



STL Connection

Volume IV Issue III 2009

Highlighting Cancer Survivors

Ms. LaVonne Boyd, 9-year lung cancer survivor



Ms. LaVonne M. Boyd is a retired registered nurse. Her 30-year career in St. Louis has focused on developmental disabilities and mental health. She is one of eight girls and three boys. Many in her family smoked, including LaVonne. As a nurse, LaVonne knew all about the health risks

related to smoking, but she always thought they would not affect her.

LaVonne's Journey

LaVonne was diagnosed with lung cancer in 2000. She was treated and has been cancer-free for 9-years. LaVonne lost her mother and three of her sisters to cancer, and her brother has stomach cancer. Even though she understood the pain and grief cancer brings, she still smoked. She didn't believe that she would ever get cancer herself.

LaVonne did not realize something was wrong until she began to lose a lot of weight very quickly. Her primary doctor referred her to an internist who performed a chest x-ray. That same day, LaVonne found out that she had stage III lung cancer. The news

was hard to take, but LaVonne felt that her oncologist at Siteman Cancer Center, Dr. Ramaswamy Govindan, was empathetic and worked with her to make sure she was well taken care of. LaVonne feels her experience with cancer has not only impacted her physical health, but also the way she relates to others. "Getting cancer changed my life," said LaVonne. "It's made me more empathic and more patient with people." She continues to see Dr. Govindan every six months and he still calls her to check up on her.

Coping with this life-changing event was possible with the help of LaVonne's doctors and nurses. LaVonne's biggest support came from her family; her sister who has since passed and

two daughters who all helped her get through her treatment. Today, LaVonne says she has learned the importance of taking care of herself and encourages others to find a doctor who will help them do the same. "Don't be afraid to ask your doctor questions. Find a doctor you can trust and who cares about you." She says faith in herself and faith that she could be healed helped her through

the cancer experience. She wants everyone go to their doctor regularly and be truthful about personal health and wellness issues. LaVonne is a member of the PECaD Lung Cancer Community Partnership. She has volunteered her time and story for the past two years.

"Don't be afraid to ask your doctor questions. Find a doctor you can trust and who cares about you."



SITEMAN CANCER CENTER[®]
BARNES-JEWISH HOSPITAL • WASHINGTON UNIVERSITY SCHOOL OF MEDICINE
A National Cancer Institute Comprehensive Cancer Center



Guests talk with exhibit hosts.



RESEARCH
POSTER
EXHIBIT



Guests arrive and view posters.

Poster Exhibit Shares Research Findings with Community

Each year faculty from Washington University conduct research projects in the St. Louis region and surrounding communities, but we often do not hear about the results. Feedback from community representatives and leaders tells us that community members would like researchers to systematically share research findings with the community so that people can learn about and benefit from this research. “Let us know if someone has benefited from your research, the medicine that they took and what you did for them ...” said a focus group participant.

On April 25th, ten research posters were displayed at a reception before the St. Louis American Foundation’s Annual “Salute to Excellence in Healthcare” award luncheon held this year at the Hilton St. Louis at the Ballpark. The goal of this poster exhibit was to report back findings and lessons learned from research projects at Washington University. Years of committed relationship building with our community partners was vital to the success of this exhibit.

The posters at this event were selected by a formal community and academic review process for their relevance to community needs and interests. The posters reported on a range of topics relevant to the St. Louis metropolitan community such as sickle cell disease, obesity and STDs.

“The poster session provided a unique opportunity for those who attended the Salute to become more knowledgeable about some of the promising research that is conducted locally. The information was especially relevant to our community and the presentation was well-received and enhanced the learning experience for our attendees,” says Dr. Donald Suggs, President of the St. Louis American Foundation.

The exhibit was hosted by Siteman Cancer Center’s Program for the Elimination of Cancer Disparities (PECaD) and the Washington University School of Medicine Center for Community Based Research (CCBR).

The staff of PECaD and the CCBR would like to thank the St. Louis American Foundation for their longstanding partnership and for allowing us to be a part of the awards luncheon.

Funding for Prostate Cancer

The Program for the Elimination of Cancer Disparities (PECaD) at Siteman Cancer Center is the recipient of a \$6,000 Prostate Cancer Community Service grant from 100 Black Men of Metropolitan St. Louis and a \$5,000 award from the St. Louis Men's Group Against Cancer. The funds were awarded for prostate cancer outreach and education in the St. Louis community. St. Louis Men's Group Against Cancer monies were raised at the group's annual dinner. Net proceeds from the dinner are donated to specific cancer-related organizations that focus on prevention, research and care activities in the St. Louis community. Monies from the 100 Black Men were raised from the 2008 Prostate Cancer Survivor's and Awareness Walk. The Prostate Cancer Survivor's and Awareness Walk is a grassroots effort of the 100 Black Men of Metropolitan

St. Louis to increase public awareness, education and raise money for prostate cancer initiatives.

Funding will be used to provide prostate cancer screening at this year's 7th Annual Prostate Cancer Survivor's and Awareness Walk on Saturday, August 22, 2009, in downtown St. Louis.

Registration is \$20 per walker. Participants can attend special prostate cancer education seminars and men ages 40 years and older can receive a PSA blood test at no charge following the walk at the Missouri Black Expo.

Sign up to walk at the Official PCS Walk Registration website:
<http://www.100bmPCSW.kintera.org>

PECaD Profile: Rebecca Aft, MD, PhD



Rebecca Aft, MD, PhD

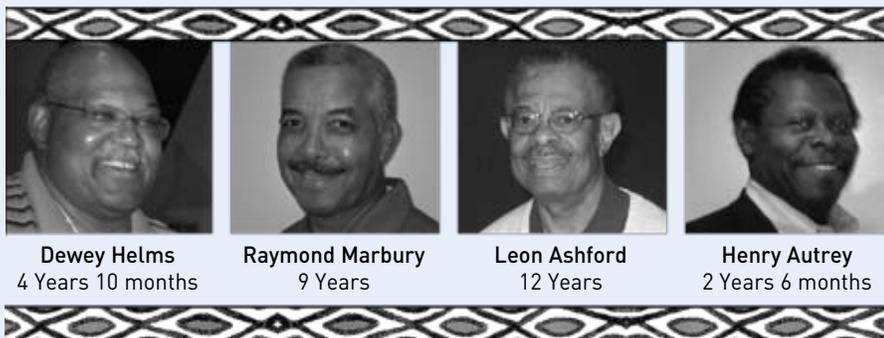
Washington University
School of Medicine
Siteman Cancer Center

To improve cancer care and discoveries for patients of all backgrounds, it is important that research studies include participants who represent our diverse community. One of PECaD's goals is to increase the number of minority patients who participate in clinical trials and other research studies at the Siteman Cancer Center. PECaD works with the Protocol Review and Monitoring Committee at Siteman to accomplish this goal. We encourage investigators to set targets for minority accrual in clinical trials when studies begin. We review progress of accrual over the course of trial implementation. Leader for PECaD's Clinical Studies Outreach team, Dr. Lannis Hall-Daniels, follows up with study investigators about their progress on a regular basis.

In this issue, we profile **Rebecca Aft, MD, PhD**, Associate Professor of Surgery, Division of General Surgery — Section of Endocrine and Oncologic Surgery, for her recent success in enrollment and maintenance of strong minority participation in clinical trials. Dr. Aft has a number of clinical trials dedicated to breast cancer treatment. In the course of her work, she has noticed a considerably larger number of African American women coming to the hospital with stage II or later breast cancer. Dr. Aft and the entire Breast Oncology team understand how important clinical trials are to African American women. They take time to invite and recruit these patients into clinical trials. They have been successful in their recruitment efforts, in part, because of their sensitivity to patient needs and help in removing barriers such as financial cost and frequent trips to the medical center. They try to cover the patient costs and consolidate patient trips to the office so that they can have multiple procedures or meetings taken care of in the same day. "The patient needs to know they're benefiting treatment for everyone including themselves when they participate in clinical trials ... Once you explain exactly what will happen in the study and how they will help others in the future, many of them are happy to participate," says Dr. Aft.

We would like to thank Dr. Aft and the entire Breast Oncology team for their excellent work and tireless efforts to achieve broad representation in clinical trial participation to advance discoveries in breast cancer for everyone!

You Can Beat Prostate Cancer



Prostate cancer testing is important because:

- There can be no noticeable warning signs for prostate cancer.
- Prostate cancer is treatable if found early.
- Your life and health are important.
- Only a medical professional can diagnose prostate cancer.

Look at These Survivors

Prostate cancer is one of the most treatable cancers when found early, but it remains the second leading cause of cancer death among men. African American men are more likely to die from prostate cancer than Caucasian men, but do not have to.

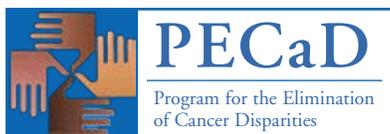
The American Cancer Society recommends that beginning at age 50, men should be tested for prostate cancer once every year. African American men and men with a strong family history of prostate cancer should begin testing at age 45, once every year. Testing for prostate cancer includes a prostate-specific antigen (PSA) blood test and digital rectal exam (DRE).

HELPFUL RESOURCES

Talk to your medical provider about your risk for prostate cancer. If you do not have a provider or would like to get more information on prostate cancer, here are some resources that can help.

- Betty Jean Kerr People's Health Centers offers prostate cancer testing services for men who qualify. Call [314-367-7848](tel:314-367-7848).
- The Illinois East Side Health District offers prostate cancer testing services for men who qualify. Call [618-874-4713](tel:618-874-4713) for more information.
- Call 2-1-1 for more information on resources in your area, or go online — www.211missouri.org
- Your Disease Risk — www.yourdiseaserisk.org
- Visit www.siteman.wustl.edu

The Program for the Elimination of Cancer Disparities is one of 25 Community Network Programs funded by the National Cancer Institute. (Grant number U01 CA 114594).



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2009 Community Calendar

July 18

Event: Healthy You, Healthy Planet Festival

Sponsor: MO Botanical Gardens and Siteman Cancer Center

Location: Missouri Botanical Gardens

4344 Shaw Blvd., St. Louis, MO

Time: 8 am – 3 pm

Contact: 314-747-7222, or toll free 800-600-3606

Details: A day dedicated to living a healthy, green lifestyle. No cost to attend the festival. Admission to MO Botanical Garden is \$8. St. Louis City and St. Louis County residents enjoy discounted admission of \$4 and free admission before noon on Saturdays, including the day of the festival. Admission is free for children 12 and under and garden members.

July 18

Event: Health Fair

Sponsor: Prospect Hill

Location: 4533 Arlington Ave., St. Louis, MO

Time: 11 am

Contact: 314-972-1866, Verna Braden

Details: A mime presentation on breast cancer awareness and the Missouri Baptist Mammography Van will be present.

July 20, 23 & 27

Event: Mammography Van at Schnuck's Locations

Sponsor: Breast Health Center at Siteman Cancer Center and the Mallinckrodt Institute of Radiology

Location: St. Louis area, call for locations

Time: 8 am – 4 pm

Contact: 314-747-7222, or toll free 800-600-3606

Details: Call to schedule an appointment. If you do not have insurance, you may still qualify for screening at no cost; call to find out more.

August 1

Event: Health & Wellness Fair

Sponsor: Christ's Southern Mission Baptist Church, Inc.

Location: 5630 Page Blvd., St. Louis, MO

Time: 9 am – 1 pm

Contact: 314-862-4525, Lisa Garrett, RN, BSN

August 5, 10, 17 & 25

Event: Mammography Van at Schnuck's Locations

Sponsor: Breast Health Center at Siteman Cancer Center and the Mallinckrodt Institute of Radiology

Location: St. Louis area, call for locations

Time: 8 am – 4 pm

Contact: 314-747-7222, or toll free 800-600-3606

Details: Call to schedule an appointment. If you do not have insurance, you may still qualify for screening at no cost; call to find out more.

August 8

Event: Back to School Rally and Health Fair

Sponsor: Christ Deliverance Ministries

Location: 725 Goodfellow, St. Louis, MO

Time: 10 am – 2 pm

Contact: 314-429-5898, Gwendolyn Moore

August 22

Event: 7th Annual Prostate Cancer Survivors and Awareness Walk

Sponsor: 100 Black Men of Metropolitan St. Louis

Location: Kiener Plaza, 500 Pine St., St. Louis, MO

Time: 7 am – 10 am

Contact: 314- 367-7778

Details: \$20 registration fee. Join Prostate Cancer survivors to walk and build awareness for prostate cancer. All are welcome.

August 22

Event: Prostate Cancer Screening at the 7th Annual Prostate Cancer Survivors & Awareness Walk

Sponsor: Siteman Cancer Center/ PECaD

Location: St. Louis Convention Center/Missouri Black Expo
801 Convention Plaza, St. Louis, MO

Time: 9 am – 5 pm

Contact: 314-314-454-5646, Katrina Bridges

Details: No cost PSA screenings for the public. Those eligible for this screening are men 45 and older, men 40 and older with a family history and African American males 40 and older.

September

Event: Prostate Cancer Screening

Sponsor: Siteman Cancer Center/ St. Louis Rams Radio Network/
Dave Sinclair Automotive Group

Location: TBD

Time: TBD

Contact: 314-747-7222 or 800-600-3606 to register

Details: No cost PSA screenings for the public. Those eligible for this screening are men 45 and older, men 40 and older with a family history, and African-American males 40 and older. There will be appearances by a St. Louis Rams player and Rams Cheerleaders in addition to live radio broadcasts by KLOU.

Just for You

A Patient's Link to Cancer Health Information and Community Events



*Please feel free to make copies of this insert for distribution.

What Do You Know about Lung Cancer?

Tobacco use is the leading cause of lung cancer. Lung cancer is the #1 cancer killer for both men and women in Missouri, especially for African Americans. More than 90% of lung cancers can be avoided by not smoking.

If you quit, you will lower your chance and your family's and friends' chances of getting cancer. Studies show that there is no risk-free level of second-hand smoke. Even a short time around second-hand smoke can be unsafe. To help lower your risk of getting lung cancer, you can:

- quit smoking or don't start smoking.
- decrease the time you spend in heavy air pollution.
- stay away from chemicals like asbestos that can cause lung cancer.

There is no good test that screens for lung cancer in its early stages. Lung cancer often does not cause symptoms for many years. But as the cancer grows, symptoms can start. Some of these symptoms include: a cough that does not go away, hoarseness, weight loss, loss of appetite and chest pain.

Talk to your doctor about your risk. To find out more, visit www.yourdiseaserisk.wustl.edu or www.cdc.gov/cancer/lung.

Word Scramble

Test yourself on the facts above. Try to unscramble the answers next to each clue.

1. This is the leading cause of lung cancer. **ABOCTOC SUE** _____
2. The best way to lower your chance of getting lung cancer. **ITUQ GKMSONI** _____
3. This is one of the later symptoms of lung cancer. **ESTHC INPA** _____
4. By not smoking, 90% of lung cancers could be _____. **DIVAODE** _____
5. Staying away from chemicals like this one may help lower your risk of lung cancer. **SESATOSB** _____
6. This may be hard to avoid, but if you can you will help lower your risk. **ULPOTLNOI** _____
7. This is the #1 cancer killer for both men and women in Missouri. **GULN NAECRC** _____
8. Lung cancer may not have _____ for many years. **PSYSMTOM** _____
9. Avoid this along with smoking, chemicals and air pollution. **CNSDEODNAH EMSKO** _____
10. You should do this with your doctor about your risk. **LAKT** _____