

“And Still We Rise”



Baltimore City Cancer Program (BCCP)

University of Maryland Marlene & Stewart Greenebaum Cancer Center

VOLUME 1, ISSUE 3

WINTER 2009

SPECIAL POINTS OF INTEREST:

- ◆ **Survivors Enjoy “Day Away”**
- ◆ **Facts on Colorectal Cancer**
- ◆ **Living and Loving Life Breast Cancer Support Group**
- ◆ **Mammoth Manic Monday Meltdown 2008**

Editor: Rhonda S. Boozer

Baltimore City Cancer Program Receives \$420,000 Grant from the Avon Foundation

The University of Maryland’s Baltimore City Cancer Program (BCCP) was awarded a \$420,000 grant by the Avon Foundation in May 2008 to help expand its efforts in providing breast cancer screening to low-income, uninsured women in Baltimore City. Additionally, the grant will help patients who are diagnosed with cancer navigate the health care system, which can be intimidating for many.

A community-based initiative of the University of MD Marlene and Stewart Greenebaum Cancer Center, the Baltimore City Cancer Program aims to eliminate cancer deaths in Baltimore City through early detection, diagnosis, and treatment. BCCP is funded through Maryland’s Cigarette Restitution Fund Program.

Since BCCP’s inception in 2001, more than 16,000 Baltimore City residents have been screened. More than 5,400 free clinical breast exams have been provided and about 5,600 mammograms. The program also offers free cervical cancer screening.

“With the help of this Avon grant, we will be able to expand our patient navigation program, increase the number of women screened, and significantly reduce the length of time between breast cancer screening and cancer treatment,” says Stacy Garrett-Ray, M.D., M.B.A., M.P.H., Medical Director of BCCP and clinical assistant professor of Family and Community Medicine at the University of Maryland School of Medicine. “The need for our services is growing, and we are grateful that the Avon Foundation supports our efforts.”



Dr. Stacy Garrett-Ray, Medical Director for BCCP, proudly displays mock check for \$420,000, as actress Reese Witherspoon cheers her on.

A Day Away: Let's Focus on Surviving!

Stacey Stephens, LCSW-C



Survivors enjoy water aerobics!

“Let’s Focus On Surviving: The Role of Genetics, Exercise and Nutrition in Survivorship” was the theme for this year’s Day Away event sponsored by the Baltimore City Cancer Program. Day Away is a day long educational retreat that offers breast cancer survivors an opportunity to get away from the repressed stress that comes with cancer treatment and survivorship. One of the top needs revealed in a needs assessment conducted by the program, revealed that cancer survivors are concerned about long term survivorship. Subsequently, the focus of this year’s Day Away was on ways for breast cancer survivors to reduce the recurrence of cancer.

Breast cancer survivors from the Living and Loving Life Survivor Group and physicians and nurses from the Breast Evaluation Program journeyed to the beautiful Hyatt Regency Resort and Spa in Chesapeake, Maryland for a day of leisure, laughter, inspiration, and information. The day retreat gives the medical team and the survivors a unique opportunity to engage with each other outside of the hospital environment in an intimate setting. The delightful shared conversations and interaction further cultivates the patient-provider relationship. Together, the women were enlightened about the current information on long term survivorship and how to reduce second cancers in a supportive, interactive learning environment. Dr. Katherine Tkaczuk presented information on the role of genetics as predictors of recurring cancer, and Dr. Yvette Rooks explored daily nutritional changes that support wellness in cancer survivors. The group also enjoyed water aerobics led by a 25 year breast cancer survivor. This not only encouraged the group but exposed the group to another exciting option for exercise.

At the end of the day, survivors celebrated life by singing and dancing to an all-star staff Motown Revue complete with wigs, microphones, and 60’s tunes. They also received a copy of “My Living and Loving Journey”, a survivorship plan to assist them in documenting their cancer treatment and post cancer needs. Everyone left the scenic Eastern Shore informed, equipped, and empowered to make changes needed to maintain optimal health and wellness. A grant from Sanofi Aventis USA, along with generous contributions from BioScrip Pharmacy and the Marlene and Stewart Greenebaum Cancer Center, assisted in making the Day Away event a tremendous success!



Surprise performers get ready for the Motown Revue and sing along.

HOPE !
JOY !
EDUCATION !
LAUGHTER !
SUPPORT !
CONCERN !
FUN !
UNITY !

“BCCP has been good to me, and they have given me good advice. They are like my sisters.”



-Support group member

Living and Loving Life!

The “Living and Loving Life” Breast Cancer Support Group meets every fourth Thursday of the month at the UMMS Patient Resource Center from 12 noon -1:30 p.m. The support group is open to ANY breast cancer survivor, whether newly diagnosed or a survivor for many years. If you would like further information or would like to attend, please contact Stacey Stephens or Rhonda Boozer at (410) 328-4673.

“AND STILL WE RISE”

FACTS ON COLORECTAL CANCER

Dr. Stacy Garrett-Ray, MD, MPH, MBA
Medical Director, BCCP

Colorectal cancer is defined as any cancer that begins in the colon, which consists of the large intestine or bowel, or the rectum. Colorectal cancer can occur at any section of the colon or the rectum. Colorectal cancer is the second leading cause of cancer deaths in Maryland and the third leading cause within the United States. It is estimated that within the United States approximately 148,810 people will develop colorectal cancer and 49,960 people will die from this disease in 2008.¹ This accounts for 9% of all cancer deaths in the United States. In Maryland, it is estimated that in 2008 2,920 people developed colorectal cancer and 940 died from colorectal cancer.² African-Americans, Hispanics, Alaska Natives, and American Indians are more likely to be diagnosed with colorectal cancer in advanced stages. As a result, the percentage of minorities who die of colorectal cancer is higher than for Caucasians.³ African-Americans appear to have more aggressive colorectal cancers that develop at a younger age and respond less favorably to chemotherapy for advanced disease. In comparison to Caucasians, African Americans also have reduced survival rates with a 30% increase in mortality. This may also be attributed to the fact that African Americans have decreased access to screening services.⁴

The exact causes of colorectal cancer have not been identified, but risk factors that increase one's chances for colorectal cancer include:

- Family history of colorectal cancers and adenomatous polyps or "adenomas"
- Personal history of:
 - o Colorectal cancer
 - o Adenomatous polyps or "adenomas" ovarian or endometrial cancer before age 50
 - o Inflammatory bowel disease (ulcerative colitis and Crohn's colitis)⁵
- Age 50 and over (group accounts for greater than 90% of colorectal cancers)
- Tobacco Use
- Obesity in premenopausal women
- Sedentary Lifestyle
- Diet high in fat

"Colorectal cancer is the second leading cause of cancer deaths in Maryland."

Colorectal cancer at early stages may have no noticeable signs or symptoms. Some signs and symptoms may include:

- Bleeding from the rectum or blood in the stool
- Marked change in bowel habits including constipation or thin pencil like stools
- Abdominal mass
- Abdominal cramps or pain
- Iron deficiency anemia that is not caused by other conditions



Individuals who should be screened for colorectal cancer include persons ages 50 and older and individuals under 50 with personal or familial risk factors.

Tests used to detect colorectal cancer include:⁶

- Colonoscopy (preferred) every 10 years
- Fecal Occult Blood test (FOBT) or fecal immunochemical test (FIT) every year
- Flexible sigmoidoscopy every 5 years
- Annual FOBT or FIT and flexible sigmoidoscopy every 5 years*
- Double contrast barium enema every 5 years

**Combined testing is preferred over either annual FOBT or FIT, or FSIG every 5 years, alone. People who are at moderate or high risk for colorectal cancer should talk with a doctor about a different testing schedule*

In order to reduce risk for colorectal cancer, it is important to encourage individuals to get screened for colorectal cancer, achieve and maintain a healthy weight, exercise at least 30 minutes on five or more days each week, eat at least five servings of vegetables and fruits each day and avoid tobacco and alcohol.

"Individuals who should be screened for colorectal cancer include persons ages 50 and older and individuals under 50 with personal or familial risk factors."

¹ American Cancer Society - Cancer Facts and Figures 2008

² American Cancer Society - Cancer Facts and Figures 2008

³ Prevent Cancer Foundation – Minorities and Colorectal Cancer

http://www.preventcancer.org/colorectal3c.aspx?id=1062&ekmense=15074e5e_94_0_1062_10

⁴ Am J Gastroenterol 100:515, 2005

⁵ American Cancer Society - Cancer Facts and Figures 2008

⁶ American Cancer Society - Cancer Facts and Figures 2008

The Baltimore City Cancer Program Wins Meltdown

LeVesta Jackson-Crute, Outreach/Public Relations

The ladies of the Baltimore City Cancer Program University of Maryland Marlene and Stewart Greenebaum Cancer Center have always been a voice in the community to encourage women to get their yearly mammograms.

Each year, the dedicated and compassionate ladies of the Baltimore City Cancer Program (BCCP) take it a step further in their breast cancer awareness campaign by participating in the WJZ TV-13 Manic Monday segment during the month of October. This year their unique way to “Knock-Out Breast Cancer” earned them the honor of being the 2008 WJZ-TV Mammoth Manic Monday Meltdown Winners. Personal trainers Warner Sherman and Chauncey White gave their support to “knocking out breast cancer” by being the ring card guys, as did Dick’s Sporting Goods in Glen Burnie by supplying the ladies with pink boxing gloves. BCCP received 39% of the 4100 votes of people who voted on wjz.com, which is a record.

LeVesta Jackson-Crute, who does public relations and community outreach for the Baltimore City Cancer Program, encouraged her co-workers to do their first Manic Monday in 2004. Ms. Jackson-Crute says, “We’ll be back every year doing Manic Monday until every uninsured women in Baltimore City has a mammogram.”

The Baltimore City Cancer Program is funded by the Cigarette Restitution Fund. For more information and to register for services call the Baltimore City Cancer Program at (410) 328-HOPE (4673).

Go to www.wjz.com to see the celebration. If you missed our performance on October 6, 2008 go <http://wjz.com/video/?id=45074@wjz.dayport.com>

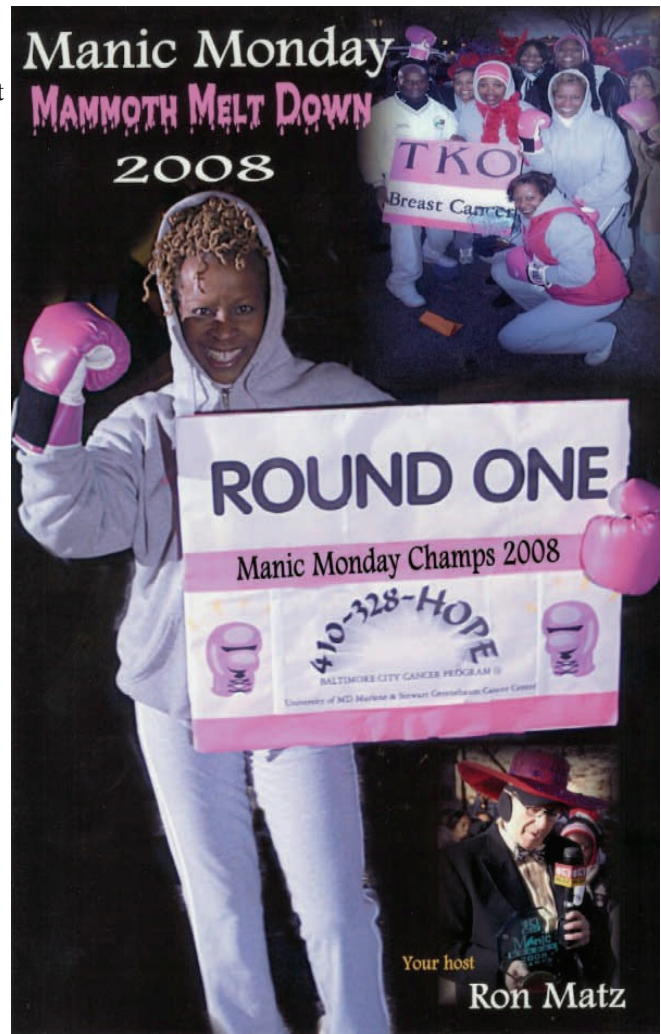


Photo courtesy of Jay Bennett/Image Photo & Media Expression

If you are interested in having a speaker or representation from BCCP at an upcoming event, please contact LeVesta Jackson-Crute at (410) 328-HOPE.

Clinical Trials Corner

A Low-fat Eating Plan to Manage Weight Gain Among African American Breast Cancer Survivors

Who: African American Breast Cancer Survivors ages 30-75

When: Enroll today to participate in a one year dietary study

Why: This may improve your health and quality of life as a breast cancer survivor

How: By providing dietary counseling and teaching strategies you can make part of your daily life.

Radiation Therapy Following Breast-Conserving Surgery in Low-Income Women: Communicating the Benefits and Risks

Who: African American and Caucasian Breast Cancer Survivors treated with breast conserving surgery between 2000 to 2005

When: Enroll today to participate

Why: This may improve your health and quality of life as a breast cancer survivor

How: By providing information that will help provide better quality of life and support services to survivors receiving breast-conserving surgery.

**Call today to see if you are eligible to participate!!!
(410)706-7210**