



## April 2015 Update

*VTAAC provides a forum for collaboration, engagement and sharing of resources for individuals and organizations concerned about cancer in Vermont.*

### Welcome!

This is the thirty-fifth edition of our quarterly newsletter. We are presenting this update to the many members of our coalition to provide news, plans and other information. If you have any questions or information to be shared, please contact our coordinator, **David Cranmer**, at [info@vtaac.org](mailto:info@vtaac.org), or 802-872-6303.

### Workgroup Updates

VTAAC has developed two workgroups to address the goals and strategies in the Vermont State Cancer Plan.

The **Prevention & Detection** workgroup is charged with developing strategies to meet the Prevention and Detection Goals of the Vermont State Cancer Plan (Goals 1-2, 4-6). **Nicole Lukas** (VDH) is the chair and a workplan has been created. There are currently four taskforces working in this group. The workgroup will be meeting on May 14th to discuss strategies for the 2020 State Cancer Plan.

The **Quality of Life** workgroup is charged with developing strategies to achieve the Quality of Life Goals (#10-15) in the Vermont State Cancer Plan. These goals cover written survivorship plans, palliative care, emotional/ psychosocial support, complementary medicine and end-of-life care. The co-chairs are **Kim Dittus** (UVMCC) and **Kathy McBeth** (UVMCC). The workgroup will be meeting on May 14th to discuss strategies for the 2020 State Cancer Plan and assigning new taskforces.

### Task Force Updates

- The Quality of Life workgroup is reviewing its taskforces for 2015.
- The Prevention and Detection workgroup has four taskforces: **Colorectal** is chaired by **Justin Pentenrieder** (ACS) and is promoting the national 80% by 2018 screening program; **Breast & Cervical** is chaired by **Nicole Lukas** (VDH) and is looking to set up a free screening day in 2015; **HPV** is chaired by **Chris Finley** (VDH) and is looking at messaging for parents and educators; and **Sun Safety** is chaired by **Sharon Mallory** (VDH) and has met to address the rising rate of melanoma in Vermont and is looking into implementing a project to educate Vermont primary care providers on the importance of and tactics for skin cancer early detection.

- The **Access to Care** taskforce is researching the time from breast cancer diagnosis to start of treatment. The committee, chaired by **Ruth Heimann** (UVMMC), is currently analyzing data and working on a publishing a report on their findings. This is a joint project with UVMMC, VDH and UVM. The taskforce is also considering a study on barriers to screening for Vermont's refugee population.
- The **Men's Health** taskforce chaired by **Scott Perrapato** (UVMMC) is working on several projects to raise awareness on Men's Health issues and support for research on men's cancers. They are planning a **Men's Health Conference** to be held on **June 26, 2015**. A Men's Cancer Resource page has been created on the [VTAAC website](#).

### Committee Updates

- The **Legislative Committee**, chaired by **Jill Sudhoff-Guerin** (ACSCAN) is working on meeting the goals of the ACSCAN Legislative agenda for this year's session.
- The **Membership Committee**, chaired by **Ali Johnson** (VDH) continues to address the recommendations regarding the evaluation of VTAAC Members. They have instituted a Membership page on the [VTAAC website](#), to provide information for new and seasoned members. They are also working on membership forms and a member database.

Participation on all workgroups, taskforces, and committees is open to all VTAAC members. If you are interested in working on any group please contact **David Cranmer** at [info@vtaac.org](mailto:info@vtaac.org) or 802-872-6303.

### **Save the Date!**

The **VTAAC Annual Meeting** will be held on **Friday, May 29th**  
at the **Capitol Plaza in Montpelier**, 9:00 am to 3:00 pm.

### **State Cancer Plan 2015 Status Report is Now Available**

The **Vermont Department of Health** has published an updated –*Vermont State Cancer Plan Status Report*. This report lists all the Objectives from the State Cancer Plan with baseline data, current progress. New this year, the report also lists the strategies for each objective. For the complete report, [click here](#).



The University of Vermont Cancer Center announces the first **Men's Health and Cancer Conference**, to be held on Friday, June 26, 2015 at the UVM College of Medicine in Burlington.

This free half-day community event will include multiple sessions covering men's health issues related to cancer prevention, detection, treatment, and survivorship as well as addressing overall wellness and health for men.

Registration is now open! More information is available at [VermontCancer.org](http://VermontCancer.org). To receive additional updates, find us on [Facebook](#), [Twitter](#), and [Pinterest](#).

We hope to see you there!

### **May is Skin Cancer Detection and Prevention Month**

(From the CDC)

In 2010 more than 1 million people were diagnosed with skin cancer, making it the most common of all cancers. In the United States, more people were diagnosed with skin cancer than with breast, prostate, lung and colon cancer combined.

Of all US states, Vermont consistently ranks in the top five highest melanoma incidence rates (28.7/100,000, VCR 2006-2010). It is also the fifth most common cancer type detected among Vermont men and women.

Here are some action steps we can all take to help prevent skin cancer.

- **Do Not Burn.** Overexposure to the sun is the most preventable risk factor for skin cancer.
- **Avoid Sun Tanning and Tanning Beds.** UV light from tanning beds and the sun causes skin cancer and wrinkling.
- **Use Sunscreen.** Generously apply a broad spectrum sunscreen with an SPF of 15 or higher. Repeat at least every two hours, and after swimming or sweating.
- **Cover Up.** When possible, wear protective clothing such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with 99-100% UVA/UVB protection.
- **Seek Shade.** Seek shade when the sun's UV rays are most intense, between 10am and 4pm.
- **Watch the UV Index.** Pay attention to the UV Index when planning outdoor activities to prevent overexposure to the sun.

For more information, go to: [www.cdc.gov/cancer.skin](http://www.cdc.gov/cancer.skin)



## **Working on the 2020 Vermont State Cancer Plan**

The VTAAC Cancer Plan Development Committee, chaired by **Sharon Mallory** (VDH) met in April for a discussion on writing the next 5-year State Cancer Plan. The goal is to have the new Plan completed by the end of 2015. This committee will work on various elements of the new plan and provide feedback to the steering committee for approvals. If you are interested in participating on the committee or would like more information, contact Sharon at: [sharon.mallory@state.vt.us](mailto:sharon.mallory@state.vt.us) or 802-951-4001.

## **Help to Bury Cancer**

Attention all cancer survivors and caregivers! As part of National Cancer Survivorship Day, the City of Barre will feature the “Bury Cancer Survivorship Celebration Parade” on Saturday, June 6<sup>th</sup>. Presented by the Vermont Cancer Survivor Network along with the cancer team at the UVMHN/Central Vermont Medical Center, this is a day of celebration for those who have survived cancer, an inspiration for those recently diagnosed, a gathering of support for families and friends, and an outreach to the community.

A symbolic focal point to the parade is a white marble headstone with a lavender ribbon etched above the word "Cancer". An estimated birthdate of 3,000 B.C., an open-ended death date, and an inspiring quote from the former ESPN sportscaster, Stuart Scott, who died this year from the disease, are etched on the stone. “You beat cancer by how you live, why you live, and the manner in which you live.”

The “Bury Cancer Survivorship Celebration Parade”, including floats and foot walkers, will move through the downtown of Barre starting at 1:00 p.m. To register for the parade, [click here](#). Other featured events that day include: a 5k run/walk sponsored by The Gym for Women, live music performances in City Hall Park and a dinner and Bogle wine pairing and auction. The day’s events end with a night time light show in City Hall Park.

Proceeds from the event will benefit the Vermont Cancer Survivor Network, a non-profit organization dedicated to improving the quality of life for anyone dealing with cancer.

For more information and how to get involved contact: VCSN at (800)652-5064, (800) 652-5064 or Lisa Buck at (802)279-0599. Visit the website at <http://burycancer.org/events.html>.



## Get Ready for Relay!

Spring means longer, warmer days in Vermont. It also brings the American Cancer Society's *Relay For Life*. Relay is a fun-filled event designed to celebrate survivorship and raise money for research and the programs of ACS. During the event, teams of people gather at schools, fairgrounds, or parks and take turns walking or running laps. Each team keeps at least one team member on the track at all times.

Coming up, there will be ten Relays For Life held in Vermont:

- **Relay For Life of Johnson State College**  
Johnson State College, Johnson, VT, May 2, starting at 1 pm
- **Relay For Life of Caledonia County**  
St. Johnsbury Academy, St. Johnsbury, June 13, starting at 12 pm
- **Relay For Life of Windham County**  
Brattleboro Memorial HS, Brattleboro, June 13, starting at 6 pm
- **Relay For Life of Chittenden County**  
Champlain Valley Exposition, Essex Junction, June 19, starting at 6 pm
- **Relay For Life of Central Vermont (Washington County)**  
Spaulding High School, Barre, June 19 starting at 6 pm
- **Relay For Life of Franklin County**  
Collins-Perly Complex, St. Albans, June 20, starting at 6pm
- **Relay For Life of Bennington County**  
Mt. Anthony Union High School, Bennington, June 20, starting at 6pm
- **Relay For Life of Rutland County**  
Vermont State Fairgrounds, Rutland, June 20, starting at 1pm
- **Relay For Life of North East Kingdom (Orleans County)**  
North Country Union HS, Newport, June 27 starting at 6 pm
- **Relay For Life of Windsor County**  
Riverside Middle School, Springfield, June 27 starting at 6 pm

For more information, go to: <http://www.relayforlife.org/relay/>



## Cancer: Thriving and Surviving *A free workshop for cancer survivors*

Get support and share experiences with others who have survived cancer. Learn to manage your fears, stress, fatigue, pain and the effects of treatment. Set small goals and work toward them. Find better ways to talk to your friends and family about your health. The workshop will meet on **Wednesdays, May 6 through June 19** from 4:00 pm to 6:30 pm at the Frymoyer Health Resource Center at the Main UVM Medical Center Campus in Burlington. FREE Parking. Call (802) 847-5468 or email [SelfManagement@UVMHealth.org](mailto:SelfManagement@UVMHealth.org)

## Save the Date

Click on the event for more information

May is

- [National Brain Tumor Awareness Month](#)
- [National Cancer Research Month](#)
- [National Oncology Nurses Month](#)
- [National Skin Cancer Detection and Prevention Month](#)

June is

- [National Sarcoma Awareness Month](#)
- [National Cancer Survivor Days](#)

July is

- [National Bladder Cancer Awareness Month](#)
- [National UV Safety Month](#)

- **Stowe Weekend of Hope for Cancer Survivors** – May 2-4  
Stoweflake Resort, Stowe – [www.stowehope.org](http://www.stowehope.org)
- **VTAAC Annual Meeting** – Friday, May 29  
Capitol Plaza, Montpelier – 802-872-6303
- **Cancer Survivor Day Celebration** – Saturday June 6  
Rutland Country Club, Rutland – 802-747-1831
- **“Bury Cancer” Parade & Cancer Survivor Celebration** – Saturday, June 6  
Downtown Barre – Events all day, Parade at 1pm 800-652-5064 [burycancer.org](http://burycancer.org)
- **Cancer Survivor Day Celebration** – Sunday June 7  
Shelburne Farms, Shelburne – 802-434-3979

### Every Vermonter Can Take Action Against Cancer!

- Avoid all tobacco products and second hand smoke.
- Eat a nutritious and balanced diet and maintain a healthy weight.
- Increase your daily physical activity.
- Reduce exposure to the sun and avoid indoor tanning.
- Have your home checked for radon gas.
- Talk to your health care provider about appropriate cancer screenings.