



## Iowa Consortium for Comprehensive Cancer Control

# NEWS

February 2007

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### Upcoming Events:

**March 22.** Paving the Way for Progress: Clinical Trials in Blood Cancers. Lecture by Dr. George Weiner, 6-8 pm at the Hampton Inn Iowa City. To register for this free program, contact Wendy Sontag at 800-347-1074 or [wendy.sontag@lls.org](mailto:wendy.sontag@lls.org).

**April 3.** Breaking the Age Barrier: Getting the Best Cancer Treatment, Teresa Nissen, RN, BSN, OCN, 7pm at the First Congregational Church, Marshalltown. To register, contact Wendy Sontag at 800-347-1074 or [wendy.sontag@lls.org](mailto:wendy.sontag@lls.org)

**April 3-4.** 2007 Public Health Conference. IA Public Health Assoc. Scheman Conference Center, Iowa State University. For more information contact [lowapha@gmail.com](mailto:lowapha@gmail.com)

**April 19.** ICCCC Spring Meeting. Location TBD. Contact Holly Smith more information: [hsmith@idph.state.ia.us](mailto:hsmith@idph.state.ia.us)

**May 21-22.** Governor's Conference on Aging. Sheraton West Des Moines. More information at: [www.state.ia.us/elderaffairs/](http://www.state.ia.us/elderaffairs/)

## ICCCC Partner Profile Due March 2

The Iowa Consortium for Comprehensive Cancer Control is nearing its fifth anniversary. As the Consortium grows and evolves, the needs and the responsibilities of the members will also change. Therefore, the Membership and Nominating Committee has developed a Partner Profile not only to collect updated contact information but also get a sense of the interests and skills each member

brings to the ICCCC. This inventory of resources and abilities will allow for greater coordination and networking. The Partner Profile is a tool that will also help us identify gaps and recruit new ICCCC members to ensure statewide representation. An updated Membership and Resource Directory will be created after all of the Partner Profiles have been collected.

The Membership and Nominating Committee asks that each member fill out the information in the Partner Profile. Please visit the web link below to complete the Partner Profile online:

**<http://survey.uiowa.edu/wsb.dll/ICER/partnerprofile.htm>**

If you would prefer to fill out a hard copy, check your email for a version of the Partner Profile in Word and email (or mail) it to Holly Smith. The target deadline for either the online, email or paper version is **March 2**. Feel free to contact Holly Smith ([hsmith@idph.state.ia.us](mailto:hsmith@idph.state.ia.us) or 515-281-0925) or Sarah Kitchell ([sarah-kitchell@uiowa.edu](mailto:sarah-kitchell@uiowa.edu) or 319-356-4285) with any questions.

**Thank you for your support and continued involvement with the ICCCC!**



### Partner Spotlight: Gilda's Club of the Quad Cities

Gilda's Club is a free nonprofit emotional and social support community for people living with cancer, and their families & friends. Gilda's Club is located at 1234 East River Drive in Davenport.

It is named in memory of Gilda Radner, best known for her work on NBC's *Saturday Night Live*, who succumbed to ovarian cancer in 1989.

The primary goal of Gilda's Club Quad Cities, as a cancer support community, is to provide people living with cancer access to others going through the same experience. Men, women and children, family members and friends may participate in support or networking groups, lectures and workshops or social activities such as:

- Weekly Wellness groups for people living with cancer facilitated by a licensed mental health professional
- Groups for family members & friends facilitated by a licensed mental health professional
- Lectures & workshops on cooking, meditation & treatment
- Social events that enhance community spirit & friendship
- "Noogieland," a program for children & teenagers with cancer

Melissa Wright, Program Director at Gilda's Club, is an active member of the ICCCC and is a part of the Patient & Family Resources Implementation Group. If you would like more information, please visit [www.gildasclubqc.org](http://www.gildasclubqc.org) or Melissa at [melissapd@mchsi.com](mailto:melissapd@mchsi.com)

## Remember:

## ICCCC Spring Meeting

April 19, 2007



The ICCCC Webpage:  
[www.canceriowa.org](http://www.canceriowa.org)

Questions, comments,  
 corrections, and/or  
 story ideas, contact:

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## Cancer Risk: Understanding the Puzzle

Recently NCI launched a new, interactive Web site to help people assess and understand their risk of developing cancer. "Cancer Risk: Understanding the Puzzle" is written in everyday language, and has explanations of cancer risk, risk factors, and risk exposure, and information on how to lower risk for six cancers. There is a section for analyzing news stories reported in print, on the radio, on the Web or via e-mail, to assess their accuracy and applicability. Numerous links are provided, and online quizzes provide feedback to users on their understanding of cancer risk.

The target audience for the website is designed for cancer-free adults, age 40 and older, who are cancer information seekers; may include those:

- With friend or family member diagnosed with cancer and are worried about their own risk
- Who have heard a confusing or intriguing media story.
- At an age associated with increased cancer risk or with a recommended screening action.
- Who are health information ambassadors in their family.
- Benefit from a targeted cancer awareness effort.

Explore the site at <http://understandingrisk.cancer.gov/>.

### Resources Available on the Cancer Iowa Website

#### ⇒ News, Publications, and Meetings

Find these documents at [www.canceriowa.org/news/](http://www.canceriowa.org/news/):

- Revised ICCCC State Cancer Plan
- Cancer Maps
- Colorectal Cancer Monograph
- Survey of Endoscopic Capacity (SECAP)
- ICCCC Newsletters and Special Editions

[www.canceriowa.org/news/](http://www.canceriowa.org/news/)

## February is Cancer Prevention Month



It is estimated that 50% of cancer deaths in the U.S. could be prevented through healthy lifestyle habits. The American Cancer Society has rolled out its new *Great American Health Challenge*, a campaign to educate Americans about cutting their cancer risk. The year long program encourages people to take the following actions in order to lower

their cancer risk or to detect cancer at an early stage, when it's most treatable:

- **Check.** Talk to your doctor about cancer screening tests, which can prevent cancer or detect it earlier.
- **Move.** Try to get at least 30 minutes of exercise five or more days a week.
- **Nourish.** Strive for a healthy weight and eat a well-balanced diet that includes plenty of fruits, vegetables and whole grains. Limit your consumption of red meats, especially high fat & processed meats.
- **Quit.** Stop smoking or advocate for smoke-free communities.

To get started, take the *Great American Health Check* on the ACS Web site. The health check can assess your cancer risk factors and provide a customized action plan to reduce your cancer risk. Visit the website at: [www.cancer.org/greatamericans](http://www.cancer.org/greatamericans).