

Guam Comprehensive Cancer Control

Newsletter

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



GCCCC Annual Cancer Retreat and Awards Event

By Mr. Lawrence O. Alam

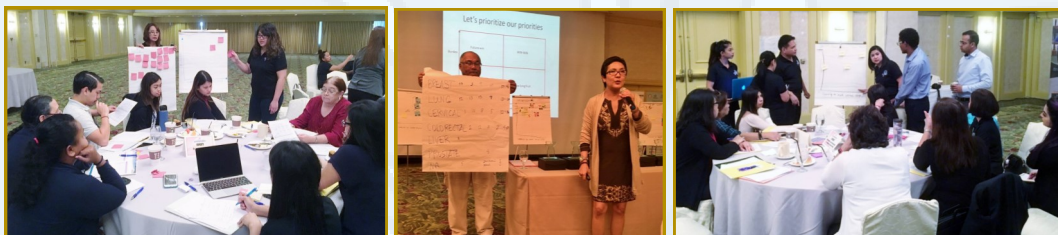


GCCCC Annual Cancer Retreat and Award Participants

The Guam Comprehensive Cancer Control Coalition (GCCCC), in collaboration with the Guam Comprehensive Cancer Control Program, hosted the 2017 Annual Cancer Retreat and Awards Event on February 24, 2017 at the Pacific Star Resort & Spa. Agenda included strategic planning activities to develop a new five year island wide Cancer Prevention and Control Plan 2017-2022 which was spearheaded by Dr. Annette David. On the other hand, Mr. Lawrence Alam presented on the coalition’s action teams progress report; and provided information on current cancer data. Moreover, the event also provided an avenue for the Coalition to hold its fourth cancer awards program.

The Remi H. Pangant Spirit of Life Award is presented to a cancer survivor, caregiver, or other 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. The 2016 Remi H. Pangant Spirit of Life Award was awarded to Ms. Catherine Rivera Castro.

The Spirit of Collaboration Award is presented to organizations that demonstrate exemplary collaborative efforts in the fight against cancer. The 2016 Spirit of Collaboration Award were awarded to five projects/programs: Strengthening Tobacco-Control Policies on Guam, “Let’s Talk Cancer” Radio Show, “Get Your Pink On” Campaign/Program, “It Is Time” Town Hall: A Dialogue in Cancer Screening and Prevention, and Sports, Play, and Active Recreation for Kids (SPARK) Curriculum. Two runner up projects/programs were also honored: the 80% by 2018 – Reducing Guam’s Colorectal Cancer Rates and the Merizo Martyrs Memorial School Fifth Annual Relay Recess. (Continue to page 2)



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

For more information about Guam Comprehensive Cancer Control Program and Coalition, please contact: 671-735-0670/73/75

June is
National Cancer Survivor Month



GCCCC Annual Cancer Retreat and Award

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Awardee: Ms. Catherine Rivera Castro is a key volunteer of the American Cancer Society, American Cancer Society Cancer Action Network, the Tobacco-Control Action Team of the NCD Consortium and the Survivorship and Quality of Life Action Team of the Guam Comprehensive Cancer Control Coalition. She has been the lead volunteer for two separate tobacco-related legislations that were introduced in the last year and a half. She became the main face/person that senators, public health partners and the community recognized as the champion for these policies. She rallies everyone around her to create a healthier community for the people of Guam.

Awardee: Strengthening Tobacco-Control Policies on Guam

Bills 141 and 143 are examples of evidenced based policy interventions that are proven to save lives and protect the community from the harms of tobacco. Bill 141 sought to raise the minimum legal age access to tobacco products and electronic cigarettes from 18 to 21, while Bill 143 sought to expand the Natasha Protection Act to include bars. American Cancer Society Cancer Action Network and partners from the Tobacco Control Action Team of the NCD Consortium have worked tirelessly since the bills were introduced in 2015, conducting education and awareness efforts in various community settings. Bill 143 passed unanimously in the legislature, later becoming Public Law 33-121.



Awardee: "Let's Talk Cancer" Radio Show

With the successes of the "It Is Time" Town Halls, Guam Cancer Care continued its outreach movement in the community by launching the "Let's Talk Cancer" radio talk show in March 2016. Having a provider to answer questions in regards to cancer screening, lowering their risk, and preventive measures is an added benefit from this program. This is a live, one-hour show with rebroadcasts every week and uploaded shows on the Guam Cancer Care website.

Awardee: "Get Your Pink On" Campaign/Program

Guam Cancer Care's "Get Your Pink On" campaign celebrated its 3rd year. In addition to the annual wave taking place on the first week of October, was the Breast Cancer Prevention Collaboration with local clinics who conduct mammograms. What started as a Breast Cancer Awareness Wave in 2012, within 2 years of this Outreach effort, Guam Cancer Care was able to branch the awareness wave to a Campaign/Program, with the Get Your Pink On Campaign (Screening Program). The mission of this campaign is to help increase the number of women to be screened for breast cancer via mammograms.



GCCCC Annual Cancer Retreat and Award

(Continued from page 2)



Awardee: "It Is Time" Town Hall: A Dialogue in Cancer Screening and Prevention

The "It Is Time" Town Hall forum's objective is to give insight on current and forthcoming topics related to the screening and prevention of cancer. Local and off-island medical providers/guest speakers present on the importance of cancer screening and prevention with the opportunity to engage in discussion. This Town Hall is open to the community, whether you are currently in treatment or would like to know about cancer prevention and screening. This type of forum allows the individual to ask a provider questions that they may have in an informal, comfortable environment.

Awardee: Sports, Play, and Active Recreation for Kids (SPARK) Curriculum

The SPARK curriculum was chosen by the NCD Consortium Physical Activity Group as an evidence-based program specific for schools. According to the website (sparkpe.org), "the SPARK team began studying elementary physical education in 1989, and today, the name SPARK represents a collection of exemplary, research-based physical activity/nutrition programs. The original SPARK study was supported by the Heart, Lung, and Blood Institute of the National Institutes of Health and San Diego State University." Furthermore, SPARK was named Exemplary Program of the U.S. Department of Education, and was awarded "Gold" (highest ranking) in an independent study commissioned by the Cooper Institute, among other awards and honors.



Runner Up: 80% by 2018 – Reducing Guam's Colorectal Cancer Rates

In 2015, the Guam Comprehensive Cancer Control Coalition signed the 80% by 2018 national pledge, an initiative challenging states, territories and organizations to work towards a colorectal cancer screening goal of screening 80% of its eligible population, by 2018. In response to the Coalition signing the pledge, the American Cancer Society hosted its first Colorectal Cancer Stakeholder Meeting in September 2015. In 2016, the Cancer Coalition held a successful Colorectal Cancer Conference and 2nd Colorectal Cancer Stakeholder Meeting. In addition, partners have put together a comprehensive action plan to increase colorectal cancer screening and reach the 80% screening goal.



Runner Up: Merizo Martyrs Memorial School Fifth Annual Relay Recess

Relay Recess brings the American Cancer Society Relay For Life to elementary school. Engaging students in the fight against cancer, it brings cancer education and community services into the classroom. Relay Recess also brings fun and entertaining activities that reinforce what they are learning in the classroom and provides the perfect opportunity to showcase unique qualities about the school and the community. Merizo Martyrs Memorial School (MMMS) has been engaged in Relay Recess for the past five years. Activities they have engaged in include classroom lessons focused on reducing cancer risk, i.e. sun safety, tobacco prevention and nutrition and physical activity.



2nd Colorectal Cancer Stakeholders Meeting

By Ms. Vivian Pareja



The Guam Comprehensive Cancer Coalition hosted the 2nd Colorectal Cancer Stakeholders Meeting at The Westin Resort Guam on November 3, 2016. The purpose for this meeting was to increase healthcare professionals' awareness on colorectal cancer screenings and prevention.

The meeting introduced stakeholders to the Guam Comprehensive Cancer Control Coalition, current cancer data, and the Coalition's 80% by 2018 Colorectal Cancer Screening Initiative. Cancer Coalition Team Leaders facilitated Group Discussions and Focus Group Activities, discussed the Colorectal Cancer Toolkit; and possible collaborations and participation to a Call to Action in increasing local colorectal cancer screenings rates.

Various nurse administrators, clinic managers, laboratory and insurance representatives, and medical doctors participated in the meeting.

National Cancer Prevention Month - World Cancer Day Proclamation Signing

By Ms. Vivian Pareja



Lt. Governor Ray Tenorio proclaimed February 2017 as National Cancer Prevention Month and World Cancer Day at the Governor's Office Large Conference Rm. in Adelup on February 3, 2017. February is recognized as National Cancer Prevention Month and February 4th as World Cancer Day. Various cancer organizations, dignitaries, cancer survivors, caregivers, and family members came out to support the event.

“Health, Hope, and Healing Through the Holidays” Cancer Retreat

By Ms. Marie C. Benito

The Edward M. Calvo Cancer Foundation Circle of Care Program hosted the "Health, Hope and Healing Through the Holidays" cancer retreat on December 9, 2016 at the Westin Resort and Spa. The retreat, intended for cancer survivors, patients, and their caregivers, was filled with inspiring and engaging education, exercise, and nutrition talks and activities dedicated to prevention, healing, and coping with cancer. Over ninety participants enjoyed various sessions offered at the full-day event including: photography ("A Picture Worth A Thousand Words"), beauty make-overs ("Beautifeel"), coping ("Coping through the Holidays"), card-making ("The Hallmark of Christmas"), nutrition ("Happy Holiday Treats"), jewelry-making, meditation, yoga, and zumba. Many of the survey comments provided by participants after the retreat were positive and hopeful that more of these quality-of-life enhancing activities be offered regularly:

"Thank you for providing free workshops for us who are affected by cancer. We all deserve a break once in a while."

"I really enjoyed all the sessions I attended today and I hope that they can do this kind of event every 3 months just like I need to do follow-up every 3 months."

"Everyone is touched with someone they either know or know of that has "C". I enjoyed it and it was a real eye opener."

"I loved the sharing portion. "Food was good, company (new friends) was great. I'm glad I came. Guam is Good!"

"Thank you EMC for organizing such event. It's a support group for us cancer patients to meet new friends. I feel good and relax and forget I'm not alone with cancer."

"I wish I could attend all of them, but I had a lot of fun."

"Coping through the holidays was very therapeutic and it would be nice if it were offered every week or at least once a month."

"We appreciate the book gift that gives wonderful insight into this brave young girls world."

Pictures from the “Health, Hope, and Health Through Holidays” Cancer Retreat



Cervical Cancer Awareness Month Activities

Cervical Cancer Proclamation Signing

By Ms. Vivian Pareja

Cervical Cancer Awareness Month activities kicked off at the Governor's Office Large Conference Room in Adelup on January 6, 2017 with a Proclamation Signing Activity with Lt. Governor Ray Tenorio. The activity launched Cervical Cancer Awareness Month, a month-long effort to increase awareness on cervical cancer. Various public, private, non-profit organizations, cancer survivors, caregivers, and individuals came in support at this event.



Eucharistic Celebration "Healing Mass"

By Ms. Arlie Bonto

The Guam Breast and Cervical Cancer Early Detection Program and the Guam Comprehensive Cancer Control Program partnered with the Santa Barbara Parish for a Eucharistic Celebration in observance of Cervical Cancer Awareness Month. Cancer patients and survivors, caregivers, and families who have been affected by cancer were invited to attend this special event. Father Francis Hezel, S.J, who presided the mass, performed a special healing prayer over those who were present.



Worksite Wellness Program - MixedFit Event

By Ms. Vivian Pareja

The Guam Comprehensive Cancer Control Program coordinated the Worksite Wellness Program - MixedFit outreach on January 25, 2017 at Public Health in Dededo. MixedFit was instructed by Dr. Benjie Santiago, National Trainer for the Asia Pacific Region. The purpose of the event was to increase awareness on cervical cancer and encourage everyone to engage in physical activities as a way to prevent cancer. In addition, cervical cancer educational materials were given to more than 30 participants.



Cervical Cancer Conference

By Ms. Arlie Bonto



The Guam Breast and Cervical Cancer Early Detection Program (GBCCEDP) hosted the Cervical Cancer Conference on January 29th at the Pacific Star Resort & Spa. The conference's intent was to enhance the knowledge and understanding of cervical cancer data on Guam, screening, treatment, and sexual health after cancer. The Guam Nurses Association provided 5 contact hours of continuing education credits to healthcare professionals who attended.

The five presentations that were discussed are: Cervical Cancer in Guam-Learn the Numbers (Yvette Paulino, PhD, CPH, University of Guam), Cervical Cancer: What Women Need to Know (Ellen Bez, MD, FACP, Marianas Physicians Group), Addressing the Challenge to Increase Cervical Cancer Screening Rates in Guam (Ana Joy Mendez, PhD, RN and Lilnabeth P. Somera, PhD, University of Guam Cancer Research Center), Treatment After Cervical Cancer: A Guide to the Guidelines, and Sexuality and Intimacy after Cancer (Don S. Dizon, MD, FACP, Massachusetts General Hospital Cancer Center).

The conference had a successful attendance of 99 participants and of which 57 participants availed continuing education credits that include registered nurses, licensed practical nurses, medical assistants, and social workers. From the evaluation that participants have completed, the conference was well received. Many of them stated that the conference was informative, capturing, and fruitful; and the speakers were held with high regards.

The GBCCEDP offers its heartfelt appreciation to the Guam Comprehensive Cancer Control Program and Coalition, Edward M. Calvo Cancer Foundation, Guam Cancer Care, American Cancer Society, Guam Nurses Association, University of Guam, Guam Cancer Research Center, Marianas Physician Group, United Airlines, Massachusetts General Hospital Cancer Center and the Non-Communicable Disease Consortium, who made this event successful.

Pictures from the Cervical Cancer Conference



GCCC Coalition in Action



GCCC Coalition Steering Committee members at the Guam Medical Society's 8th Micronesians Medical Symposium held on Nov. 6, 2016, The Westin Resort Guam



Bureau of Community Health Services Staff and Dr. Annette David at the GCCC Annual Cancer Retreat Planning Meeting, Health Partners, L.L.C.

GUAM COMPREHENSIVE CANCER CONTROL



@GuamCCC @GCCCP



Calendar of Events (April – June 2017)

April

April (Every Saturday)

Restorative Yoga

3:00 pm - 4:00 pm; Synergy Studio, East Agana (near Boka Box); For more information, contact EMC - Circle of Care at 472-6854 / emc.circle@yahoo.com.

April 1

10-day Nutrition Cleanse

1:00 pm - 3:00 pm; Synergy Wellness Center, Agana (near Dial Rent to Own); For more information, contact EMC - Circle of Care at 472-6854 / emc.circle@yahoo.com.

May

May 6

Women's Conference: Be Your Own Wonder Woman

8:00 am - 3:00 pm; Pacific Star Resort & Spa
For more information, contact GBCCEDP at 735-0672/75.

May 26

American Cancer Society Relay For Life

6:00 pm - 12:01 am; George Washington High School Field
For more information, contact ACS at 477-9451.

June



Stay tuned for the launching of the Guam Comprehensive Cancer Control Plan 2017-2022!