



CRUSADERS QUARTERLY

Montgomery County Cancer Crusade Newsletter

Be a Warrior, join the fight against Cancer!

April 2008 — Issue 2

Message from the Cancer Program Coordinator

Hello fellow Crusaders,

As we approach the end of the fiscal year and the start of a new one, let's first congratulate ourselves on a job well done! We have overcome great challenges in providing services to our clients, and we will face new challenges next year. However, through our commitment to our community, our determination, and collaborative efforts we have continued to provide seamless services to those we serve. We have achieved our successes through innovative approaches and the ability to think outside the box. There is a quote that says, "Those who see the invisible, do the impossible". I have come to believe that quote exemplifies who we are, the perfect description of the Crusaders. With that being said, we must face the stark realities of our economic future. Our County is faced with the largest budget deficit in recent years, yet we must find ways to continue to serve our clients. In keeping with our creative spirits, and as we continue to seek new and inventive ways to reach our clients, despite all of the challenges we may face.

The Cancer Crusade is set to launch a new barbershop program. The "Heads Up" Barbershop Cancer Awareness Program is a targeted education and out-reach program for African-American men, emphasizing prevention, early detection and treatment of cancer, and other health disparities plaguing this population. The program



is coordinated by Montgomery County Cancer Crusade in partnership with local barbers, hospitals, and community based organizations to promote healthy lifestyles. The program utilizes barbers, serving the African American community, as "health ambassadors" to provide health education and awareness to their clientele. The program goal is to increase the knowledge and awareness of prostate, oral, colorectal cancer and other health disparities, including tobacco use prevention. Site appropriate health screenings and presentations will be provided and disseminated at local barber shops to educate

men and women about the risks, prevention, symptoms of cancer, and other health related diseases.

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"Those who see the invisible, do the impossible".

Anonymous quote

MISSION STATEMENT

To promote cancer prevention and screening, integrating community outreach, public and provider education, culturally competent care coordination services and access to timely clinical care to maintain the most favorable health for all residents.

“Heads Up” Barber-shop Cancer Awareness Program

**Educational Seminar
May 12th
9AM to 3PM
Holy Cross Hospital**

**To register call
240.777.3848**

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The kickoff of this new and exciting program will be held on May 12th from 9a-3p at Holy Cross Hospital. We welcome your attendance, however, space is limited and registration is required. For more information on the “Barbershop” program please feel to contact me at 240-777-3848 or Michael.McCalla @montgomerycountymd.gov. In closing, I would like to thank all the “Crusaders” for their dedication and self-less service to our community.

Sincerely,

Michael McCalla, MSHA



Suburban Hospital held its 3rd annual colorectal cancer prevention seminar on March 6th. To increase accessibility and reduce language and transportation barriers, this year’s seminar was presented in Spanish at the Mid-Country Regional Service Center.

On March 6th, in observance of Colorectal Cancer Awareness Month, Suburban Hospital held its 3rd annual colorectal cancer prevention seminar. To increase accessibility and reduce language and transportation barriers, this year’s seminar was presented in Spanish at the Mid-Country Regional Service Center. The health discussion, which was held in partnership with Proyecto Salud, was led by Dr. Jose Quiros, a native-Spanish speaker, who practices internal medicine in Montgomery County. The seminar, “Mas Allá de las Molestias Estomacales” (Beyond stomachaches) was regarded as an excellent event by community participants!



Dr. Quiros engages participants at the colorectal cancer awareness seminar

On November 5th, 2007, Suburban Hospital held a skin cancer screening. Certified Suburban dermatologists provided full body checks to over 100 participants, free of charge. This event was held in partnership with the Sidney J. Malawer Foundation and Suburban’s Cancer Care program. The growing popularity and importance of skin screenings has encouraged Suburban to continue providing community members with free skin cancer screenings. The next screening will be held on May 5th, which is Melanoma Monday.

**For more information, contact:
Pamela Milberg at 301.896.6836/ PMilberg@SuburbanHospital.org
Patricia Rios at 301.896.2849 / PRios@suburbanhospital.org**

MAY IS SKIN CANCER AWARENESS MONTH

American Cancer Society encourages sun safety while in the sun.

The Skin Cancer Foundation offers Free Skin Cancer Screening throughout the US, check the website below to find out when they will be coming to your town.

Road to Healthy Skin Tour will be visiting towns and cities beginning May 2008 , to find out the tour schedule: www.skincancer.org/content/view/294/

Sun Safety 101: Love the Skin You're In By Natale Rupinta



Natale Rupinta
Intern at Cancer
Crusade

The clocks have changed, the sun is out, and the kids are gearing up for baseball season. So long frostbite, it's springtime! It's time for fun in the sun! From weekend barbecues to bike rides in the park, longer days mean more time to play outside. But just because those cold winter days are over doesn't mean you shouldn't cover up. Yes, we all love the sun for the joy, warmth, and golden tan it blesses us with. However, just as we love the sun, we must, as the Dove commercial says, we must "Love the skin we are in." Our love affair with the sun distracts us from our relationship with our skin. We get so excited to see the sun that the skin we cared for all winter long, slathering with lotions and protecting from the cold, is suddenly forgotten. When we forget about our skin, it is left to fend for itself against the elements, like the sun. The sun is a strong competitor, and when faced in a battle, it destroys its opponents. That's exactly what it does to your skin. The sun damages our skin, causes burns, wrinkles, sunspots, and even cancer. In fact, skin cancer is the most common cancer in the country, accounting for nearly half of all cancer cases. That means that 1 in 5 Americans will develop skin cancer in the course of a lifetime.

Though skin cancer is more common in Caucasians, it affects people of all races. It can develop without being noticed in people with darker skin, making it the most deadly among African Americans, Latinos, and Asians. That's why it's important for everyone, no matter what race, to protect themselves from the sun. So before you head outdoors, protect yourself and your family with these helpful sun safety tips:

- **Wear sunscreen or lotion with an SPF (Sun Protection Factor) of 15 or higher every day.**
- **Limit your time in the sun, especially between 10 A.M. and 4 P.M.**
- **Cover up with clothing.**
- **Wear a hat with a brim, such as a cowboy or bucket hat.**
- **Wear UV-blocking sunglasses.**
- **Wear lip balm with an rating of at least SPF 15.**
- **Use sunless tanning lotions and sprays instead of sunbathing.**
- **Keep newborns out of the sun. Use sunscreen on children over the age of 6 months.**
- **Examine your skin once a month for abnormal moles or spots.**

Protecting your skin from the sun can reduce your chances of developing skin cancer. So whether you're heading to the beach or pulling weeds in the garden, remember, that bottle of sunscreen could save your life. Block the sun, not the fun!

Sources: *American Cancer Society, Skin Cancer Foundation*

MARK YOUR CALENDARS !

Suburban Hospital Cancer Care Events

May – June 2008

Free Skin Cancer Screening

Monday, May 5 | 8-10 am and 6-8 pm |
Suburban Outpatient Medical Center,
6420 Rockledge Dr., Bethesda
To register call 301.896.3939, option 2.

The Role of the Pathologist in Diagnosing Breast Cancer

Monday, May 12 | 7-8:30 pm |
Suburban Hospital, 8600 Old Georgetown Rd., Bethesda
Presentation by Dr. Susan Silver, Pathologist Consultant, Pittsburgh, PA and Dr. Anne Busseniers, Cytopathologist, Metropolitan Fine Needle Aspiration Service

Sex and Intimacy after Prostate Cancer

Monday, May 19 | 7-8:30 pm |
Suburban Hospital, 8600 Old Georgetown Rd., Bethesda
Presentation by Dr. Hani Miletski, Licensed Clinical Social Worker & Certified Sex Therapist

Antioxidants: Health Benefits for Cancer Prevention and Survival

Tuesday | June 17 | 7:00-8:00 pm |
Suburban Outpatient Medical Center,
6420 Rockledge Dr., Bethesda
Presentation by Amanda Benson, Oncology Dietitian
To register call 301.896.3939, option 2.

Cancer Support Groups

Suburban Hospital 8600 Old Georgetown Rd., Bethesda

Breast Cancer Support Group
May 12 and June 9 | 7-8:30 pm

General Cancer Support Group
May 12, June 9 | 7-8:15 pm

Gynecologic Cancer Support Group
May 5 & 19, and June 2 & 16 | 4-5:30 pm

Prostate Cancer Support Group
May 19 and June 16 | 7-8:30 pm

Health Fairs - Various Locations

Education on colorectal, prostate, skin and breast cancer will be provided at each of the following events.
Free blood pressure screenings and give-aways will also be available.

Langley Park Health Day
Sunday, May 4th, 2008, 12-4pm
1500 Merrimac Drive, Langley Park Maryland

Great Hope Homes
Saturday 10th, 2008, 11-2 pm
1081 Good Hope Dr., Silver Spring, MD

Amherst Square
Saturday 17th, 2008, 11-2 pm
11509 Elkins Street, Wheaton MD

**For more information, contact: Pamela Milberg - PMilberg@suburbanhospital.org (301) 896-6836 or Patricia Rios - PRios@suburbanhospital.org, (301) 896-2849.
www.suburbanhospital.org**

Montgomery County Cancer Crusade Coalition Meeting

June 3

from 2 to 4PM

401 Hungerford Drive, Rockville (Tan conference room)

For more information, call 240.777.3497

JUNE IS NATIONAL MEN'S HEALTH MONTH

June 9-15 is National Men's Health Week

For more information, go to www.menshealthmonth.org

Have the men in your life



Take them to a screening

Free prostate cancer screening available (see page 6)

Montgomery Gastroenterology, PA

Congratulations to Montgomery Gastroenterology, a longtime MCCC partner, on the opening of their new liver disease subsidiary, Montgomery Liver Disease Center (MLDC), the county's first center dedicated to the management of liver disease and liver cancer. Montgomery Gastroenterology Center currently provides screening and early diagnosis and treatment of colorectal cancer for clients referred by MCCC.

The opening of its new subsidiary, MLDC, Montgomery Gastroenterology, now has the

ability to offer focused state of the art treatment options to residents of Montgomery County affected by liver cancer and other liver diseases. Again, Congratulations from all the "Crusaders".

For more information on Montgomery Gastroenterology and Montgomery Liver Disease Center visit their website at:

www.montgomeryliverdiseasecenter.com.

For more information, call 301.942-3550

If you have upcoming community events that you would like to share, please contact Michael McCalla at Michael.McCalla@montgomerycountymd.gov or 240.777.3848

For more updated information on upcoming cancer events or cancer screenings please visit our website at www.MCCTCP.org

**FREE PROSTATE CANCER SCREENING
SPONSORED BY THE
MONTGOMERY COUNTY CANCER CRUSADE**

PROSTATE CANCER FACT!

Did you know that prostate cancer is the second leading cause of all male cancer related deaths in the United States? Prostate Cancer strikes one in every six men in the United States. Take time out for your health! Montgomery County Cancer Crusade offers free monthly prostate cancer screenings.

To be eligible for the free screening you must be:

- A Montgomery County Resident
- Between age 40-70 years old
- Have an increased risk for Prostate cancer (Family history of Prostate Cancer, African American male, and/or experiencing signs and symptoms relating to Prostate Cancer)
- Have no prior screening within the last year
- Have no diagnosis of Prostate Cancer

Screenings are held every second Tuesday
of the month September - June from 1pm - 4pm at:

**PICCARD HEALTH CENTER
LOWER LEVEL
1335 PICCARD DRIVE
ROCKVILLE, MD 20850**

⌘
Every second Thursday
of the month September - June from 6pm - 9pm at

**THE PEOPLE'S COMMUNITY WELLNESS CENTER
3300 BRIGGS CHANEY ROAD
SILVER SPRING, MD 20904**

Space is limited and registration is required. Please call 240-777-1340 to register.

**Remember Prostate Cancer can be successfully treated if detected early.
For additional information contact Michael McCalla @240-777-3848 or
Michael.mccalla@montgomerycountymd.gov**

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CRUSADERS QUARTERLY NEWSLETTER

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