



*In Honor of the
Program for the Elimination
of Cancer Disparities' (PECaD)
10 Year Anniversary*

When: September 15, 2015
6:00pm—8:00pm

Where: The Public Media Commons
3653 Olive Street
Saint Louis, MO 63108

What: A celebration of PECaD's 10 years of accomplishment within our community! Ilor d'oeuvres and refreshments will be provided.

RSVP: Please RSVP for this free event at: pecadcelebration.eventbrite.com



CELEBRATING 10 YEARS: PECAD

The Program for the Elimination of Cancer Disparities (PECaD) of the Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine was established in 2003 with institutional funds to address the excess cancer burden within the region and the state, particularly for minority and medically-underserved populations. Over the span of 10 years, we have consistently worked with community partners to develop outreach and education, quality improvement and research, and training strategies that will foster healthy communities and environments less burdened by cancer disparities.

In the ensuing 10 years our greatest efforts have focused on expanding outreach to new communities and partners while enhancing current partnerships to better serve our community. Along the way we've consistently progressed and evolved while staying true to our mission and vision, to educate and engage our community on the importance of cancer prevention.

On the evening of Tuesday, Sept. 15, 2015, we would like to celebrate the accomplishments of PECaD, honor those who have worked diligently to reduce cancer disparities, and provide our community members and partners an opportunity to reflect on the range of activities that PECaD has initiated to outreach to the community.

Please join us in this wonderful occasion as we journey into the next phase of PECaD!

[Click here to RSVP today!](#)

CRFT PILOT PROJECT UPDATE: THE NEW FACE OF HOMELESSNESS

As part of the first cohort of the Community Research Fellows Training (CRFT) program, fellows that completed the training and were certified to conduct research with human subjects were eligible to submit Community Based Participatory Research project proposals to conduct research on a community health issue of importance to them. The Rev. Paulette Sankofa, Ed.D. and LaDoris Payne, alumni of the first cohort of CRFT, were awarded funding for their research proposal entitled "The New Face of Homelessness" in collaboration with Dr. Vetta Thompson (CRFT faculty). The project focused on identifying the health needs and concerns of homeless women ages 45-64 living in the St. Louis metropolitan area. The research proposal received approval from Washington University School of Medicine's Institutional Review Board in September 2014.



Between October and November 2014, 1 focus group with 6 formerly homeless women and 7 face-to-face interviews with currently homeless women, ages of 46 to 62 years old, were conducted. In addition to the interview or focus group, the 13 women who participated in the study also completed a health survey. Participants were African American (n=9), white (n=3), and "other" (n=1). Most women had a high school diploma (n=10) and three did not complete high school. Most (69%) of the women reported needing dental insurance and 50% of the women reported having no health insurance. The women reported many health concerns including heart problems (n=11), troubles with breathing (n=12), stomach issues (n=11), trouble with their vision (n=11), and arthritis (n=11). Many of the women had experienced mental health issues (n=10) and domestic violence (n=8) in addition to struggling with substance use issues.

Now that the study data has been collected, Ms. Payne and Noemi Lopez, MPH have coded the interview transcripts using a community-academic partnered approach. They have identified main interview themes around the areas of how the women became homeless, their health, their current housing status, and barriers they face in improving their health due to being homeless. Rev. Sankofa, Ed.D. and Ms. Payne are in the process of completing the qualitative data analysis and will be writing a final report of their study results. They will work with Dr. Vetta Thompson to present and publish their findings in the fall.

PECAD'S SMART HEALTH EVENT TAKES EAST ST. LOUIS, IL.

By Ashley Houston, OTD, MSCI, MPA

The Siteman Cancer Center [Program for the Elimination of Cancer Disparities](#) (PECaD) hosted a Community Health Education Day in East St. Louis on July 11, 2015. Partnering with the [East Side Health District](#), community health workers, citizens, and cancer survivors came together to discuss cancer risk and health. With approximately 30 in attendance, PECaD and the [Division of Public Health](#) staff led workshops on 8 Ways to Prevent Cancer, Colon Health, Exercise and Nutrition, Cancer Survivorship, and Understanding Research. This was the first Community Health Outreach Day hosted by PECaD in Illinois and proved to be an exciting event for staff and participants.

During the event, participants walked through a large inflatable model of a colon to see colon pathology to better understand the different types of conditions that may increase colon cancer risk. Saffiyah Muhammad, MPH, the PECaD program coordinator, explained how the inflatable colon is an important learning tool: "Participants are able to see the differences between a healthy colon, early stages, and advanced colon cancer. This visual facilitates discussion and helps our participants understand what colon cancer looks like in the body." With this innovative teaching tool, participants are immersed in the educational experience and are compelled to engage in meaningful conversations about screening, cancer, and survivorship.

Community Health Education events are just part of PECaD. The primary goal of PECaD is to work through community partnerships to develop outreach and education, quality improvement and research, and training strategies that will foster healthy communities and environments less burdened by cancer disparities. By working with community organizations, cancer survivors, clinicians, researchers and advocates to enhance education and awareness about cancer risk and prevention, PECaD aims to reduce cancer disparities.

Developing partnerships in St. Louis and the surrounding communities provide the opportunity to increase outreach and engagement with community members. Through community partnerships, education, and outreach we plan to continue hosting health education events. Keep an eye out for the inflatable colon model—it is a must see!



A speaker discusses healthful eating habits at a Community Health Education Day in East St. Louis.

WELCOME NEW STAFF



Kunal is a St. Louis native and a rising second year medical student who is very interested in learning about the roots of healthcare disparities. During his first year at WUSM, Kunal has volunteered with several student outreach programs to area elementary, middle and high schools teaching a variety of subjects, such as sun protection/skin cancer awareness and HIV/AIDS history fact clarification and prevention sessions. Additionally, Kunal has been an active member in WUSM's Medical Students for Choice (MSFC) chapter and is co-leading the group this upcoming year. He is currently conducting research this summer with Dr. Graham Colditz, MD, DrPH, and Dr. Aimee James, PhD, MPH, investigating the relationship between patient demographics, particularly income and insurance status, influence on colorectal cancer screening compliance in St. Louis' FQHCs.

Christine is a research scholar in the Division of Public Health Sciences. Dr. Ekenga's research focuses on exposure assessment methods for epidemiologic studies and lifestyle and environmental risk factors for chronic diseases. She received her Ph.D. in Epidemiology from New York University School of Medicine.



Dr. Elizabeth Odom is a Plastic and Reconstructive Surgery resident in the final years of her training. She is dedicating a year to research to explore access to care, joint decision-making, patient outcomes, and reconstructive techniques following breast cancer surgery. Dr. Odom plans to return to clinical practice following this year with ongoing investigation in these matters. She is a native of Michigan and has a loving husband and a new baby girl.

Karyn Stewart, Ph.D. earned her Ph.D. in Sociology from Syracuse University in 2013. Her research and teaching interests primarily focus on health in the Black community, giving attention to both racial and nativity disparities. Dr. Stewart has taught Introduction to Sociology as well as Sociology of Black Americans and Health in the Black Community. In her research, she examines the relationships of race, nativity, and pre-pregnancy body mass index (BMI) on birth outcomes among Black women. Of note, her work has identified key health factors that eliminate the significance of the foreign-born advantage in risk of low birth weight among Black women in the Central New York region from 2004-2010. Her work also adds complexity to the discourse on health and body mass index by identifying being underweight as a particular risk factor for low



birth weight among US-born Black women in this same region and during this same time period. She is interested in examining reproductive cancers in the Black community and the influence of BMI, nutrition, and inflammation.



Johanna is a rising junior at Washington University, studying Urban Studies and Anthropology, from Madison, WI. Her interest include Public Health and she has had great opportunities to explore the field of Public Health with through an NGO in Guatemala, focusing on childhood malnutrition and through the Institute of Public Health at Washington University School of Medicine, in both epidemiological research and community outreach/engagement in the St. Louis, MO area. Johanna looks forward to combining her passion for research with her desire to work directly with communities to address complex social justice issues.

PECaD In The Community

Upcoming Community Events

9/12 Amherst Park Peace Festival

9/12 [13th Annual Prostate Cancer Run/Walk at Harris Stowe State University](#)

9/19 [Shalom Health Fest 2015](#)

9/26 3rd Annual W. Jane Gee Colon Cancer Fundraiser Event

10/3 Sathya Sai Organization of America Health Drive

In the News

Dr. Leon Ashford, Advisory Board Member for our [Prostate Cancer Community Partnership](#), was recently featured in a St. Louis Public Radio article written about Prostate Cancer Screening Guidelines

<http://news.stlpublicradio.org/post/cancer-screening-guidelines-neglect-risks-african-american-men-say-st-louis-area-doctors>

Did You Know?

September is [Prostate Cancer Awareness Month](#). Join the [ZERO Prostate Cancer Run/Walk](#) on September 27 to support Prostate Cancer Awareness.

October is [Breast Cancer Awareness Month](#).

[Learn ways to help prevent your risk of cancer.](#)

