever happened in my life for giving men a support group venue - and what a venue it was! I think it was extremely successful and that all the men will be better for it. What a beautiful spot for men to come and "heal" and have the opportunity to discuss openly and frankly with other men about their concerns, frustrations and positive progress with their cancer."

Regional Spotlight *(continued)*

Stacy Kelley (NCI CIS) assisted with the coordination of the event. Financial support for the Retreat was made possible by several local urology clinics, hospitals, and a local advocacy group called The Men's Run. The Men's Run provides grant opportunities, awareness campaigns, and funding for screening services in Anchorage and provided a partial grant for the



Dan Saxton, Kenai River guide Kyle Kolodziejski and Lee Halstead with their catch

Retreat. The Men's Run Board is pleased with the preliminary results that have been shared, and has already started planning for annual and possibly biannual events.

The retreat was beneficial to both the survivors and the medical staff who assisted. Providers gained insight on many of the issues men face when diagnosed with prostate or testicular cancer. One provider commented, *"I heard things from these men I have not heard in my many years of practice."* The group not only talked about their personal struggles with survivorship but they also shared their frustrations with treatment choices and lack of resources provided at the clinic level.

The participants expressed their desire to continue their new friendships and made plans to become more involved with future cancer awareness events and fundraisers. *"I have learned to be a survivor not a victim"* a participant said. Another commented as the retreat came to a close on Sunday *"It's hard to put into words the impact it has had on each of us. I'll just say that it was a significant emotional event that will probably stay with us forever."*



The Men's Retreat Participants and volunteer clinical staff on deck of the Kenai Riverside Lodge

CITATIONS:

1. Weber B.A., Sherwill-Navarrow P., Psychosocial consequences of prostate cancer: 30 years of research. *Geriatric Nursing*, 2005 Vol 26(3), 166-175.
2. American Cancer Society. 2003 Facts and figures of Selected Cancers (5008.01) Atlanta, GA: American Cancer Society; 2003.
3. Jemal A, Tiwari RC, Murray T, et al. Cancer Statistics, 2004. *CA Cancer J Clin* 2004;54:8-29
4. Weber, B.A., Roberts, B.L., Resnick, M., Deimling, G., Zauszniewski, J., Musil, C., Yarandi, H., The effect of dyadic interventions on self efficacy, social support, and depression for men with prostate cancer. *Psycho-Oncology* Vol:13(1) 47-60.

Regional Events of Interest ~ Northwest Region

ALASKA

Alaska Cancer Survivorship Conference – Rediscovering, Reclaiming and Renewing Life

October 2, 2009

Providence Cancer Center, Anchorage

Julia Thorsness, julia.thorsness@alaska.gov or 907-269-8092

IDAHO

North Idaho Cancer Coalition –

The 4T's of Colorectal and Prostate Cancers: Testing, Trials, Technology, Together

October 9, 2009 12:30–5:30 PM

Kootenai Medical Center, Coeur D'Alene

<http://4ts.eventbrite.com>

OREGON

Oregon Partnership for Cancer Control, Breast Health Task Force – Strengthening Your Outreach through Cultural Competency

November 2, 2009 8 AM–12 PM

Portland State Office Building, 800 NE Oregon Street, Portland

TeriLynn.L.Dyrud@state.or.us or 971-673-1102

Living Well with Chronic Disease Workshops

(Various dates and counties through December 2009; see Web site for details)

Information and the link to the updated list of workshops:

http://www.oregon.gov/DHS/ph/livingwell/le_workshop_info.shtml

WASHINGTON

Gilda's Club Lectures & Discussions ~ *UPDATED*



- October 8: Breast Cancer Education: Powered By Knowledge
- October 15: Options for Treating Advanced Breast Cancer
- October 22: When are We Going to Cure Cancer?
- November 5: Navigating Your Health As a Cancer Survivor

Events: 6:45–8:30 PM, at Gilda's Club, 1400 Broadway at Union, Seattle

Free, open to the public (sign-up/RSVP required). 206-709-1400.

16th Annual Joint Conference on Health – Healthy People in Healthy Places: A New Path to Health

October 5-6, 2009

Yakima Convention Center, Yakima

<http://www.wspha.org/JCH1.html>

Fourth Annual Latino Health Forum “Tu Salud Está En Tus Manos” ~ *NEW*

October 6, 2009 8 AM - 5 PM

Jerry Brockey Center, South Seattle Community College, Seattle

<http://groups.google.com/group/latino-health-forum-seattle>

Regional Events of Interest ~ Northwest Region

WASHINGTON

Mason County Colorectal Cancer Summit ~ *NEW*

October 14, 2009 7:30 AM - 2:30 PM

The Strip Steak House, Shelton

Patti Santiago Patricia.Santiago@cancer.org or 253-207-5171

Improving Colorectal Cancer Screening Rates in the Primary Care Setting ~ *NEW*

October 22, 2009 6 - 9 PM

The Davenport Hotel, Spokane

509-242-4255

2009 Northwest Primary Care Association Fall Primary Care Conference ~ *NEW*

October 24-28, 2009

Red Lion Hotel on Fifth Avenue, Seattle

<http://www.nwrpca.org/education-a-training/conferences/186-fall-2009-conference.html>

The *CIS Connection* from the CIS Northwest Region provides you with the opportunity to share regional and state events and conferences of interest. If you have a conference or event you would like us to know about in our five-state region (Alaska, Idaho, Nevada, Oregon, and Washington), please call or e-mail the Partnership Program Manager, Kathy Briant, with details. (*Contact information is on the last page.*)

CIS Connection

Newsletter Editor: Pia Fish, Northwest Region

This edition produced by the Cancer Information Service, Northwest Region, which serves the states of Alaska, Idaho, Nevada, Oregon and Washington in cooperation with the Fred Hutchinson Cancer Research Center in Seattle, WA.

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