



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 Cancer Awards

By Ms. Renata Bordallo and Mr. Lawrence Alam



The Guam Comprehensive Cancer Control Coalition's Annual Cancer Retreat Participants and Guests

Guam Comprehensive Cancer Control Coalition (GCCCC), in collaboration with the Guam Comprehensive Cancer Control Program (GCCCP), hosted the 2014 Annual Cancer Retreat and Awards Event on December 12, 2014, at the Micronesian Ballroom, Hilton Guam Resort and Spa. The purpose of the Retreat was to motivate and re-energize Coalition members; expand its membership; provide cancer data and Action Team updates to coalition members; and discuss coalition issues through a strategic planning activity via a World Café format.

More than 80 attended the retreat to include the GCCC Coalition members, NCD Physical Activity core members, and their guests. Winners and nominees of the cancer awards were also present.

Evaluation results revealed that overall, participants found the event to be a valuable and positive experience. Some of the participants stated that they liked the retreat because: it was fun and not boring; Global Café was amazing and effective; the Jeopardy Game was exciting and promoted more group cohesiveness and participation.

One crucial and exciting outcome of this event, is that 23 first-time participants came to the event, and 16 of these "newcomers" completed or took home a membership packet. We have already seen several new members at our GCCCC Action Team meetings! To all of you new members – WELCOME! Your participation at meetings, events, and even your input through email, is invaluable to our coalition efforts to reduce the burden of cancer in our community.

The 2014 GCCC Coalition Cancer Awards were also coordinated and conducted. Cancer Awards honored the many individuals and organizations that have worked to improve the health and wellness of our community. (Continue to page 2)

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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



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www.facebook.com/GuamCCC



GCCCC Annual Cancer Retreat and Cancer Awards

By Ms. Renata Bordallo and Mr. Lawrence Alam

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Comfort Pillows



BASES After School Program



Friends of the Park Project



Kids for the Cure Project

The Spirit of Collaboration Award is presented to organizations that demonstrate exemplary collaborative efforts in the fight against cancer in the community. The following were the winners of the 2014 Spirit of Collaboration Awards:

Runner Up: Join the Fight Pledge

The Join the Fight Pledge unites Guam businesses, organizations and associations with a common goal to improve the lives of the people of Guam. The program encourages participants to be proactive in the fight against cancer and to promote the eight (8) steps of the "Join the Fight" campaign. Guam Cancer Care (campaign sponsor), Bank of Guam, and all organizations, associations and businesses who took the pledge were honored.

Runner Up: Get Your Pink On

The Get Your Pink On (GYPO) campaign is a collaborative effort between Guam Cancer Care, Participating Clinics who provide mammogram services, and the DPHSS Guam Breast & Cervical Cancer Early Detection Program (GBCCEDP). Through this collaboration partnering organizations help the community build and strengthen preventive programs with the goal to lower the cancer rates in Guam. Guam Cancer Care, GBCCEDP, and partners were honored for their stand against cancer and their proactive approach to health through promoting cancer screenings.

Awardee: American Cancer Society Comfort Pillows

The American Cancer Society (ACS) participated in a service learning fair coordinated by the Pacific Daily News, and engaged in a service learning project with George Washington High School (GWHS). With the partnership formed, GWHS students learned the fundamental skills of sewing and creating the pattern for the comfort pillow, leading to more than a hundred pillows that were sewn after the project year. These pillows were then given to ACS patients who needed them. This project was also an opportunity for ACS to educate the students about its mission and engage them in service.

The American Cancer Society and George Washington High School were awarded for their efforts.

Awardee: BASES Afterschool Program

The NCD Consortium's Physical Activity Group, together with the GCCC Prevention Action Team, collaborated with the Guam Amateur Baseball Association who worked to improve and enhance Guam Department of Education (DOE) by developing a program called BASES (Be A Super Example Student).

BASES has been very successful, focusing its efforts on preventing childhood obesity which can lead to various NCDs including cancer, by creating the opportunity to meet the CDC's recommended 60 minutes of physical activity each day. The program is inexpensive at start-up but has lasting effects through its sustainability mechanisms.

Guam Amateur Baseball Association, the Guam NCD Physical Activity Group, and Guam DOE were awarded for their work to prevent childhood obesity.

Awardee: Friends of the Park Project

The Friends of the Parks project is part of Island Girl Power's commitment to beautify neighborhood parks, and engage the community in physical activity with the hope of contributing to a healthier Guam. Through this project, greater efforts have been made to increase physical activity and implement policies to combat NCDs, including cancer and their contributing risk factors. In fact, the project has now provided safe, clean spaces for physical activity and recreation in underserved areas that could not have been maintained solely by the government, namely, neighborhood parks.

Island Girl Power, Ayuda Foundation, the NCD Consortium, Payless Markets, Mr. Rubbishman, Dededo Mayor's Office, and all

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partnering organizations were awarded for their work to increase physical activity in our community, beautify neighborhood parks, and promote safe spaces for our children.

Awardee: Kids for the Cure Project

The Kids for the Cure project is designed to provide support to various elementary school children from grades 3-5. The project focuses on two components: academics and physical fitness. The academic portion teaches students about cancers and healthy living, while the physical fitness portion teaches students proper ways of performing different types of exercises.

The project concludes with a School Challenge where students are recognized for their accomplishments and various activities are conducted to allow the students to celebrate their learning.

The program has been very successful in educating children on how they can prevent cancer, improve the quality of their life, and meet the daily recommended time for physical activity. Guam Cancer Care, Custom Fitness, Chief Brodie Elementary School and the Guam DOE were awarded for their work to prevent cancer and promote physical activity for children.

Awardee: Creating Sound Policy Through Collaboration

In 2014, Vice Speaker B.J. Cruz, The American Cancer Society Cancer Action Network (ACS CAN), and Guam's Tobacco Control network worked to create sound legislative policy to further shield our community from the harmful effects of tobacco by making it harder to access.

Vice Speaker Cruz championed legislation that effectively increased the tax on loose tobacco from \$7 per pound to \$40 per pound which was a response to a growing trend in our community – especially the youth – of using loose or chewing tobacco. Vice Speaker Cruz and the ACS CAN also worked on another piece of legislation that ultimately restricted certain promotional and discount marketing tactics for tobacco products. This effectively curtailed companies from using promotion and discount activities to entice people to buy and use more tobacco products. Vice Speaker B.J. Cruz, American Cancer Society Cancer Action Network and partners were awarded for their policy work in tobacco prevention.

The **Remi H. Pangan † Spirit of Life Award** is presented to a cancer survivor, caregiver, or individual for their 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 following were the nominees and winner of the 2014 Spirit of Life Awards:

Runner Up: Renata Bordallo

Ms. Renata Bordallo has been the sparkplug for Guam's cancer control programs for many years. In addition to doing most of the really hard work to keep the Guam Cancer Registry afloat, she has volunteered to head up several committees related to chronic disease control. She is the chair of the Guam Comprehensive Cancer Control Coalition and past chair of GCCCC's Data and Research Action Team (DRAT). She is a valuable asset to the Guam Cancer Registry, Guam Comprehensive Cancer Control Coalition, and all other organizations that she serves.

Runner Up: Guam Cancer Care's Patient Navigators

Guam Cancer Care's Patient Navigators work as a team to help cancer patients and their families. These individuals do not receive notice and recognition because they are always at the back end, working to process patients' paperwork and other business needed to help cancer patients. However, even with this heavy load, they have been there for each of the cancer patients that they serve, patiently answering questions, checking on unique and very specific concerns, and addressing other issues that ultimately increase these patients' quality of life, in light of what they are going through.

Guam Cancer Care's Patient Navigators were honored for their service to the community.

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Creating Sound Policy Through Collaboration



Senator Dennis G. Rodriguez, Jr.



Spirit of Life Winners



Steering Committee

CCC Coalition Action Teams Updates



Prevention Action Team /NCD Physical Activity Group

By Ms. Chalorna Lauron



Guam Cancer Care hosted the first “It Is Time: A Dialogue on Cancer Screening and Prevention” Town Hall on March 24, 2015 at the Santa Rita Community Center.

The forum’s objective is to give insight on current and forthcoming topics related to the screening and prevention of cancer. Our local medical providers will give an insight on current and forthcoming topics related to the importance of cancer screening and prevention and be able to engage in discussion.

We know 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. Many cancer and healthcare organizations have come together to take a stand against cancer and encourages a proactive approach to health through screening. Of the many Guam residents afflicted with cancer over the past many years, statistics have shown residents are being diagnosed at the later stages of cancer, thus reflecting the need for our island community to take the “proactive” approach to their health care.

There were three informative presentations conducted by oncologists: Methodology of Screening and Treatment Possibilities (Dr. Kin-Sing Au, Island Cancer Center); Prostate Cancer (Dr. Paul Coty, Guam Regional Medical City); and Screening and Prevention of Oral Cavity, Oropharynx and Thyroid Cancer (Dr. Jason Hahn, Guam Regional Medical City).

In addition, vital signs were conducted to include blood pressure and blood sugar. Some local health vendors were present: Health Services of the Pacific, Guam Regional Medical City, Diabetes Association and LabTech Inc.

Many participants surveyed were appreciative of the dialogue format and requested more Town Halls in different villages.

Stay tuned for the upcoming “It is Time” Town Hall, Tamuning Community Center, June 17 from 5:00pm to 8:00pm.



Speakers answering questions from the Town Hall Meeting attendees



Dr. Jason Hahn performing oral exams at the Town Hall Meeting



Team DPHSS attending the Town Hall Meeting



Policy and Advocacy Action Team (PANDA)

By Mr. Chuck Tanner

Policy and Advocacy Action Team coordinated the Roundtable meeting with the 33rd Guam Legislature Senators held at the Guam Legislature Session Hall on February 13, 2015. The purpose of this meeting was to inform our policy makers on the efforts of the Non-Communicable Disease (NCD) Consortium, Diabetes Coalition, and the Cancer Coalition, to improve the health and well-being of the residents of Guam.

Senator Judith Won Pat, Benjamin Cruz, Dennis Rodriguez Jr., and Frank Aguon Jr. attended the meeting. More than 50 members from the NCD Consortium, Diabetes and Cancer Coalitions came in support.

Our next step is to schedule meetings with the individual senators by April 2015 – to provide them with the specific goals and objectives of these three organizations.

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



Members from the NCD Consortium and Cancer Coalition attending the Roundtable Discussions

CCC Coalition Action Teams Updates



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

By Ms. Rose Grino RN, BSN

The CCC Screening, Early Detection and Treatment Action Team continued to promote the U.S. Preventive Services Task Force (USPSTF) Guide to Clinical Preventive Services – evidence-based screening tool in primary care setting. The team had a productive meeting with DPHSS on March 26, 2015. DPHSS was very receptive in the idea of updating its guidelines.

GCCC SEDAT, in collaboration with GBCCEDP, GCCC Program, and partners continues to plan for the 2015 Breast and Cervical Cancer Provider's Training for health care professionals.

Survivorship and Quality of Life Action Team (SQOL)

By Ms. Marisha Artero

The Survivorship and Quality of Life Action Team is in the final stages of approving the Hope Project video. The completed video will consist of a 60-minute DVD 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. Once the video is unveiled, a booklet will be printed to share the stories in a print format.

The team is also currently reviewing and revising the *Guam Cancer Passport Guide – A Guide to Survivorship and Care*. The Passport Guide was initially produced in 2011 and serves as a resource tool for newly diagnosed patients and their caregivers. The refreshed passport guide will be ready to share with the community this summer!



The Hope Project



Data and Research Action Team (DRAT)

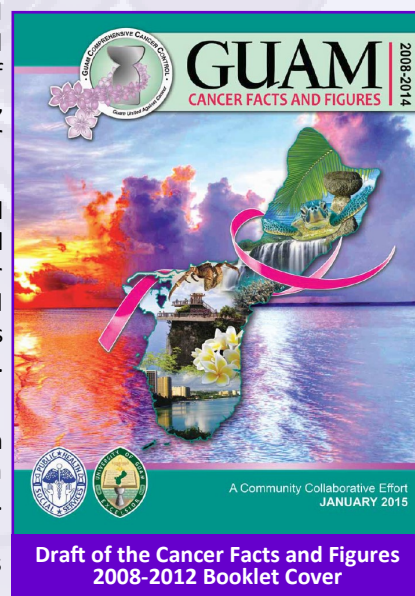
By Ms. Renata Bordallo

Hafa Adai from DRAT! One of our most pressing needs at this time is to find a Chairperson for our Action Team, which historically has been one of the Coalition's most active and accomplished teams. So if you would like to take on a leadership role with GCCCP (which looks good on your resume) and continue the crucial work of this group, please Step Up and give Mr. Lawrence Alam a call at 735-7335. Much thanks goes to Mr. Alam and Ms. Vivian Pareja, who have been a great help in assisting with chairing recent DRAT meetings.

Our work continues! Mr. Junjie Zuasula has been in contact with GCCCP, and has assured Mr. Alam that he will make final revisions to his draft Final Report which he had submitted end-September 2014. The 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." A devastating typhoon that recently hit the Philippines did slow down Sir Junjie's work on final revisions. We eagerly await its completion.

Dr. Mike Ehlert submitted his Final Report January 30th titled: "Lung Cancer Survival and Mortality Analyses of Guam Cancer Registry Data, 2000-2009." The report, quite technical in nature, was circulated among DRAT members and the GCCCP Steering Committee for review and comments. Due to the complexity of the subject matter, I have sought and received some assistance in reviewing the report. DRAT's challenge will be to highlight its most significant and useful findings and to convey these to the public in laymen's terms. Dr. Ehlert is considering submitting the report as a journal article for publication.

Dr. Annette David submitted her report: "Guam Cancer Facts & Figures 2008-2012." It is in the final phase of editing and will soon be published through DPHSS. Meanwhile, both Guam Cancer Registry and DPHSS's Cancer Program have fielded many requests for data. Our community is hungry for data! Many thanks are due to all who have helped review, edit, and have given input into the above-mentioned reports. It is not a sexy task, but is crucial to the knowledge of how cancer is affecting our community.



Draft of the Cancer Facts and Figures 2008-2012 Booklet Cover

CCC Coalition Members in Action

The Doctors' Clinic

By Mr. Chuck Tanner

The Doctors' Clinic (TDC) is serving Guam and the neighboring islands since 1983. TDC's mission is to provide the people of Guam and the region with progressive, compassionate medical care delivered by highly qualified healthcare professionals and a competent and caring staff, working together in a multi-specialty group. TDC provides family practice, internal medicine, drug testing, MRO services, x-rays, physical examinations, treadmill stress test, in-house laboratory, and in-house pharmacy.

Each and every patient who enters the clinic served by a multi-specialty team of highly trained medical professional and experienced support staff.

Primary Care Providers include:

Walter Chris Perez, M.D.

Family Practitioner since 1981. Board Certified. Received M.D. degree from University of California – San Francisco School of Medicine. Completed Internship and Residency at Sonoma County Community Hospital in Santa Rosa, California under UCSF.

Gabriel Lombard, M.D.

General Family Practice/Emergency Medicine since 1970. Retired Captain, U.S. Navy Medical Corps. Received M.D. degree from University of California at Irvine College of Medicine. Completed Internship at Los Angeles County General Hospital under University of Southern California School of Medicine.

Debra Gail Ericson, M.D.

Family Practitioner since 1981. Board Certified. Received M.D. degree from University of California – San Francisco School of Medicine. Completed Internship and Residency at Scenic General Hospital in Modesto, California under University of California – Davis.

Vincent A. Duenas, M.D.

Internal Medicine Practitioner since 1979. Board Certified. Received M.D. degree from St. Louis University School of Medicine. Completed Internship and Residency at Southwestern Michigan Area Health Education Center, Kalamazoo, Michigan. Certified Medical Review Officer with American Association of Medical Review Officers.

John Ray Taitano, M.D., MSS, FACP

Internal Medicine Practitioner since 1980. Board Certified. Received M.D. degree from University of Hawaii – John Burns School of Medicine where he also completed his internship. Completed Residency at St. Francis Hospital Medical Center in Peoria, Illinois. Certified Medical Review Officer with American Association of Medical Review Officers.

TDC is located in 851 Governor Carlos Camacho Road in Tamuning, Guam. For more information, please contact TDC at 649-5018-23.

Hours of Operation:

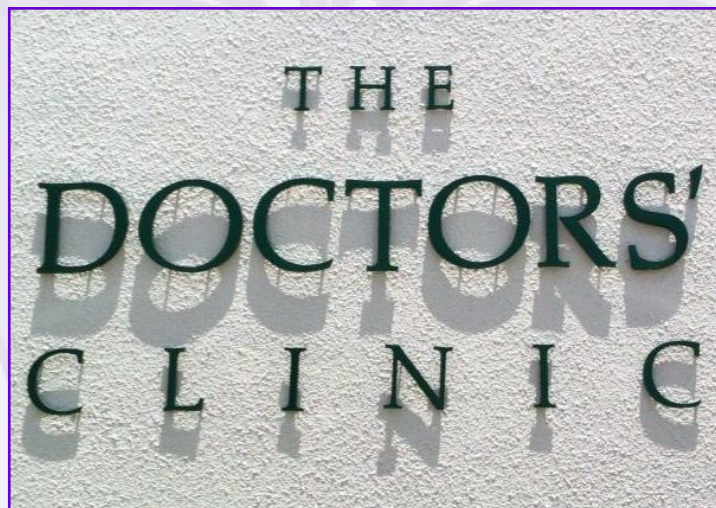
Monday – Friday
8:00 a.m. – 5:00 p.m.

Saturday

8:00 a.m. – 12:00 p.m.
Closed on Sundays and Legal Holidays

Phone numbers:

Clinic: (671) 649-5018-23
Executive Office: (671) 647-5212
Fax: (671) 646-3639/647-0832
Executive Office: (671) 647-5279



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Runner Up: Dr. Helen Whippy

Dr. Helen Whippy has devoted many years fighting cancer, promoting cancer survivorship concerns, and improving the overall experience of cancer patients, their caregivers, and their families. She has undertaken these tasks professionally and has confronted cancer personally as well.

She was instrumental in initially securing and directing the National Cancer Institute's U-56 and U-54 grants to the University of Guam and the University of Hawaii Cancer Research Center. These grants produced over 42 papers on cancer health disparities; funded and supported the Guam Cancer Registry; funded student training and faculty research in cancer health disparities. These grants directed by Dr. Whippy (for UOG) spearheaded more than 10 years of fighting cancer through basic research, outreach and intervention studies, and faculty and student training.

In addition, much of the work done on the U-56 and U-54 grants supported the development of the Guam Cancer Trust Fund. She wrote the bylaws, procedures, and criteria for funding that has led to more than five million dollars spent on direct patient support. Lastly, she personally and professionally supported the Walk for Life and collaborated with the Locks of Love programs.

Awardee: Senator Dennis G. Rodriguez, Jr.

Senator Dennis G. Rodriguez, Jr. has been a passionate supporter and advocate for public health policies that prevent cancer and promote the well-being of cancer patients, survivors, caregivers and families. As chair of the 31st and 32nd Guam Legislature's Committee on Health and Human Services, he has been active and present in attending and supporting the Guam Comprehensive Cancer Control Coalition (GCCCC) and the Guam Non-Communicable Disease (NCD) Consortium meetings and activities, including pledging his continuous commitment to fight against cancer.

Senator Rodriguez is an ardent and dedicated leader who is always more than willing to go the extra mile in advancing legislation that will aid in the fight against cancer and NCDs. He is instrumental in targeting risk factors such as poor nutrition, obesity, physical activity, and exposure to carcinogenic substances.

Senator Dennis G. Rodriguez, Jr. is the winner of the 2014 Remi H. Pangan † Spirit of Life Award.

Pictures from the Guam Comprehensive Cancer Control Coalition Annual Cancer Retreat and Cancer Awards



Yoga and Stretching: The Good and the Bad

By Marc Samson, M.D.

Yoga and stretching. Both are good for our health, right? Marc Samson, M.D., an orthopedic surgeon affiliated with Good Samaritan Hospital, notes that yoga and stretching have benefits as well as potential disadvantages. When pursuing these activities, it's best to proceed with caution.

The Good

Yoga, which involves a series of poses along with controlled breathing, can help with stress management and relaxation. It has other benefits as well. "People who practice yoga may improve their balance, flexibility, range of motion and strength," says Dr. Samson. "That, in turn, makes them less prone to injury from other physical activities."

Additional benefits of yoga include helping with sleep problems, fatigue and mood. It can even help reduce heart rate and blood pressure. Similarly, stretching can help improve posture and flexibility, which can improve athletic performance and decrease the risk of injury. Stretching also increases blood flow to the muscles.

The Bad

More than 7,369 yoga-related injuries were reported in 2010, according to the U.S. Consumer Product Safety Commission. Common injuries included repetitive strain to and overstretching of the neck, shoulders, spine, legs, and knees. "When people try to push past their limits, they risk serious muscle damage and injury," notes Dr. Samson. As in the case with yoga, stretching incorrectly can potentially do more harm than good.

"Static stretching (where you hold one pose) before exercise can actually cause muscle strains and pulls," says Dr. Samson. "This type of stretching should be done at the end of a workout session."

What You Can Do

"People with certain medical conditions should talk to their health care provider before beginning yoga," says Dr. Samson. "These include balance problems, uncontrolled high blood pressure, severe osteoporosis, artificial joints, pregnancy and certain eye conditions." He also suggests that beginners start slowly and learn the basics. And yoga practitioners of all levels should know their limits. "Don't try positions beyond your experience or comfort level," says Dr. Samson. "Listen to your body and don't do anything that causes pain."

For stretching, dynamic stretching (range of motion movements) can help increase body temperature, enhance joint flexibility, and increase muscle elasticity. This type of stretching, unlike static stretching, may be beneficial before activity. For static stretching, be sure to hold the stretch rather than bouncing as bouncing can cause small tears in the muscle. "Try to stretch regularly – at least two to three times a week," says Dr. Samson. "And consider doing stretches that are tailored to your sport or activity."

Health Tips provided by Ms. Bethany Van Boxtel of the Good Samaritan Hospital Guam Referral Office.

Coalition Monthly Meetings:

SEDAT: 4th Tuesday or 4th Thursday: 4:00pm – 5:00pm
(American Medical Center)

SQOL: 3rd Wednesday: 11:00am – 12:00pm
(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 Action Team

4th Monday: 3:00pm – 4:00pm
(Guam Cancer Care or Good Samaritan Hospital Referral Office Conf. Rm.)

NCD Physical Activity Action Team

2nd Tuesday: 4:00pm – 5:00pm
(Jamaican Grill, Hagatna)

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

"I CAN. YOU CAN. TOGETHER WE CAN."



1. Stop All Tobacco Use
2. Choose to be Sober and In Control
3. Eat 5 servings of Fruits and Vegetables a day
4. Exercise 60 minutes a day
5. Reduce Salt Intake to 5 grams a day
6. Promote Breastfeeding
7. See a Health Provider to ensure that I'm Healthy

For more information, please call the Bureau of Community Health Services at 735-7304



Your partners in Healthcare!

American Medical Center is working to build a healthier Guam, one patient at a time. Our physicians are committed to helping you live a healthier life!

Services include:
Family Medicine
Internal Medicine
Pediatric Health
After Hours Care
Occupational Health Services

Second Location in Mangilao opening in May!

Call for more information.
(671) 647-8262

