

March is **Colon Cancer** awareness month. Each year many people die needlessly of colon cancer. Early detection can save lives!

We are fortunate to have the American Cancer Society as a partner in congregational health ministries (you can access our Congregational Cancer Care curriculum at www.cancer.org by typing in congregational health ministry in the search box).

Many of you may have see recent TV ads promoting their Colon Cancer Kit. I want to encourage you to call the American Cancer Society at 1-800-ACS-2345 and ask for free kits for your congregations. Each kit includes an informational booklet, DVD and pen. You can order as many as 75 at no charge. What an easy way for you to promote Colon Cancer prevention in your faith communities!

The American Cancer Society has announced the availability of the **NexProfiler** Treatment Option Tools .

The tools are free, interactive tools designed to help patients make informed decisions:
personalized reports with pros and cons of each treatment
questions to ask the doctor
full disclosure treatment options, side effects and outcomes and
access to relevant summaries of medical studies

The tools can be found at www.cancer.org and click on "Make Treatment Decisions".

Making A Difference Saving Lives

You and your American Cancer Society helping your community each day for life |

New Detection Guidelines at the Forefront During Breast Cancer Awareness Month
Throughout the month of October, American Cancer Society staff and volunteers will be educating women across the Heartland Division about breast cancer detection and prevention. In May, we released new guidelines for the early detection of breast cancer, placing greater emphasis on the need for women 40 and older to receive yearly mammograms and stressing the need for all women to be aware of, and immediately report changes in their breasts. The Society's new guidelines for the early detection of breast cancer are:
Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health. Clinical breast exams (CBE) should be part of a periodic health exam, about every three years for women in their 20s and 30s and every year for women 40 and over. Women should report any breast change promptly to their health care providers. Breast self exam (BSE) is an option for women starting in their 20s. Women at increased risk (e.g.: family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests (e.g.: breast ultrasound or MRI), or having more frequent exams. |

For more information about breast cancer, contact the American Cancer Society
800.ACS.2345 or at www.cancer.org.

Reach to Recovery Offers Comfort Amid the Chaos of a Breast Cancer Diagnosis The American Cancer Society's Reach to Recovery program has been helping patients cope with their breast cancer experience for more than 30 years. When a person first finds out they have breast cancer, they may feel overwhelmed, vulnerable, and alone. While under this stress, many people must also learn about complex medical treatments and choose the best one. Talking with a specially trained Reach to Recovery volunteer at this time can provide a measure of comfort and an opportunity for emotional grounding and decision making. Volunteers are breast cancer survivors who give patients and family members an opportunity to express feelings, verbalize fears and concerns, and ask questions of someone who is knowledgeable and level headed. Most importantly, Reach to Recovery volunteers offer understanding, support, and hope because they themselves have survived breast cancer and gone on to live normal, productive lives. For more information about a Reach to Recovery program in your community, call your local American Cancer Society office or visit www.cancer.org.

Tell A Friend About the Importance of Mammography
1.800.ACS.2345 www.cancer.org Hope.Progress.Answers.

Reduce Cancer Risk by Maintaining a Healthy Lifestyle

Fundamental to your overall health is proper diet and exercise: forgoing both increases your risk of heart disease, high blood pressure and developing several types of cancer. To reduce your cancer risk, the American Cancer Society recommends the following:

Eat a variety of healthful foods, with an emphasis on plant sources.

Eat five or more servings of a variety of vegetables and fruits each day.

Choose whole grains in preference to processed (refined) grains and sugars.

Limit consumption of red meats, especially those high in fat and processed

Limit your consumption of alcohol.

Adopt a physically active lifestyle.

Engage in at least moderate activity for 30 minutes or more on five or more days of the week, although 45 minutes or more of moderate to vigorous activity on five or more days per week may further enhance reductions in the risk of breast and colon cancer.

Maintain a healthful weight throughout life.

Balance caloric intake with physical activity and lose weight if currently overweight or obese.

Visit www.cancer.org or call 1.800.ACS.2345 for more information about nutrition and physical activity.

American Cancer Society Grantee Measures MRI's Success in Detecting Breast Cancer

In a recent study, current American Cancer Society grantee Mark Robson, M.D., Memorial Sloan Kettering Cancer Center, found that Magnetic Resonance Imaging (MRI), a highly sensitive screening tool, may detect breast cancers missed by mammograms in women who are at risk for developing the disease. Researchers caution, however, that MRI also yields a significant number of false positive results, leading to additional exams that may have a negative psychological impact on women. Although MRI was 100 percent sensitive for the detection of breast cancer, a significant number of women had abnormal examinations that were eventually shown not to represent cancer. "MRI should not be recommended to the general population at the present time because its

specificity is not yet adequate, and the majority of abnormalities detected in average risk women would turn out to be false positives, many of which would need to be proven through additional examinations such as ultrasound, mammograms, and biopsies," Dr. Robson said. In addition, MRI has not yet been shown to reduce the size at which tumors are detected, to lower the stage of detected tumors, or to improve survival.

Prostate Cancer Awareness Month Heightens Awareness, Education, Early Detection

During the month of June, your American Cancer Society aggressively campaigns to educate men about the importance of prostate cancer screening. Prostate cancer is the second leading cause of cancer death in men, and African American men are more than twice as likely to succumb to the disease. As Father's Day draws closer, encourage the men in your life- fathers, brothers, uncles - to learn more about the screening options that may save their life. Beginning at age 50, the prostate specific antigen (PSA) test and the digital rectal examination should be offered for every man at normal risk for the disease. For African American men or for those at high risk for the disease, testing should begin at age 45. Most importantly, every man should create a dialogue with their physician to determine what screening options and schedule is best for them. For more information about prostate cancer screenings or to learn more about the symptoms or risks for prostate cancer, visit www.cancer.org or call 1.800.ACS.2345.

NCI's Office of Education and Special Initiatives and Office of Cancer Survivorship have created a new publication for Latino cancer survivors, their families and friends, and health care professionals. *Siga adelante: la vida después del tratamiento del cáncer* is a unique adaptation of *Life After Cancer Treatment*, a resource that offers scientific information from health professionals and coping tips from cancer survivors to help them face the challenges of life after treatment.

In addition to general information about life after treatment, *Siga adelante* addresses issues relevant to the Latino community such as:

- * Effective ways to communicate with health care professionals during follow-up care
- * Importance of the family in healing after cancer treatment
- * Use of complementary and alternative medicine
- * Practical issues, such as health insurance and legal rights.

This book is now available on the Web at

www.cancer.gov/espanol/vida-despues-del-tratamiento.

To order free copies of *Siga adelante: la vida después del tratamiento del cáncer*, call 1-800-4-CANCER (1-800-422-6237).