

September 2014

Guam Comprehensive Cancer Control Newsletter

"The people of Guam will be cancer free, embracing a healthy lifestyle and living in a healthy environment."



Celebrate Life! Cancer Survivors Conference

By Mr. Jared Ivie, MSW and Ms. Vivian Pareja

The annual "Celebrate Life!" Cancer Survivors' Conference was held on June 7, 2014 at the Pacific Star Resort and Spa. Conference participants had the opportunity to learn from panel discussions and breakout sessions that focused on three phases of survivorship: Living with, through, and beyond cancer.

The panel discussion entitled, "Innovations in Cancer Care" discussed innovative treatments to cancer patients that are currently available as well as the guiding philosophies and practices of palliative care. Aftab Chaudhry, MD, Kevin Hitosis, DNP FNP-BC, and Theresa Villatora, RN were local expert panelists invited to discuss this topic.

Two different breakout sessions were offered during the second block of the conference. Hope Cristobal, PsyD. facilitated an interactive presentation for survivors and their caregivers titled "Making Time for Body, Mind, and Spirit". Dr. Cristobal explored the experiences of stress and worry on our health and offered practical tools for self-care. The alternative presentation was titled "Cancer Impact on Intimacy and Communication" presented by Jared Ivie, MSW. Participants learned about the unique relationship challenges that cancer survivors and their loved ones often experience through the different phases of survivorship, including tips for improving communication and healing challenges in intimacy.

The final panel of the conference included Bob Koeppen, Jr., Florence Blas, MS, IMFT, and Reverend Adresina McManus. These panelists each shared their individual experiences with cancer, including journeys of survivorship, supporting cancer survivors, and the role of family and faith in the healing process.

The conference was a notable success with more than 100 cancer survivors, caregivers and family members in attendance. The feedback from participants was overwhelmingly positive and appreciative for the topics discussed by knowledgeable and vibrant presenters. Participants also reported feeling informed, inspired, and motivated as a result of their participation.

The conference was presented by the Guam Comprehensive Cancer Control Coalition and organized by members of the Survivorship and Quality of Life Action Team.

Pictures of Celebrate Life! Cancer Survivors Conference



Volume 3 Issue 4

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We would like to invite you to join our Coalition...

As a member of the Coalition, you will:

Be involved with developing, enhancing, and supporting cancer programs and services.



Advocate for and support cancer survivors and their families.



Network with others in the community that share a strong interest in cancer and access cancer-related resources and information.

For more information about Guam Comprehensive Cancer Control Program and Coalition, please contact: 671-735-0670/73

Friends of the Park: Kaiser - Lost Parks Project

By Ms. Marie Benito

The Friends of the Park project is part of the Ayuda Foundation/Island Girl Power's commitment to beautify neighborhood parks and engage the community in physical activity. Through the support of the Non-Communicable Disease Consortium (NCD), Department of Public Health and Social Services, and the Cancer Coalition, greater efforts have been made to increase awareness, promote healthy behaviors, and implement policies to combat chronic diseases on Guam and the islands of the Pacific. Restoring parks and adopting healthy behaviors can aid in tackling this growing problem and provide positive alternatives. Island Girl Power, with the help of the NCD Consortium, is committed to creating safe, clean, and accessible parks for a healthier community. It is a major effort spearheaded by a small band of committed volunteers who share a love to keep the island clean and a desire to get Guam physically active.



Since February of this year, the Friends of the Park group drafted a plan and began to solicit interest from the community for park restoration at numerous health and community fairs. By April, the NCD Physical Activity Action Team was informed of a possible funding source. Networking resulted in assistance from the NCD Consortium, Dededo Mayor, the Department of Land Management, Department of Public Works, U.S. Probation Office, Guam Probation Office, the U.S. Air Force and Navy, many businesses (Fence Masters, Green Waste Facility, Guam Home Center, Mr. Rubbishman, Pacific Trucking, Payless Markets, Rainbow Paint Supply), Americorp, several middle and high schools, the Filipino Sports Association of Guam, food and beverage establishments (Kentucky Fried Chicken, Jamaican Grill, Market Wholesale), many willing volunteers, residents of the area, and countless others.

By May, a completed Park Revitalization plan was submitted to the NCD Consortium with the hope of getting funding support towards the Park project. Flyers were passed out to roughly 70 homes inviting residents to an informational meeting in the park. About 60 residents were surveyed to build awareness and solicit input for the park project. A media campaign to bring greater attention to the project was initiated throughout June and July. By mid-July, the project received approval for funding from the Office of Minority Health.

To date, the Friends of the Park project has had 10 major clean up days (July 8, 9, 10, 18, 19, 26 and August 6, 9, 16, 23) resulting in the removal of almost 8 bins (20 cubic yd. each) of household trash and green waste, 2 flatbeds of white goods, mulching of numerous fallen trees and shrubs, and the clearing of acres worth of debris (including 4 carpets completely rooted to the ground, 4 mattresses, a refrigerator, over 30 tires, wheel barrows full of broken tile from renovated bathrooms, television sets, chairs, large plastic toys, and broken glass). Moreover, hidden among the trees and behind courts, we also found beer bottles, food waste, pampers, a dead rooster and 3 dead rats, a live rat, a dog skull, and 5 junk cars.

On the brighter side, new fencing is being erected to curb dumping and prevent cars from entering the park. Courts will be lined and park rules and fair play signs will be erected soon. An information board will be placed to share healthy tips and community events.

With our progress, parents and grandparents can now be seen taking their kids for walks, or on bike rides. Kids are now out playing basketball, and residents have commented on how relieved they are to see the changes taking place. Currently, efforts are being made to encourage sports clubs to utilize the courts.

So much has been accomplished by the entire community coming together. But, more must be done to keep it from returning to the way it was. The hope is that this effort spurs greater community involvement in cleaning our parks and fuel the desire to get Guam moving.

For more information on how you can help, please call Juanita Blaz at 688-4752 or Marie Benito at 687-5723 or email at islandgirlpower671@gmail.com.



**“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”
– Margaret Mead**

**Public Law 32-179
By Mr. Chuck Tanner**

The Non-Communicable Disease Consortium got a huge boost with the enactment of Public Law 32-179. This law, passed on July 10th, allocated one million dollars, yes, let’s say that again, ONE MILLION dollars to support the efforts of the NCD! This act shows the confidence of the government in the efforts of the NCD members and validates that what we do works for Guam. Access to these funds is based on a dollar for dollar match which may include in-kind services from grants.

Let’s break it down, \$700,000 of the allocation goes directly through Department of Public Health and Social Services (DPHSS) to fund, facilitate and implement the *Getting Guam Healthy Incentives Program*. The intent of this program marries with the NCD strategic plan to encourage the people of Guam to practice healthy behaviors and to use the health care system wisely. These funds however may only be used for Medicaid beneficiaries, which is ok as we can augment current NCD efforts for this beneficiary population. The NCD team has been tasked to develop this program with only one caveat that we need to include prenatal development as part of any plan developed. We have 90 days to pull this together and present our plan to the DPHSS Director and ultimately back to the legislature.

The following are the priority areas identified by the teams:

- A comprehensive prenatal program for at-risk pregnant women;
- An education and meditation intervention programs for senior citizens with diabetes; and
- Healthy Village Weight Initiative (Biggest Loser Competition) to be piloted in the villages of Yigo, Yona, and Talofofo.

What is interesting is that the remaining \$300,000 of the million dollar appropriation was specifically given to the NCD Physical Activity Action Team. Again, this is a specific and by name, allocation of funds to one of our action teams. What a significant vote of support to the efforts we do! This funding will be used to promote health, wellness and physical activity for Guam Department of Education and also for Guam Special Olympics. It is also interesting to note that this law passed with 11 of 12 Senators voting in favor. The take away that I hear is... the NCD Consortium is a viable program and it works! We would not be given one million dollars if we are not an effective group.

CCC Coalition Action Teams Updates



Prevention Action Team /NCD Physical Activity Group

By Ms. Chalorna Lauron

It has been known that Guam's cancer screening rates compared to the U.S. rates are significantly lower and needed to be improved in order to detect cancer at its earliest stages. Through the implementation of the Cancer Screening Programs, Guam Cancer Care works in collaboration with the Guam Comprehensive Cancer Control Coalition (GCCCC), Public Health, Cancer Clinics, Non-Communicable Disease Consortium, and primary care physicians to take a stand against cancer and encourages a proactive approach to health through screening.

There are a few pilot programs spearheaded by Guam Cancer Care with the mission of spreading the importance of preventive screening as well as helping to increase the amount of patients screened. The Get Your Pink On will target breast cancer awareness and screening and the PSA program will target prostate cancer awareness and screening. More pilot programs catered to Guam's cancer prevention needs will be developed.

For more information about these programs, please contact Charly Lauron at Guam Cancer Care at 969-2223.



Screening, Early Detection, and Treatment Action Team (SEDAT)

By Ms. Rose Grino RN, BSN

The CCC Screening, Early Detection and Treatment Action Team continues to promote the 2014 U.S. Preventive Services Task Force (USPSTF) Screening Guidelines. Between July through August 2014, the team conducted presentations to medical staff of The Doctors Clinic, Health Partners, LLC., and Seventh Day Adventist Clinic.

The CCC/NCD Policy and Advocacy Action Team, Guam Breast and Cervical Cancer Early Detection Program, and Guam Cancer Care (GCC) collaborated in these efforts to include GCC staff promoting their cancer screening programs.

The 2014 USPSTF Screening Guidelines is now available for download at www.uspreventiveservicestaskforce.org.



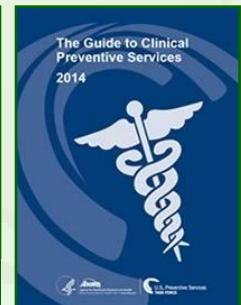
Seventh Day Adventist



The Doctor's Clinic



Health Partners LLC.



Survivorship and Quality of Life Action Team (SQOL)

By Ms. Marisha Artero

Completion of the "Hope Project" is the current priority of the Survivorship and Quality of Life Action Team. The completed project will consist of a 60-minute video and printed booklet, sharing reflections of strength and healing from some of Guam's cancer survivors and caregivers. The Hope Project is meant to be uplifting – to celebrate the human spirit. The stories shared by the cancer survivors and caregivers who were a part of the Hope Project will be used in the community to lend hope to those new to the cancer journey.

A diverse group of ten individuals participated in the interview process, led by members of the Survivorship and Quality of Life Action Team. The video and booklet are currently under production. Keep an eye out for the next issue of the GCCC Newsletter to learn more about the launch of the Hope Project and to learn more about the survivors and caregivers who shared their stories!

CCC Coalition Action Teams Updates



Policy and Advocacy Action Team (PANDA)

By Mr. Chuck Tanner

On August 20, 2014, about 20 members of PANDA, DPHSS and other Action Teams received advocacy training from Mr. Cory Chun. Mr. Chun is the Government Relations Director for the American Cancer Society Cancer Action Network (ACS CAN). This valuable advocacy training focused on how to plan and execute a successful advocacy campaign. It is important to note that both the Guam Comprehensive Cancer Control (GCCC) Coalition and Non-Communicable Disease (NCD) Consortium Action Teams strategic plans include advocacy work. Participants were grateful to participate and take advantage of this training opportunity. Slide presentation from the training session may be obtained by contacting Ms. Marisha Artero. You can also learn more about ACS CAN by visiting their website at www.acscan.org.

One item of particular interest to PANDA is their publication, "How Do You Measure Up" which may be found at <http://www.acscan.org/content/wp-content/uploads/2013/08/HDYMU-2013.pdf> or I can send it to you! In a quick review, it is interesting to note that many of the goals and projects of the GCCC Coalition and the NCD Consortium align nicely with the goals of the ACS CAN. The information contains good data in which we can benchmark against our efforts. We look forward to further collaboration with ACS CAN in our advocacy efforts.

On August 4, 2014, several members of the NCD Consortium and CCC Coalition met at the Guam Legislature to show support for Bill 384-32, introduced by Senator Benjamin Cruz. Bill 384-32 closes a loophole in the cigarette tax legislation and now prohibits avoidance of tax by providing multi-pack discounts. You may access the text of the bill at http://www.guamlegislature.com/32nd_bills_intro.htm. Important to note is the number of members that provided testimony in support of this bill and that no one from the public presented public testimony against it. We are optimistic that this bill will be passed into law and will continue to monitor as the bill makes its way through the legislative process.



Data and Research Action Team (DRAT)

By Ms. Renata Bordallo

The Data and Research Action Team (DRAT) last met on August 19, 2014.

The Team is awaiting for the Final Reports from our two consultants: Mr. Junjie Zuasula and Dr. Michael Ehlert, which were due end of June. The consultants have sent the team at least two preliminary reports for review. And thank-you to those DRAT members who gave feedback – written and via our meetings.

Mr. Zuasula's report is titled "A Pilot Study on the Medical Costs Analysis of the Ten Leading Cancers by Organ Site in Guam, USA: Findings from the Medicaid-MIP Data, 2007-2011." It reports on actual and projected costs of cancer care for this low-income population. While there are limitations to the data obtained and reported (as with all studies), it is certainly Guam's first hard look at cancer cost data, and points to areas for further study.

Dr. Ehlert's draft report is titled "Report of a Cancer Survival Analyses for Guam, 2000-2009." This report uses Guam Cancer Registry data exclusively. Again, there are limitations to the registry data (as with all registries) such as unreported cases and incomplete data. Despite these limitations, preliminary findings seem to substantiate the anecdotal knowledge those who work with cancer patients have – that many Guam cancer patients are being diagnosed at late stages of their disease, making treatment difficult and contributing to high mortality rates for cancer in Guam.

The DRAT team and Guam Cancer Registry now are ramping up for our next major product – the sequel to Guam Facts & Figures 2003-2007 using data for cases diagnosed from 2008-2012. Funding has been identified and approved through the Office of Minority Health to hire a consultant team to lead this project – Dr. Annette David and Ms. Angelina Mummert have agreed to take on the challenge! In addition, the GCCC Program committed funds for production of the report which we hope to complete by year's end.

Our Team needs a new leader since I need to step down, so I can step up to the plate as GCCC Coalition chair. This may be a good time to look again at integrating more closely with the Non-Communicable Disease Consortium, as our goals and objectives can easily be aligned. The GCCC Coalition would still need a DRAT team leader to report to the Steering Committee and promote our cancer data agenda. However, meetings could be integrated with the NCD Data & Surveillance team, with "side meetings" as needed.

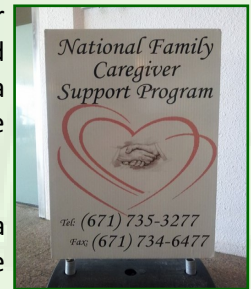
DRAT team members - we need your guidance and input into this integration process – please give us your feedback via email, phone, or in person. We are happy to consider all options and hear your ideas! Our next meeting is tentatively scheduled for October 21st (third Tuesday of the month) at House #7 Dean Circle, University of Guam, at 9:00 am. Meeting attendance has been low (summer travel?) so please RSVP with Vivian Pareja. **And a big SI YU'OS MA'ASE for all your various contributions to DRAT!**

CCC Coalition Members in Action

National Family Caregiver Support Program

By Ms. Kavita Hemlani Re'

The National Family Caregiver Support Program (NFCSP) was established nationally on November 13, 2000 and has been in existence on Guam since October 2001. It provides grants to States and Territories, based on their share of the senior population (on Guam, age 60 and over), to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.



Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care experience conflicts between these responsibilities.

Though there is personal satisfaction from caring for a loved one, caregivers find that it is complicated to manage all the tasks and find themselves having to make personal and/or professional sacrifices.

By creating the National Family Caregiver Support Program, Congress explicitly recognized the important role that family caregivers occupy in our nation's long-term services and supports system.

According to the Caregiver Action Network "Family caregivers are the backbone of the Nation's long-term care system and provide approximately \$450 billion worth of unpaid care each year. That's more than total Medicaid funding and twice as much as homecare and nursing home services combined."

Under the NFCSP program, States and Territories, including Guam, provide five core services:

- information to caregivers about available services,
- assistance to caregivers in gaining access to the services,
- individual counseling, organization of support groups, and caregiver training,
- respite care, and
- supplemental services, on a limited basis



Caregiver Support Group

As of the 2006 Reauthorization of the Older Americans Act, the following specific populations of family caregivers on Guam are eligible to receive services:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older;
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders;
- Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18; and
- Grandparents and other relatives (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities.

Since 2011, NFCSP has been housed under Health Services of the Pacific and liaises with other island programs and agencies to help provide care for the family caregiver on Guam. For more information on how you, a friend or family can receive services, please contact us at 735-3277 or check us out on Facebook: www.facebook.com/NFCSP.

CCC Coalition Members in Action

Breastfeeding Awareness Month

By Ms. Adelina C. Portela, Certified Lactation Counselor

Breastfeeding Awareness Month kicked off on August 1, 2014 with a Proclamation Signing with Lieutenant Governor Ray Tenorio. Not only Guam, but the whole world celebrates breastfeeding week/month in August. We celebrate mothers all over the world who embrace breastfeeding as the normal and best way to feed their babies. We want to celebrate our triumphant victory over many obstacles we face every day.

- Did you know that in the United States, 250-300 infants die every year due to diarrhea attributed to artificial feeding?
- Did you know that artificially fed babies have 4 times higher risk of bacteremia and meningitis.
- Did you know women older than 40 who were breastfed as children have 25% less risk for breast cancer according to one comprehensive study?



Maternal benefits of breastfeeding extend passed childbearing age. In some studies, breastfeeding has been associated with reduced risk of ovarian cancer and pre-menopausal breast cancer⁶². It has been shown that breastfeeding longer time periods (up to 2 years) and among younger mothers (early twenties) may reduce risk of pre-menopausal breast cancer and possibly post-menopausal breast cancer. In addition, the risk of ovarian cancer⁶¹ may be lower among women who have breastfed their children. Mothers who breastfed had experience less postpartum bleeding and earlier return to pre-pregnancy weight.

Another major study in 2002 (Collaborative Group on Hormonal Factors in Breast Cancer; Lancet. 2002 Jul. 20.360 (9328): 187-95) supports breastfeeding as protective measure against breast cancer. The researchers analyzed 47 studies in 30 countries. These studies had information about 50,000 women with invasive breast cancers and 97,000 women without breast cancer. The study authors found that the rate of breast cancer diagnoses was slightly lower among women who had breastfed and among who had breastfed for a longer period of time. For every 12 months of breastfeeding, the risk of breast cancer decreased by 4.3% compared to women who did not breastfeed.

For mothers and future mothers, here are a few easy tips to succeed in breastfeeding:

Make a birth plan

- Discuss with your partner and/or your supporting family member about your plans to breastfeed.
- Discuss it with your doctor. Put your birth plan in writing.
- Upon registration at the hospital or birth center, have a copy of your plan ready to give them.

Skin to Skin

- Demand rooming-in and snuggle with your newborn during your stay.
- Keep your baby close to you for the next few days. Sleep when your baby sleeps. You'll need plenty of rest.
- Remember your newborn has a very tiny stomach, as small as a marble, so do not expect to have a lot of milk. Your colostrum is the first immunization your baby will get.

Ask for help

- If breastfeeding becomes uncomfortable, call for help.
- If you are not sure what to expect, call for help.
- If you are have any questions, call to find answer.

(continue to page 8)



Breastfeeding Awareness Month

(continued from page 7)

For more information, please contact Adelina Portela at 488-5171 or 777-6526. You may post your question on our Facebook page at Guam Mamas or email us at guambreastfeedingcommittee@gmail.com.

The Guam Women Infant Children (WIC) Program supports breastfeeding and recommends it as the normal way to feed babies. The Guam WIC Breastfeeding Peer Counseling Support Services give WIC mothers basic breastfeeding information and encourages breastfeeding through one-on-one session at the hospital or in your home at your convenience. Services can be available after 5:00 pm.

The Guam Breastfeeding Committee and its members want you to make the best informed choice for your baby. We want you to celebrate your new gift in a special way. Breastfeeding: Good for Baby, Good for Mom, Good for Guam!

Sources:

⁶¹Whittemore AS. Characteristics relating to ovarian cancer risk: implications for prevention and detection. *Gynecol Oncol* 1994;55:S15-S19

⁶²Newcom PA, Storer BE, LongneckerMp et al. Lactation and a reduced risk of premenopausal breast cancer. *N Engl J Med* 1994; 330:81-87

Breastfeeding the Newborn: By Marie Biancuzzo, RN, MS, IBCLC

Contributed by: Adelina C. Portela, Certified Lactation Counselor (CLC) Guam WIC Breastfeeding Coordinator, Guam WIC Program, DPHSS and Thelma L. Ramoso, MCN, Community Nutritionist, Guam WIC Program

Mammograms Saves Lives
one of them may be yours...
Schedule your Screening Mammogram at FHP and receive a FREE GIFT!

HOPE

In celebration of Breast Cancer Awareness Month, all eligible TakeCare members who complete a breast mammography at FHP Health Center between **September 2, 2014-October 31, 2014** will receive a **FREE gift!** Show your support and raise awareness about Breast Cancer by wearing **PINK** to your appointment!

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Wear **PINK**

Facts about Screening Mammography

- The National Cancer Institute recommends that women age 40 or older have screening mammograms every 1 to 2 years.
- Studies show that screening mammography can help reduce the number of deaths from breast cancer among women ages 40 to 74, especially for those over age 50.
- Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread.
- Getting a high quality screening mammogram and having a clinical breast exam (an exam done by a health care provider) on a regular basis are the most effective ways to detect breast cancer early.

Facts about Breast Cancer:

- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of death among women.
- About 80-90% of breast cancers in women without symptoms in the U.S. will be detected by mammography.

To make an appointment for a screening or for more information, call FHP Health Center at 644-5825 ext. 8502 or 8253. No referrals needed.

TakeCare
www.isakcareasia.com

Healthcare that puts you in control.

Correction's Corner

We would like to acknowledge Ms. Kavita Hemlani Re' for her participation as a presenter at the Palliative Care Conference that took place on March 24-26, 2014 at the Outrigger Guam Resort. The article on the Palliative Care Conference was in our GCCC Newsletter Volume 3 Issue 3 that was published in June 2014.

Calendar of Events (October – December 2014)

October

October is Breast Cancer Awareness Month!

■ October 1st:

Breast Cancer Awareness Month Proclamation Signing at the Governor's Office Large Conf. Rm.; 10:30am
(For more information, please call DPHSS at 735-0670/75)

■ October 3rd:

3rd Annual Get Your Pink On Wave at the ITC Intersection
(For more information, please call Guam Cancer Care at 969-2223)

■ October 4th:

13th Annual Strides for the Cure 2k/5k Run
(For more information, please call Guam Cancer Care at 969-2223)

■ October 25th:

Guam Breast & Cervical Cancer Early Detection Program Special Clinic at Sagua Managu with Dr. Ellen Bez
(For more information, please call DPHSS at 735-0675)

December

■ December 12th (Tentative):

Cancer Control Coalition Annual Retreat
(For more information, please call GCCCP at 735-0670/73)

Coalition Monthly Meetings:

SEDAT: 4th Tuesday or 4th Thursday: 4:00pm – 5:00pm
(FHP Health Center Conference Room)

SQOL: 3rd Wednesday: 11:30am – 12:30pm
(University of Guam Dean Circle House #7)

DRAT: 3rd Tuesday: 9:00am – 10:00am
(University of Guam Dean Circle House #7)

PANDA: 2nd Monday: 4:00pm – 5:00pm
(FHP Health Center Conference Room)

Prevention/NCD Physical Activity Group:

4th Monday: 3:00pm – 4:00pm
(Guam Cancer Care or Good Samaritan Hospital Referral Office Conference Room)

To find out specific dates, location and time, please call the Guam Comprehensive Cancer Control Program at 735-0670/73.

Notes:

For current Public Hearings, check the Guam Legislature Calendar at <http://www.guamlegislature.com/calendar.htm>

