

Dear **Kentucky Cancer Consortium** Partners:

The Kentucky Cancer Consortium (KCC) is pleased to provide you with the **August 10, 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"> • Kentucky still has 300,000 without health coverage; they're more likely to be working, and younger and less educated, than the insured. • Obamacare's Medicaid Expansions May Be Improving Care: Study provides early evidence that coverage gains improve use, affordability and quality of care. Low-income adults in Arkansas and Kentucky experienced significant improvements in care after their states expanded Medicaid under the Affordable Care Act, a new study reveals. • Kentucky Health insurers get almost all of the rate hikes they requested for plans on exchange; some get more than they asked for.
Aging	<ul style="list-style-type: none"> • Nearly 1 in 4 U.S. Seniors Has Some Form of Disability: But federal report finds most caregivers view their role as not a 'substantial problem'. • Most Sick, Aging Americans Live Far From In-Home Care: Study finds such providers are in short supply and based mostly in urban areas.
Access to Care	<ul style="list-style-type: none"> • Health Insurance Status May Affect Cancer Patients' Survival: 2 studies highlight disparities in outcomes for uninsured and Medicaid patients. • Lack of Pharmacy Access May Send Some Seniors Back to Hospital
Breast Cancer	<ul style="list-style-type: none"> • Cancer Surgeons Advise Against Removal of Healthy Breast: For most women, risk of disease in unaffected breast is low, group says. • Insurance, Distance Often Prevent Breast Reconstruction After Cancer: Obstacles like these can keep women from getting the surgeries, study finds. • Sugary, High-Fat Western Diet Tied to Denser Breast Tissue: Previous research has linked higher density to increased risk of breast cancer. • Researchers discovered an unexpected way that breast cancers cells with mutant BRCA1 or BRCA2 genes acquire drug resistance and evade chemotherapies. • WEBINAR: Breastfeeding Support in the Community: What Works -- Wednesday, August 31, 2016 2pm-3:30 ET. The Reducing Breastfeeding Disparities through Peer and Professional Support, a cooperative agreement between CDC and the National Association of County and City Health Officials, funded 72 local level evidence-based

	<p>breastfeeding support projects nationwide from January 2015 to June 2016. Join us to learn the main findings, lessons learned, understand what works and what does not and implications for public health breastfeeding programs in the community.</p>
Cancer Control	<ul style="list-style-type: none"> • Archeological Finds Push First Known Cancer Back 2 Million Years: Discoveries challenge belief that it is a modern-day disease. • Alcohol, Obesity Could Raise Esophageal Cancer Risk: A third of cases would vanish if people stayed trim and didn't drink, cancer experts say. • Family Lifestyles May Be as Important to Health as Genes: Shared habits and environment contribute to heart disease, high blood pressure and depression, study reports.
Caregiving	<ul style="list-style-type: none"> • Norton Cancer Institute invites you to attend the Caregiver Symposium: Supporting the Caregiver's Journey -- Saturday, Aug. 27, 2016, 9 a.m. to 2 p.m. at the University of Louisville Shelby Campus, Founders Union Building, 312 N. Whittington Parkway, Louisville, Kentucky 40222. Community providers in the areas of financial support, personal care, support groups and more will be available to meet with participants to provide information and answer questions. Keynote speaker Naomi V. Latini, M.S. Training and Implementation Specialist, Rosalynn Carter Institute for Caregiving, Georgia Southwestern State University, Americus, Georgia. Lunch will be served and exhibits by community vendors will be available. RSVP by Friday, Aug. 19, to (502) 629-1234.
Childhood & Adolescents	<ul style="list-style-type: none"> • Kosair Charities & Gilda's Club Louisville are hosting a Teen Writing & Visual Arts Contest entitled "The Write Stuff". Essays, poems, artwork and videos created by students in grades 6-12 who have a cancer connection are urged to apply. Cash prizes up to \$500 for winning entries. Entry deadline is September 30, 2016. Share with your networks, and find rules here.
Chronic Disease	<ul style="list-style-type: none"> • CDC Morbidity and Mortality Weekly Report (MMWR) for July 29, 2016 / 65 (29); 735-738: State and Regional Prevalence of Diagnosed Multiple Chronic Conditions (MCC) Among Adults Aged ≥18 Years — United States, 2014. While one in four (25.7%) U.S. adults had a diagnosis of MCC, a number of state prevalence estimates differed significantly from the national average, which the greatest disparity in Kentucky, where 38.2% adults have multiple chronic conditions.
Coalitions	<ul style="list-style-type: none"> • Updated directory of local Kentucky health coalitions published
Colon Cancer	<ul style="list-style-type: none"> • WEBINAR: The National Association of County and City Health Officials (NACCHO) will host a webinar on August 17th at 3pm ET entitled, "Partnerships at Play: State and Local Collaborations to Facilitate Community-clinical Linkages for Colorectal Cancer Screening". Three local health departments will share their experiences in: (1) bridging a gap, through community-clinical linkages with a federally qualified health center, to increase CRC screening rates in the county; (2) partnering with a state health dept. to help achieve the 80% by 2018 screening goal, by utilizing USPSTF guidelines; and (3) providing screening services to the community, by using unconventional locations to expand the reach of the local health department. Register today!

	<ul style="list-style-type: none"> • REMINDER: How would you use up to \$10,000 to stop colon cancer? The Colon Cancer Prevention Project's "Project Innovation" is a local grant program funding new, innovative ideas that increase screening in Kentucky and Southern Indiana. Apply by submitting a detailed project description focused on education and awareness by August 15, 2016. • AWARENESS REMINDER: 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!
Data	<ul style="list-style-type: none"> • Rate of Metastatic Prostate Cancer is Not Increasing --Millions of Americans may have heard on the news last week that a recently released study, "Increasing incidence of metastatic prostate cancer in the United States (2004–2013)" which was e-published in the journal Prostate Cancer and Prostatic Diseases on July 19, 2016, shows metastatic prostate cancer was increasing dramatically in the United States. However, in response to this article, researchers from the North American Association of Central Cancer Registries (NAACCR, Inc.) analyzed data collected by cancer registries across the United States and found that rates of metastatic prostate cancer rates are stable. • REMINDER -- KENTUCKY CANCER DATA SLIDES AVAILABLE: In July, the Kentucky Cancer Registry's Dr. Tom Tucker and Dr. Jaclyn Nee conducted a KCC-hosted webinar discussing the most recent cancer incidence & mortality data for lung, colon, breast and cervical cancers in Kentucky. The slides have been posted on KCC's website, and we encourage you to incorporate these timely and accurate cancer graphs into your upcoming outreach, strategic planning, grant application and reports. The webinar was recorded, and will be posted to KCC in the coming week.
End of Life	<ul style="list-style-type: none"> • The 11 qualities of a good death, according to research
Environmental carcinogens	<ul style="list-style-type: none"> • 6 Million Americans Drink Carcinogen-Tainted Water: Report -- Many systems contain high levels of chemicals called PFASs, which are linked to cancer, study says.
Health information	<ul style="list-style-type: none"> • Few Seniors Go Online for Health-Care Needs: Study calls into question U.S.'s priorities for improving older adults' health, researcher says.
Hepatitis	<ul style="list-style-type: none"> • Sharing Drug 'Snorting Straws' Spreads Hepatitis C: Study highlights more fallout from opioid epidemic. • Many Kentuckians have hepatitis C and don't know it, but die from it; born between 1945-65? Get tested.
Human Papilloma Virus	<ul style="list-style-type: none"> • AUGUST is VACCINE AWARENESS MONTH: Visit this CDC webpage to continue to learn more about the burden of HPV disease, HPV vaccine as a primary cancer prevention tool, effectively communicating with parents, updated state vaccination rates, and the most recent HPV vaccine recommendations.

Lung Cancer	<ul style="list-style-type: none"> • Smoking cessation interventions within the context of Low-Dose Computed Tomography lung cancer screening: A systematic review
Medicaid	<ul style="list-style-type: none"> • Analysis of Ind. Medicaid plan, Bevin model, shows same concern about financial hardship voiced by Ky. critics; Ind. officials reply
Melanoma	<ul style="list-style-type: none"> • Partner-Aided Skin Exams Increase Early Detection of New Melanomas
Obesity, Nutrition and Physical Activity	<ul style="list-style-type: none"> • Regular Exercise: Antidote for Deadly Diseases? High levels of physical activity linked to lower risk for breast & colon cancers, diabetes, heart disease and stroke. • Program to double purchasing power of federal nutrition programs at Kentucky farmers' markets expands; now at 27 locations. • Average American 15 Pounds Heavier Than 20 Years Ago: Growing wider but not taller, research shows. • Lack of Fitness Second Only to Smoking as Predictor of Early Death: Study -- Increases in fitness levels were associated with greater longevity. • Hour of Exercise a Day May Offset Sitting's Toll on Health: Study found risk of early death dropped when physical activity levels went up.
Pain	<ul style="list-style-type: none"> • New Guidelines Issued for Cancer Patients' Post-Treatment Pain. Specialists urge doctors to offer alternative therapies for this widespread problem.
Patient Navigation	<ul style="list-style-type: none"> • REMINDER: The George Washington University (GW) Cancer Center launched a new tool called the Patient Navigation Barriers and Outcomes Tool™ (PN-BOTM), a customizable, free, Excel-based data entry management and reporting product designed for oncology patient navigation programs. Navigation programs can use the new tool to document, track and generate simple reports.
Policy	<ul style="list-style-type: none"> • Fact Sheet: Advocacy vs. Lobbying -- NACCHO has released a new fact sheet, <i>Building Your Advocacy Toolbox: Advocacy vs. Lobbying</i>, which describes the "do's and don'ts" of advocacy and lobbying and how to effectively take action on behalf of the public's health.
Prostate	<ul style="list-style-type: none"> • 'Active Surveillance' of Prostate Cancer Doesn't Dampen Quality of Life: Choosing no treatment and regular check-ups didn't seem to stress men with low-risk disease, study found.
Providers	<ul style="list-style-type: none"> • UK program to train Appalachian undergraduates to fight cancer
Skin Cancer	<ul style="list-style-type: none"> • Ban on Indoor Tanning by Minors Not Yet Showing Effect in New Jersey -- Tanning salon use showed little change after 2013 ban, and rose among N.J. high school boys.
Spirituality	<ul style="list-style-type: none"> • Kentucky clergy pens column reminding us of importance of hospital chaplains

Survivorship	<ul style="list-style-type: none"> • From our partners at NCCRT: Broadway actress Karen Walsh, who is in the midst of battling Stage IV colon cancer, developed a photo project of her chemo treatments in full costume with friends and actors, turning the traditional chemo narrative on its head! Her story was posted earlier in the week and already has over 400,000 views, 12k reactions and over 2,300 shares.
Tobacco Control	<p>Tobacco Control</p> <ul style="list-style-type: none"> • Quitting Smoking While Pregnant: What Works - Nicotine patches, Zyban helped 4 out of 5 women, study says. • CDC’s MMWR for August 5, 2016 / 65(30); 753–758: “Disparities in Adult Cigarette Smoking — United States, 2002–2005 and 2010–2013”. Findings highlight the importance of looking at tobacco use estimates by smaller racial/ethnic subgroups and by sex to better understand and address disparities in tobacco use among U.S. adults. Proven interventions, including increasing the price of tobacco products, coupled with evidence-based cessation services, comprehensive smoke-free policies, high-impact media campaigns, and promotion of cessation treatment in clinical settings, are effective strategies in reducing the prevalence of tobacco use and tobacco-related disease and death in all racial/ethnic populations. <ul style="list-style-type: none"> ○ RELATED PRESS: Smoking Rates Still High in Some Racial Groups, CDC Reports -- Nearly 4 in 10 American Indians and Alaska Natives smoke cigarettes • FREE NRT: 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/ • Freedom From Smoking® Facilitator Training: Freedom From Smoking facilitator training on August 16, 2016 at the Lee County Health Department at 48 Center St, Beattyville, KY 41311. To register contact Tami Cappelletti at Tami.Cappelletti@lung.org or at 502-363-2652 or Susan Kincaid at Susanm.kincaid@ky.gov or at 606-464-2492 ext. 160. 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. The \$100 registration fee includes FFS Facilitator Guide, certificate of course completion, continental breakfast and lunch. • WEBINAR: Helping Cancer Survivors to End Tobacco Use and Improve Health Outcomes. Monday, August 29, 2016, 2:00 p.m. – 3:00 p.m. ET. Continued tobacco use by cancer patients and survivors may reduce the effectiveness of treatment, worsen side effects of treatment and increase the likelihood of a second cancer. Dr. Diana Stewart Hoover and Dr. Jennifer Vidrine will describe the lessons they are learning as they seek to adapt an existing evidence-based tobacco cessation intervention, “Motivation And Problem-Solving” (MAPS), for cervical cancer survivors.

	<p>Secondhand Smoke</p> <ul style="list-style-type: none"> • The Kentucky Center for Smoke-free Policy offers free print advertisement templates to help educate your community about the dangers of secondhand smoke and the benefits of a smoke-free community. These high-quality design templates utilize evidence-based media messages, customization options (to add your logo), and are offered in various media formats (billboards, postcards, newspaper ads) to fit your specific needs. <p>E-Cigarettes</p> <ul style="list-style-type: none"> • Starting Monday, FDA Bans E-Cigarette Sales to Minors: Agency also details other retail restrictions on access to vaping products. • Why Teens Choose E-Cigarettes: Kids who continue vaping cite 2 key reasons, study finds. • E-Cig Liquid Nicotine Containers Often Mislabeled: Also, many aren't child-resistant, which poses a risk to youngsters. • E-Cigarettes Emit Toxic Vapors: Study -- Levels depend on type and age of device, and they increase as it heats up.
<p>Events</p>	<p>Events in Lexington</p> <ul style="list-style-type: none"> • 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. • Join the Colon Cancer Prevention Project for this year's "Kicking Butt 5K" in Lexington on September 24, 2016. • The Kentucky Chamber of Commerce and the National Council for Public-Private Partnerships present: "Kentucky P3: Public-Private Partnerships -- Opportunities and Obstacles" Conference on October 27-28, 2016 at the Griffin Gate Marriott Resort & Spa in Lexington. Attend this conference and get an in-depth look at Kentucky's new P3 legislation and what it means for businesses and government entities across the state. • 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.](#)
- [An Evening with Friends](#) -- **An evening to celebrate and support Friend for Life Cancer Support Network.** Learn more about his valuable non-profit, and participate in Live and Silent Auctions, buffet dinner, cash bar. Saturday, August 27, 2016 at 5:30pm at the Audubon Country Club - 3265 Robin Road, Louisville, KY 40213. [Purchase your tickets today.](#)
- [Norton Cancer Institute](#) invites you to attend the [Caregiver Symposium: Supporting the Caregiver's Journey](#) -- Saturday, Aug. 27, 2016, 9 a.m. to 2 p.m. at the University of Louisville Shelby Campus, Founders Union Building, 312 N. Whittington Parkway, Louisville, Kentucky 40222. This symposium will address and acknowledge the caregiver's role and present discussion on why support for caregivers is important. Community providers in the areas of financial support, personal care, support groups and more will be available to meet with participants to provide information and answer questions. A keynote speaker and breakout sessions will address community resources, young adult and adolescent survivorship, caregiver self-care and financial issues. Keynote speaker Naomi V. Latini, M.S. Training and Implementation Specialist, Rosalynn Carter Institute for Caregiving, Georgia Southwestern State University, Americus, Georgia. Lunch will be served and exhibits by community vendors will be available. [RSVP by Friday, Aug. 19](#), to (502) 629-1234.
- **SAVE THE DATE:** The **Kentucky Cancer Control Summit** will be held on **March 1-2, 2017** at the Muhammed Ali Center, 144 N. Sixth Street, Louisville, KY 40202. 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)

- [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.](#)

- **[Lung Cancer Symposium: Friday, September 16, 2016](#)**, the NE KY AHEC, together with St. Claire Regional Hospital, will host the Lung Cancer Symposium at the CHER building in Morehead, KY. Conference targeted to physicians, physician assistants, nurses, nurse practitioners, and other interested health care professionals and will offer continuing education CEUs. The symposium will also have a community education component and will be open to members of the public interested in learning about smoking cessation and lung cancer screening.
- **Lung Cancer Alliance is hosting their [2nd annual Screening and Care conference Sept 23-24th in Washington, DC](#)**. Conference will bring together healthcare professionals from screening programs across the country to meet, share lessons learned, troubleshoot problems and identify continued areas of need in lung cancer screening programs. This conference is designed for healthcare professionals – including nurses, nurse navigators, PAs, physicians and other clinical and administrative support staff involved directly in lung cancer screening programs.
- **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.oncologynavigation.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.