

Dear **Kentucky Cancer Consortium** Partners:

KCC is pleased to provide you with the **December 3, 2014** 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 Jessica Jones at jjones@kycancerc.org.

Sincerely, Kentucky Cancer Consortium Staff

CATEGORY	TITLE
<p>Affordable Care Act (ACA) Implementation</p>	<ul style="list-style-type: none"> • Help Kentuckians get ready for 2015 Coverage--KYNECT: <ul style="list-style-type: none"> • <u>"New" to insurance through KYNECT?:</u> Open enrollment starts November 15th-February 15th. Coverage can start as soon as January 1st if signed up by December 15th. <ul style="list-style-type: none"> ○ Click here to find someone to talk to in your local area about insurance coverage. ○ How the Affordable Care Act Helps People with Disabilities: YouTube Sign Language & English speaking Video • <u>Already insured through KYNECT but have had a “life event”?:</u> If you have a qualifying life event (QLE), you can change your enrollment. You may still apply for 2014 coverage if you have certain life events that involve a change in your family or a loss of other health coverage. You may also apply for Medicaid. <ul style="list-style-type: none"> ○ Examples of QLEs include: a change in family status (birth of a child, marriage/divorce, etc.), change in employment status (change to part-time, receive a raise, etc.), or you or family member lose coverage, etc. ○ <u>Important Phone Numbers</u> <ul style="list-style-type: none"> ▪ KYNECT’s Customer Service: 1-855-4kynect (459-6328); Spanish translators available ▪ TTY: 1-855-326-4654 ▪ Department for Community-Based Services (DCBS- offices where applications are taken in person): 1-855-306-8959 ▪ KYNECT’s Mailing Address: KYNECT 8 Mill Creek Park Frankfort, KY 40601 ▪ Ombudsman’s Office (questions related to Medicaid): 1-877-807-4027 ▪ Kentucky Children’s Health Insurance Program (KCHIP): 1-877-524-4718 ▪ Medicare: 1-800-633-4227 ▪ Social Security Administration: 1-800-772-1213 • KYNECT 2015 Open Enrollment Process: Provides a timeline of enrollment and other helpful information.

	<ul style="list-style-type: none"> • <u>Talk Health Insurance to Me</u>: Robert Wood Johnson has launched a bilingual advertising campaign to provide info on health insurance. <p>WEBINAR: Medicaid Expansion-New Opportunities for Public Health: This webinar will look at how states are implementing it, who is enrolling and how to reach this new population with health messages including tobacco cessation.</p> <ul style="list-style-type: none"> ○ Date/Time: Wednesday, Dec. 10th; 3:00pm EST ○ Click here to register & for more information <ul style="list-style-type: none"> • <u>Surveying Health Care Quality & Value</u>: Three surveys funded by the Robert Wood Johnson Foundation focused on what Americans view as “quality” healthcare. One of the surveys with an emphasis on cost-based decision-making found that 20% of insured adults skip doctor’s visits to save money due to high out-of-pocket expenses. <ul style="list-style-type: none"> • <u>Some Newly Insured Under ‘Obamacare’ May Have Trouble Finding Doctors</u>
Alcohol & Cancer	<ul style="list-style-type: none"> • <u>Alcohol control efforts in comprehensive cancer control plans & alcohol use among adults in the USA</u>: Alcohol is a common cancer risk factor in the US. <ul style="list-style-type: none"> ○ <u>Kentucky’s Cancer Action Plan</u>: pg. 9, KY has two objectives related to alcohol- one focused on binge drinking and one on youth drinking. ○ <u>Prevalence of Alcohol Dependence Among US Adult Drinkers, 2009-2011</u>: Most excessive drinkers did not meet criteria for alcohol dependence.
Breast Cancer	<ul style="list-style-type: none"> • <u>Breast removal rates increasing for early cancers in U.S.</u> • <u>Breast cancer vaccine shows promise in slowing progress</u>
Caregiving	<ul style="list-style-type: none"> • <u>Long Distance Caregiving-Getting Started</u>: Although this is geared towards caregiving with older adults, the information could apply to caregiving for someone with cancer.
Cervical Cancer & HPV vaccinations	<ul style="list-style-type: none"> • FUNDING OPPORTUNITY: <u>NACCHO invites eligible LHDs to apply for funds to Improve HPV Vaccination Rates in their Communities</u>: Focus of this demonstration project is to increase capacity of selected LHDs to work with healthcare providers & other key stakeholders in their communities to increase HPV vaccination rates. <ul style="list-style-type: none"> ○ To view the Request for Applications (RFA), click here ○ To view slides from the informational webinar, click here ○ To listen to the informational webinar recording, click here • <u>FDA adds “Boxed Warning” to Devices used to Remove Uterine Fibroids</u>: Risk of spreading unsuspected cancers prompted new warnings, agency says
Childhood Cancer	<ul style="list-style-type: none"> • <u>Fixing a Broken System to Improve Pediatric Cancer Research</u>
Clinical Trials	<ul style="list-style-type: none"> • Clinical Trials: What they are & how patients may benefit (Lung Cancer Alliance): Less than 3% of adults with cancer enroll in a clinical trial. <ul style="list-style-type: none"> ○ Date/Time: Wed, Dec. 10th; 4:00-5:00pm EST

	<ul style="list-style-type: none"> ○ Click here to register
Colon Cancer	<ul style="list-style-type: none"> ● Young Adults Face Increasing Risk of Colon Cancer
Community Health Workers	<ul style="list-style-type: none"> ● SAVE THE DATE: Community Health Workers-Public Health Bridging the Gap with nationally noted speaker, Carl Rush (see attached flyer): sponsored by the Montgomery County Health Department <ul style="list-style-type: none"> ○ Date/Time: Dec. 8th, 9:00am-4:30pm EST ○ Location: Clay Community Center, 3400 Indian Mound Dr., Mount Sterling, KY 40353 ○ Lunch is provided so please RSVP by Nov. 25th; call Lana Sanders at 859-497-2413 or by email at mailto:lane.sanders@ky.gov ● CHW Workforce Assessment Reports: A demographic report series developed by the University of Arizona, Prevention Research Center. <ul style="list-style-type: none"> ○ To view Kentucky's data, click here. KY was reported in a HRSA Regional report as less than 25 participants responded to the survey.
Environmental Carcinogens	<p>Radon</p> <ul style="list-style-type: none"> ● Promising Practices Brief: How to Reduce Radon in Homes: Radon can cause lung cancer.
Genomics/ Genes	<ul style="list-style-type: none"> ● Knowing your family health history can benefit you at any age (CDC) ● Family History (CDC) <ul style="list-style-type: none"> ○ Did you know that risk factors for melanoma (the deadliest kind of skin cancer) includes genes and family history? ● Family Health History Worksheet: Prevent Cancer Foundation; You or someone you know may be at an increased risk for certain types of cancer & may need earlier/more frequent screenings.
Grants/Funding Opportunities	<ul style="list-style-type: none"> ● Bold, Upstream, Integrated, Local, Data-Driven (BUILD) Health Challenge: Awards are designed to support community collaborations that are working to give everyone a fair chance to be healthy. BUILD Health will award up to \$7.5 million in grants, low-interest loans, and program-related investments over two years to strengthen partnerships among hospitals, nonprofits, local health departments, and other community organizations to improve the health of low-income neighborhoods within cities with populations greater than 150,000. <ul style="list-style-type: none"> ○ Question & Answer web conferences for potential applications will be held on December 2nd, 4th, and 9th, 2014. ○ Round 1 applications are due January 16, 2014. ○ For more information, click here. ● Humana Foundation Grants: Funds nonprofit organizations & social institutions that focus on supportive relationships and their potential to generate healthy behaviors and prevent chronic disease. <ul style="list-style-type: none"> ○ Award amount: Prefer greater than \$10,000 ○ Deadline: Varies by location, greatest consideration is given to proposals submitted between Nov. 1st- Jan. 15th

	<ul style="list-style-type: none"> ○ For more info, click here
Health Care	<ul style="list-style-type: none"> ● Private Cancer Specialists Disappearing in U.S.: Patients face higher costs as a result.
Hospice and Palliative Care	<ul style="list-style-type: none"> ● UK Study Examines Communication and End-of-Life Decisions: Quality of conversations matters more, not quantity. ● How should Doctors Help Terminally Ill Patients Prepare for Death? (PBS/KET): Dr. Atul Gawande provides some insights. ● Palliative Care Graphic: Institute of Medicine ● Eight Tips to Help Someone Grieving During the Holidays
Leukemia/ Lymphoma	<ul style="list-style-type: none"> ● WEBINAR: Non-Hodgkin Lymphoma (NHL): Keys to an Accurate Diagnosis: Hear the latest information for patients, caregivers and healthcare professionals. <ul style="list-style-type: none"> ○ Date/Time: Dec. 12th, 12:00-1:00pm EST ○ Click here to register
Lung Cancer	<ul style="list-style-type: none"> ● Lung Cancer for Nonsmokers Still Stained by Stigma ● Smoking cessation after a lung cancer diagnosis
Medicare	<ul style="list-style-type: none"> ● Medicare Open Enrollment: October 15-December 7th: Even if folks have Medicare, they may be eligible for lower co-pays or better deals on prescription medicines. Visit Medicare.gov/find-a-plan or call 1-800-633-4227. English & Spanish materials available on the website as well at: http://www.cms.gov/Center/Special-Topic/Open-Enrollment-Center.html <ul style="list-style-type: none"> ○ 2014 Medicare Open Enrollment (YouTube Video); in Spanish, click here ○ 2014 Medicare Open Enrollment flyer ○ Things to think about when you compare Medicare drug coverage
Obesity	<ul style="list-style-type: none"> ● Medicare may need to expand options for behavioral weight loss counseling in primary care settings, review finds ● FDA issues two new rules on menu & vending machine labeling: Applies to restaurants & retail establishments with 20 or more locations & vending machine operators who own/operate 20 or more vending machines. <ul style="list-style-type: none"> ○ Infographic: Calories on the Menu ● Home cooking is a main ingredient in a healthier diet
Patient Navigation	<ul style="list-style-type: none"> ● MORE FOLLOW-UP: Kentucky Cancer Patient Navigators' Network Fall Forum: We wanted to share with you the Forum Evaluation Report as well as a Snapshot as to what topics Patient Navigators who completed an evaluation form indicated they would like to learn more about- visit the KCC webpage to see these documents. ● Accreditation 101: Learning the Basics of COC Accreditation & Standards: CoC is offering a one-day workshop Feb. 27, 2015 in Chicago.

Resources	<ul style="list-style-type: none"> • American Cancer Society-National Cancer Information Center (NCIC): 1-800-227-2345. Know someone who has a question about cancer, risk factors, resources, etc.? If so, refer them to ACS' NCIC for assistance. They are open 24-hours a day, 365 days a year including Christmas. Callers who speak languages other than English and Spanish can also be assisted. See attached flyer. <ul style="list-style-type: none"> ○ In 2013, ACS answered more than 8,433 calls from Kentucky patients.
Shared Use	<ul style="list-style-type: none"> • Congregation to Community: Shared Use by North Carolina Faith-Based Organization: Faith-based organizations have a growing recognition of the links between physical, mental, and spiritual health.
Skin Cancer	<ul style="list-style-type: none"> • Skin Cancer (CDC): To lower skin cancer risk, protect your skin from the sun and avoid indoor tanning. • Skin cancer: How effective are smartphone apps for early detection? • Genes and sun behaviors during childhood may play a large role in future melanoma risk
Survivorship	<ul style="list-style-type: none"> • Komen Needs Our Help: Breast Cancer Survivor Survey: Susan G. Komen is currently working on their Community Health Profile, an assessment process they perform every few years in order to understand the state of breast cancer in our community. The purpose of this profile is to establish focused priorities for granting, education needs, and to determine priority populations. You might recall we promoted this survey in August and September but their survey participation rate has been low. Please share this survey link with any partners, breast cancer survivors or community persons you may know. The survey is ANONYMOUS and is short. Here are the links to the surveys: <ul style="list-style-type: none"> ○ 2015 Community Profile Population Survey https://redcap.uky.edu/redcap/surveys/?s=MxG3w2dGKR Who should take this survey: Community people, cancer professionals, ANYBODY ○ 2015 Community Profile Breast Cancer Survivor Survey https://redcap.uky.edu/redcap/surveys/?s=ceqAJsULpy Who should take this survey: Breast Cancer Survivors
Tobacco Control	<p>Tobacco Control Efforts (General) & Other Information</p> <ul style="list-style-type: none"> • Comprehensive Tobacco Control Programs Reduce Tobacco Use: Working on controlling tobacco use? Implement what works: comprehensive tobacco control programs. • Do comprehensive tobacco control programs cut tobacco use? Community Guide Task Force says "yes!". • Comprehensive tobacco control programs=Cost-effective tobacco control! Community Guide Task Force. • Current Cigarette Smoking Among Adults-United States, 2005-2013: MMWR; the report underscores the need to fully implement actions to successfully reduce smoking such as a combination of tobacco price increase, smoke-free laws, high impact media

campaigns, & easy access to quitting assistance. Despite progress in reducing adult smoking, smoking rates remain high in certain groups.

- [Hookah Smoke Increases Benzene exposure, risk for leukemia](#): Includes non-smokers exposed to hookah smoke as well.

Initiation of Tobacco Use/Youth Tobacco Use

- [Tobacco use still high among teens, CDC report says](#)

Smoke-Free/Smoke-Free Policy

- **WEBINAR: [Reducing Exposure: A Healthy People 2020 Progress Review of Environmental Health and Tobacco Use](#)**
 - **Date/Time:** Dec. 5th, 12:30-2:00pm EST
 - [Click here](#) to register
 - CME/CNE/CHES credit available.
- **WEBINAR: Creating and Enforcing Smoke-Free Multiunit Housing**
 - **Date/Time:** Dec. 16th, 1:00-2:30pm EST
 - Hosts: Association of State & Territorial Health Officials (ASTHO) & National Association of County & City Health Officials (NACCHO)
 - [Click here](#) for more info & to register

Electronic Cigarettes

- [E-cigarettes contain 10 times amount of carcinogens](#): Latest blow to an intervention once heralded as less harmful than smoking.

Tobacco Cessation

- **FREE Continuing Education Opportunity: Treating Tobacco Use & Dependence- 2nd edition.** Thanks to KCC partners, Kentucky Cancer Program- Uni. of Louisville, KDPH-Tobacco Program, & the KY Hospital Association, this training offers free CME/CE credits for physicians, nurses, and KY respiratory practitioners with pharmacy credit approval coming in the future. See [attached](#) flyers for details.
- **Know a veteran that smokes?** The VA has its own [smoking cessation resources](#) to help veterans.
 - **VA's Smoking Quitline: 1-855-QUIT-VET** (English or Spanish)
 - **VA Text messaging support:** Text the word VET to 47848 to sign up (English or Spanish)
- **Opportunities created by the Affordable Care Act:** Recognizing quitting is not a one-size-fits all process, smokers need access to all evidence-based, recommended tobacco cessation treatments through their health insurance plans.
 - To view the commentary, click on the American Lung Association's webpage [here](#).
- [Prevalence and correlates of smoking and cessation-related behavior among survivors of ten cancers: findings from a nationwide survey nine years after diagnosis](#): Findings show smoking can persist long after initial diagnosis and at high levels.

	<ul style="list-style-type: none"> • About 1 in 4 Mental Health Treatment Facilities Offered Services to Quit Smoking: Those with mental illness have high rates of smoking and experience significant health disparities. <ul style="list-style-type: none"> ○ Press release • Ready to quit smoking? Here's what works best
Treatment	<ul style="list-style-type: none"> • ‘Huge breakthrough’ in understanding how the immune system recognizes cancer • Tumor screening: Making resistance futile?
Worksite Wellness	<ul style="list-style-type: none"> • The National Institute for Occupational Safety and Health (NIOSH) Office for TOTAL WORKER HEALTH has proposed an agenda to help improve, integrated workplace practices, prevent worker injury and illness, and advance worker safety, health, and well-being. The draft agenda is available for public comment, until the end of the day on December 22nd. For more info, click here.
Events	<p>Events in Lexington</p> <ul style="list-style-type: none"> • LEXINGTON: There is an ongoing monthly support group for Myeloma Survivors & their caregivers: <ul style="list-style-type: none"> ○ Date/Time: Monthly, on 2nd Tuesday; 6:30-8:00pm EST ○ Location: Centenary Methodist Church, 2800 Tates Creek Road, Lexington, KY 40502 ○ Contact: Debby Phillips @ 1-800-955-2566 ext. 2393 for more information <p>Events in Louisville</p> <ul style="list-style-type: none"> • Gilda’s Club of Louisville offers MULTIPLE events and support groups- check out their upcoming events in addition to their regularly scheduled support groups and activities (see attached flyer or click on Gilda’s Club). Here is a sample of upcoming events: <ul style="list-style-type: none"> ○ Lesbian, gay, Bi-Sexual & Transgender Wellness: Dec. 4th, 6:30-8pm ○ Tracey Maxwell, Solo Survivor: Dec. 8th, 6-8pm ○ Jewelry-Making: Dec. 10th, 6-8pm ○ There are also many offerings for teens and children. • There is an ongoing monthly support group for Lymphoma Survivors & their caregivers: <ul style="list-style-type: none"> ○ Date/Time: Monthly, on 2nd Tuesday; 6:00-7:30 pm EST ○ Location: Baptist Health Cancer Resource Center; 4003 Kresge Way, First Floor, Louisville, KY 40207 ○ Contact: Debby Phillips @ 1-800-955-2566 ext. 2393 for more information ○ Event is FREE but registration is required; Register by contacting Mauri Malka at 502-452-6341 ext. 250 or mmalka@jfclsouville.org