

Dear **Kentucky Cancer Consortium** Partners:

The Kentucky Cancer Consortium (KCC) is pleased to provide you with the **June 29, 2016** 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

Sincerely, Kentucky Cancer Consortium Staff

CATEGORY	TITLE
ACA & Cancer	<ul style="list-style-type: none"> • Many Could Face Steep Rise in Obamacare Premiums for 2017: Experts say increases will mostly affect people who get modest subsidies or no financial assistance.
Alternative Medicine	<ul style="list-style-type: none"> • Alternative Medicine Taking Hold Among Americans: Report -- More than \$30 billion paid out-of-pocket for acupuncture, yoga, chiropractic care, supplements.
Brain Cancer	<ul style="list-style-type: none"> • Brain Cancer Treatment Shows Promise in Early Trial: Injectable virus appears to extend lives of glioblastoma patients.
Breast Cancer	<ul style="list-style-type: none"> • Smoking May Hinder Common Breast Cancer Treatment: Cigarettes and drugs called aromatase inhibitors appear to be a bad mix, researchers say. • Healthy Living May Offset Genetic Breast Cancer Risk: Lifestyle may matter even more when your DNA is working against you, research shows.
Cancer Control	<ul style="list-style-type: none"> • Global Recession May Have Contributed to Cancer Deaths: Health-care cuts, unemployment linked to more than 260,000 additional deaths, study finds. • Cancer Mortality: The ACS Adjusts Its Goals
Chronic Disease	<ul style="list-style-type: none"> • WEBINAR: The Robert Wood Johnson Foundation and CDC Foundation will be hosting an informational webinar on the 500 Cities Project tomorrow, June 30, 2016 from 2:00 - 3:00 pm EDT. This project will identify, analyze, and report city and census tract-level data, obtained using small area estimation methods, for 27 chronic disease measures for the 500 largest American cities (including breast, cervical, and colon cancer screening!). The data will be available by summer 2017 through a public, interactive “500 Cities” website that will allow users to view, explore, and download city- and tract-level data. Please click this link 500 Cities Project to register for the webinar.
Colon Cancer	<ul style="list-style-type: none"> • A recently published study conducted by CDC researchers looks at US capacity to screen 80% of the eligible US population with FIT, colonoscopy, or a mix of tests. The new study, “Colorectal Cancer Screening: Estimated Future Colonoscopy Need and Current Volume and Capacity,” is published online in the Journal <i>Cancer</i>. • A new National Colorectal Cancer Roundtable (NCCRT)-commissioned article was published recently on colorectal cancer and family history in the journal <i>Cancer</i>:

	<p>Understanding the contribution of family history to colorectal cancer risk and its clinical implications: A state-of-the-science review.</p> <ul style="list-style-type: none"> • This month, the final USPSTF recommendations for CRC screening were released. Read a related JAMA news release and a statement from the American Cancer Society on the new recommendations. • Free colonoscopy program for uninsured detects cancer at earlier stage and is cost neutral • Five New Genes Linked to Colon Cancer: But researchers say it's likely that all the major genetic mutations have been discovered. • REMINDER: WEBINAR -- NCCRT is hosting a webinar entitled, “Guidance on implementing FIT-based screening programs”, Wednesday, June 29th at 12:00 Noon EST, with speakers: Durado Brooks, MD, MPH, American Cancer Society and Gloria Coronado, PhD, Kaiser Permanente Center for Health Research. • WEBINAR: Thursday, July 28th at 3:00pm EST on colorectal cancer screening in the Patient Centered Medical Home. NCCRT Co-chair Dr. Robert Smith will review the article, Promoting cancer screening within the patient centered medical home, and Dr. Sue Lagarde will describe her practice’s use of CRC screening for patient centered medical home recognition quality improvement efforts.
Cost	<ul style="list-style-type: none"> • Even 'Good' Insurance Comes With Hidden Hospital Bills: Average out-of-pocket fee for privately insured adults topped \$1,000 in 2013, study shows.
Data	<ul style="list-style-type: none"> • WEBINAR: Hosted by the National Cancer Institute’s Research to Reality Program, the webinar entitled “How HINTS Data Informs and Strengthens Cancer Control” will be held on Tuesday, July 19, 2016, 12:00 p.m. — 1:00 p.m. ET. Few open data sets provide more insights related to the health and cancer communication information landscape in the United States than NCI’s Health Information National Trends Survey (HINTS). The July cyber-seminar will explore data available through HINTS and how it can be used to inform your research and programs. Register today.
End of Life	<ul style="list-style-type: none"> • Caregivers Rank Hospice of the Bluegrass as One of Nation’s Best • JOURNAL ARTICLE: Quality of End-of-Life Care Provided to Patients With Different Serious Illnesses: Family-reported quality of end-of-life care was significantly better for patients with cancer and those with dementia than for patients with ESRD, cardiopulmonary failure, or frailty.
Gender	<ul style="list-style-type: none"> • "Cheat Sheet" for Men's Cancer Screenings and Good Health: Overwhelmed by too many health tips? DCPC's Dr. Lisa Richardson provides a "cheat sheet" for men's cancer screenings.
Health Equity	<ul style="list-style-type: none"> • Health Risks Higher for LGBT Community: Researchers suggest stigma contributes to higher rates of drinking, smoking and 'psychological distress'.

Human Papilloma Virus	<ul style="list-style-type: none"> • Read the June edition of ACS's monthly newsletter describing key resources and the latest news and studies on HPV vaccination.
Liver Cancer	<ul style="list-style-type: none"> • Hepatitis C Patients More Likely to Drink, Study Finds: And researchers say alcohol can worsen the chronic liver condition.
Lung Cancer	<ul style="list-style-type: none"> • FREE CME: A free interactive online CME course on lung cancer care across the continuum is now available at www.lungcancerinkentucky.org. The 1-2 hour course was developed for primary care providers by the Kentucky LEADS Collaborative at Kentucky Cancer Program/University of Louisville and provides up to 2.5 hours free CME credit. For more information, email kyleads@louisville.edu. •
Lymphoma	<ul style="list-style-type: none"> • Scans May Spare Some Hodgkin Lymphoma Patients From Chemo: Test finds those who might respond well, may spare others treatment side effects.
Medicaid	<ul style="list-style-type: none"> • The Bevin Administration released a proposed 1115 waiver to reform Kentucky's Medicaid program. A helpful summary of the proposal compiled by the Kentucky Center for Economic Policy can be found here. The Kentucky Voices for Health convened a Waiver Task Force to study whether—and how—a Section 1115 waiver could be used to improve health. Read the full list of the KVH Task Force's recommendations here.
Melanoma	<ul style="list-style-type: none"> • For Better Skin Cancer Checks, Partner Up: Melanoma survivors benefited when they and a loved one got training in spotting malignancies, study found.
Obesity, Nutrition and Physical Activity	<ul style="list-style-type: none"> • Kentucky Department for Public Health Challenges Communities to Step It Up! And join a statewide campaign to build the demand for more walkable communities. • Healthy Living Slashes Cancer Risk: The 'good' life cuts tumor odds up to 45 percent and risk of cancer death up to 61 percent, study finds. • Providing children with access to nutritious food beyond the school year can have a lasting impact on a child's health. Low-income families have to spend an additional \$300 on groceries each month during the summer, forcing many parents to make tough choices between food and medical care, utilities, and transportation. Many families struggling with hunger turn to cheap, calorie dense foods with little nutritional value. As a result children from low-income families often gain weight two to three times faster during the summer than during the school year. KY Kids Eat connects children to their next meal throughout the summer months.
Ovarian Cancer	<ul style="list-style-type: none"> • Exercise May Help Thwart Ovarian Cancer: Chronic inactivity linked to greater risk for the disease in study
Palliative Care	<ul style="list-style-type: none"> • Family-reported quality of end-of-life care was significantly better for patients with cancer and those with dementia than for patients with ESRD, cardiopulmonary failure, or frailty

Patient Navigation	<ul style="list-style-type: none"> • A Little Guidance Is Key to Getting That Cancer Screen: Study shows how one hospital's 'patient navigators' boosted testing rates.
Resources	<ul style="list-style-type: none"> • The American Cancer Society National Cancer Information Center (NCIC) is a trusted resource for cancer-related information, programs, and services, patient support, clinical trials matching services, health insurance assistance and more. ACS NCIC services are provided via phone, online chat, and email in English, Spanish, and more than 200 other languages via a translation service. Read more here, or watch a brief video outlining NCIC services. • The <i>ASCO Answers</i> line of one-page (front and back) fact sheets is a great way for patients to quickly learn more about a specific topic. Recently updated fact sheets cover topics such as nausea and vomiting, taking medication correctly, and common cancer myths.
Survivorship	<ul style="list-style-type: none"> • 15.5 Million Americans Now Surviving Cancer: Report -- But better tools needed to support their long-term recovery, experts say. • CDC Division of Cancer Prevention and Control's Dr. Natasha Buchanan discusses the prevalence of emotional distress among cancer survivors and what health care providers can do to identify it and refer patients to treatment. • Mindfulness Meditation Seems to Soothe Breast Cancer Survivors: Six-week class reduced fear of recurrence, fatigue and anxiety, researchers report. • When You Can't Go Back to Work After Treatment Ends
Tobacco Control	<p>Tobacco Control</p> <ul style="list-style-type: none"> • Smoking Harms Black Americans' Kidneys, Study Suggests: Researchers say inflammation or cigarette by-product may play a role. • Plain Packaging Reduces Tobacco Use: WHO • Most Americans Support Rise in Legal Smoking Age: Survey finds wide support in all regions to raise cutoff to age 19 or older. • Base Quit-Smoking Day on Menstrual Cycle? Women may find it easier to say no after ovulation, small study finds. • The 2016 <i>Tips</i> campaign began in January and will run for over 20+ weeks. If you use any <i>Tips</i> materials in your communities, please let the Kentucky Tobacco Prevention and Cessation Program know which materials were used and how they were used. They report the information to CDC on a monthly basis. Please send this information to Bobbye Gray at bobbye.gray@ky.gov. • Freedom From Smoking® Facilitator Trainings: Schedule trainings in your area of the state, and discuss scholarships by contacting Bobbye Gray at bobbye.gray@ky.gov or

[502-564-9358 ext. 4017](tel:502-564-9358). The \$100 registration fee includes FFS Facilitator Guide, certificate of course completion, continental breakfast and lunch.

Secondhand Smoke

- [Shepherdsville prohibits smoking with children in vehicle](#). The ordinance says people can't "use tobacco products with a residue of smoke" in a vehicle occupied by anyone under 18.
- [Southern States Lagging in Tough Smoking Bans, CDC Says](#): Only 6 in 10 Americans covered by state or local laws banning smoking in public places

E-Cigarettes

- [Most Smokers Don't Stick With E-Cigarettes](#): 'Vaping' only replaces tobacco use for a small group of people, study finds.

Events

Events in Lexington

- The [Kentucky Primary Care Association](#) is hosting their [2016 Annual Conference](#) on **November 9-11, 2016**, at the Embassy Suites in Lexington, KY . [Register today!](#)

Events in Louisville

- There are MULTIPLE upcoming events and support groups are being held at [Gilda's Club Louisville](#), from Wellness Groups to book clubs to support for caregivers. Check out [this flyer](#) for topics, dates and times!

Events of Interest (in chronological order)

- [Unity 2016 Conference to be held in Atlanta, Georgia - Community Health Workers: Social Change Agents Advancing Health Equity and Improving Outcomes](#). The Center for Sustainable Health Outreach (CSHO) at The University of Southern Mississippi will hold its 14th annual Unity conference **July 17-20, 2016 at Crowne Plaza Atlanta Midtown** in Atlanta, Georgia. Unity 2016 is a national conference designed for and about community health workers, and will address the role community health workers play in creating access to care, reducing care costs, and promoting healthy and happy communities.
- **Area Health Education Center 25th Annual Summer Conference** will be held **July 21 & 22, 2016** in the Rockcastle County High School in Mt. Vernon, Kentucky.
- [Kentucky Rural Health Association is hosting the 18th Annual Conference](#) at the WKU Knicely Center in Bowling Green Kentucky on **August 25th & 26th, 2016 EDT**. [Register here.](#)
- **Patient Navigation Training in Integrative Cancer Care: October 23-28, 2016** at Kripalu Center for Yoga & Health, Stockbridge, MA, is an initiative of the Smith Center for Healing and the Arts. The training is open to both new and experienced navigators, and is particularly useful to professionals who would like to expand their skills and services

to include whole-person and comprehensive navigation support. For more information visit www.oncolynavigation.org

- **SAVE THE DATE:** The [25th AICR Research Conference on Nutrition, Physical Activity, Obesity and Cancer](#) will be held on **November 14-16, 2016** at the Marriott Bethesda North Hotel & Conference Center in North Bethesda, MD.