



Vermonters Taking Action Against Cancer

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

October 2015 Update

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Welcome!

This is the thirty-seventh 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, or 802-872-6303.

New Look for VTAAC Updates

VTAAC Updates are now delivered using the Constant Contact mailing program. This new program offers many creative options for the look of the Update as well as helping us manage our growing mailing list. Of note, this edition is being sent in a cell-phone/tablet friendly format. Let us know what you think.

Workgroup Updates

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 five taskforces working in this group. The workgroup will be meeting in November 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. **Kathy McBeth** (UVMCC) is the chair. The workgroup will be meeting in November to create new taskforces in line with the strategies in the 2020 State Cancer Plan.

Task Force Updates

- The Quality of Life workgroup is looking to creating new taskforces to align with the 2020 State Cancer Plan.
- 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 helped with a free screening day at UVMHC on October 2nd; HPV is chaired by **Chris Finley (VDH)** and is working on coordinating HPV-related health care provider education; Sun Safety is chaired by **Sharon Mallory (VDH)** 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 Joint Payer taskforce, chaired by **Sharon Mallory (VDH)** has been created to develop combined reports on patient screening to primary care providers from Vermont Medicaid, Blue Cross Blue Shield of Vermont and MVP health plans.
- The Men's Health taskforce chaired by **Scott Perrapato (UVMHC)** is working on several projects to raise awareness on Men's Health issues and support for research on men's cancers. They are working on a "Brovement" fund-raising and awareness campaign in November. 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 developing the goals of the ACSCAN Legislative agenda for this year's session. We will be partnering with ACSCAN for the Cancer Plan release at the Statehouse in March 2016.
- The Evaluation Committee, chaired by **Lea Shulman, (VDH)** is creating a Five-year Evaluation Plan to coincide with the 2020 State Cancer Plan.
- The Cancer Plan Development Committee, chaired by **Sharon Mallory (VDH)**, has met to discuss goals and strategies for the 2020 Vermont State Cancer Plan. The committee will be discussing the release of the Plan in early 2016.

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 or 802-872-6303.

American Cancer Society Changes in Breast Cancer Screening Guidelines

(from American Cancer Society)

On October 20th, the **American Cancer Society** released its updated breast cancer screening guideline in the *Journal of the American Medical Association*, recommending that women at average risk start regular annual screening using mammography at age 45 and transition to screening every two years starting at age 55.

The guideline supports informed decision-making for women ages 40 to 44, who should have the option to begin screening early, and for women 55 and older, who should have the opportunity to

continue screening every year if they choose.

The guideline recommends:

- All women should become familiar with the potential benefits, limitations, and harms associated with breast cancer screening.
- Women with an average risk of breast cancer should undergo regular screening mammography starting at age 45 (strong recommendation*)
 - Women who are 45 to 54 years should be screened annually (qualified recommendation**)
 - Women who are 55 and older should transition to biennial screening or have the opportunity to continue screening annually (qualified recommendation)
 - Women should have the opportunity to begin annual screening between the ages of 40 and 44 (qualified recommendation)
- Women should continue screening as long as their overall health is good and they have a life expectancy of 10 years or more (qualified recommendation)
- The ACS does not recommend clinical breast examination for breast cancer screening among average-risk women at any age (qualified recommendation)

For more information, [click here](#).

Breast Cancer: Know the Risks

(from the Centers for Disease Control)

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things may increase your risk. If you have risk factors, you may be more likely to get breast cancer. Talk to your doctor about ways to lower your risk and about screening.

Reproductive risk factors

- Being younger when you had your first menstrual period.
- Never giving birth, or being older at the birth of your first child.
- Starting menopause at a later age.
- Using hormone replacement therapy for a long time.

Other risk factors include

- Getting older.
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child). * Changes in your

breast cancer-related genes (BRCA1 or BRCA2).

- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Other conditions can cause these symptoms. If you have any signs that worry you, call your doctor right away.

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call: **(800) CDC-INFO**.

For a copy of the CDC Infographic, "Breast Cancer: Know the Risks", [click here](#).

New Publication on Melanoma in Vermont

The **Vermont Department of Health** has recently published the data brief "Melanoma of the Skin" which includes both Vermont Cancer Registry and Behavioral Risk Factor Surveillance System survey data to explore this risk factor.

<http://healthvermont.gov/prevent/cancer/documents/MelanomaDataBrief.pdf>

"Brovember 2015" Kick-Off

The **University of Vermont Cancer Center** announces the third annual 'Brovember' campaign to raise funds and awareness for men's health and cancer efforts happening at the UVM Cancer Center. Last year's efforts helped to fund the inaugural Men's Health and Cancer Conference--a free 1/2 day event open to the public to learn about important issues related to the prevention, detection, treatment and survivorship of men's cancers and related health issues.

Get your friends to join you in growing your Mo (mustache)! Mo-challenged? No problem, you can join too. Sponsor a mo-growing bro, or make a straight donation to the effort.

To join the fun, including creating your own custom fundraising page, visit the event's [webpage](#).

On **November 15th, Leunigs' Bistro** on Church Street in Burlington will host a 2nd annual day of fundraising to benefit Men's Health and Cancer research and education efforts at the UVM Cancer Center. Proceeds from sales throughout the entire day on Sunday, November 15 will be donated to the UVM Cancer Center to fund events such as the 2016 Men's Health and Cancer Conference. Please save the date and consider joining the UVM Cancer Center and Leunigs' for brunch, lunch or dinner!

Vermont Cancer Incidence Maps and Data Pages Updated

(from the Vermont Department of Health)

More Vermonters die from cancer than from any other health condition. Robust data help public health personnel, providers, and the public improve their understanding of the risk of developing cancer and how to mitigate that risk.

The Vermont Department of Health has published community-level cancer data in the form of interactive, web-based maps. The maps compare the observed versus expected number of cancers diagnosed in a community for seven cancer types: prostate, breast,

lung, colorectal, melanoma, bladder, and Non-Hodgkin Lymphoma. Uses for the maps include community assessments, addressing community concerns, and public health planning.

Nearly two-thirds of cancer deaths in the U.S. can be linked to tobacco use, poor diet, obesity, and lack of exercise. Any variations in cancer rates between a community and the State are likely caused by differences in these health behaviors or lifestyle choices rather than physical surroundings or environmental agents.

Please visit the [Vermont Cancer Incidence Maps and Data page](#) to view the maps and learn more.

American Cancer Society Seeking Volunteers

The **American Cancer Society in Vermont** is in need of *Road To Recovery* drivers in the following counties: Bennington, Caledonia, Chittenden, Franklin, Orleans, Washington, and Windham.

Road To Recovery is an American Cancer Society program that provides free rides to treatment for cancer patients by trained volunteers. Volunteers donate their time and vehicle to take a patient to their life-saving treatment. These rides take place during business hours, Monday through Friday, 8:30 a.m. to 3:30 p.m. The program works around the volunteer's schedule. Volunteers may drive one or more hours a week and it is completely flexible to meet their needs. Volunteers are scheduled to drive only in an area close to home, with no obligation to say yes to a ride if not convenient for them on any given day.

If you know of someone who may be interested in volunteering to become a Road To Recovery driver, contact **Patty Cooper** at patty.cooper@cancer.org or call 1-800-227-2345. Remember, volunteers can make a big difference in the life of a cancer patient by donating just one hour of time.

Great American Smokeout - November 19th

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society's "Great American Smokeout". The event challenges people to stop using tobacco products and helps them to become aware of the many tools they can use to quit and stay quit. For more information, [click here](#).

In Vermont, the Vermont Department of Health provides the 802Quits cessation program, using on-line, in-person and telephone services to help smokers quit. For more information, [click here](#).

Save the Date!

Click on the event for more information

November is

[National Family Caregivers Month](#)

[National Hospice Month](#)

[National Lung Cancer Awareness Month](#)

[National Marrow Donor Awareness Month](#)

[National Marrow Donor Awareness Month](#)

[National Stomach Cancer Awareness Month](#)
[Great American Smokeout \(November 19th\)](#)

January is

[National Blood Donor Month](#)

[National Cervical Cancer Awareness and Screening Month](#)

- **Touch Caring and Cancer Workshop - Saturday, November 14th**
Presented by Janet Kahn and Catherine CerulliMcClure Conference Room,
UVMMC, Burlington, 10am-4pm, 802-658-8525
- **VT Ethics Network Fall Conference - Wednesday, November 11th**
Lake Morey Conference Center, Fairlee, VT
<http://vtethicsnetwork.org/downloads/VEN-Fall-Conference-Brochure-November-2015.pdf>

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.
 - Have your home checked for radon gas.
- Talk to your health care provider about appropriate cancer screenings.
 - Reduce exposure to the sun and avoid indoor tanning.

VISIT OUR WEBSITE

Thanks for checking out our latest Update. Let me know if you have any questions/comments

David Cranmer
VTAAC Coordinator

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