

The Kentucky Cancer Consortium is a statewide partnership committed to putting Kentucky's Cancer Action Plan to work. Funded and guided by the Centers for Disease Control and Prevention, the Consortium provides a framework in which organizations and individuals can unite as one powerful force to fight the significant cancer burden in our state.

[www.KyCancerC.org](http://www.KyCancerC.org)

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## PROGRAM DIRECTOR'S NOTE

This fall, I have been doing lots of reading and reflecting on what we need to do as the Kentucky Cancer Consortium (KCC) to best meet our state's comprehensive cancer control needs. In John Maxwell's *The 21 Indisputable Qualities of a Leader*, he highlights the need for leaders to focus. He writes, "A leader who knows his priorities but lacks concentration knows what to do but never gets it done. If he has concentration but no priorities, he has excellence without progress. But when he harnesses both, he has the potential to achieve great things."

Maxwell encourages leaders to spend 70 percent of their time on strengths, 25 percent on new things, and five percent on weaknesses. If we, the KCC, work together in our strengths and focus, just think of what we might accomplish!

The KCC is fortunate in having expanded our staff. DrPH student Keisha Houston and MPH student Jacob Sither have joined us as research assistants, and Elizabeth Westbrook of the Kentucky Cancer Program is now our key staff person for the Colon Cancer Prevention Committee. In addition, Rebecca McClung is providing us with administrative and grant writing support.

With renewed energy and possibilities, the KCC looks forward to working with all of you in the months ahead to set priorities and achieve great things together!

—Jennifer Redmond

## GRANT OPPORTUNITIES

**Susan G. Komen for the Cure Lexington Affiliate** awards grants annually to support innovative breast cancer education, screening and treatment programs. Grant applications are due each year on Oct. 31. For more information, call **(859) 281-5900** or e-mail [Director@komenlexington.org](mailto:Director@komenlexington.org). To download a Request for Proposal (RFP), go to the **Lexington Affiliate Web site** and click on the "grants" tab.

**Foundation for a Healthy Kentucky** is now accepting proposals for 2008 Community Grants. Grants for \$5,000 or less will be made to community-based organizations that propose a program in one of the following categories: (1) health advocacy that will raise community awareness and ultimately inform policy makers on reducing health risks of Kentuckians, or (2) innovative efforts to enhance access to health-care for underserved populations. Deadline for receipt of proposals is Oct. 24. **Learn more.**

## NEWS OF NOTE

### UK College of Public Health inducts three into Hall of Fame

The University of Kentucky (UK) College of Public Health honored three distinguished inductees at its fifth annual Hall of Fame celebration on Oct. 15: Dr. Gilbert H. Friedell, Dr. Rice C. Leach, and the late John S. Wiggs.

**Dr. Gilbert H. Friedell**, a UK Professor Emeritus, has long been involved in laboratory and clinical cancer research and cancer control activities. Since coming to Kentucky in 1983 as the first director of the Markey Cancer Center, he has been a leader in the control of cancer and other chronic diseases among the poor, rural population of Eastern Kentucky and Central Appalachia.

**Dr. Rice C. Leach** was chief of staff for the Office of the Surgeon General’s U.S. Public Health Service from 1990-92, and Kentucky Commissioner of Public Health from 1992-2004. Currently, he is executive director of the Lexington-Fayette Urban County Health Department’s Primary Care Center.

**John S. Wiggs** was an advocate of diversity during his 35-year career at the UK Medical Center. He served as department administrator, director of financial aid, and director of special student programs in the College of Dentistry, as well as director of the Health Careers Programs and student development director in the Minority Affairs Office. Wiggs also was associate director for admissions and student affairs and associate dean for student affairs at the College of Public Health before he passed away in 2007.

For more information on the honorees, go to the college’s [Hall of Fame Web page](#).

### PAF receives \$1.85 million grant to assist underserved survivors

The Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) have awarded the Patient Advocate Foundation (PAF) \$1.85 million. The funds will be used to help cancer survivors in underserved communities access

continued on page 3

## Candidates outline their strategies against cancer

In a nationally televised interview in September with presidential candidates Barack Obama and John McCain, activist Lance Armstrong asked each to name three things he would do to fight cancer. Here are their replies:

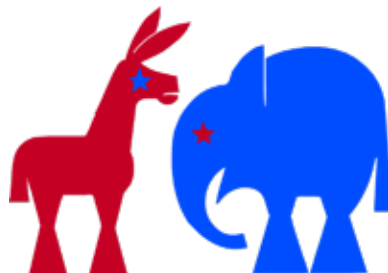
**Obama:** “First, I’ll double cancer research funding. Second, I’ll provide affordable healthcare for all Americans. As someone who watched his mother argue with insurance companies while she lay in bed dying of cancer, I’ll make certain those companies stop discriminating against those who are sick. I’ll push them to cover cancer screenings and provide treatment and pre-

ventive care. Third, we’ll modernize the healthcare system to reduce medical error, lower costs, and improve the quality of patient care.”

[Read Obama’s detailed plan.](#)

**McCain:** “As President, I will lead the effort for stronger and more coordinated public and private research efforts. I have worked in the past to double NIH funding, and will also work for greater focus on healthy living, early detection, and ensuring access to quality and affordable care for all Americans — especially those who are denied coverage because of a devastating disease like cancer.”

[Read McCain’s detailed plan.](#)



NEWS OF NOTE/from page 2

government healthcare programs, community and social service resources, and medical referrals. The grant began Sept. 1.

As part of a project called *Early Detection and Survivorship of Cancer in Underserved Populations*, the PAF will hire trained case managers to provide outreach, education, and direct case management services to underserved patients diagnosed with breast, cervical, colorectal, prostate, skin and ovarian cancers.

In addition, the project will fund a national campaign to increase awareness and utilization of PAF services among African-American and Hispanic cancer patients. [View the press release.](#)

## Women smokers have higher risk of colon cancer than men smokers

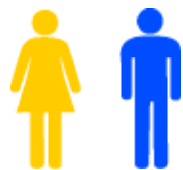
Compared to men, women require less tobacco exposure to have a significantly higher risk of colorectal cancer, say U.S. researchers who analyzed data on 2,707 patients who had colonoscopies between 1999 and 2006, United Press International reported.

The patients were divided into three groups: Heavy smoking exposure, low exposure, and no exposure. Those in the heavy exposure group were further divided into those who smoked 30 pack years or less and those who smoked more than 30 pack years.

(Pack years are determined by multiplying the packs of cigarettes smoked per day by the number of years smoked.)

Women who smoked less than 30 pack years were almost twice as likely to develop significant colorectal neoplasia (abnormal proliferation of cells) than women who weren't exposed to cigarette smoke, according to the study.

The study was presented at the annual American College of Gastroenterology scientific meeting in Orlando, Fla.



## Colon cancer screening guidelines change for people age 75 plus

Routine colon cancer tests should not be given to most people over age 75, according to updated U.S. Preventive Services Task Force Guidelines released in October. The government-appointed panel of independent medical experts reviewed available evidence and concluded that the benefits of detecting and treating colon cancer decline after age 75, while the risks increase. [Read the Guidelines.](#)

## One in four teenage girls is getting the HPV vaccine

Federal health officials report that a 2007 survey of nearly 3,000 girls ages 13 to 17 shows that one in four teen girls has had the relatively new Gardasil vaccine against cervical cancer.

The figure represents the government's first substantial study of vaccination rates for Gardasil, Merck & Co.'s three-shot series that targets the sexually transmitted human papillomavirus, or HPV, according to an Associated Press article.

The vaccine protects against strains of the virus that cause about 70 percent of cervical cancers. Health officials recommend that girls get the shots when they are 11 or 12, if possible, before they become sexually active. [Read the article.](#)

## Uses for HPV vaccine expanded

On Sept. 12, the U.S. Food and Drug Administration approved the Gardasil vaccine for the prevention of vaginal and vulvar cancer caused by human papillomavirus (HPV) types 16 and 18 in girls and women ages 9 to 26. These types cause 70 percent of cervical cancers and some vulvar and vaginal cancers.

The FDA originally approved Gardasil in 2006 for girls and women ages 9 to 26 for the prevention of cervical cancer. [Read more.](#)

continued on page 4

NEWS OF NOTE/from page 3

## Breast cancer study is seeking a million volunteers

A new breast cancer prevention program called *Love/Avon Army of Women* is seeking one million women volunteers nationwide to help researchers learn what causes breast cancer and move beyond a cure to prevention.

All women not currently undergoing breast cancer treatment, including breast cancer survivors and those who never had the disease, are eligible to register for the program. The studies are not clinical trials and do not involve drugs or medical procedures.

*Love/Avon Army of Women* is a partnership between the Dr. Susan Love Research Foundation and the Avon Foundation. For more information, go to the [Army of Women Web site](#).

## EVENTS

### Six roundtables on cancer set in Appalachian counties this fall

Six local roundtable discussions facilitated this fall by the Kentucky Cancer Program (KCP) are part of a 10-state effort to increase communication between Appalachian communities and state cancer control coalitions. The roundtables will be held from 10 a.m. to 2 p.m., with lunch included, on the following dates:

- **Oct. 17:** Pulaski Co. Public Library, Somerset
- **Oct. 21:** Kentucky River Area Development District, Hazard
- **Oct. 23:** Cumberland Valley Area Development District, London
- **Nov. 5:** Kentucky Highlands Entrepreneur Center, Paintsville
- **Nov. 6:** Rowan Co. Health Center, Morehead
- **Nov. 12:** Boyd Co. Health Dept., Ashland

The initiative is funded by the Appalachian Regional Commission (ARC) and the Centers for Disease

Control and Prevention (CDC). For more information, see the [KCP fall newsletter](#).

## Healthy Kids conference to focus on school wellness issues

Kentucky Action for Healthy Kids and Coordinated School Health will present a statewide conference, *Creating Healthy Tomorrows: Putting School Wellness Policies to Work Today*, on Dec. 15-16 in the Perkins Conference Room at Eastern Kentucky University in Richmond.



Topics will include school wellness in Kentucky and the nation, school wellness policies, strategies to engage school leaders and communities in school wellness, and how to use the School Health Index.

School administrators, teachers, food service coordinators, and nurses, as well as parents and community partners are welcome. CEUs are pending approval. There is a \$25 registration fee.

In addition, there will be a statewide meeting for Kentucky Action for Healthy Kids members at 5-7 p.m. on Dec. 15 in the Perkins Conference Room. Contact [Jackie Walters](#), (859) 257-2948.

## KCP hosts facilitator training

The Kentucky Cancer Program (KCP) is hosting a facilitator training in the Cooper/Clayton Method to Stop Smoking on Oct. 28 in Lexington. Cooper/Clayton is a comprehensive smoking-cessation program that combines weekly classes, behavioral counseling, and nicotine replacement products.

The training is open to health professionals, educators, and others interested in helping people become non-smokers. Training is approved for CEUs.

**Get more information and register.**

continued on page 5

NEWS OF NOTE/from page 4

### Annual cancer conference Nov. 6-7

The American Institute for Cancer Research's Annual Research Conference on Food, Nutrition, Physical Activity, and Cancer will be held on Nov. 6-7 at the Capital Hilton Hotel, Washington, DC.

**Learn more.**

### Great American Smokeout Nov. 20

Every year on the third Thursday of November, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day. The event, to be celebrated on Nov. 20 this year, challenges people to stop using tobacco and raises awareness of the many effective ways to quit. **Learn how to get involved.**



## EDUCATION AND RESOURCES

### Webinar offered for planners

Cancerplan.org will host a Webinar from 2 to 3:30 p.m. Eastern time on Oct. 28. Titled *Resources to Support Comprehensive Cancer Control at the Local Level*, the session will highlight activities of the Western New York Cancer Coalition. The conference number is PG6317500.

The Webinar is one of three sessions on the activities, successes and challenges of local comprehensive cancer control (CCC) planners from across the country. There is an audio and Web portion for each of the sessions. The Webinars last from 90 minutes to two hours, and all are recorded and available for download after 30 days.

**Find out more.**

### Grants address transportation needs of medically underserved

The American Cancer Society's (ACS) Mid-South Division is providing grants to help patients with recurring or chronic transportation needs, when no other assistance is available. The grants are being made to social service departments of qualifying hospitals or free-standing treatment centers that provide radiation therapy.

The program is open to patients receiving treatment in Kentucky, Alabama, Arkansas, Louisiana, Mississippi and Tennessee and/or the residents of those states. For more information, call ACS at **1-800-ACS-2345** or visit the **ACS Web site.**

### Food program for schools aims at preventing obesity

*Food Is Elementary*, a program designed to teach elementary school children about healthy foods and prevent obesity, is being used in about 1,500 schools in 30 states, according to an article published in *The Courier-Journal* in Louisville.

Developed by Antonia Demas, head of the Food Studies Institute in Trumansburg, N.Y., the program focuses on the origins of specific healthy foods and how to prepare them. **Read the article.**

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