

Dear **Kentucky Cancer Consortium** Partners:

The Kentucky Cancer Consortium (KCC) is pleased to provide you with the **July 13, 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"> • Obamacare's smoker penalty dampened insurance enrollment, didn't help quitting.
Aging	<ul style="list-style-type: none"> • Why Some Seniors Don't Take Their Meds: Age, failing memory play a role, but gender might matter, too, study finds.
Breast Cancer	<ul style="list-style-type: none"> • NIH launches largest-ever study of breast cancer genetics in black women • Why Breast Cancer Survivors Should Exercise: Moderate physical activity can ease stress that impairs memory, study suggests. • Innovative Trials Produce Promising Breast Cancer Drugs: Adaptive study design allows researchers to match medications to patients more quickly.
Cancer Control	<ul style="list-style-type: none"> • WEBINAR: Kentucky Cancer Consortium’s annual cancer data webinar will be held on Tuesday, July 26th from 1pm-2:30pm, when Dr. Tom Tucker will present Kentucky’s latest cancer control data in a "State of the State" online presentation. Dr. Tucker is the Associate Director for Cancer Prevention and Control at the Markey Cancer Center, and Associate Professor in the Department of Epidemiology at the University of Kentucky's College of Public Health. Log-in: http://connect.uky.edu/kycancer/ and call-in: 1-877-394-0659; Participant Code: 7250592994#
Care Coordination	<ul style="list-style-type: none"> • Hospitals Are Getting Better at Sharing Medication Histories and Reducing Unnecessary Stays • More Older Americans Cared for at Home: But this takes a toll on family members, researchers say.
Chemotherapy	<ul style="list-style-type: none"> • 3 Steps Toward Preventing Infections During Cancer Treatment (3 Steps) is an evidence-based, interactive online program designed to help assess a cancer patient’s risk for developing both a low white blood cell count during chemotherapy and subsequent infections. After completing a short questionnaire, cancer patients and caregivers will receive messages designed to educate them about keeping themselves healthy while receiving chemotherapy. The content for the Web site was developed by the Centers for Disease Control and Prevention in collaboration with experts in the fields of oncology and infection control.

Chronic Disease	<ul style="list-style-type: none"> • Louisville surgeon Hiram Polk named state health commissioner • Study Suggests Type 2 Diabetes-Cancer Link: It hints at -- but doesn't prove -- cancer risk higher before and soon after diagnosis of blood sugar disease.
Colon Cancer	<ul style="list-style-type: none"> • Regular Doctor Visits Can Help Spot Colon Cancer: Early detection improves likelihood of survival, researchers note. • Researchers Get Closer to Test Predicting Colon Cancer's Return: DNA-based screen would aid treatment decisions for people with early-stage disease. • WEBINAR: Colon Cancer Alliance hosts webinar for Spanish speakers: The Colon Cancer Alliance Conversations Webinar Series will be hosting its first webinar geared specifically toward Spanish speakers. The webinar will discuss the importance of starting the conversation about colon cancer, early detection and treatment options. The webinar will take place on July 20, 2016 at 7 p.m. EST. Both the lecture and accompanying presentation will be in Spanish. You are welcomed to share the link below to promote webinar registration. Contact Kristen Robinson with questions: kristen.robinson@fleishman.com. Register for La prevención, detección y tratamiento de cáncer de colon metastásico here. • • AWARENESS: Join the Colon Cancer Prevention Project at one of their “Kicking Butt” 5K Races this summer, in both Louisville and Lexington! See event section below for dates and locations! • 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"> • Wealthy spending more on health care than poor and middle class, reversing trend: The pattern observed could represent a shift from need-based to income based receipt of medical care. • 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"> • 2013 Cancer Report Released: The United States Cancer Statistics: 1999-2013 Incidence and Mortality Web-based Report includes the official federal statistics on cancer incidence from registries that have high-quality data, and cancer mortality statistics for each year and 2009-2013 combined. This report shows that in 2013, 1,536,119 Americans received a new diagnosis of invasive cancer, and 584,872 Americans died of this disease. • CDC MMWR QuickStats: Age-Adjusted Death Rates* for Females Aged 15–44 Years, by the Five Leading Causes of Death — United States, 1999 and 2014. Published in MMWR Weekly / July 1, 2016 / 65(25); 659.

	<ul style="list-style-type: none"> • REMINDER: 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 this 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.
Environmental Carcinogens	<ul style="list-style-type: none"> • Ky residents fight back over radioactive waste
Genetics	<ul style="list-style-type: none"> • Gene Tied to Breast Cancer Raises Uterine Cancer Risk Too: Women with BRCA1 may want to consider preventive removal of uterus, researcher says. • Men With Advanced Prostate Cancer Might Consider Gene Test: Detection of genetic flaw could help predict or prevent cancer in their relatives, study suggests. • 3 Deaths Spur Suspension of Cancer Gene Therapy Trial
Gynecologic cancers	<ul style="list-style-type: none"> • Gene Tied to Breast Cancer Raises Uterine Cancer Risk Too: Women with BRCA1 may want to consider preventive removal of uterus, researcher says. • Reassessing the Annual Pelvic Exam: Independent panel of U.S. experts finds 'insufficient' evidence of worth.
Hepatitis	<ul style="list-style-type: none"> • Hepatitis C, Smoking, and Liver Cancer: July 28 is World Hepatitis Day. Hepatitis B and C strains have been found to lead to liver cancer. A 2011 American Cancer Society study showed that nearly half the cases of liver cancer were correlated to smoking. Liver cancer has a low (12%) 5-year survival rate in the United States - even lower elsewhere in the world. One <i>International Journal of Cancer</i> study found that Hepatitis C-positive men who smoke were 136 times more likely to acquire liver cancer than HCV-positive men who did not.
Human Papilloma Virus	<ul style="list-style-type: none"> • CDC’s MMWR- Morbidity and Mortality Weekly Report (MMWR) for July 8, 2016 / 65 (26); 661-666: Human Papillomavirus–Associated Cancers — United States, 2008–2012. An average of 38,793 HPV-associated cancers (11.7 per 100,000 persons) were diagnosed annually in the United States during 2008–2012, including 23,000 (13.5) among females and 15,793 (9.7) among males. Among these cancers, CDC estimates that 30,700 (79%) can be attributed to HPV, and 28,500 of these are attributable to HPV types that are preventable with the 9-valent HPV vaccine. <ul style="list-style-type: none"> ○ RELATED PRESS COVERAGE: HPV-Linked Cancers Still Climbing in U.S.: Majority of 39,000 annual cases are preventable, CDC says. • Study Hints at HPV Vaccine's Cancer Prevention Promise: Fewer vaccinated young women had abnormalities tied to cervical cancer. • 1st HPV Test for Use With Preservative Fluid • HPV Vaccination Resource Directory is now online: This interactive map provides a visual display of U.S. HPV vaccination uptake initiatives/interventions, and is

	searchable by state and organization. For more information about this tool, please contact acs.hpv.vacs@cancer.org .
Lung Cancer	<ul style="list-style-type: none"> • Local column in Jessamine Journal: Smokers should consider screening for lung cancer • REMINDER: 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.
Medicaid	<ul style="list-style-type: none"> • State: Feds likely to OK Ky Medicaid changes
Obesity, Nutrition and Physical Activity	<ul style="list-style-type: none"> • Modern Lifestyle Primary Culprit for Obesity Epidemic: Study-- Even people with lower genetic risk were affected as decades passed. • 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. • Family Key to Helping Teens Avoid Obesity: Good relationship with parents, especially between fathers and sons, fosters healthy habits, study finds. • When it comes to food and cancer, there are countless myths. Some say that you can prevent cancer by eating a certain food, while others suggest that eating that same food can increase your risk of cancer. So, which is it? In this ASCO podcast, nutrition experts shed light on 5 popular myths about cancer and food.
Ovarian Cancer	<ul style="list-style-type: none"> • What Women and Their Physicians Need to Know About the UKTOCS Study and Ovarian Cancer Screening
Palliative Care	<ul style="list-style-type: none"> • Better Palliative Care for All: Improving the Lived Experience With Cancer
Providers	<ul style="list-style-type: none"> • Doctors Swamped by 'E-Medicine' Demands: Survey found those who have to use electronic health records report more burnout, job dissatisfaction.
Research Funding	<ul style="list-style-type: none"> • Federal Funding Could be Cut if Cancer Researchers Don't Release Findings: Biden
Risk	<ul style="list-style-type: none"> • World Health Organization Says Very Hot Drinks May Cause Cancer
Skin Cancer	<ul style="list-style-type: none"> • 4 in 10 Popular Sunscreens Don't Meet Sun Safety Standards: Study -- Biggest problem with products was lack of resistance to sweat or water.
Survivorship	<ul style="list-style-type: none"> • Study Forecasts 'Silver Tsunami' of Cancer Survivors <ul style="list-style-type: none"> ○ <i>Another perspective on the research study:</i> U.S. Cancer Survivors Living Longer: Likelihood of other chronic conditions will stress health care system

	<p>in next two decades, report predicts.</p> <ul style="list-style-type: none"> • Second, Unrelated Cancers Strike 1 in 12 Cancer Patients: Unfortunately, they're often deadly. • JOURNAL ARTICLE: Prevalence of Smoking and Obesity Among U.S. Cancer Survivors: Estimates From the National Health Interview Survey, 2008-2012. <i>Oncology Nursing Forum</i>. 2016 Jul 1;43(4):436-41. Findings: 17% of cancer survivors reported current smoking. Female survivors had higher rates of current smoking than males. Among female survivors, 31% were obese.
<p>Testicular Cancer</p>	<ul style="list-style-type: none"> • Many Men Ignore Testicular Cancer Symptoms for Months: Early diagnosis and treatment are tied to 99 percent survival rate at 5 years, urologist says.
<p>Tobacco Control</p>	<p>Tobacco Control</p> <ul style="list-style-type: none"> • Quit Now Kentucky is offering eight (8) weeks of free Nicotine Replacement Therapy (NRT) to all callers who enroll in coaching between June 20, 2016 and August 15, 2016. This offer is coinciding with an increased amount of PSAs from the CDC's TIPS From Former Smokers public awareness campaign. To enroll, Kentucky residents may call 1-800-Quit Now. Providers can refer patients to Quit Now Kentucky by: 1) Print and fax a referral: https://www.quitnowkentucky.org/files/pdf/QL_KY_FRF.pdf or 2) Fill out and submit a referral online: https://www.quitnowkentucky.org/eReferral/ • Kentucky's life expectancy fluctuates as many as 9 years from county to county. The Department for Public Health notes that protecting youth from tobacco exposure through 100% Tobacco Free Schools is one way to address the discrepancy. Information on 100% Tobacco Free School Policy can be found here. More information on life expectancy rates can be found here. • Mixing Pot and Tobacco Increases Dependence Risk: Study -- These users less likely to seek professional help to quit. • Smoking in Pregnancy May Be Under-Reported: About 1 in 6 expectant moms seems unable to kick the cigarette habit, researchers say. • Smoking and Skin Cancer: While smoking has not been found to exacerbate the effects of sun exposure in developing skin cancer, it can alter the healing of surgeries designed to treat skin cancer. Nicotine narrows blood vessels, reducing blood flow and significantly slowing healing times. Additionally, smoking is a direct risk factor for squamous cell skin cancer. • REMINDER: The 2016 Tips 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

- As Kentucky communities continue work on smoke-free ordinances, remember that there is NO safe level of exposure to secondhand smoke. Comprehensive smoke-free laws that cover all workplaces and all public places with no exemptions protect all workers and members of the public from the toxic poisons in secondhand smoke. [Click here for more information on the dangers of smoke free policy exemptions.](#)
- Have you visited Kentucky's [BREATHE, UK College of Nursing's website](#) recently? Take a few minutes to explore this updated resource, with links to Kentucky county-specific factsheets, data, and media resources.

E-Cigarettes

- [Are E-Cigs Slowing Teen Anti-Smoking Push?](#) Researchers blame the devices for a leveling off of smoking's decline.
- [E-Cigs May Damage Cells in Mouth](#): Findings suggest a possible increase in the risk of oral disease, researchers say.

Events

Events in Lexington

- The [Kentucky Association of Hospice and Palliative Care 18th annual education symposium](#) will be held **August 18-19, 2016** at the Marriott Griffin Gate, 1800 Newtown Pike, Lexington, KY 40511. "Moving Forward: Providing Leadership and Quality Care in an Evolving Hospice and Palliative Care Environment" will provide timely information on regulatory changes faced by the hospice and palliative care community and the best next steps to strengthen and expand programs. Cost is \$145/day for members (early bird rate lasts until July 25) \$200/day for nonmembers. Contact Brandy Cantor at bcantor@mmlk.com for more information.
- environment for hospice providers, spiritual and psychosocial issues, clinical challenges such as treating patients with dementia and a focus on palliative care as well. The conference is set for Aug. 18-19 at the Marriott Griffin Gate in Lexington, KY. Attached you will find the brochure and registration information or you can visit the KAHPC website at www.kahpc.org.
- Join the Colon Cancer Prevention Project for this year's ["Kicking Butt 5K" in Lexington](#) on September 24, 2016.
- **CONFERENCE: [Kentucky's Immunization Trifecta Conference, "Educate, Immunize, Protect"](#)** to be held on **November 2-4, 2016** at the Embassy Suites, Newtown Pike, Lexington KY. [Click here to access TRAIN to register](#) for credit for the conference . You must register on TRAIN to obtain credit. [Reserve your hotel room](#). Visit the [Kentucky Rural Health Association's website](#) for more information.

- 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

- Join the Colon Cancer Prevention Project for this year's ["Kicking Butt 5K" in Louisville](#) on **August 20, 2016**.
- **CONFERENCE: ["Cervivor School" August 19–21, 2016](#)**, Muhammad Ali Center, 144 North Sixth Street, Louisville, KY. Cervivor is a community, learning tool, and advocacy resource for women dealing with HPV or cervical cancer. This conference will include cervical cancer experts; address stigma & shame; facilitate honest discussion; provide advocacy & media training; networking and a safe place to share & connect. [Registration: \\$75 - includes meals.](#)
- **SAVE THE DATE: The Kentucky Cancer Control Summit** will be held on **March 1-2, 2017** at the Muhammed Ali Center in Louisville, KY. The Summit objectives include: cancer screening guidelines; impact of social determinants of health on cancer screenings; action steps on ways your organization can increase recommended cancer screenings in Kentucky focused on: breast, cervical, colon and lung cancers. Stay tuned for registration info.
- 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.

Events of Interest (in chronological order)

- [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. View the [Agenda here](#), and [Register today](#).
- [2016 Triage Cancer Conference](#) on **Saturday, July 23, 2016 from 9am-4:30pm** at the [Lentz Public Health Center in Nashville, TN](#). Triage Cancer presents this FREE conference for cancer survivors, caregivers, oncology health care professionals, and advocates. Register today. Learn valuable information about navigating practical cancer survivorship issues such as: survivorship care plans and advocacy tools; understanding health insurance options; navigating your health insurance coverage, clinical trials, & appeals; employment issues: working through treatment, taking time off, & returning to work; navigating finances after cancer. [Hotel Information](#). Free CEUs available for nurses and social workers!
- [Kentucky Rural Health Association is hosting the 18th Annual Conference](#) at the WKU Nicely 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.