

Dear **Kentucky Cancer Consortium** Partners:

KCC is pleased to provide you with the **September 18, 2013** issue of “Wednesday’s Word” (see table below), a KCC communication which relays recent state and national cancer control articles, resources, events and tools to you on a weekly basis. 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
Breast Cancer	<ul style="list-style-type: none">• Researchers Focus on Likelihood of Breast Cancer Recurrence. Seven tumor-specific genes appear to yield accurate prognosis, study says.• LEXINGTON: REMINDER: Screening mammograms available in Lexington: Susan G. Komen Lexington, Saint Elizabeth Healthcare and WKYT are joining forces to help Kentuckians get screened. Join us at WKYT (2851 Winchester Road, Lexington, 40509) on Monday, September 30th from 11am-7pm for a FREE mammogram in Saint Elizabeth’s mobile mammography unit. To ensure availability please call 859-655-7400 to get registered.
Chronic Disease	<ul style="list-style-type: none">• “Living Well Workshops: Chronic Disease Self-Management Program” are still open and enrolling throughout the fall in various Louisville locations. Living Well is a six-week series of workshops that meet for 2 ½ hours, once a week in community settings such as senior centers, churches, malls and hospitals. People with different chronic health problems attend together: same time, same place, same bunch of people learning and practicing together for six weeks. Workshops are co-facilitated by two people who may or may not be health professionals, one or both of whom have chronic diseases themselves. Workshop package includes 6 workshops and a resource book called <i>Living a Healthy Life with Chronic Conditions</i> and a relaxation CD. All participants have access to a FREE 8-week membership to the Greater Louisville YMCA. Must attend minimum of 4 out of the six workshops to qualify. To find a class near you in Louisville call (502) 852-1804 or (502) 772-8588 and visit http://familymedicine.louisville.edu/chroniccare Sponsors: U of L Dept. of Family & Geriatric Medicine, Family Health Centers, Louisville Primary Care Association, YMCA of Greater Louisville, KIPDA, American Recovery and Reinvestment Act (ARRA), Kentucky Dept. of Public Health – Chronic Disease Prevention Branch and Louisville Department of Public Health and Wellness.
Colon Cancer	<ul style="list-style-type: none">• REMINDER: SAVE THE DATE: Kentucky’s 4th Annual Colon Cancer Forum will be held October 3rd, 10am – 2pm Central Time, at the Knicely Conference Ctr. in Bowling Green, KY. The Forum is sponsored by the Barren River District Health Dept., KY Colon Cancer Screening Program Advisory Committee, KY Cancer Program and KY Dept. for Public Health. Applications pending for nursing and CHES credits. Please distribute the attached flyer among your networks.

<p>General</p>	<ul style="list-style-type: none"> • Report Sees Continued Advances in War Against Cancer. Millions more survive today, and experts say science is paying off. • Americans Enjoying More Healthy Years. Study found 2-year lifespan gain, fewer disease symptoms. • Looking for lessons in cancer's 'miracle' responders • American Cancer Society Expands Efforts to Reduce Burden of Cancer in Underserved Communities: Walgreens and its Customers Enable \$6.4 Million Gift to Assist with Community-Based Cancer Education and Screening Programs •
<p>Health Equity</p>	<ul style="list-style-type: none"> • Geography, Income Determine Health Care in U.S., Report Says. Only 32 percent of low-income adults aged 50 and older received recommended preventive care, such as cancer screenings and vaccines. • More Education, Not Income, Fights Obesity •
<p>Health IT</p>	<ul style="list-style-type: none"> • 5 things to know about electronic health records (CNN Money)
<p>Human Papilloma Virus</p>	<ul style="list-style-type: none"> • Updated resource: CDC recently revised their online fact sheet entitled: "Human papillomavirus (HPV) and Oropharyngeal Cancer".
<p>Palliative Care</p>	<ul style="list-style-type: none"> • REMINDER: WEBINAR - Improving Quality of Life Through Innovative Pain and Symptom Management. Thursday, October 10, 2013, from 1:00-2:00 PM ET. Speaker: Janet L. Abraham, MD, Division of Adult Palliative Care, Dana-Farber Cancer Institute. As innovative pain treatment solutions have increased, the need has emerged for advanced educational preparation to help clinicians deal with the needs of patients with serious, life-limiting illnesses. During this session, learn the challenges healthcare professionals face when managing pain in patients with life-limiting illnesses, and how to improve patient quality of life with effective pain and symptom management. 1 CME. Free registration. •
<p>Prevention, Genetics, Causes</p>	<ul style="list-style-type: none"> • U.S. Teens Begin to Slim Down, Study Suggests. Adolescents are eating healthier, exercising more. • Nuclear plants don't raise child leukemia risk: study. • More than 1,100 have cancer after 9/11

Smoke-free	<ul style="list-style-type: none"> • E-Smoking Among Teenagers (NY Times Editorial)
Survivorship	<ul style="list-style-type: none"> • Cancer Patient Education eBooks: Some of the National Cancer Institute’s most popular patient education publications are now available as eBooks! These eBooks provide information on different cancer types, the physical and emotional effects of cancer and its treatment, caregiver concerns, and survivorship. Attached to this email are two documents: an Ebook List of cancer publications available formats for Kindle and other e-readers, and includes QR codes that when scanned by a smart device downloads and opens the eBook; and an NCI E-Book Promotional Flyer for your organization to display/handout.
Tobacco Control	<ul style="list-style-type: none"> • Ex-Smoker Featured in Anti-Smoking Ads Dies of Cancer • WEBINAR: Thursday, October 3, 2013, from 4:00-7:00 p.m. EST, The Tobacco-Related Disease Research Program will offer a live webcast with expert researchers that will discuss the state of the science on electronic cigarettes, “E-Cigarettes: The Vapor This Time?” Click here for information and to register.
Worksite Wellness	<p>WEBINAR: “When Wellness Worlds Collide - Wellness Critics Respond To Attack”. October 2, 2013, 1:00 pm - 2:30 pm. This is the first webinar to contrast the current worksite wellness model — pressuring employees to fill out forms, poking them with needles and sending them to the doctor — with the emerging evidence based model of creating a culture of well-being. The current model sees employees as unruly children who need to be pressured, prodded and shamed into taking care of their health. In stark contrast, this emerging model treats employees like adults; asking what they need, creating a work environment that nurtures those needs and thereby setting the stage for improving personal and organizational health and productivity. Presenters will include: Vik Khanna, Al Lewis, Jon Robison, Ph.D., MS, and Rosie Ward, Ph.D. Each brings a wealth of experience and a unique and pointed view of the manifest shortcomings of conventional wellness approaches. When Wellness Worlds Collide will be “virtual open mic” -- any and all ongoing comments and criticisms will be viewable to all in real-time, un-moderated – a true open debate on the future of employee and organizational well-being. Register today.</p>
Events	<ul style="list-style-type: none"> • LOUISVILLE: Please join us to celebrate the 25th anniversary of Friend for Life Cancer Support Network: “An Evening with Friends”, on Friday, September 20, 2013. Doors open: 5:30 pm at the Audubon Country Club, 3265 Robin Road, Louisville, KY 40213. Buffet Dinner, Cash Bar, Silent & Live Auctions, Live Band, Live Comedy, \$75 per person, Reservations Required . Established in 1988, Friend for Life is a network of cancer survivors and co-survivors (caregivers) who serve as trained volunteers, providing one-on-one emotional and psychosocial support to persons recently diagnosed with cancer, and their loved ones. Facing cancer with someone who has been through a similar experience helps restore a sense of stability during a tumultuous time and to navigate the path through diagnosis, treatment and recovery. • PRESTONSBURG: REMINDER: 5K Cancer Color Run/Walk on Sept. 21 in Prestonsburg.

- **LOUISVILLE: REMINDER:** Norton Healthcare Centers for Prevention & Wellness is hosting its annual **Men's Health Event, on Sunday, September 29th** at the Kentucky Center for African American Heritage. It's an afternoon devoted to promoting men's health in our community. There will be free health screenings and seminars, including a special focus on prostate cancer. Door prizes, haircuts, and NFL football viewing & MORE. Call 502-629-1234 to register for this free event.
- **LOUISVILLE: REMINDER: Talking To Your Child About Cancer: What Every Parent Should Know** (A free parent workshop with concurrent kid program). **Monday, September 30, 6:30-8pm.** [Gilda's Club Louisville](#) 633 Baxter Avenue, Louisville, KY 40204. Description: When a parent, grandparent or sibling has cancer, many parents struggle with how to talk to their kids about it. How much information is enough? How much is too much? Is protecting kids from medical information a wise idea? Join Gilda's Club Louisville's Joe Ferry for a frank discussion on talking to your child when there is a cancer diagnosis in the family. Kids ages 5-15 can attend a concurrent craft program. To reserve your space or for more information, call Jennifer at 502-371-3035.
- **LOUISVILLE: REMINDER:** Nixon Lectureship: **"Exploring the Impact of Genomics on Oncology"**. Monday, **September 30, 2013, 5:30 – 7:15 p.m.** At The Olmsted, 3701 Frankfort Avenue, Louisville, KY. Audience: Physicians, nurse practitioners and nurses in specialties of oncology, radiology, hematology, OB/GYN & primary care. Interested patients and community members are also welcome. Speaker: [Neil E. Lamb, Ph.D.](#); Director of Educational Outreach; HudsonAlpha Institute for Biotechnology; Huntsville, Ala.; Adjunct Assistant Professor, Human Genetics; Emory University School of Medicine, Atlanta, Ga.; Adjunct Associate Professor, Department of Genetics; University of Alabama at Birmingham. CNE: 1 hour; CME: 1 hour. Event is free on a first come, first serve basis. More detail on the [attached flyer](#). Register at [\(502\) 629-1234](tel:5026291234) option 2.
- **FRANKFORT: REMINDER:** As part of National Breast Cancer Awareness Month, [Frankfort Regional Medical Center will be hosting "Pink Out Frankfort" event, including the 2nd Annual Pink Poker Motorcycle Run](#). There will be plenty of food, shopping, fun and support for a great cause – Breast Cancer Awareness. **Saturday, October 5, 2013, 9am – 4pm**, Frankfort Regional Medical Center, 299 King's Daughters Drive, Frankfort, KY 40601. Proceeds will benefit the Kentucky Pink Connection, an organization who provides support for breast cancer patients by reducing and/or eliminating barriers to screening, diagnosis and treatment. All events are weather permitting. Cancelled if rain. For more information, [download the flyer](#) or call Consult-A-Nurse® at 502-226-1655.
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- **LOUISVILLE: REMINDER: 2013 Breast Cancer Insights and Updates Friday, October 11, 2013, 7:00 a.m. – 1:15 p.m.** At The Olmsted, 3701 Frankfort Avenue, Louisville, KY. Audience: Physicians and nurses in specialties of medical oncology, surgery, surgical oncology, plastic surgery, radiation oncology, radiology and OB/GYN. Topics: Altered Fractionation for Women With Early-stage Breast Cancer, Breast Reconstruction in the Multidisciplinary Settings, Cardio-Oncology: Cardiac Toxicity and Survivorship in Breast Cancer, 3-D Mammography, Breast Cancer Worldwide. CNE: 4 hours; CME: 4 hours category 1. Event is free on a first come, first serve basis. More detail on the [attached flyer](#). Register at [\(502\) 629-1234](tel:5026291234) option 2.
- **LEXINGTON: REMINDER:** [Día de la Mujer Latina](#) 's mission is to motivate our vulnerable population to early detection screening via our signature health fiestas. Lexington's **Día de la Mujer Latina Resources Fair will be held Saturday, October 19, 2013 from 9:00 a.m. to 4:00**

at Consolidated Baptist Church, 1625 Russell Cave Road. The fair will inform attendees about available resources; navigate them if they need follow up care via our patient navigation services, and educate in a culturally and linguistically proficient manner via our trained and certified Promotores de Salud/ Community Health Workers. [Read more about this program.](#)

- **LOUISVILLE: REMINDER:** Garlove Lectureship: [“Bone Marrow Transplantation: Arriving Early”](#). Wednesday, **November 6, 2013, 5:30 – 7:15 p.m.** At The Olmsted, 3701 Frankfort Avenue, Louisville, KY. Audience: Physicians, nurse practitioners and nurses in specialties of oncology, radiology, hematology, OB/GYN & primary care. Interested patients and community members are also welcome. Speaker: [Hugo F. Fernandez, M.D.](#); Associate Chair, Clinical Director and Senior Member; Department of Blood and Marrow Transplant; Moffitt Cancer Center; Professor of Oncology; University of South Florida; Tampa, Fla. CNE: 1 hour; CME: 1 hour. Event is free - first come, first serve. Register at [\(502\) 629-1234](#) option 2.
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- **LEXINGTON: REMINDER:** Support the fight against lung cancer and give your lungs some exercise by participating in this year’s Free to Breathe 5K Run/Walk! This annual event will take place on **Saturday November 16th at Commonwealth Stadium in Lexington, KY.** Free to Breathe Run/Walk kicks off UK’s Tobacco-free Campus 4th anniversary week and the [Great American SmokeOut](#). Free to Breathe is sponsored by the National Lung Cancer Partnership and focuses on increasing lung cancer awareness and fundraising to support research, awareness, and change to prevent and treat lung cancer. Register at the Free to Breathe [website](#). If you want to show your support but are unable to participate, Free to Breathe offers several [suggestions](#) for alternative ways to get involved. One idea is to consider sponsoring the KCSP/Markey Cancer Center team: **Lung Cancer: Let’s Not Be #1!**