

Guam Comprehensive Cancer Control Newsletter



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



Photograph courtesy of Lawrence Alam

Celebrate Life! Cancer Survivors Conference

By Vivian Pareja

The annual *Celebrate Life! Cancer Survivors Conference* was held on June 8, 2019 at Pacific Star Resort and Spa. Participants had an opportunity to learn from topics that focused on three phases of survivorship: Living with, through and beyond a cancer diagnosis.

Marissa David Peroy, a cancer survivor who did the opening remarks, shared her cancer journey. Linda Frank, Yoga for Cancer Trained Teacher, conducted a short yoga session. Durado Brooks, MD MPH, Vice President, Cancer Control Interventions, Prevention, and Early Detection, American Cancer Society, talked about life after cancer treatment – practical ways of dealing with problems and guidelines for managing physical, social, and emotional health. He also shared useful tools and resources for cancer patients such as the survivorship care plan and survivorship care guideline. Resources can be found at the American Cancer Society's website at www.cancer.org.

In addition, a panel discussion on *Empowering the Spirit* by leaders from different faith-based organizations (Irene Egmalis Maliaman, Archdeacon, St. John the Divine Episcopal Church; Gary Walton, Lead Pastor, Harvest Baptist Church and Ministries; Zhi-Hsien, Venerable, PhD, Fo Guang Shan Guam Buddhist Temple; and Fredivic Nicerio, President, Barrigada Guam Stake, The Church of Jesus Christ of Latter-Day Saints), provided words of spiritual guidance to participants. The panel was facilitated by Kavita Hemlani Re', who's the current team lead for the Guam Cancer Coalition's Survivorship and Quality of Life Action Team.

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Breast Cancer Awareness Month



Proclamation Signing

By Rachel Ramirez

On October 4, 2018, Governor Eddie Baza Calvo proclaimed October as Breast Cancer Awareness Month in a Proclamation Signing at the Governor's Office, Large Conference Room, Adelup. The theme for this year was "Girls Fight Tough. Tough Boys Wear Pink" to demonstrate that men do get breast cancer too. The program included Dr. Delores Lee, a family medicine doctor who did a short talk on breast cancer screening. A representative from the Guam Cancer Registry addressed the current breast cancer data. The reading of the Proclamation by Kristine Zabala-Dulla, daughter of Ms. Roselie Zabala, to honor her memory as well as to recognize her invaluable leadership to the Bureau of Community Health Services.

Various community partners came together to show their support and raise awareness of the disease. The event was coordinated by the Guam Breast and Cervical Cancer Early Detection Program, in partnership with the Guam Comprehensive Cancer Control Program and Coalition, and the Non-Communicable Disease Consortium.

Partner organizations held a variety of activities in support of the cause:

TakeCare's 1 in 8 Breast Cancer Screening and Awareness Campaign

By Donabel Little

In collaboration with FHP Health Center, TakeCare's Breast Cancer Screening and Awareness campaign held last year from September 1st to November 30th, 2018 successfully screened over 600 women through breast mammography. With the support from American Cancer Society, health education collaterals were distributed to members and strategically placed at FHP clinic. TakeCare also collaborated with Zumba instructors to organize a cancer dance fundraiser which raised over \$5,000 to benefit Guam Cancer Care.

This year, in celebration of Breast Cancer Awareness Month in October, TakeCare Wellness is gearing up for its 1 in 8 Breast Cancer Screening and Awareness Campaign that will start in September to November. As an initiative to improve Breast Cancer screening rates, all eligible TakeCare members (women ages 40 and above) who complete a breast screening mammogram at the FHP Health Center during the campaign period will receive a FREE gift. In a continued effort to improve cancer screening rates, TakeCare is urging its Health Plan Network Providers to support and assist by reminding eligible patients to complete the necessary cancer screenings. TakeCare prides itself in advocating for cancer prevention, awareness and early detection through its wellness initiatives.

For more information, contact TakeCare Wellness at wellness@takecareasia.com.

Every thirteen minutes, a woman dies from breast cancer.

The best protection is early detection.

"Today, I will love myself enough to get screened."

Don't wait. Get checked now at FHP Health Center and receive a **FREE Gift!**

See details on back. *While supplies last.

Our Island, Your Health Plan.

TakeCare
takecareasia.com

Connect with us

Breast Cancer Awareness Month

Get Your Pink On Wave and Strides for the Cure 2k/5k Run/Walk

By Ellie Ongrung

Guam Cancer Care hosted its 7th Annual Get Your Pink On (GYPO) Breast Cancer Awareness Wave on October 1, 2018 at the ITC Intersection where more than a 1,000 participants waved in support of Breast Cancer Awareness month in addition to honoring the courage and strength of those who have fought and those who continue to fight the battle against breast cancer.

Guam Cancer Care also hosted its 17th Annual Strides for the Cure 2k/5k Run/Walk on October 6, 2018 at the Chamorro Village Paseo Agana with over 2,000 registrants. Proceeds from the annual run are used to support and help sustain our Kids for the Cure program in our local elementary schools as well as helping promote cancer education and awareness throughout the community.



Guam Breast and Cervical Cancer Early Detection Program Outreaches

By Rachel Ramirez



**October
is Breast Cancer
Awareness Month**

Breast cancer remains the most common cancer diagnosed in Guamanians; and is the 2nd leading cause of cancer death among Guam's women.



The Guam Breast and Cervical Cancer Early Detection Program (GBCCEDP) staff conducted and participated in several health outreaches during the month of October – six recruitment outreaches to all big supermarkets and enrolled 39 eligible women for the program; two health fairs and recruited 12 eligible women; extended outreach by the Bureau of Family Health and Nursing Services and enrolled 3 women; and a special Saturday clinic at FHP Health Center and screened 52 women for breast and cervical cancer. In addition, staff provided a presentation on the importance of breast, cervical and colorectal cancer screenings, to a total of 20 employees of Triple J.

For more information, contact GBCCEDP at (671) 735-0672 / 0675.

Breast Cancer Awareness Month

Guam's Real Men Wear Pink

By Marisha Artero

The American Cancer Society Guam Field Office moved into a new office space in June 2018. The new office on the second floor of the Nanbo Building in Hagatna has allowed them to create a wig closet, a space for patients to try on head coverings like wigs, hats and scarves, in private. Also in 2018, the American Cancer Society established a breast cancer gift closet – providing post-surgical bras and foam prosthetics to women who need them.

In October 2018, 8 men participated in Guam's Real Men Wear Pink campaign. Breast cancer doesn't affect women alone, thousands of men are diagnosed with the disease in the nation every year, and so are more than 266,000 of their daughters, wives, mothers, sisters and friends. The Real Men Wear Pink campaign is meant to engage and empower male community leaders in the fight to end breast cancer. Each Real Men Wear Pink participant accepts a fundraising challenge and competes to be the top fundraiser among his peers by the end of the campaign. 2018 candidates included Dr. Felix Cabrera, Guam Regional Medical City; Jon Nathan Denight, Guam Visitors Bureau; Tom Garcia, Chevrolet, Atkins Kroll; Glen Noket, Hafa Adai Specialist Group; Steven Pangelinan, Department of Education; Dr. Joel Rubio, Health Partners, LLC; Joseph San Agustin, Department of Revenue and Taxation; and Francis E. Santos, Global Healthcare, Inc. The top fundraiser in 2018 was Dr. Joel Rubio, raising \$6,461. In total, 8 candidates raised \$26,691.67.



Top Fundraiser Dr. Joel Rubio with the Guam Comprehensive Cancer Control Coalition members Dr. Annette David, Catherine Rivera Castro and Marisha Artero

Guam Comprehensive Cancer Control Coalition Annual Cancer Retreat

By Lawrence Alam and Vivian Pareja



The annual *Guam Comprehensive Cancer Control Coalition Cancer Retreat* was held on February 9, 2019 at Hilton Guam Resort and Spa. The *2018 Spirit of Life and Spirit of Collaboration Awards* were also conducted to honor individuals and organizations that have served as inspiration between 2016 - 2018.

A total of 92 Coalition members and guests attended the Retreat. Participants gave an overall positive experience rating of 4.72 out of 5.

The Retreat was an avenue to conduct a strategic planning activity to identify strategies and interventions Coalition members will be working on in 2019. In addition, current cancer data; action teams' 2018 progress report; and a call to action on cancer advocacy and support group were presented.

The *Remi H. Pangan† Spirit of Life Award* is presented to a cancer survivor, caregiver, or an individual for his/her encouragement in fighting cancer; dedication to promoting public awareness of cancer survivorship issues; and improving the quality of life for cancer survivors, caregivers, and their families. This award year, Ms. Roselie V. Zabala† was given this award for her tireless work in non-communicable disease prevention and control. The *Spirit of Collaboration Award* is presented to organizations that demonstrate exemplary collaborative efforts in the fight against cancer. This award year, awards were presented to organizations who spearheaded the following successful collaborative activities: Guam Regional Medical City's HeartBeat Town Hall, and HeartBeat event "The Family Diagnosed: Bridging the Gaps in Cancer Communication"; Brief Tobacco Intervention (BTI) Program at Guam Department of Education; and 1 in 8, Breast Cancer Screening and Prevention Campaign Save-the-Susu Dance Fitness Breast Cancer Fundraiser.



Cervical Cancer Awareness Month Proclamation Signing

By Rachel Ramirez


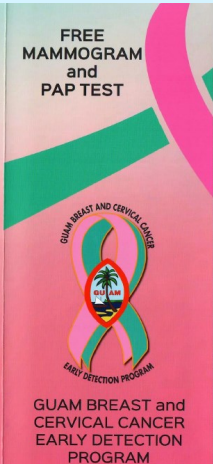
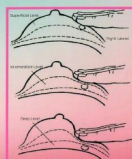




On January 11, 2019, the Department of Public Health and Social Services' Guam Breast and Cervical Cancer Early Detection Program and the Guam Comprehensive Cancer Control Program along with its partners, coordinated the Cervical Cancer Awareness Month Proclamation Signing at the Governor's Office, Large Conference Room, Adelup. This was an opportunity to raise awareness and encourage women across the nation to get screened for cervical cancer; and to promote the importance of having girls and boys get vaccinated for human papillomavirus (HPV) at an appropriate age.

"Cervical cancer is preventable and treatable, especially if it is detected early, through regular screenings and proper follow-up care."
 – Rachel Ramirez

The program included remarks from our newly elected Governor Lourdes A. Leon Guerrero and Lt. Governor Joshua F. Tenorio. Dr. Rachael Consoli, OB-GYN, FHP Health Center, shared information on the importance of cervical cancer screening and HPV vaccination. Ms. Renata Bordallo, Data Collection Specialist, Guam Cancer Registry, presented the current Guam data on cervical cancer. The reading of the proclamation by Ms. Cathy Rivera Castro, Vice Chairperson, Guam Comprehensive Cancer Control Coalition.

In line with the proclamation signing, several activities for the month were organized by the Guam Breast and Cervical Cancer Early Detection Program: Five recruitment outreaches to various supermarkets, and was able to enroll 37 eligible women; a cancer education presentation at three villages, sponsored by the Walk to Wellness Program; and the 2019 Cervical Cancer Conference.

<p>What is a HPV Test?</p> <p>HPV test checks the cervix for the Human Papilloma Virus (HPV) that can cause abnormal cells and cervical cancer.</p> <p>Who are eligible?</p> <p>Women are eligible if they are:</p> <ul style="list-style-type: none"> • 21 years and older (50-64 years old are the priority population); with • No insurance or underinsured (having insurance that does not completely cover the cost of screening exams); and • Documented resident of Guam; and • Meets income guidelines. <p><small>Note: The eligibility guidelines are subject to change based on availability of funds.</small></p>	<p>For more information about the Guam Breast and Cervical Cancer Early Detection Program contact:</p>  <p>Department of Public Health & Social Services Division of Public Health Community Health Services Section</p> <p>123 Chalan Koroa, Route 10 Mangilao, Guam 96913</p> <p>671-735-0672 / 75 671-735-0671 671-734-7626</p> <p>http://www.dphss.guam.gov</p> <p>rachel.ramirez@dphss.guam.gov arika.bordallo@dphss.guam.gov</p> <p><small>Funding for this publication is made possible through a cooperative agreement from the Centers for Disease Control and Prevention.</small></p>	<p>FREE MAMMOGRAM and PAP TEST</p>  <p>GUAM BREAST and CERVICAL CANCER EARLY DETECTION PROGRAM</p>	<p>The Guam Breast and Cervical Cancer Early Detection Program (GBCCEDP) is a 100% federally funded program that provides FREE breast and cervical cancer screening to qualified women.</p> <p>What is breast and cervical cancer screening?</p> <p>Breast and cervical cancer screening include the following:</p> <ul style="list-style-type: none"> • Clinical Breast Exam (CBE) • Mammogram • Pelvic Exam • Pap Test • HPV Test 	<p>Breast Cancer Screening</p> <p>What is Clinical Breast Exam (CBE)?</p> <p>A clinical breast exam (CBE) is a physical exam done by a health care provider that involves looking at and feeling the breasts and underarm for any changes or abnormalities (such as a lump). The breasts are checked while you are sitting up and while you are lying down.</p> <p>What is a Mammogram?</p> <p>A mammogram is an x-ray of the breast that can find lumps and other changes often before they can be felt.</p> 	<p>Cervical Cancer Screening</p> <p>What is a Pelvic Exam?</p> <p>A pelvic examination is a physical exam of a woman's pelvic organs by a health professional which is done to help detect certain cancers, or other reproductive system problems.</p> <p>What is a Pap Test?</p> <p>A Pap test is a simple, fast and painless test done in a doctor's office or clinic that may detect abnormal cells in the cervix which occur before the development of cervical cancer.</p> 
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For more information about the Guam Breast and Cervical Cancer Early Detection Program, please call 735-0671/0672/0675.

Cervical Cancer Conference

By Arlie Bonto



The Guam Breast and Cervical Cancer Early Detection Program (GBCCEDP) hosted the Cervical Cancer Conference on January 27, 2019 at the Pacific Star Resort and Spa. The conference covered topics such as cervical cancer screening, HPV Vaccination, diagnosis and treatment of cervical cancer. The Guam Nurses Association provided 4 contact hours of continuing education credits, and the Guam Medical Society provided 4 contact hours of continuing medical education credits for healthcare professionals who attended.

The conference had four main presentations: Cervical Cancer Screening and Cancer Prevention through HPV Vaccination (Delores J. U. Lee, MD, Evergreen); What Every Woman Should Know about Cancer (Maria Julieta V. Germar, MD, FPOGS, FSGOP, FPSCPC, St. Luke's Medical Cancer Global City); Cervical Cancer and Radiation Treatment (Song-Chu Arthur Ko, MD, PhD, Guam Regional Medical City); and Chemotherapy in Cervical Cancer (Paul Coty, MD, Guam Regional Medical City).

At the end of the conference, Lawrence Alam and Angelina Mummert from the Guam Comprehensive Cancer Control Coalition's Screening, Early Detection and Treatment and Prevention Action Teams launched the Cervical Cancer and HPV Vaccine Toolkit.

Out of the 119 participants, 60 received their continuing education credits and 19 received their continuing medical education credits. Overall, the conference was well-attended. Healthcare professionals were challenged to think about how their clinics are promoting cervical cancer prevention and screening.

The GBCCEDP would like to thank the Guam Comprehensive Cancer Control Program and Coalition, Guam Nurses Association, Guam Medical Society, Guam Cancer Care, American Cancer Society, St. Luke's Medical Center Global City, Guam Regional Medical City, PhilMD, University of Guam Cancer Research Center, and the Non-Communicable Disease Consortium for their contributions.

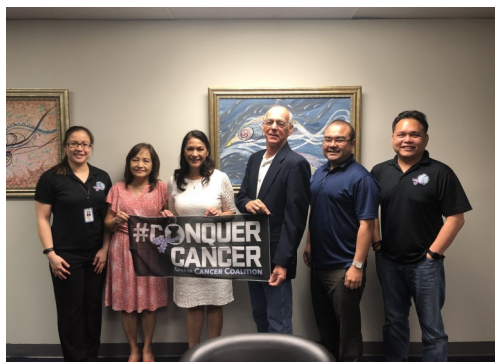
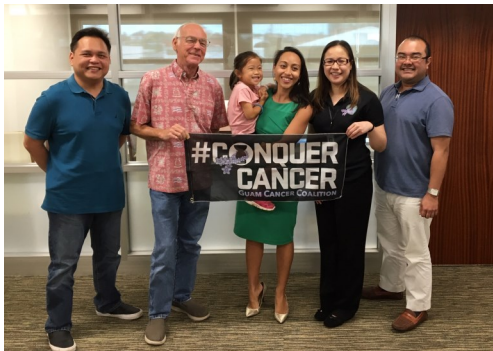
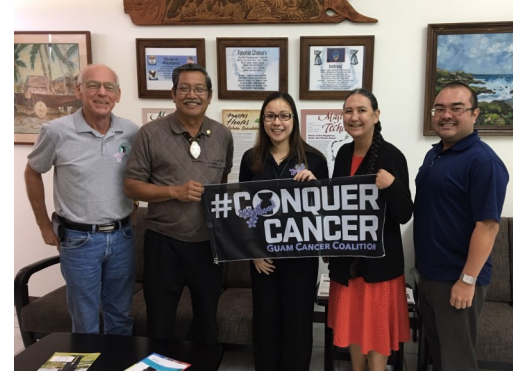
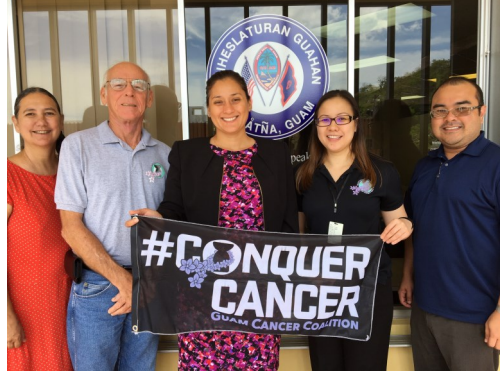
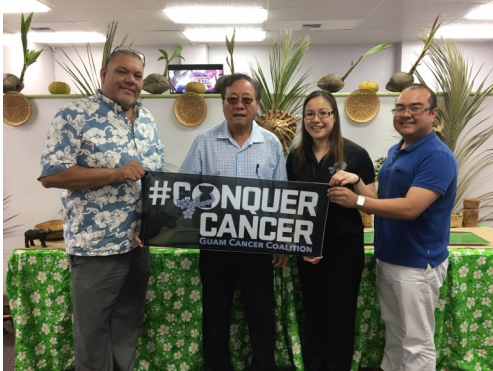


Meet and Greet with the 35th Guam Legislature

By Chuck Tanner

In March and July 2019, the Guam Comprehensive Cancer Control Coalition's Policy and Advocacy (PANDA) Action Team met with the senators of the 35th Guam Legislature: Senators James Moylan, Mary Torres, Kelly Marsh Taitano, Telo Taitague, Sabina Perez, Jose (Pedo) Terlaje, Regine Biscoe Lee, Clynt Ridgell, Telena Nelson, Joe San Agustin, and Speaker Tina Muna Barnes. Senators Louise Muna and Amanda Shelton were optional as they are PANDA members. The team also met with Ms. Laurent Duenas, Deputy Director of the Department of Public Health and Social Services.

The purpose of the meet and greet was to provide information about the Coalition, its advocacy work, and policies that support cancer prevention and control in an effort to increase awareness on the Coalition and its action teams.



Celebrate Life! Cancer Survivors Conference

By Vivian Pareja

(Continued from page 1)

Lastly, Lilli Ann Perez, PhD, Behavioral Health Provider, IHP Medical Group, had an interactive session on *What Would Be Your Ideal Cancer Journey*, where participants drew and wrote down the items that were helpful on their cancer journey – using a page with an outline of a proa. On the back side of the handout were two questions to help bring about what would have been helpful on their journey.

The conference was a remarkable success with a total of 116 cancer survivors, caregivers and family members in attendance. Some participants stated: *This type of conference is a good opportunity to connect, learn, and support cancer survivors. People coming together to encourage and support one another is the key for surviving this journey! An empowering experience; thank you all for caring! I really enjoyed the panel discussion from spiritual leaders; it opened my eyes to different mindsets.*

The conference was presented by the Department of Public Health and Social Services' Guam Comprehensive Cancer Control Program and the Guam Comprehensive Cancer Control Coalition's Survivorship and Quality of Life Action Team.



Colorectal Cancer Screening and Prevention Campaign

By Donabel Little

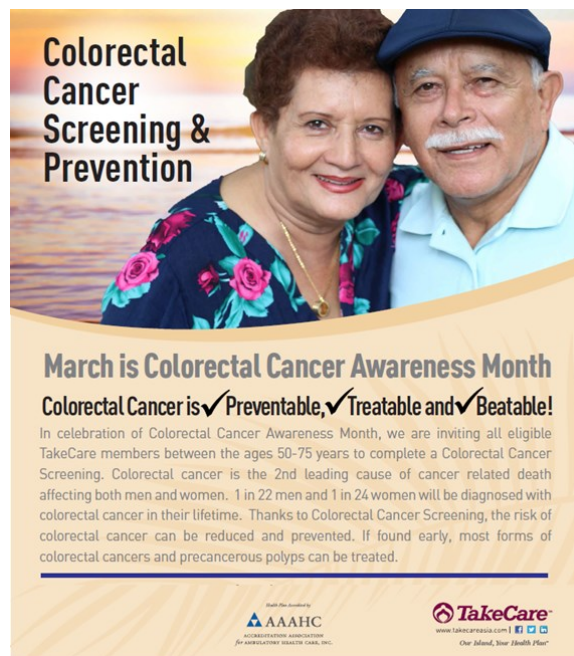
In celebration of Colorectal Cancer Awareness Month last March, TakeCare launched its first annual Colorectal Cancer Screening, Awareness and Prevention Campaign from March 1st to May 31st. The goal of the campaign is to increase colorectal cancer (CRC) screening using fecal occult blood test (FOBT) to qualified TakeCare members ages 50 to 75 years. This project is in relation to the grant awarded by the American Cancer Society West Region (WER) Cancer Control Collaborative Project (CCCP) to increase CRC screenings.

TakeCare is pleased to announce that as a result of this project, over 130 TakeCare members completed Colorectal Cancer screening using Fecal occult blood test (FOBT) during the campaign period.

In connection to this campaign, TakeCare recognizes one of its network primary provider for having achieved the highest number of patients who completed CRC screenings (using all types of CRC screenings available such as the Fecal occult blood test (FOBT), Fecal immunochemical test (FIT) or FIT-DNA, Sigmoidoscopy, or Colonoscopy) during the campaign period.

Congratulations, Dr. Lilybeth Sistoza!

TakeCare appreciates the exemplary support and effort of all network providers in the fight against cancer!



Colorectal Cancer and Cervical Cancer/HPV Toolkits

By Lawrence Alam



The Guam Cancer Toolkit: Colorectal Cancer and the Guam Health Provider Toolkit: Cervical Cancer, Cervical Cancer Screening, HPV, and HPV Vaccine were developed and finalized by members of the Guam Comprehensive Cancer Control Coalition's Colorectal Cancer and HPV Vaccination Workgroups in 2018 as a way to support the Coalition's goals and objectives of decreasing cervical and colorectal cancer morbidity and mortality rates on Guam.

These toolkits were designed to support community stakeholders and partners by providing them with the most current evidenced based strategies which we hope will lead to improvements and enhancements in systems of care and clinical practices.

Within the next 2 years, we plan to work with current partners such as, but not limited to, the Guam Nurses Association and the Guam Medical Society to promote the use of these toolkits to various local health organizations and practitioners.

To request a copy of any of the toolkits, please call the Guam Comprehensive Cancer Control Program Office at 735-0670/0673/7335. You can also download the digital version of the toolkits at our Facebook Page: GuamCCC

#KNOWYOURKULU – Colorectal Cancer Awareness Outreach Kicked Off at UOG Charter Day

By Angelina Mummert

UOG Cancer Research Center along with cancer coalition partners celebrated “#KnowYourKulu,” a colorectal cancer (CRC) awareness outreach during UOG Charter Day on March 12, 2019. Over 250 students, UOG staff and families participated in the outreach and learned about colorectal cancer as they were treated to a guided tour of *Kulu*, the giant inflatable colon. *Kulu* is an educational tool used to increase knowledge about colorectal cancer and screening. A research study was initiated to evaluate the effectiveness of *Kulu* and included administration of a short survey as well as pre- and post-test on intent to screen, CRC knowledge, and effectiveness of the inflatable colon as an educational tool. A total of 100 participants who attended the event volunteered to be part of the study.



UOG Cancer Research Center’s Community Outreach Core (COC) coordinated the event assisted by social work research students. Several COC partners (American Cancer Society, Guam Cancer Care, Guam Comprehensive Cancer Control Coalition, Public Health’s Tobacco Control Program and Guam Comprehensive Cancer Control Program, UOG’s PICCAH, BENIT, Kick Butts group) set up displays and exhibits to promote cancer screening and healthy lifestyles. Refer to COC Facebook for photo collage: @UOGCANCERRESEARCH.



80% in Every Community – Colorectal Cancer Screening Campaign

By Lawrence Alam

The 80% in Every Community is a National Colorectal Cancer Roundtable campaign which continues its efforts to increase colorectal cancer screening rates to 80% or higher, across the nation. The Guam Cancer Coalition has made a commitment to also continue its work of promoting colorectal cancer screenings to help increase our local rates, which lags when compared to national averages.



On March 14, 2019, members of the Guam Cancer Coalition met with Dr. Thomas W. Krise, President of the University of Guam, to discuss colorectal cancer initiatives. Dr. Krise signed the 80% in Every Community pledge.



On April 17, 2019, Guam Cancer Coalition partners (American Cancer Society, University of Guam Cancer Research Center, and Guam Comprehensive Cancer Control Program) attended the press conference on colorectal cancer awareness campaign and 80% in Every Community pledge signing by FHP Health Center.

Guam Walkability Program: Updates

By Lawrence Alam



Since the beginning of 2019, the Guam Walkability Program has been working really hard to promote its initiatives in the community. Ms. Leah Metra, Project Coordinator of the program, held several meetings with various stakeholders and partners such as the Mangilao Mayor's Office and the Rotary Club of Tumon Bay in an effort to get their support and buy in for the program. Ms. Metra is currently working on the program's Communications Plan. The plan will assist in ensuring that communication strategies utilized by the program are effective.

Walk to Wellness Program

By Mark Acosta, Bob Barber and Lawrence Alam

The Walk to Wellness Program funded by the Guam Cancer Trust Fund has run for over 2 years, covering five villages with 133 participants. The team was able to collaborate with 8 organizations and local government agencies. Due to the interest of these and other local organizations, the faculty of the University of Guam Cooperative Extension and Outreach and the Research Corporation of the University of Guam were successful in securing an additional \$124,000 in local funds to leverage this effort. This will allow the program to continue with an additional 4-6 villages over the next 1 ½ -2 years.

A key impact of this program is that the 133 total participants received training and education from various partners such as the Guam Breast and Cervical Cancer Early Detection Program, Guam Comprehensive Cancer Control Program, Tobacco Prevention and Control Program, Diabetes Prevention and Control Program, SNAP-Ed food trainings, STD/HIV Program, Guam WIC Program, and the Guam Behavioral Risk Factor Surveillance System. These efforts were conducted to increase awareness on cancer prevention and control; increase physical activity; and increase fruit and vegetable consumption.

From a social environment standpoint, another impact was that the participants walked a total of 60,000,192 total steps, with an average of 451,129 individual steps. This translates to a total of 30,000 miles (assuming 2000 steps=1 mile), where each participant averaged about 225.6 miles, increasing their physical activity.

Lastly, another important impact was on built environments. Each village was successful in identifying and utilizing a walking trail by the village cohort. As of today, these trails continue to be utilized by village residents. This alone represents a significant environmental change supporting physical activity for each village.

The program's success exceeded the planned objectives. Local agencies demonstrated their perceived worth/value of the program and the need for replication, thereby securing an additional \$124,000 of local funding to continue the program. Sustainability will partially be dependent on the positive and permanent changes the program has on the built and social environments.



SPARK Training to Daycare Centers and Schools

By Dr. Clare Camacho and Lawrence Alam

The Department of Public Health and Social Services' Guam Comprehensive Cancer Control Program and the University of Guam's Professional International Programs entered into a partnership to provide training on physical activity to three daycare centers (Mercy Heights Nursery and Kindergarten, Nene Child Care Center, and Tender Shepherd Child Care Center) and two schools (M.U. Lujan Elementary School and Science is Fun and Awesome Learning Academy) on Guam. The purpose was to train teachers and caregivers on implementing evidence-based physical activity strategies into their daily routine. A total of 26 caregivers at the three centers were trained and received certificates of participation; 29 teachers and staff at the two schools were also trained where 18 opted for two professional credits while 11 opted for certificates. This project promotes the prevention and reduction of exposure to cancer risk factors. Since children attend school and are at daycare centers for a majority of their day, integrating physical activity within the school day is critical. Providing this at the early childhood and school level is also critical since children form healthy habits early in life. With a very promising project, the team will continue to provide trainings to more schools and daycare centers this year, addressing obesity prevention at the forefront.



The Many Solutions of **SPARK** **S**ports, **P**lay, and **A**ctive **R**ecreation for **K**ids

SPARK is Physical Education... and so much more! With 7 different full curriculum modules to choose from, SPARK programs help support many ages and program types.

Guam Hypertension Prevention and Control Program: Year 2

By Robyn Julianne Castro



The main objective of the Hypertension Prevention and Control Program is to improve the health of patients with hypertension with the guidance of the Association of State and Territorial Health Associations (ASTHO) and the Centers for Disease Control and Prevention (CDC). Through the program, the team refers patients with hypertension into a system of care so that they can achieve real improvement in their blood pressure numbers. A component of this system is the Passport to Hypertension Services, where the team works to provide linkages from the clinical to community-based health programs.

Partnerships were formed in 2017 with the Guam Breast and Cervical Cancer Early Detection Program, Guam Regional Medical City, Guam Memorial Hospital Authority, and the Northern and Southern Region Community Health Centers to identify patients that can be part of the program. Patients were seen at Health Partners LLC. Over 89% of the program participants had normalized blood pressure results upon their third visit.

In the second phase of the program this 2019, focus was on expansion from Health Partners LLC to the Northern and Southern Community Health Centers. The program continues to pilot solutions for patients struggling with affording laboratory tests, medication, and transportation. With the Passport to Hypertension Services, patients are also encouraged to attend supportive programs that help with the management of their blood pressure, including educational workshops, exercise programs, smoking cessation programs and nutrition programs.

Guam Telehealth Project: Tele-ECHO Session Fridays

By Robyn Julianne Castro

The Guam Telehealth Project is a three-year long project under the Guam Comprehensive Cancer Control Program, implemented in partnership with the University of Hawaii (UH) and Guam's Alternative Lifestyle Association. The project aims to increase cancer-related services by using the Telehealth platform to provide further training, education, and collaborative opportunities for health care providers and community health workers on Guam.

TeleECHO Fridays are offered by the project. These are learning sessions held every third Friday of the month. Speakers discuss cancer-related topics with participants using Zoom as an online meeting platform. Sessions are open to medical professionals and practitioners, cancer survivors and caregivers, and all who are interested.

Join the efforts to increase cancer-related services and improve access for the Guam population! For more information, contact Robyn Castro at robyn.castro@dphss.guam.gov.

TELE-ECHO FRIDAYS !

Cancer-related online learning sessions
Every third Friday of the month

GUAM TELEHEALTH PROJECT
To increase cancer-related services &
improve access for the Guam population

**SCREENING FOR
BREAST CANCER**
FRIDAY, JULY 19
12:00 - 1:00PM
ONLINE THROUGH ZOOM

SESSION #4 PRESENTED BY
DR. JAMI FUKUI
OF THE UNIVERSITY OF HAWAII CANCER CENTER

REGISTRATION is FREE AND ONLINE
FREE CME/CEU Credits available

OPEN TO MEDICAL PROFESSIONALS and
PRACTITIONERS, CANCER SURVIVORS and
CAREGIVERS, and all ALL INTERESTED.

For more information, please contact Ms. Jiane Castro
at robyn.castro@dphss.guam.gov or (671) 735-0673.



TELE-ECHO FRIDAYS !

Cancer-related online learning sessions
Every third Friday of the month

GUAM TELEHEALTH PROJECT
To increase cancer-related services &
improve access for the Guam population

**BEHAVIORAL
CHANGE**
FRIDAY, JUNE 21
12:00 - 1:00PM
ONLINE THROUGH ZOOM

PRESENTED BY
DR. LEE BUENCONSEJO-LUM, MD, FAAPF
OF THE UNIVERSITY OF HAWAII

REGISTRATION is FREE AND ONLINE

OPEN TO MEDICAL PROFESSIONALS and
PRACTITIONERS, CANCER SURVIVORS and
CAREGIVERS, and all ALL INTERESTED.

For more information, please contact Ms. Jiane Castro
at robyn.castro@dphss.guam.gov or (671) 735-0673.



Guam Health Providers Cancer Symposium Draws 86 Health Providers

By Angelina Mummert



On Sunday, June 9, 2019, the University of Guam Cancer Research Center hosted its second biennial Guam Health Providers Cancer Symposium at the Westin Guam Resort. The symposium was open to all health professionals who were interested in learning more about colorectal cancer and oral cancer. A total of 86 individuals attended the symposium, which was entitled “YOU are the Key to Cancer Prevention.”

Mr. Frankie Perez, a cancer survivor who was diagnosed with colorectal cancer at 38 years of age, shared his cancer journey and stressed the importance of having doctors listen to their patients, and screen for colorectal cancer (CRC) even when their patient isn't 50 years of age and older, or at higher risk for CRC. He was featured in a video, “Frankie's Story – Hope is CRC Screening”, produced by the UOG Cancer Research Center's Community Outreach Core (COC), that was shown at the symposium as an educational tool to promote CRC screening.

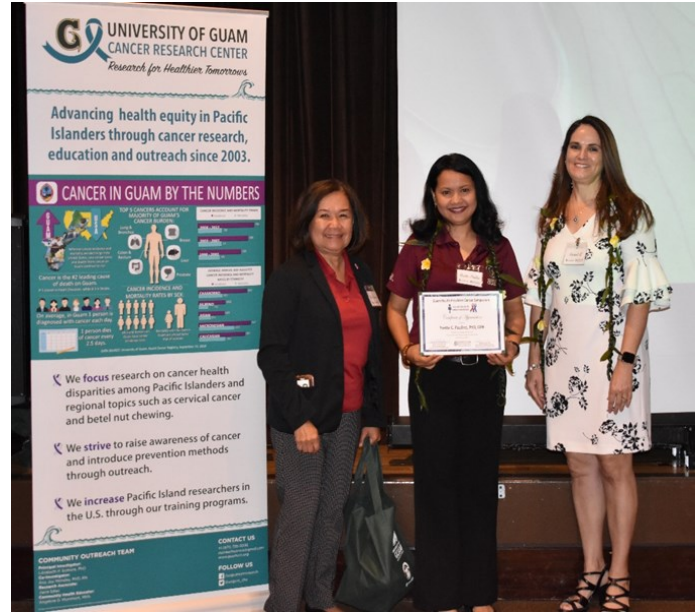
Other highlights of the event included keynote presentations by Durado Brooks, MD, MPH, Vice President of Cancer Control Intervention for the American Cancer Society, on current colorectal cancer screening guidelines and proven best practices that health providers can use to increase CRC screening in their clinics. Dr. Yvette Paulino, an Associate Professor (Epidemiology) in the University of Guam's Health Sciences Program, spoke on the incidence of colorectal cancer and oral cancer in Guam, and shared data on risk factors, and low cancer screening rates of Guam's people; and Dr. Tressa P. Diaz, an Assistant Professor at the Division of Social Work, School of Nursing and Health Sciences at the University of Guam, spoke on “Attitudes and Beliefs About CRC Screening” based on information gathered from individual interviews and focus groups with Guam residents. Lastly, Lawrence Williams, MD, a board certified Otolaryngologist (ENT Surgeon) and active duty naval officer who works at US Naval Hospital Guam as the Department Head of Otolaryngology – Head and Neck Surgery, presented on “Understanding Oral Cancer – Facts, Risk Factors, Prevention, Early Detection and Screening.”

Additional educational resources were made available to health providers with the official launching and distribution of the ‘CRC Toolkit for Health Providers’, a project led by the Guam Comprehensive Cancer Control Coalition. Ms. Vivian Pareja, Public Information Officer, Public Health's Guam Comprehensive Cancer Control Program provided a short orientation on the toolkit.

The symposium for Guam's health providers is a collaborative effort of the University of Guam Cancer Research Center, American Cancer Society, Guam Comprehensive Cancer Control Coalition, Department of Public Health Social Services, Guam Medical Society, and Guam Nurses Association.



Pictures from the Guam Health Providers Cancer Symposium



8.0 Hour Culturally and Linguistically Appropriate Services Training

By Alex Silverio

The Guam Office of Minority Health (GOMH) is a program within the Guam Department of Public Health and Social Services. GOMH exists to eliminate racial and ethnic disparities, with a focus on under-served and under-represented communities of Guam and the region.

The GOMH Program works in cross-collaboration with government agencies, the private sector and with stakeholders in the promotion and provision of the 8.0 Hour Culturally and Linguistically Appropriate Services (CLAS) Trainings. The CLAS mandates are U.S. federal requirements that support compliance with the Civil Rights Act of 1964. This training will also use local and regional applications of cultural and linguistic competence to increase the quality of services provided to diverse populations.

Guam has a very rich and diverse multi-lingual and multi-cultural community. In order to make health and social services successful for service providers, GOMH offers the CLAS trainings. These CLAS Trainings help inform and guide service providers in being culturally and linguistically sensitive to their patients and clients. This, in turn, helps to provide opportunities to significantly improve health and social services outcomes. As a result, an improved quality of living is realized throughout the communities served.

The Guam Comprehensive Cancer Control Coalition strongly supports the CLAS Trainings through critical funding opportunities. This enables the Coalition to strengthen the provision of quality service delivery with the many community partners and collaborative organizations in the fight against cancer. In the first few months of 2019, the Guam Comprehensive Cancer Control Program provided over 155 participants to complete the 8.0 Hour CLAS Trainings to health care providers, clinicians and educators.

The CLAS Trainings are highly experiential and help to build skills in working effectively with Guam's very highly diverse community, especially in the fight against health disparities worsened by cancer and other diseases. GOMH has consistently been providing the 8.0 Hour CLAS Training Sessions since 2009 with over 4,000 Guam participants that have completed the session.

For more information on CLAS Trainings, please contact Al Silverio, GOMH Program Coordinator III, at alex.silverio@dphss.guam.gov or via office number at 638-7474 or cell number at 689-4480. All participants successfully completing this 8.0 hour training will receive a certificate of participation.



Pictures from the 8.0 Hour Culturally and Linguistically Appropriate Services Training



[BULLETIN BOARD]

Guam Cancer Coalition Monthly Meetings

Policy and Advocacy Action Team (PANDA)

2nd Monday | 3:00 pm – 4:00 pm

777 MVP Business Center, Suite 201, Sinajana

Data and Research Action Team (DRAT)

3rd Tuesday | 9:30 am – 10:30 am

UOG, Dean's Circle, House #6, Mangilao

Survivorship and Quality of Life Action Team (SQOL)

3rd Thursday | 2:00 pm – 3:00 pm

Payless Corporate Office, Agana

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

4th Tuesday | 2:00 pm – 3:00 pm

FHP Health Center, Annex Conf. Rm., Tamuning

Steering Committee

1st Tuesday | 8:30 am – 9:30 am

UOG, Dean's Circle, House #6, Mangilao

Open to the public. Date, time, and location of the meetings may change. To confirm meeting schedule, and if you would like to participate, please call the Guam Comprehensive Cancer Control Program at 735-0670/0673/7335 or email at vivian.pareja@dphss.guam.gov / lawrence.alam@dphss.guam.gov.



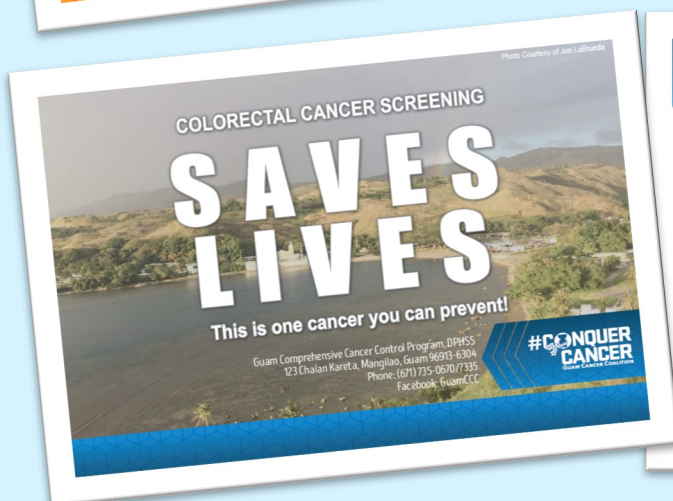
HPV Vaccine is CANCER PREVENTION!

HPV (Human Papillomavirus) vaccine helps protect girls and boys ages 9-26 against 8 types of cancers.

HPV vaccine may be given as 2 or 3 doses. Talk to your child's doctor about the appropriate dosing schedule.

The U.S. Centers for Disease Control and Prevention (CDC) strongly recommends children receive all vaccines according to the recommended schedule.

PROTECT YOUR CHILD FROM CANCER!



COLORECTAL CANCER SCREENING SAVES LIVES

Colorectal Cancer is the 3rd leading cancer killer in Guam, but it doesn't have to be.

Screening can find precancerous polyps so they can be removed before they turned into cancer.

If you're 50 or older, get screened for colorectal cancer.

Talk to your doctor about the appropriate screening for you.

THIS IS ONE CANCER YOU CAN PREVENT!



[BULLETIN BOARD]



**Together We Can
Survive Cancer
and
Reduce the Costs
of Cancer in Guam**

**HPV VACCINE
IS
CANCER PREVENTION**



To request copies of any of the educational postcards and brochures, please call the Guam Comprehensive Cancer Control Program at 735-0670/0673/7335 or email at vivian.pareja@dphss.guam.gov / lawrence.alam@dphss.guam.gov.

**Guam Department of Public Health and Social Services
Community Health Services Section
Guam Comprehensive Cancer Control Unit:**

- Guam Comprehensive Cancer Control Program
- Guam Non-Communicable Disease (NCD) Physical Activity Action Team: Early Start Fit For Life Initiative and the Walk to Wellness Program
- Guam Telehealth Project
- Guam Hypertension Prevention and Control Program
- Guam Walkability Program



CONNECT WITH US



[Would you like to join the Guam Cancer Coalition?]

Simply complete the form and send it back to us!

Guam Comprehensive Cancer Control Coalition



MEMBERSHIP APPLICATION FORM

The Guam Comprehensive Cancer Control Coalition (Cancer Coalition) is a diverse group of public and private sector stakeholders and individuals whose collaborative work identifies methods to reduce the burden of cancer and eliminate gaps in cancer services in Guam. The success of the Cancer Coalition and the implementation of the Guam Comprehensive Cancer Control Plan depend on the commitment and involvement of a broad spectrum of organizations and partners who are willing to share their expertise, resources and experiences with one another. As a member of the Cancer Coalition, you will:

- be involved with developing, enhancing, and supporting cancer programs and services;
- be able to advocate for and support cancer survivors and their families; and
- be able to network with others in the community that shares a strong interest in cancer and access cancer-related resources and information.

WE INVITE YOU TO JOIN US AS WE WORK TO REDUCE THE BURDEN OF CANCER IN GUAM.

Mr. / Ms. / Dr. _____
 First Name Middle Initial Last Name

Mailing Address _____

Phone Number (1) Phone Number (2) Fax Number

Email Address _____

I represent: (Please check all that apply)

<input type="checkbox"/> Individual (I am not part of an organization. I am interested in joining as an individual/citizen.)	
<input type="checkbox"/> Government	<input type="checkbox"/> National <input type="checkbox"/> Territory/State/Local
<input type="checkbox"/> Non-Government	<input type="checkbox"/> For Profit <input type="checkbox"/> Non-profit
<input type="checkbox"/> Other	Describe:
If Government/ Non-Government/ Other:	
Name of Organization:	
Name:	
Your Position Title:	
<input type="checkbox"/> I am a cancer survivor. <input type="checkbox"/> I am a caregiver. (Optional)	

Yes, my organization / I would:

- like to participate in Guam's cancer control efforts.
- like to participate in Guam's cancer control efforts on an as needed basis.
- like to be informed of Guam's cancer control efforts via email or mail

How did you learn about the Coalition:

- Colleagues
- Friends
- Cancer Survivor
- Media
- Others: (Specify) _____

Action Team/s that I would like to join is/are:

- Prevention Survivorship & Quality of Life
- Screening, Early Detection, & Treatment Data & Research
- Policy & Advocacy

If you belong to an organization/program, please tell us about it. What are its goals and who is the audience?

For more information or to submit this completed application, please contact:
 Guam Comprehensive Cancer Control Program
 123 Chalan Kareta, Mangilao, Guam 96913-6304
 Telephone: (671) 735-0670/0673/7335 Fax: (671) 735-7500
 Email: vivian.pareja@dphss.guam.gov

