



STL Connection

Program for the Elimination of Cancer Disparities Volume II Issue II 2007

PECaD PERSPECTIVE: The Clinical Trials Outreach Program

Maybe it's a case of which came first, the chicken or the egg. It's widely assumed that minorities are less likely to volunteer for research than Caucasians. But a 2006 study from the National Institutes of Health (NIH) questions that belief.



Lannis Hall-Daniels, MD, MPH

The N.I.H. team gathered 20 studies which enrolled 70,000 people. They looked at how many people agreed to participate when asked. For medical

and surgical treatment trials, 42% of white patients, 45% of African Americans and 56% of Hispanics agreed to participate. These results suggest minorities are equally willing as Caucasians to participate in research. Our challenge, then, is to overcome conventional wisdom.

One of PECaD's goals is to increase the number of minorities enrolled in research at Siteman Cancer Center. There are important reasons for this goal, including:

- The ability to apply results to the general population and
- To ensure that research on diseases that affect certain groups (such as African American, low income, and female) include members of those groups.

PECaD works to set minority participation goals for research studies. Then we review progress towards each study's goals. PECaD also works with researchers to identify and reduce barriers to minority participation.

Lannis Hall-Daniels, MD, MPH is the Director of Radiation Oncology at Barnes-Jewish St. Peters Hospital and PECaD's Clinical Trials Outreach Team Leader. Working to increase minority research participation is a natural extension of her longtime commitment to health care access for all members of our community. Dr. Daniels also serves on the Mound City Medical Forum Board and the Board of Advisors of St. Louis Crisis Nursery

She states "The difference in survival between African American, Hispanic, and White populations across disease sites is multifactorial. Access to prevention and early detection programs is essential to decrease disparities and we continue to develop partnerships in the community. However a more complex issue is access of minority populations to standard of care treatments and clinical trials. One of our goals is to understand these barriers and develop programs to eliminate them at every level in our institution".

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SITEMAN CANCER CENTER[®]
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Kick Butts Day

On March 26, Compton Drew-ILC Middle School students in St. Louis received recognition for creative anti-smoking messages from PECaD and Siteman Cancer Center as part of an art and essay contest encouraging smoke-free establishments for "Kick Butts Day."

Eighth grader Joseph Kelly won first place of the art contest with the message "Don't Let Smoking Consume You," and sixth grader Emily Forsythe won first place with an essay titled "Smoke-Free Public Places." PECaD representatives presented Kelly



and Forsythe with \$35 gift certificates. Students presented the St. Louis Science Center with a certificate of appreciation for becoming smoke-free on March 1. Local media recorded the press conference and the ceremony honoring the students at the St. Louis Science Center.

Kick Butts Day is an annual celebration of youth advocacy, leadership, and activism in the fight against tobacco, which PECaD supports. For information about PECaD's Lung Cancer Community Partnership initiatives, call Katrina at 314-454-5646.

Free Nicotine Patches

In 2005, Missouri Governor Matt Blunt premiered the Missouri Tobacco Quitline, a program that helps lower income citizens kick their smoking habit. Quitline is a free telephone service that provides callers with coaching on methods to quit smoking and a "quit kit." Now, the Missouri Tobacco Quitline is offering free nicotine patches and gum to residents who are uninsured or receive Medicaid. The Federal Centers for Disease Control and Prevention funds this program, which aims to prevent tobacco related deaths. These deaths total nearly 10,000 in Missouri annually. To enroll in the Missouri Tobacco Quitline, call **1-800-QUIT-NOW** (1-800-784-8669) and for more information about tobacco prevention programs, visit www.dhss.mo.gov/SmokingAndTobacco.

Bringing Research to the Community

Increased risks from secondhand smoke for African American Children

A recent study shows that African American children may be more susceptible than white children to the ill effects of secondhand smoke exposure, including asthma, sudden infant death syndrome and low birth weight. Published in the March issue of the journal *Chest*, the research analyzed findings on toxin levels found in blood and hair samples from 220 children over the course of one year. The research team also sampled the household air for secondhand smoke twice over the course of the year.

Even when secondhand smoke exposure in the home was similar, African American

participants had significantly more toxins in their hair and blood than white participants. The toxin tested, cotinine, is a byproduct of nicotine after the body has processed it. In blood samples, the African American children's cotinine levels were 32% higher than white children. In hair, the levels were 400% higher in African American participants than their white counterparts.

"For some reason, African American children may metabolize nicotine...more slowly than white children" said Dr. Stephen Wilson of the Cincinnati Children's Hospital Center and lead investigator for this study.

St. Louis ConnectCare and PECaD Partner to Reduce Delays in Breast Cancer Diagnosis

At Siteman Cancer Center, 40% of breast cancer patients from Connectcare, the area's "safety net" healthcare provider, have advanced disease. In contrast, 10-15% of the rest of Siteman's breast cancer patients have advanced disease. When patients are diagnosed late in their disease, they have fewer treatment options. They also have lower chances of survival.

In collaboration with Connectcare and the Joanne F. Knight Breast Health Center, PECaD is studying parts of our systems that may contribute to delays in care. A special task force will examine the experiences of 1) women referred from Connectcare with abnormal mammograms and 2) women referred from Connectcare who were then diagnosed with breast cancer. This study will help identify specific barriers patients encounter, such as referral processes, transportation and childcare needs. The task force will then make changes to reduce barriers and develop a long-term quality control plan. This study is being funded by the Susan G. Komen for the Cure St. Louis Affiliate.

In the Spotlight



Vanessa Neri is a graduate student at the School of Social Work at Washington University. She is also a part of PECaD's Mentorship Program, which focuses on minority students interested in public health and faculty conducting research on health disparities.

Her first PECaD project was helping to coordinate an event called Kick Butts Day. It was a partnership with Compton Drew Middle School and the Tobacco Prevention Center at St. Louis University. Currently, Ms. Neri is working with our Education Team. They are reviewing Siteman Cancer Center's patient materials for ease of reading and cultural appropriateness. This summer she will support a new research project studying delays to care for underserved breast cancer patients.

Behind the Scenes



Iva Lambert

Ms. Lambert recently completed her term as co-leader of the PECaD Breast Cancer Community Partnership. Iva is currently a Nurse Case Manager for Barnes-Jewish Hospital. She is an active member of several

local boards and committees. She has worked over fifteen years providing case management of health services. In response to her commitment to quality care, Iva conceived the idea for an educational conference for African American breast cancer survivors and their families. Of great concern was the increasing need to educate the support network and conduct outreach in the "hot spot" zip codes in St. Louis. The "hot spots" are areas where advanced breast disease is more common than in the rest of the Missouri and the St. Louis region. The team developed this initiative and other programs under her leadership, with the support of the St. Louis Affiliate of the Susan G. Komen for the Cure Foundation and community partners. Thank you to Ms. Lambert for her dedication to PECaD's work!



Susan Roberts - Secretary III

The PECaD team receives much of its administrative support from Susan Roberts, who began her tenure with PECaD in August of 2006. Susan is responsible for typing correspondence, answering phones, helping coordinate meetings and events, mailings, assisting with budgets, grants, and PECaD's annual reports. She also provides assistance in supervision of PECaD work-study students. Susan's professionalism and efficiency has made her a great asset to the PECaD team. Susan states that what she likes most about her job interacting with people on a daily basis.

COMMUNITY PARTNER UPDATE:



THE WITNESS PROJECT® OF GREATER ST. LOUIS

"Where can I get a mammogram?" "How do I know if I'm at risk for getting breast cancer?" "What if I don't have insurance?" If you or someone you know is seeking answers, the Witness Project staff and role models are there to give guidance and support. The original Witness Project was started for and by African American women in Arkansas. Since then, it has spread to many other states, reaching thousands of women with good news about breast and cervical cancer. In each Witness Project program, the mission is to inform, encourage and assist.

The Witness Project of Greater St. Louis has over 44 volunteer role models/ lay health advisors who provide a range of services. The program links women to health providers, transportation, and conducts education sessions on breast health in the community. Witness role models are breast cancer survivors who have "been there," and understand what it is like to be responsible for others, while facing serious health challenges. "People may not realize that help is on hand to go to the doctor's office or if someone needs a listening ear. There is assistance out there for women to get the care they need," says Denise Foster, Patient Navigator.

Three years ago the Witness Project developed a unique twist to spreading the word about early detection and treatment of breast cancer. Through pantomime, role models demonstrate how to do a breast self examination (BSE). Dressed in all black with pink gloves and white face, the ladies do a series of gestures and postures to express the importance of BSE. The Witness Project Mime has been invited to perform at various events, community organizations, health fairs and many churches throughout the St. Louis Metro area. "Women have said after viewing the mime presentation that they have a better visual connection with BSE," says Michell Nickerson, Coordinator for the Witness Project. If you would like the Witness Project to participate in your event please call 314.286.0052.



PECaD PROFILE: Dr. Maria Baggstrom

One of PECaD's goals is to increase the number of minority patients who participate in clinical trials and other research studies at Siteman Cancer Center. In order to improve the quality of cancer care for patients of all backgrounds, it is important that research studies include participants who represent our diverse community. By enrolling more racial and ethnic minorities, Siteman researchers will be better able to assess the effectiveness of new diagnostic tests, treatments and educational interventions. To help accomplish this goal, PECaD partners with the Protocol Review and Monitoring Committee. First, investigators are asked to provide target goals for minority enrollment when they begin new studies. Second, PECaD periodically reviews Siteman Cancer Center researchers' enrollment numbers to insure they reflect our patient population. They receive a "commendable" review when their minority enrollment rates exceed 10% of their initial targets. Recently, several investigators received commendable reviews, including:

Maria Q. Baggstrom, MD, Assistant Professor of Medicine, Division of Oncology. The purpose of the Trial Consent Registry Program is to keep track of the patients (tumor type, stage, previous treatments, performance status) seen in the thoracic oncology group, to assess the patient's eligibility for clinical trials, and to monitor the availability of clinical trials at the time the patient was evaluated. The Program helps not only to keep the group aware of possible clinical trials available for each patient but also to see where there may be areas of further need for new clinical trials. This ultimately allows us to make sure that we are providing the best medical care for our oncology patients. Thank you Dr. Baggstrom for your excellent work!



Maria Q. Baggstrom, MD

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PECaD Transitions to New Director

PECaD is pleased to share the news of our new Director. **Graham A. Colditz, M.D., Dr.P.H.** is the Niess-Gain Professor in the School of Medicine, and Associate Director of Prevention and Control at The Alvin J. Siteman Cancer Center at Barnes Jewish Hospital and Washington University School of Medicine. Dr. Colditz arrived in St. Louis in November, 2006. Addressing cancer disparities is one of the cornerstones of his vision for cancer prevention and control.



Graham A. Colditz, M.D., Dr.P.H.

Dr. Colditz received his B.Sc. and M.B., B.S., and M.D. from the University of Queensland in Australia and his doctorate in Public Health from Harvard University. From 1986-2006, he served as the co-principal investigator and principal investigator on the Nurses' Health Study, a population-based cohort study of 121,701 nurses now in its 30th year. Dr. Colditz was also the principal investigator on the Growing Up Today Study (GUTS) which focuses on the diet and lifestyle of 16,883 teenagers.

With longstanding interest in the causes and prevention of chronic disease, particularly among women, he has evaluated numerous lifestyle factors to predict cancer risk. Other areas of his expertise include tobacco and obesity in relation to cancer and other chronic diseases. He has developed web tools, most notably "Your Disease Risk", to communicate tailored messages to the public. This interactive tool is available at www.yourdiseaserisk.com and soon will be available on the Siteman Cancer Center website. Graham continues to study benign breast disease and other markers for risk of breast cancer.

"Siteman Cancer Center is very fortunate to have had Dr. Farria lead PECaD during its early growth. Dione's great commitment to community partnerships with both individuals and agencies has set the tone for PECaD's work" said Dr. Colditz. He is developing a PECaD leadership team which will include Dr. Katherine Mathews of Connectcare and Dr. Vetta Sanders Thompson of St. Louis University School of Public Health.

Dr. Farria has recently stepped down in order to focus on her rapidly increasing clinical demands. She will now concentrate entirely on her patients in the Joanne Knight Breast Health Center where she is a breast imaging radiologist.

Dr. Arnold Bullock, urologist at Barnes Jewish Hospital and Co-Chair of PECaD's Prostate Cancer Community Partnership states "We will miss Dione's experience and perseverance in addressing the complex issues of cancer disparities. Now our challenge is to use PECaD's programs to reach more members of the St. Louis community with relevant cancer care information and resources".

PECaD is planning a fall event at which Dr. Colditz will be able to meet our many community partners, volunteers and other interested friends of the program. He will also share his vision for the program's immediate and long-term work. Details on this event will be sent out soon.

COMMUNITY CALENDAR

JUNE 8

Event: Lunch & Learn (Free health seminars for kids)
Sponsor: Saint Louis Science Center
Location: 5050 Oakland Avenue, Center Stage
Time: 12-1 pm
Contact: 314-289-4400 or
800-456-SLSC, x4400

JUNE 9

Event: Healthy Happenings
(Health and Nutrition Seminars)
Sponsor: Eternity Deli
Location: 11 South Euclid
Time: Every Saturday
Contact: Call 314-454-1851 or e-mail
Dahveed39@hotmail.com

JUNE 13

Event: Breast Cancer Screening
Sponsor: Siteman Mobile Mammography Program
Location: Grace Hill Souldard/Benton
Time: 9 am - 3 pm
Contact: 314-454-8466

JUNE 14

Event: Men's Health Happy Hour
(Free Health Screenings - PSA screenings)
Sponsor: People's Health Center and Siteman Cancer Center
Location: 5071 Delmar Blvd.
Time: 10 am – 7 pm
Contact: Questions call 314-367-7848 or 314-747-4611

JUNE 16

Event: The Ninth Annual Komen St. Louis Race for the Cure
Sponsor: Susan G. Komen Race for the Cure
Location: Downtown St. Louis
Time: 10 am -7 pm

JUNE 21

Event: Breast Cancer Screening
Sponsor: Siteman Mobile Mammography Program
Location: Grace Hill Murphy/O'Fallon
Time: 9 am - 3 pm
Contact: 314-454-8466

JUNE 23

Event: Blood Drive and Free PSA Screenings
Sponsor: American Red Cross, Omega Psi Phi Fraternity,
and Siteman Cancer Center
Location: Omega House (on Goodfellow)
Time: 10-3 pm
Contact: Leon Ashford

JUNE 30

Event: Health Fair
(Health Education Presentation)
Presenter: Dr. Arnold Bullock
Sponsor: Alphonsus Rock Church
Location: Alphonsus Rock Church
Time: TBD
Contact: 314-747-4611

JULY 3

Event: Breast Cancer Screening
Sponsor: Siteman Mobile Mammography Program
Location: Grace Hill Water Tower
Time: 9 am - 3 pm
Contact: 314-454-8466

JULY 13

Event: Breast Cancer Screening
Sponsor: Siteman Mobile Mammography Program
Location: Grace Hill Souldard/Benton
Time: 9 am - 3 pm
Contact: 314-454-8466

JULY 18

Event: Breast Cancer Screening
Sponsor: Siteman Mobile Mammography Program
Location: St. Louis County Dept. of Health North County
Time: 8 am - 4 pm
Contact: 314-454-8466

JULY 19

Event: Breast Cancer Screening
Sponsor: Siteman Mobile Mammography Program
Location: St. Louis County Dept. of Health South County
Time: 8 am - 4 pm
Contact: 314-454-8466

JUNE 25

Event: Strategic Action Workshop on Lung Cancer
(Free Cancer Information – Research Trends and Statistics)
Sponsor: PECaD
Location: Farrell Conference Room #1, Center for Advanced Medicine,
4921 Parkview Ave. St. Louis, MO 63110
Time: 12-3 pm
Contact: 314-747-4611

AUGUST 4

Event: Back to School Event (School supplies & Immunizations)
Sponsor: People's Health Center
Location: 11642 West Florissant Avenue (North site)
Time: 10-2 pm
Contact: 314-367-7848

AUGUST 10

Event: Back to School Event
(School supplies & Immunizations)
Sponsor: People's Health Center
Location: 5701 Delmar Blvd
Time: 10-2 pm
Contact: 314-367-7848

AUGUST 18

Event: Health Fair
Sponsor: Lane Tabernacle Health Ministry
Location: Lane Tabernacle C.M.E Church
Time: 10 am-3 pm
Contact: 314-533-0534

AUGUST 18

Event: Prostate Cancer Survivor's & Awareness Walk
Sponsor: 100 Black Men, Missouri Black Expo, Siteman Cancer Center
Location: Aloe Plaza, St. Louis
Time: 7 am - 12 noon
Contact: 314-361-5772

AUGUST 19

Event: Back to School Event
(School supplies & Immunizations)
Sponsor: People's Health Center
Location: 7200 Maplewood (West site)
Time: 10-2 pm
Contact: 314-367-7848