

David Cranmer

From: VTAAC <info@vtaac.org>
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To: David Cranmer
Subject: VTAAC July 2015 Update



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.

July 2015 Update

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Welcome!

This is the thirty-sixth 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

Starting with edition, VTAAC Updates will be 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

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 on August 7th 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 on August 14th to discuss strategies for the 2020 State Cancer Plan and creating new taskforces.

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 is looking to set up a free screening day in the Fall; **HPV** is chaired by **Chris Finley** (VDH) and is working on 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 **Joint Payer** taskforce, chaired by **Sharon Mallory** (VDH) has been created to develop combined reports on patient screening to primary care providers from the Blue Cross Blue Shield of Vermont and MVP health plans.
- The **Access to Care** taskforce is researching the time from breast cancer diagnosis to start of treatment. This taskforce, chaired by **Ruth Heimann** (UVMCC), is currently analyzing data and working on a publishing a report on their findings. This is a joint project with UVMCC, 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** (UVMCC) is working on several projects to raise awareness on Men's Health issues and support for research on men's cancers. They presented a successful Men's Health Conference that was held at UVM 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 developing the goals of the ACSCAN Legislative agenda for this year's session.
- The **Evaluation Committee**, chaired by **Lea Shulman**, (VDH) is creating a 5-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 targets and the look of the Plan to be shared at the September VTAAC Steering Committee meeting.

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.

Changes to VTAAC Executive Committee

Ed Demott, a Chronic Disease Specialist with the Vermont Department of Health in the Burlington District Office, has agreed to be the new co-chair for VTAAC. Ed has been involved since 2005 in writing the 2005 and 2010 State Cancer Plans and has been a member of the VTAAC Steering Committee for the past 3 years.

Ed joins **Scott Perapatto** as co-chair.

We wish to thank Dr. **Ruth Heimann**, (UVMCMC) for her four years of service on the VTAAC Executive Committee. Ruth was the VTAAC Co-chair from 2011-14 and led the Access to Care taskforce. Ruth will remain a member of the Steering Committee.

2015 Men's Health and Cancer Conference

If you missed this year's Men's Health and Cancer Conference which was held in June - or you attended and would like more information - Videos and PowerPoint presentations are available at the University of Vermont Cancer Center web page, [click here](#).

New Email Address for Department of Health

Effective immediately all mails to VDH staff will be using the following format. Firstname.Lastname@vermont.gov. Emails to the older address will be forwarded for a short period of time. Please update your address books.

Annual Meeting a Success!

On Friday, May 29th, VTAAC members met at the Capitol Plaza in Montpelier for our 9th Annual Meeting. Our thanks to **Johnna Goulding**, MD (UVMCMC), Palliative Care Specialist for being our guest speaker. Her engaging talk on end-of-life discussions was very well received.

The morning session started with opening comments by VTAAC co-chair, **Kristy Allard** (AHS). After which we heard updates on VTAAC activities by **David Cranmer** (VTAAC). This was followed by a **Quality of Life Panel** presentation by **Theresa Lever** (UVMCMC), Kathy McBeth (UVMCMC) and **Sherry Rhynard** (VCSN). After the morning's presentations, **Jill Sudhoff-Guerin** (ACSCAN) shared a Vermont legislative update.

After lunch there was a group discussion on the **2020 Vermont State Cancer Plan** led by **Sharon Mallory** (VDH). Attendees then broke into four groups to provide feedback on four sections to be included in the plan. The results of the discussion will be summarized by VTAAC and shared with the Plan Development Committee.

Meeting evaluation comments included: "morning sessions were excellent", "Great breakout sessions" "Networking" "Sharing of information", "Liked the flow of the meeting", "I really enjoyed the meeting" and "It's always good to get together to network with colleagues"

Thank you to the American Cancer Society; the American Lung Association; the Cancer Committees at the UVM Central Vermont Medical Center and the Rutland Regional Medical Center; and the University of Vermont Medical Center for their financial support for our Annual Meeting.

New Publication on Obesity-Related Cancers

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

http://healthvermont.gov/prevent/cancer/documents/DataBrief_ObesityAssociatedCancers.pdf

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.

Where to go for Trusted Cancer Information

(from the American Society of Clinical Oncology)

Cancer.Net, is the award-winning patient information website of the **American Society of Clinical Oncology** (ASCO), and ASCO's comprehensive patient information program.

Cancer.Net is designed to be a valuable resource throughout a patient's cancer journey, from the time of diagnosis, through treatment, and into long-term survivorship. It provides information on more than 120 types of cancer and related hereditary syndromes, including facts about diagnosis, treatment options, clinical trials, current research, managing side effects, after treatment, and survivorship. It also includes information about how to cope with the emotional and social challenges that cancer can bring.

In addition to Cancer.Net, ASCO's patient information program produces several other products, including ASCO Answers, a collection of patient education materials developed for people with cancer and their caregivers. ASCO Answers includes a series of more than 60 fact sheets, providing an introduction to a specific type of cancer, cancer treatment, or side effect. In addition, there are several disease-specific ASCO Answers Guides to Cancer that help newly-diagnosed patients better understand their disease and treatment options and include information about diagnosis, treatment, side effects, and psychosocial effects. The guides also allow patients to record the specifics of their individual diagnosis and treatment plan.

Well-informed patients are their own best advocates and invaluable partners for physicians. By providing timely, comprehensive, oncologist-approved information, Cancer.Net and ASCO's patient information program empowers people living with cancer to make informed health care decisions.

You Can Take Action Against Cancer!

"Lake Champlain Dragon Boat Festival", Burlington, Sunday, August 2, 2015, Burlington Waterfront. Dragonheart Vermont is putting on a fabulous day. It's 1,600 dedicated Vermonters racing 41-foot long dragon boats for an unforgettable day of fitness, fun, and fundraising. All are invited to join in the fun and festivities. Create a team. Join in the races. Come enjoy good music and food. Help raise money for Dragonheart and Survivorship NOW programs. Go to the festival website for all of the details at www.ridethedragon.org.

Colon Cancer Coalition's "Get Your Rear In Gear" 5K run/walk, Colchester. Sunday, August 9, 2015, Bayside Park (Mallets Bay) Colchester. Starts @ 10:00am, registration starts at 8:30am. Join in the sixth annual Colchester "Get Your Rear in Gear" event. The first 200 participants registered will receive a t-shirt and goodie bag. Enjoy refreshments, food and fun while helping to fight colorectal cancer in Vermont. For more information, visit: http://events.getyourrearingear.com/site/TR/Events/General?pg=entry&fr_id=2580

Leukemia & Lymphoma Society's **"Light the Night"**, Burlington. Friday, September 25, 2015, The Memorial Auditorium Main Hall, Main St., Burlington. Starts at dusk, registration starts at 6:00pm. This is Burlington's 15th Annual "Light the Night" event to raise funds for cures for blood cancers. Funds raised through the Walk support the work of hundreds of the world's best and brightest researchers in their search for better therapies and cures for leukemia, lymphoma and myeloma. Anyone can take part-children, adults and seniors are all welcome. This is a casual Walk with no fitness requirements. Enjoy food and music. For more information, visit: <http://lightthenight.org>.

American Cancer Society's **"Making Strides Against Breast Cancer"**, there are two 5-mile walks this year. Sunday, September 27th at Castleton State College in Castleton and Sunday, October 18, 2015, Dorset Park, South Burlington. Both walks start at 1:00pm. "Making Strides" is your opportunity to

honor breast cancer survivors, educate women about breast cancer prevention and early detection, and raise funds and awareness to help achieve a day when no one will have to hear the words "You have breast cancer." This is a non-competitive walk, all are welcome. For more information on-line, visit:

www.cancer.org/stridesonline

2015 Legislative Update

The 2015 session of the Vermont General Assembly closed on May 14. The **American Cancer Society Cancer Action Network** (ACS CAN) reported on the legislative action taken - including progress on ensuring access to quality affordable health care, the implementation of the Affordable Care Act, progress on lung cancer and tobacco control measures, and expansion of cancer prevention screening.

For more information, visit: acscan.org/vermont.

Save the Date!

Click on the event for more information

August is

[National Pain Medicine and Palliative Care Month](#)

September is

[National Blood Cancer Awareness Month](#)

[National Childhood Cancer Awareness Month](#)

[National Gynecological Cancer Awareness Month](#)

[National Ovarian Cancer Awareness Month](#)

[National Prostate Cancer Awareness Month](#)

[National Thyroid Cancer Awareness Month](#)

October is

[National Breast Cancer Awareness Month](#)

[National Liver Cancer Awareness Month](#)

[National Lung Cancer Awareness Month](#)

- **Celebrate Vermont's 10 Years of Smokefree Dining** - Tuesday, Sept. 1
DoubleTree Inn, So.Burlington, 5:30-7:30 - 802-872-6312

- **Annual Breast Cancer Conference** - Friday, October 2

Sheraton Conference Center, Burlington -

<http://www.uvm.edu/medicine/vtbreastcancerconference/>

- **Northern New England Clinical Oncology Society Annual Meeting**, October 23-24

Every Vermonter Can Take Action Against Cancer!

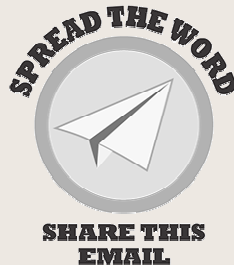
- Avoid all tobacco products and second hand smoke.
- Eat a nutritious and balanced diet and maintain a healthy weight.
- Increase your daily physical activity.
- Have your home checked for radon gas.
- Talk to your health care provider about appropriate cancer screenings.
- Reduce exposure to the sun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

VISIT OUR WEBSITE

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

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