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Monthly Briefer

From the Washington CARES About Cancer Partnership

List of Articles

[EVENTS](#)

[RESOURCES](#)

[FUNDING](#)

[OPPORTUNITIES](#)

[RESEARCH](#)

[CLASSES &
SUPPORT GROUPS](#)

[WEBINARS](#)

[FREE MOVEMENT
CLASSES](#)

Dear WA CARES & HC,

Below, you will find the Monthly Briefer for the Washington CARES About Cancer Partnership. There is a hypertext link on the left sidebar, so you can go right to the sections that you want to read first.

This month's briefer focuses on skin cancer. We are also developing a web page devoted to skin cancer on www.wacancer.org.

Next month's area of focus will be cancer survivorship. If you have cancer-related content on that or other topics that you wish to include in the next Monthly Briefer, please email it to me by June 23.

Thank you,
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EVENTS

[National Cancer Survivors Day](#) (NCSD) on June 1 is an annual celebration of life that is held in hundreds of communities nationwide and [around the world](#). It is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families and an outreach to the community. Participants unite in a symbolic event to show the world that life after a cancer diagnosis can be meaningful, productive and even inspiring. Anyone can host an

NCS D event. Get started with their 7 simple steps to [organize your event](#) .

[The Komen Puget Sound Race](#) at Seattle Center is Sunday, June 1. Join the Race. Help us raise funds and awareness, celebrate survivors, and honor those who have lost their battle to breast cancer. You will have a chance to see Seattle-based singer Michael Wansley, known better as "Wanz" on the main stage. Wansley won a Grammy for best rap performance of 2013 on the international hit single "Thrift Shop".

[Moving Beyond Cancer to Wellness](#). This annual event is for cancer patients, survivors, caregivers, friends, family and health care professionals. It provides general education on a variety of the late and long-term effects faced by cancer survivors after treatment is completed. The event will feature presentations on cognitive function, lymphedema, nutrition, stress management, intimacy, bone health, emotional adaptation and more. Saturday, June 7, 2014, 8:30am-3:30pm. Fred Hutchinson Cancer Research Center, 1100 Fairview Ave N, Seattle, WA 98109.

[Miles for Melanoma Seattle at The Shore Run](#) is a 5K run/walk that will allow participants to help raise funds to support research, education and advocacy for melanoma. The Melanoma Research Foundation (MRF) invites you to join their fundraising run in Seattle on June 8, 2014.

[Undy 5000](#) will be in Tacoma on Saturday, June 28th. This event is about having fun while bringing attention to a serious disease. Sign up today and help bring attention to colon cancer all year.

[Casting for Recovery](#): Washington focuses on wellness and empowerment of women in any stage of breast cancer by teaching women the therapeutic sport of fly fishing. In the FREE weekend retreats, survivors also receive breast cancer education and peer support. That next retreat is June 27-29 at the Shoshone Creek Ranch in Wallace, Idaho. For more information, contact [Kelli Armstrong](#).

[Men's Health Month](#) is June. It aims to heighten awareness of preventable health problems. This month gives health care providers, public policy makers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

[Relay For Life](#). At this American Cancer Society event you camp out with your team, take turns walking the track and enjoy great games, ceremonies and entertainment all night long. To find the event closest to you visit: Questions? Please contact [Megan Ashbaugh](#) or (206)674-4177.

[2014 Puget Sound 11th Annual Lymphomathon](#) will take place on Sunday, July 20th at Magnuson Park. This 5k walk is a fun-filled, family friendly non-competitive event offering an opportunity to honor those whose lives have been touched by lymphoma while raising critical funds for lymphoma research.

RESOURCES

[CDC Skin Cancer by State maps](#). Washington State has one of the highest rates in the nation. If the (cloudy) Puget Sound were a state, it would have the second highest skin cancer rate in the nation, just behind Utah. Check out these new maps and data tables.

[Community Preventive Services Task Force](#) has posted new information online regarding prevention of skin cancer. Recommendations are offered regarding interventions for child care centers, primary and middle schools, high schools and colleges, outdoor occupational or recreational and tourism settings, and mass media and multicomponent community wide campaigns.

[Don't Fry: Preventing Skin Cancer](#). Skin cancer is the most common of all cancer types. More than 3.5 million cases of non-melanoma skin cancer are diagnosed each year in the United States, and more than 76,000 cases of melanoma (the most serious form of skin cancer) are expected to be diagnosed in 2014. Also, check out their new skin cancer [infographic](#).

[Seattle Cancer Care Alliance](#) has a great new infographic on [skin cancer/melanoma](#).

[New CDC Tool](#). Know: BRCA helps women and clinicians assess cancer risks. Two genes influence risk for breast cancer: BRCA1 and BRCA2. All men and women have these genes. Normally, they help protect you from getting cancer. But when one or both of them have a mutation (change), they increase your breast and ovarian cancer risk. Without treatment, women with a BRCA gene mutation are seven times more likely to get breast cancer and 30 times more likely to get ovarian cancer before age 70 than other women.

[The Health Consequences of Smoking-50 Years of Progress: A Report of the Surgeon General, 2014](#). This one-page flyer provides a visual summary of the health effects of smoking on the body and a snapshot of available resources to help you promote the findings of the 50th Anniversary Surgeon General's Report on Smoking and Health. Print it and use it as a handout at meetings and conferences.

[American Lung Association](#)(ALA), in partnership with CVS Caremark, has released [Lung Force](#), a new initiative to make lung cancer in women a public health priority, drive policy change and increase research funding.

FUNDING OPPORTUNITIES

[Eastern Washington Affiliate of Susan G. Komen](#) will award more than \$295,000 in grants to 12 organizations providing breast care/breast cancer services in the 14 county service areas. The Grant Award Period is active from April 1, 2014 - March 31, 2015. The Request for Applications (RFA) for 2015 will be available in the fall of 2014. If you would like to be added to their RFA announcement list, please email [Elise](#).

[Aetna Foundation announces 2014 Regional Grants Program: GoLocal: Cultivating Healthy Communities](#).The Aetna Foundation announced the opening of its 2014 Regional Grants Program. This grant program will help to support initiatives that

encourage healthy eating and active living, particularly within low-income, underserved and minority communities. They will be accepting applications from June 16 to July 30. Grants will be awarded at one of two levels: \$25,000 or \$50,000 for up to a one-year project period.

RESEARCH

[Skin cancer deaths could be greatly reduced by regular doctor visits](#). The risk of dying from the most dangerous type of skin cancer is significantly reduced with regular doctor visits, according to a Henry Ford Hospital study. This is believed to be the first study of its kind to link melanoma mortality with routine health care use. Researchers found that deaths from melanoma dropped 70 percent in patients who had at least one visit to their family doctor or to a specialist in the five years prior to their diagnosis.

[American Lung Association's](#) inaugural [Women's Lung Health Barometer](#), a survey of more than 1,000 American adult women that measures women's knowledge and perceptions about lung cancer, found that women's awareness of lung cancer's impact is "terribly low."

CLASSES & SUPPORT GROUPS

[Cancer Lifeline](#) provides FREE lectures, support groups and health classes for cancer patients and their caregivers at four Seattle area locations: EvergreenHealth, Northwest Hospital, Valley Medical Center and the Dorothy O'Brien Center. For more information, visit their web site or call (206) 297-2500 or (800) 255-5505.

[Washington State Prostate Cancer Coalition](#) provides assistance to prostate cancer support groups across the state. These groups provide support to those living with prostate cancer and their caregivers. Support group leaders and members are wanted for Vancouver, Wenatchee and Yakima areas. Please contact [Jim Kiefert](#) if you are interested, can help or want more information.

[Gilda's Club Support Groups](#) at The Cancer Center at Overlake. All support groups are 6:30-8:30 pm at the Cancer Center at Overlake with free parking in the North Garage. For more information call Gilda's Club Seattle at 1-866-200-2383. Registration is required.

[Gilda's Club Lectures](#). All lectures are FREE and open to the public. Registration is required. For a full list of activities offered in Seattle and the South Sound area please visit their website or call toll-free 1-866-200-2383.

[Breast Cancer Research and Treatment update](#). Julie Gralow, MD, returns from the annual meeting of the American Society of Clinical Oncology (ASCO) to share a synopsis of research findings in breast cancer research, prevention, detection and treatment. Seattle: Thursday, June 12th, 6:45-8:30pm. Gilda's Club Seattle, 1400 Broadway, Seattle, WA 98122. Tacoma: Tuesday, June 17th, 6:30-8:00pm. The Katterhagen Resource Center, MultiCare Regional Cancer Center- Tacoma General Hospital, 1003 South 5th St., Tacoma 98405.

[ACT - After Cancer Treatment: What's Next?](#) An eight-week group designed for men and women to learn practical life-skills to help

rebuild after active cancer treatment is completed. Patients will have the opportunity to make peace with the impact of cancer treatment, reduce the stress cancer places on relationships, overcome the fear of recurrence, renew hope and increase resilience. Tuesdays, June 10 - July 29, 4:30-6 p.m. at Swedish/First Hill. Registration is required.

WEBINARS

[New Media Best Practices: Telling Stories with Images and Video](#)- Wednesday, June 11th 11:00am-12:30pm. When it comes to communication, telling stories with images and video has a power few other mediums have. These engaging and increasingly shareable visual mediums can articulate your organization's vision, promote your programs and initiatives, and move people to action.

[Cancer Survivorship and Cancer Control: Working Towards a Coordinated Approach](#). Building a coordinated system of survivorship care is essential for improving the psychosocial and physical well-being of all cancer survivors. The National Cancer Institute's June "Research to Reality" cyber-seminar will examine two important initiatives aimed at improving the lives and outcomes of cancer survivors.

KUDOS

[Highline Gastroenterology](#) and [Burien Digestive Health Center](#) doctors provided free Colonoscopies on March 29. Dr. Harry L. Teicher, Dr. Christopher Duncan, and Dr. Peter S. Hartwell of Highline Gastroenterology Associates and Dr. Michael Kramer of Burien Digestive Health Center donated 15 colonoscopies to Sea Mar Community Health Center patients. These generous donations help extend the reach of BCCHP to offer no-cost screening to more Washingtonians. We also want to thank all of our volunteers who shared their time in this collaborative effort. For more information see [BCCHP](#) or contact [Emily Butler](#).

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