

Congressional Families Cancer Prevention Program®

of the Prevent Cancer Foundation®



SPRING 2018

ACTIONS

WWW.CONGRESSIONALFAMILIES.ORG

CONGRESSIONAL FAMILIES HOSTS WEBCAST ON SOCIAL DETERMINANTS OF HEALTH... WHAT DOES THAT EVEN MEAN?

Where you live affects your health. Life expectancies and chronic disease rates vary from zip code to zip code, even across small geographic distances.

Experts say the reasons for this are the social determinants of health, which the Healthy People 2020 initiative defines as “conditions in the places where people live, learn, work and play that affect a wide range of health risks and outcomes.” That includes economic stability, education, social and community support, access to health care, and your neighborhood.

On April 19, the Congressional Families Cancer Prevention Program hosted a webcast at the **National Association of Broadcasters** (a program underwriter) to discuss social determinants of health and how to address them, with a focus on cancer and cancer prevention.

Executive Director **Lisa McGovern** opened the discussion, which was moderated by **Maggie Fox**, NBC News senior health writer. The panel featured **Sherrie Flynt Wallington, Ph.D.**, Assistant Professor of Oncology at the Georgetown University Medical Center, Lombardi Comprehensive Cancer Center, and **Electra Paskett, Ph.D.**, Associate Director for Population Sciences, Comprehensive Cancer Center at the Ohio State University.

Ms. Fox provided background to help frame the issue before turning the discussion over to the panelists. Dr. Wallington focused on minorities and urban communities, while Dr. Paskett addressed the issue in rural communities. Both speakers highlighted community initiatives successfully working to overcome health disparities and offered recommendations that can be implemented in underserved neighborhoods across the United States.

Ms. Fox moderated a Q&A, allowing the panelists to delve into other topics related to social determinants of health, including the role of transportation in health disparities, the effect of mental health and stress on responses to chronic diseases, and challenges in communicating the effectiveness and need for the human papillomavirus (HPV) vaccine.

The full webcast and short highlight clips are available to view on-demand at www.congressionalfamilies.org.



L to R: Lisa McGovern, Maggie Fox,
Sherrie Flynt Wallington, Ph.D., Electra D. Paskett, Ph.D.

DID YOU KNOW...?

- ▶ For all cancers combined, the death rate is 25 percent higher for African-Americans than for white Americans. *
- ▶ While rural areas have lower incidence rates of cancer than urban areas, they have higher cancer death rates. The differences in death rates between rural and urban areas are increasing over time. **
- ▶ Rural areas have higher incidence rates for several cancers that are related to tobacco use, such as lung cancer, and those that can be prevented by cancer screening, such as colorectal and cervical cancers. **

Sources:

*National Cancer Institute

**Centers for Disease Control and Prevention



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LETTER FROM THE EXECUTIVE DIRECTOR



Dear Congressional Families members and friends,

It's never been clearer that young people are our future. In the past few months, we've seen their power in rallying around causes they're passionate about; their intelligence, commitment and energy are inspiring and will no doubt lead to positive change.

That's why we are excited to launch our first ever **Congressional Video Competition to #PreventCancer** for high school students.

Many teens are already creating short videos on their phones and sharing them through Snapchat and Instagram. The video competition encourages and empowers students to use their talents to educate the public about two cancer prevention topics of importance to them, and to us all.

Starting this fall, high school students all across the United States will be invited to create up to 60-second video PSAs focused on the dangers of vaping or the importance of protecting your skin to reduce your risk of cancer. E-cigarettes are a popular alternative to traditional tobacco products for teens, even though little is known about the long-term health effects. And skin cancer remains the most commonly diagnosed cancer in our country, even though it is highly preventable by using appropriate skin protection outdoors and avoiding tanning beds.

This competition will allow participants to learn as they create, and their resulting PSAs will educate other teens and the general public in relatable and approachable ways. Teens may not listen to their parents telling them to put on sunscreen or stop vaping, but they may listen to their friends and classmates.

Stay tuned for details on how you can work with local high schools to promote participation in your district/state. We hope to have participation in every state.

We're looking forward to this new effort to reach the next generation of cancer prevention leaders and hope you'll join us in making this a success.

Sincerely,

Lisa McGovern, Executive Director

UPCOMING EVENTS

Sunday, September 16, 2018

**Prevent Cancer Health Fair
and 5K Walk/Run**

Nationals Park

(See Save the Date on the back page)

SAVE THE DATE
September 27, 2018
**26th Annual Action
for Cancer Awareness
Awards Luncheon**
Members Room
Library of Congress

**Would you or your spouse's office like
more information on the Congressional
Video Competition to #PreventCancer
or other ways to be involved?**

**Email us at
congressional.families@preventcancer.org.**

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L to R: Bill Sandmeyer, Rep. John Garamendi (CA), Dr. Lisa Kennedy Sheldon, Lisa McGovern, Norma Cárdenas (spouse of Rep. Tony Cárdenas, CA), Laina Marshall (spouse of Rep. Roger Marshall, KS), Barbara Grassley (spouse of Sen. Chuck Grassley, Iowa), Sherry Mitchell (spouse of Rep. Paul Mitchell, MI), Pat O'Halleran (spouse of Rep. Tom O'Halleran, AZ), Dr. Brian Monahan

“CHECK YOUR MATE” FOR EARLY DETECTION

On February 15—in observance of Valentine’s Day and National Cancer Prevention Month—the Congressional Families Cancer Prevention Program hosted a seminar to focus on the important role loved ones play in each other’s health.

Executive Director **Lisa McGovern** opened the program with an overview of the Prevent Cancer Foundation’s “Check Your Mate” campaign, which encourages couples to pay attention to changes in each other’s bodies that could be signs of cancer or pre-cancer. Your partner may know your body as well as you do, so he or she may notice new or changing moles, suspicious lumps or other changes before you.

Rear Admiral Brian Monahan, M.D., Attending Physician for the United States Congress, spoke as an experienced hematology and medical oncology doctor and researcher. He discussed innovation in the oncology field, and touched on key areas of concern including the cost of cancer care— noting that “cost is the worst side effect of chemo”—and the need to increase access to clinical trials.

Bill Sandmeyer, Director of the Members’ Wellness Center, provided information about the Center and the importance of exercise for cancer prevention.

Lisa Kennedy Sheldon, Ph.D., Chief Clinical Officer for the Oncology Nursing Society, shared a powerful story about spotting a suspicious spot on her long-time plumber’s face, which led to a melanoma diagnosis. She stressed that we can help with early detection not only for our partners, but for others in our lives.

Dr. Sheldon answered questions from spouses on how to motivate family members to prioritize their health, from getting significant others to visit the doctor to discouraging teens from using e-cigarettes. Spouses were also interested in knowing more about how diet affects cancer risk.

LeeAnn Johnson (spouse of Rep. Bill Johnson of Ohio) offered her personal perspective as a registered dental hygienist who found suspicious spots on both her husband and brother, leading to cancer diagnoses. *(For more on this topic, read a Q&A with LeeAnn on page 4.)*

We were pleased to be joined by **Rep. John Garamendi (D-CA)** and **Rep. Roger Marshall, M.D., (R-KS)** who offered brief remarks to our bipartisan audience of Congressional spouses from the House and Senate. The conversation led to ideas for future seminars, op-eds and other outreach opportunities for spouses to strengthen their roles as ambassadors for cancer prevention. Thanks to all who attended and to Oracle for hosting us in their welcoming space.

To learn more about “Check Your Mate,” visit www.preventcancer.org/checkyourmate.



Rep. Roger Marshall, M.D., addresses Congressional spouses at the Check Your Mate seminar.



Q&A: ORAL HEALTH AND CANCER PREVENTION

with **LeeAnn Johnson**, spouse of Rep. Bill Johnson (Ohio) and registered dental hygienist

Q: HOW DOES BEING A DENTAL HYGIENIST INTERSECT WITH THE MISSION OF CANCER PREVENTION?

The overall health of a patient directly impacts their oral health. As hygienists, we provide nutritional counseling and proper oral health care instruction, perform oral cancer screenings, and yes, take radiographs and clean teeth. The goal of excellent oral health care is prevention of disease.

Q: DENTAL HYGIENISTS ARE TRAINED TO LOOK BOTH INSIDE AND OUTSIDE THE MOUTH. HAVE YOU EXPERIENCED ANY INSTANCES WHERE THAT HAS PROVIDED OPPORTUNITIES RELATED TO CANCER PREVENTION?

I discovered a small purplish mole near my brother's ear during a routine oral cancer screening (which typically includes observing the entire oral cavity, tongue and lips, and the face, neck, ears and scalp of a patient). It appeared to be a clogged pore, but because I had never made note of this in his chart previously, I asked him to have the mole looked at by a dermatologist. It was diagnosed as melanoma. We found this lesion early because my brother faithfully keeps his dental hygiene appointments and is seen every six months.

Q: WHAT ARE RISK FACTORS FOR ORAL CANCER?

- ▶ Tobacco use, including cigarettes, cigars, pipes, chewing tobacco and snuff, among others
- ▶ Heavy alcohol use
- ▶ Excessive sun exposure to your lips
- ▶ Human papillomavirus (HPV) infection
- ▶ A weakened immune system

Q: WHAT ARE THE SYMPTOMS?

- ▶ White or red patches on the lips, gum, tongue or mouth lining
- ▶ A sore or lesion that does not heal
- ▶ A lump or thickening in the oral soft tissues
- ▶ Soreness or a feeling something is caught in the throat
- ▶ Difficulty chewing or swallowing
- ▶ Ear pain
- ▶ Difficulty moving the jaw or tongue
- ▶ Persistent hoarseness
- ▶ Numbness of the tongue or other areas of the mouth or face
- ▶ Swelling of the jaw that causes dentures to fit poorly or become uncomfortable

Visit a health care professional if you experience symptoms that persist for two weeks or more. Not using tobacco and not drinking alcohol in excess can prevent most oral cancers. However, one in four people diagnosed with oral cancer has no risk factors.

Q: SHOULD I ASK MY DENTIST FOR AN ORAL CANCER SCREENING?

An oral cancer screening is an exam performed by a dentist or dental hygienist to look for signs of cancer or precancerous conditions in your mouth. This screening should be performed at your initial dental exam and then every six months during your routine dental cleaning.

If your dental office is not performing routine oral screenings, ask to have one done. The screening is quick and painless. Plus, it gives you the opportunity to stick your tongue out at the dentist or dental hygienist!

Q: IS THERE ANYTHING ELSE WE SHOULD KNOW ABOUT ORAL CANCER?

The goal of oral cancer screening is to identify mouth cancer early, when there is a greater chance for successful treatment. Don't be afraid to advocate for yourself to get the screenings you need.



DID YOU KNOW...?

Oral cancer is twice as common in men as in women.

THANK YOU FOR YOUR OP-ED OUTREACH

Each month, the Congressional Families Program offers members and spouses the opportunity to submit op-eds about cancer prevention and early detection to local media outlets. Op-eds can be personalized and tailored for local use. Thank you to the following spouses who have recently requested state-specific information to personalize their op-eds and share vital cancer prevention and early detection messages in their home communities:

- ▶ Roxanne Babin – Texas
- ▶ Bobbi Barrasso – Wyoming
- ▶ Diana Enzi – Wyoming
- ▶ Mary Frances Faso – New York
- ▶ Brenda Fleischmann – Tennessee
- ▶ Lorena Gonzalez – Texas
- ▶ Barbara Grassley – Iowa
- ▶ Steve Handel – Georgia
- ▶ Mikey Hoeven – North Dakota
- ▶ LeeAnn Johnson – Ohio
- ▶ Dr. Wayne Kye – New York
- ▶ Roberta Kustoff – Tennessee
- ▶ Laina Marshall – Kansas
- ▶ Mary McKinley – West Virginia
- ▶ Marie Royce – California
- ▶ Amanda Soto – Florida

Learn more about how you can educate your community on cancer prevention and early detection at www.congressionalfamilies.org/resources.

2018 HPV Legislative Report Card

This report card is a snapshot of each state's efforts to enact or introduce HPV vaccine legislation to improve education and awareness, or provide access to the HPV vaccine.

Please see the criteria below outlining *the most recent action* taken by states to address HPV education, awareness and vaccinations:

	<p>States receiving an A have enacted legislation to require the HPV vaccine for public school entry for <u>both girls and boys</u>.*</p>	<p>Rhode Island**</p>			
	<p>States receiving a B have enacted legislation to require the HPV vaccine for public school entry <u>for girls only</u>.*</p>	<p>District of Columbia Virginia</p>			
	<p>States receiving a C do not have an HPV vaccine requirement for public school entry, but they have <u>enacted</u> HPV vaccine legislation to improve education and awareness, or access to the HPV vaccine.</p>	<p>Colorado Illinois Indiana Iowa Louisiana Maine</p>	<p>Maryland Michigan Minnesota Missouri Nebraska Nevada</p>	<p>New Jersey New Mexico New York North Carolina North Dakota Oregon</p>	<p>Pennsylvania South Dakota Tennessee Texas*** Utah Washington</p>
	<p>States receiving a D do not have an HPV vaccine requirement for public school entry, but have <u>introduced</u> HPV vaccine legislation (either currently or in a previous session) to improve education and awareness, or access to the HPV vaccine.</p>	<p>Alabama Arizona Arkansas California Connecticut</p>	<p>Florida Georgia Hawaii Kansas Kentucky</p>	<p>Massachusetts Mississippi Ohio Oklahoma South Carolina</p>	<p>Vermont West Virginia Wisconsin</p>
	<p>States receiving an F have never <u>enacted or introduced</u> any HPV vaccine legislation to improve education and awareness, or access to the HPV vaccine.</p>	<p>Alaska Delaware Idaho Montana New Hampshire Wyoming</p>			

*As of 2011, the CDC recommends the HPV vaccine for boys ages 11-12. It has been recommended for girls ages 11-12 since 2008. In addition to causing most cervical, vaginal and vulvar cancers in women, HPV is associated with some cancers in men (i.e., anal, oropharyngeal and penile cancers).

**Rhode Island's vaccination requirement was put in place by the Department of Health, which does not require legislative approval.

***In 2007, Texas governor Rick Perry passed an executive order to require HPV vaccinations for public school entry for girls only, but it was later repealed by the Texas House of Representatives (H.B. 1098).



CONGRESSIONAL FAMILIES PROGRAM MISSION AND HISTORY

The Congressional Families Cancer Prevention Program® is a bipartisan effort, founded in 1991, to increase the public's understanding of cancer prevention and early detection. Families of Senate, House, Cabinet, Supreme Court and the Diplomatic Corps are invited to work within their respective constituencies to educate the public. The Congressional Families Program offers educational events, materials and resources, enabling its members to bring the message of cancer prevention and early detection back to their communities. www.congressionalfamilies.org

Cassie Smith, Editor

Lisa McGovern, Assistant Editor

Congressional Families Cancer Prevention
A Program of the Prevent Cancer Foundation®
1600 Duke St, Ste. 500, Alexandria, VA 22314
tel: 703.836.4412 • fax: 703.836.4413

Are you receiving our emails with invitations to special events? If not, contact lisa.mcGovern@preventcancer.org or call 703-519-2113.



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The Prevent Cancer Foundation® is one of the nation's leading voluntary health organizations and the only U.S. nonprofit focused solely on cancer prevention and early detection. Founded in 1985, it has elevated cancer prevention to prominence and fulfills its mission through research, education, outreach and advocacy across the country. Our public education programs have applied this scientific knowledge to inform the public about ways they can reduce their cancer risks.

www.preventcancer.org



Congressional families has more than 250 participating congressional spouses, but we are always growing. Do you know of a member or spouse who might want more information? Contact Lisa McGovern at lisa.mcGovern@preventcancer.org.