

Dear **Kentucky Cancer Consortium** Partners:

The Kentucky Cancer Consortium (KCC) is pleased to provide you with the **October 21, 2015** issue of “Wednesday’s Word” (see table below), a bi-weekly KCC communication relaying recent state and national cancer control articles, resources, events and tools to your “cyber-doorstep”. You may read archived editions on [our website](#). If your organization has a cancer- related item for Wednesday's Word, feel free to contact Katie Bathje at [katie@kycancerc.org](mailto:katie@kycancerc.org)

Sincerely, Kentucky Cancer Consortium Staff

CATEGORY	TITLE
ACA & Cancer Control	<ul style="list-style-type: none"> <li>• <a href="#">Kentucky Election Puts Medicaid Expansion in Crosshairs</a></li> </ul>
Breast	<ul style="list-style-type: none"> <li>• <a href="#">Women Should Get Annual Mammograms Starting at Age 45: American Cancer Society</a>. Previous recommendation was 40; new guidelines place greater emphasis on approach of menopause.               <ul style="list-style-type: none"> <li>○ Read <a href="#">ACS’s FAQ</a> on the new guideline.</li> <li>○ Watch this <a href="#">JAMA produced multi-media video summary</a> of the new guideline. Or, this ACS professional describe the new guideline in <a href="#">a 5-minute YouTube video</a>.</li> <li>○ Read the original research article concerning the ACS guideline update in the October 20, 2015, Vol 314, No. 15, <a href="#">JAMA issue</a>.</li> <li>○</li> </ul> </li> <li>• <a href="#">Preteen Girls Worry About Breast Cancer If It's in the Family</a>: Doctor recommends honest discussions to alleviate distress.</li> <li>• <a href="#">For Early Breast Cancer, More U.S. Women Choose Less Invasive Treatment</a>: Lumpectomy plus radiation results in nearly 90 percent survival over 10 years, study says.</li> <li>• <a href="#">Not All Large Breast Tumors Warrant Mastectomy, Study Says</a>. Doctors shouldn't automatically rule out less invasive surgery plus radiation.</li> <li>• <a href="#">Many New Moms Still Lack Breast-Feeding Support at Work</a>: Study finds less than half of workplaces have private space or enough break time to express milk.</li> </ul>
Clinical Trials	<ul style="list-style-type: none"> <li>• <a href="#">Poorer Cancer Patients May Be Less Likely to Join Clinical Trial</a>. Just 11 percent of people with incomes of less than \$20,000 a year elected to be in a trial, study found.</li> <li>• <b>REMINDER:</b> <a href="#">Cancer treatment developed at UK approved for clinical trials</a>. The Exatherm Total Body Hyperthermia System heats the patient’s blood to potentially damage or kill lung cancer cells throughout the body. For more info visit <a href="http://UKClinicalResearch.com">UKClinicalResearch.com</a> or call the division of UK Cardiothoracic Surgery at <a href="tel:859-323-6494">859-323-6494</a>. <b>Physicians:</b> to refer a patient, contact Dr. Jeremiah Martin through the UK physician referral service toll free at <a href="tel:800-888-5533">800-888-5533</a> or <a href="tel:859-231-9922">859-231-9922</a></li> <li>• <b>REMINDER:</b> The <a href="#">University of Louisville Kent School of Social Work</a> is conducting a <b>research study about the impact that cancer treatment has on the economic well-being of cancer survivors</b>. Consider distributing <a href="#">this participant information</a> among your survivor networks!</li> </ul>

Colon Cancer	<ul style="list-style-type: none"> <li>• <a href="#">Colonoscopy Findings Fade Quickly From Memory</a>: Study found the more time between checks, the less likely patients remembered the results.</li> <li>• <a href="#">Vitamin D, Calcium May Not Prevent Colon Cancer After All</a>: Large study finds supplements no better than placebo at warding off recurring polyps</li> <li>• <b>WEBINARS by the National Colorectal Cancer Roundtable (NCCRT)</b>: Tuesday, November 10th, 1:00pm EST -- NCCRT 80% by 2018 “mini webinar” on Exemplary Primary Care Practices, featuring Dr. Jason Crawford of Community Health Alliance in Reno, Nevada. Thursday, December 10th, 2:00pm EST – New York Citywide Colon Cancer Control Coalition (‘C5’) Lessons Learned.</li> </ul>
Complementary and Alternative Medicine	<ul style="list-style-type: none"> <li>• <a href="#">Dietary Supplements Land Thousands in the ER Each Year</a></li> </ul>
Costs	<ul style="list-style-type: none"> <li>• <a href="#">Americans Spend More on Health Care, But Fare Worse: Report</a>: Comparison with 12 industrialized nations shows more money spent, but life expectancy is lowest.</li> <li>• <a href="#">Slow Progress on Curbing Wasteful, 'Low-Value' Health Care Practices: Study</a>. Many tests, procedures and drugs routinely ordered by U.S. doctors are of little real benefit, experts contend.</li> </ul>
Data	<ul style="list-style-type: none"> <li>• <a href="#">2014 BRFSS Survey Data and Documentation has been made available on CDC's website in ZIP format</a>. BRFSS is designed to collect uniform, state-specific data on preventive health practices and risk behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases that affect the adult population. Some of the cancer related factors assessed by the BRFSS in 2014 include tobacco use, health care access, health conditions (including cancer), and cancer screenings (breast, cervical, prostate, colorectal cancers).</li> </ul>
End-of-Life Care	<ul style="list-style-type: none"> <li>• <a href="#">Dying at Home Brings More Peace Without More Pain, Study Finds</a>: Patients and loved ones found greater comfort spending final days together in familiar place.</li> </ul>
Environmental Carcinogens	<ul style="list-style-type: none"> <li>• <a href="#">Former worker at destroyed Japan nuke plant confirmed to have cancer from radiation exposure</a></li> </ul>
General	<ul style="list-style-type: none"> <li>• <a href="#">Should the Annual Physical Be Scrapped?</a> Harvard doctors argue for and against this medical ritual.</li> </ul>
Health Equity	<ul style="list-style-type: none"> <li>• <a href="#">Minority Women Get Worse Breast Cancer Care, Regardless of Tumor Type</a>: Study: Black or Hispanic women are more likely to be diagnosed later, go without recommended treatments.</li> <li>• <a href="#">Stereotypes Can Hurt a Patient's Care</a>: People who fear being judged might avoid preventive services, study says</li> <li>• <b>REMINDER: <a href="#">Bridges Out of Poverty Workshop</a>, <b>Wednesday, October 28, 2015, 8:00am-4:30pm</b>. Fayette County Extension Office, 1140 Red Mile Place, Lexington, KY 40504. This event is FREE, but lunch will not be provided. Nursing contact hours are available.</b></li> </ul>

	Contact Mark Johnson at <a href="mailto:johnsonm@lexha.org">johnsonm@lexha.org</a> or 859-281-5048. Space is limited. Registration required, and <b>deadline is October 23<sup>rd</sup></b> .
<b>Lung Cancer</b>	<ul style="list-style-type: none"> <li>November is Lung Cancer Awareness Month. The <a href="#">Lung Cancer Alliance</a> is hosting multiple “Shine a Light on Lung Cancer” events across Kentucky throughout the month in Ashland, Hazard, Lexington, Louisville, Paducah and Somerset. Shine a Light, founded by a lung cancer survivor and caregiver is the largest coordinated awareness event for lung cancer in the United States. <a href="#">Find out where and when you can join an event!</a></li> </ul>
<b>Obesity, Nutrition and Physical Activity</b>	<ul style="list-style-type: none"> <li>The Kentucky Board of Education Health Subcommittee in partnership with the Kentucky Association of Health, Physical Education, Recreation and Dance invite you to the <b>inaugural kyhealthnow school health recognition event</b>. Sunday November 15th 4:30-6:30 PM Embassy Suites 1801 Newtown Pike Lexington, KY. Keynote speaker: Dr. Dayle Hayes, Learning Connection; we will also be recognizing outstanding schools, districts and programs from across Kentucky for their efforts in making schools healthier places! <a href="#">Register now</a>.</li> <li><a href="#">Gov. Beshear, First Lady Unveil Statewide Trail Plan, Tout Tourism Growth</a>. Over last 5 years tourism economic impact up by more than \$2.2 billion to \$13.1 billion.</li> <li><b>Prescription to Move Campaign Urges Health Care Providers to Promote Physical Activity:</b> The Kaiser Permanente Institute for Health Policy and The American College of Sports Medicine (ACSM) have announced the Prescription to Move (#Rx2Move) thought leadership campaign to raise awareness about the role health care providers can play to promote physical activity for patients and communities. <b>Read the policy brief:</b> <a href="#">How Health Care Providers Can Encourage Physical Activity for Patients and Communities</a></li> <li>In 2014, CDC and ASCD, in collaboration with key leaders in the fields of public health and education, launched <a href="#">the Whole School, Whole Community, Whole Child</a> (WSCC) model for school health. Building upon this effort, CDC, ASCD, and numerous partners have published ten articles in the November 2015 special supplement the <a href="#">Journal of School Health</a>, the journal of the American School Health Association. The articles are <a href="#">free to download</a>.</li> </ul>
<b>Palliative Care</b>	<ul style="list-style-type: none"> <li><a href="#">Americans Concerned About Prescription Painkiller Addiction</a>: People support more education for doctors and regulations to limit abusive access, survey finds.</li> </ul>
<b>Rectal Cancer</b>	<ul style="list-style-type: none"> <li><a href="#">Less-Invasive Surgery May Not Be Best Option for Rectal Cancer</a>: Two studies found standard surgery was slightly more successful</li> </ul>
<b>Skin Cancer</b>	<ul style="list-style-type: none"> <li><a href="#">Count the Moles on Your Arm to Predict Melanoma Risk?</a> Researchers recommend primary care doctors look for 11 or more.</li> </ul>
<b>Tobacco Control</b>	<p><b>Tobacco Cessation</b></p> <ul style="list-style-type: none"> <li>CDC MMWR: October 16, 2015: <a href="#">Trends in Quit Attempts Among Adult Cigarette Smokers — United States, 2001–2013</a>.</li> </ul>

	<ul style="list-style-type: none"> <li>• <a href="#">Anti-Smoking Drug Chantix May Help Women Sooner Than Men</a>. Differences in brain's nicotine receptor system may explain gender gap, researchers say.</li> <li>• <a href="#">Fewer Teens Smoking Cigarettes</a>, But Twice as Many Using Pot: CDC - Meanwhile, more American adults are trying to break the tobacco habit, second government study shows</li> <li>• <b>Freedom from Smoking Trainings</b> scheduled for 11/11/15 in Louisville and 2/17/15 in Bowling Green. American Lung Association's Tami Cappelletti will offer more Freedom From Smoking facilitator classes beginning January 2016. Training and materials are discounted to \$100.00 per facilitator if you are able to provide: a room, AV equipment, breakfast and lunch and 8 trainees. Scholarships may be available. Contact Bobbye Gray at <a href="mailto:bobbye.gray@ky.gov">bobbye.gray@ky.gov</a> or 502-564-9358 ext. 4017.</li> </ul>
Treatment	<ul style="list-style-type: none"> <li>• <a href="#">Antibiotic Resistance Could Threaten Surgery, Chemo Patients</a>: Study warns of thousands more deaths if bacteria grow stronger</li> </ul>
Events	<p><b>Events in Lexington</b></p> <ul style="list-style-type: none"> <li>• <b>KENTUCKY CANCER LINK &amp; KENTUCKY CANCER FOUNDATION: <a href="#">“The Best is Yet to Come” Charity Gala, celebrating 100 years of Frank Sinatra</a></b>. An intimate evening of tasting, dinner, dancing and more on <b>October 29<sup>th</sup></b>, 7pm at Hill ‘n Dale Farms in Lexington, featuring music by Frank Sinatra, Jr. Tickets can be purchased for this event by calling 859.309.1700 or via email to <a href="mailto:vickib@kycancerlink.org">vickib@kycancerlink.org</a></li> <li>• <b>AMERICAN CANCER SOCIETY All In to End Cancer Casino Night</b> at the Livery in Lexington on <b>11/20/15</b>. Join us for an unforgettable evening of casino games featuring celebrity dealers, popular eats and libations, live music, a silent auction, and more! For more information, visit <a href="http://allintoendcancer.org">allintoendcancer.org</a> or call 859-260-8350.</li> <li>• <b>SAVE THE DATE: Kentucky Center for Smoke-Free Policy’s 2016 Spring Conference: Mobilizing an Army of Smoke-free Advocates; Thursday April 28, 2016</b> in Lexington, KY. Keynote speaker: Stanton Glantz, PhD, Professor of Medicine at the University of California, San Francisco. Dr. Glantz is known worldwide for his work in tobacco control.</li> </ul> <p><b>Events in Louisville</b></p> <ul style="list-style-type: none"> <li>• Two <b>Freedom From Smoking facilitator trainings</b> are currently schedule for Louisville and Bowling Green: <b>November 11, 2015 in Louisville and February 17, 2016 in Bowling Green</b>, contact Tami Cappelletti for more information. The facilitator training and materials is \$100.00 per facilitator. For more information contact Tami Cappelletti with the American Lung Association at (502) 363-2652 or toll free at (877) 893-5864 or email at <a href="mailto:tami.cappelletti@lung.org">tami.cappelletti@lung.org</a> .</li> <li>• <b>Gilda’s Club of Louisville</b> offers <b>MULTIPLE events and support groups</b>- check out their upcoming events in addition to their regularly scheduled support groups and activities (click on <a href="#">Gilda’s Club</a>).</li> </ul> <p><b>Events of Interest (in chronological order)</b></p> <ul style="list-style-type: none"> <li>• <b>DATA: “Data! Fostering Health Innovation in Kentucky and Ohio” on Thursday, 10/29.</b> Health data enthusiasts, nonprofit and philanthropic orgs, hospitals, health depts,</li> </ul>

community planners and researchers are encouraged to attend. [Register for the event](#) to be held **9:30 am to 4 pm EST at the NKU METS Center**, 3861 Olympic Blvd., Erlanger, KY 41018. Presented by Interact for Health and the Foundation for a Healthy Kentucky.

- [Our Lady of Bellefonte](#) is hosting their Annual Oncology Update on **November 4th, 2015 in Ashland, KY**. CE credits are available. Topic: GI Cancers, with guest speakers from Markey Cancer Center and City of Hope.
- **OBESITY:** [Southern Obesity Summit](#) in Jackson, Mississippi at the Jackson Marriott Downtown, on **November 15-17, 2015**. The Southern Obesity Summit (SOS) is the largest regional obesity prevention event in the United States, drawing hundreds of participants from 16 Southern States. [Registration is now open.](#)