

Welcome to the Milwaukee Area Regional Meeting!

**Please enjoy this time for
coffee, breakfast, and
conversation! We'll get
started at 9:45.**

**WIFI Network: Ingleside
Password: welcome23**





**Wisconsin
Cancer
Collaborative**
REDUCING THE BURDEN TOGETHER

Milwaukee Area Regional Meeting

Purpose of the Day



MAKE CONNECTIONS



COLLABORATE



TAKE ACTION

Agenda

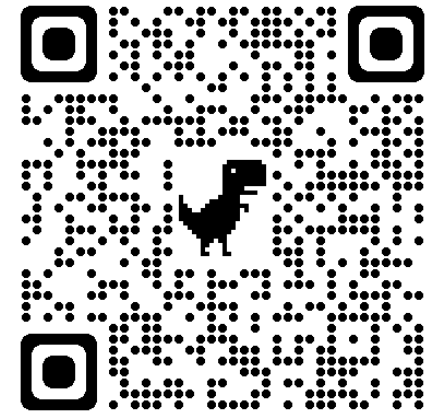
- 9:00** Networking Breakfast
- 9:45** Welcome
- 10:00** Community Spotlight
- 10:20** Roundtable Discussion
- 10:45** Community Spotlight
- 11:05** Cancer Plan Chapter Discussion
- 11:45** Wrap-Up Discussion
- 11:55** Policy Update
- 12:00** Adjourn

Become a Wisconsin Cancer Collaborative Member!

- Online networking directory
- Monthly and quarterly members-only newsletters
- Email alerts with new resources
- Free access to events
- Leadership opportunities
- Tools and resources to support your organization's efforts to implement the Wisconsin Cancer Plan 2020-2030
- Opportunities to collaborate with other Wisconsin Cancer Collaborative Members

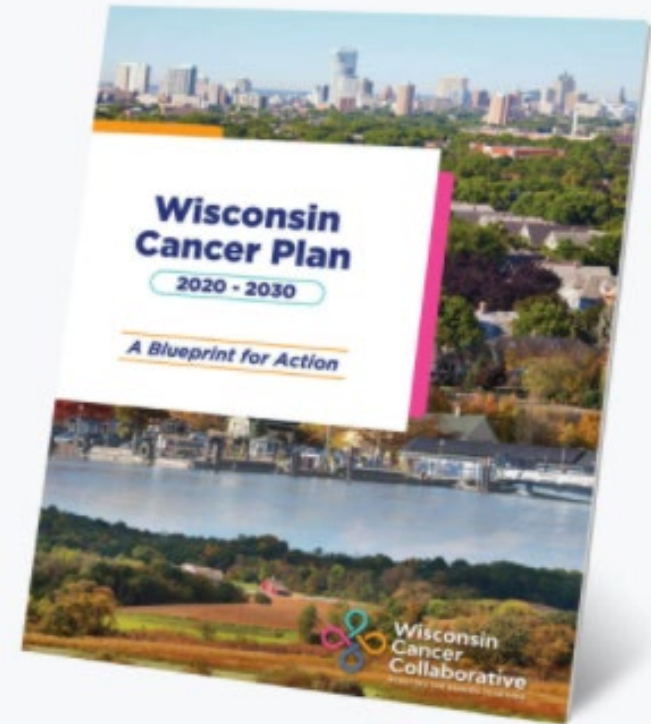
Join Us!

Membership is free! Scan the QR code to join us today.



Wisconsin Cancer Plan 2020-2030

- Serves as a common framework and foundation for action for all working on cancer prevention and control in Wisconsin
- Designed to provide a vision of what needs to be done and the resources needed to reduce the burden of cancer in Wisconsin



**Wisconsin Cancer Plan
2020-2030**

Wisconsin Cancer Plan 2020-2030 Chapters

Chapter 1: Health Equity

Chapter 2: Risk Reduction

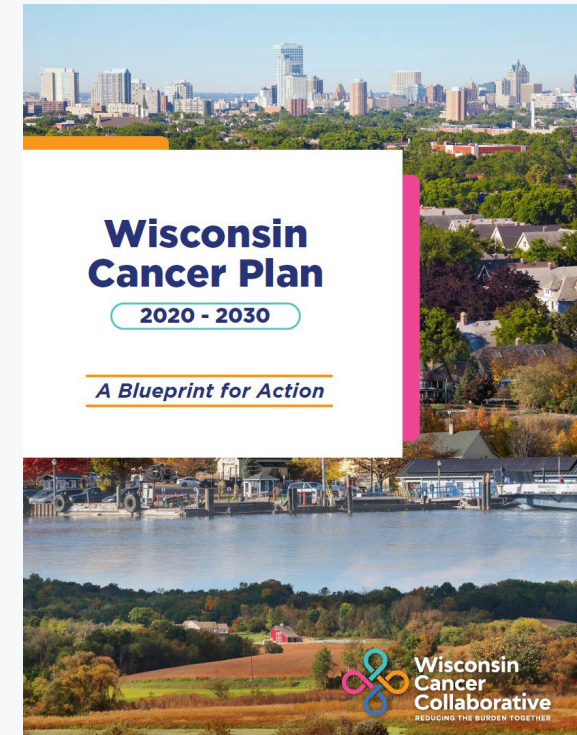
Chapter 3: Early Detection & Screening

Chapter 4: Treatment

Chapter 5: Survivorship

Chapter 6: End of Life

Chapter 7: Data



County Cancer Profiles Update

County Cancer Profiles are coming again soon.

Stay tuned for their release.

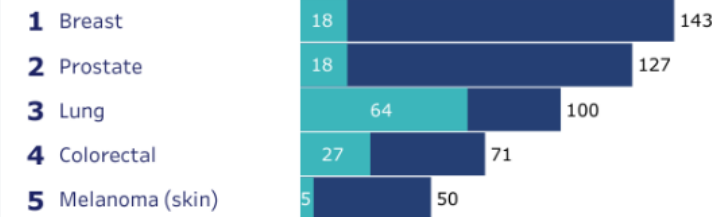


Cancer in Outagamie County

County population (2016):	185,700	State:	5.82 million
Percent rural:	25%		30%
Poverty rate:	9%		10%
Percent Hispanic:	4.2%		7.1%
Percent Black:	1.4%		6.7%
Percent Asian:	3.5%		3.0%
Percent American Indian:	1.6%		1.2%
Percent non-Hispanic white:	89.8%		87%

5 most common cancer diagnoses in Outagamie County

Deaths / Cases per year

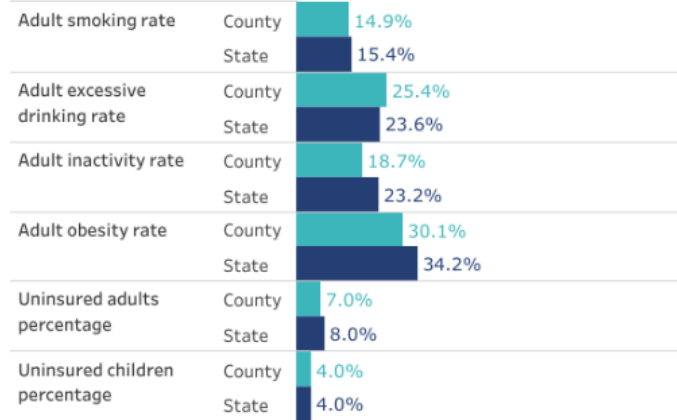


Deaths / Cases per 100,000 residents per year (age-adjusted)



What affects cancer outcomes in Outagamie County?

Cancer risk factors



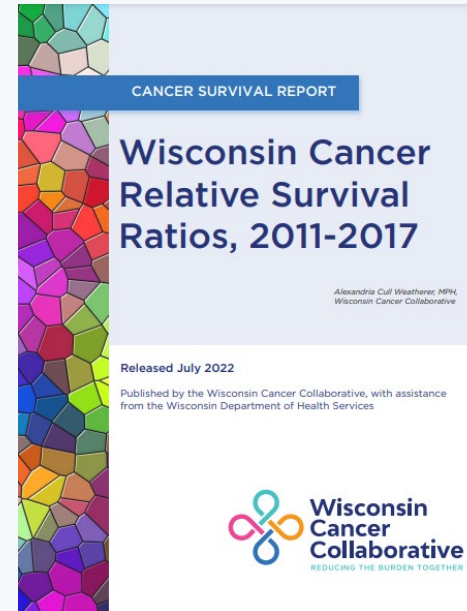
Screening and prevention



Look what we've been up to



Breast Cancer Disparities Between Black and White Women in Wisconsin Report



Wisconsin Cancer Relative Survival Ratios, 2011-2017



Community Spotlight

Ascension Wisconsin Survivorship Program

Kayla Thorne, RN, MSN, OCN

Ascension Wisconsin Survivorship Program



Ascension

Listening to you, caring for you.®



Kayla Thorne RN,MSN,OCN
Cancer Prevention/Wellness &
Survivorship Program Coordinator

Overview

- **AW Survivorship Program is dedicated to empowering and enabling cancer patients to live their best lives, along the care continuum**
- **Survivorship Program Overarching Goals & Objectives:**
 - **Address physical, emotional, cognitive, sexual, and financial effects of a cancer diagnosis, treatment and/or side effects**
 - **Promote healthy lifestyles and risk-reducing behaviors**
 - **Ensure appropriate long-term surveillance and multidisciplinary care coordination**
 - **Develop, at minimum, three statewide initiatives yearly in accordance with COC standards**

Overview

- **Statewide program:**
 - **Columbia St. Mary's Milwaukee, Columbia St. Mary's Ozaukee, Elmbook, Wauwatosa, St. Joseph's, Reiman Cancer Center (Franklin), All Saints (Racine), St. Elizabeth (Appleton), Mercy (Oshkosh)**
- **A Multidisciplinary Team**
 - **Includes physicians, advanced practice clinicians, oncology nurses, dietitians, social workers, navigators, genetic counselors, physical, occupational, and speech therapy, weight management, financial support, research, marketing, community outreach and spiritual care**
 - **Comprehensive Survivorship visits with APP's**
 - **Offers tobacco treatment services**
- **Disease Specific Survivorship Care Plans**
- **Community Partnerships with Livestrong, USToo, Pink Paddling Power in Racine, A Time to Heal**
- **Support Groups and Services**

Areas Of Development

- Survivorship Program has now been integrated into the Cancer Prevention and Wellness Program



Areas Of Development

- Expanded from solely SE Wisconsin to now encompass the Fox Valley, allowing for greater access
- Increased providers within the Survivorship Program: 2 to 5 providers
- Working with Ascension's National Wellness Program Collaboration
 - Share best practices across Ascension nationally
 - Looking at developing a national database of available survivorship resources (i.e. educational videos, survivorship newsletters)



Riann Collar
PA-C



Deanna Birling
MSN, ANP-BC, AOCNP



Jennie Minessale
APNP, AOCNP



Rhodora Khan
DNP, FNP-BC, APNP



Katherine Davis
DNP, AGPCNP-C

Areas Of Development



About you:
Care after cancer
 Survivorship newsletter
 Spring 2023

Ascension

Deanna Birling
 MSN, ANP-BC, AOCNP
 Deanna Birling, MSN, ANP-BC, AOCNP is an Advanced Practice Nurse Practitioner with Ascension Medical Group. She is board-certified in the care of adult patients as an Advanced Oncology Certified Nurse Practitioner (AOCNP). She is trained as a Tobacco Treatment Specialist and completed the City of Hope's Cancer Genomics Intensive Course. Deanna cares for adult patients at high risk for cancer based on their personal and family histories, and provides individual guidance with screenings and interventions to decrease their cancer risk. She also provides survivorship care to patients who have completed treatment for cancer. Deanna has special interests in cancer prevention, nutrition and lifestyle, sexual health and helping her patients to live well after cancer treatments.

Ask the professional

The importance of self-care for cancer survivors



A cancer diagnosis can certainly be overwhelming due to the many appointments, tests, treatments and decisions that one has to make after the diagnosis. But when the dust settles, then what?

The phase during and after cancer treatments for some patients is the perfect time to explore new ways to care for oneself. A cancer diagnosis often leads to a new perspective on "health," and may even be a motivating force to re-evaluate lifestyle patterns in an effort to improve health and overall well-being. Everyone's definition of health varies but in general is defined as "the state of being free from illness or injury" (Oxford). We know that nowadays health encompasses many more dimensions than just the physical aspect. Elements of health include the physical, social, mental, emotional, spiritual and financial components which contribute to how an individual feels, reacts and interacts with their environment.

Oxford defines self-care as "the practice of taking action to preserve or improve one's own health." So you can see that health and self-care are most definitely related.

Self-care has become more of a popular concept over the past 20 years and, in fact, Internet searches for the term "self-care" have quadrupled since 2018. Self-care is important for Every. Single. Living. Person. This includes individuals living with a diagnosis of cancer or a history of cancer, and one could argue self-care is just as important as cancer treatments themselves. Self-care is the foundation of a healthy lifestyle. Examples of self-care are abundant and include taking daily medications; completing recommended cancer screenings; limiting screen time; regular physical activity, eating healthy; taking a bath; getting a massage; watching a favorite show; prayer; yoga; getting enough sleep; birdwatching or sitting at the beach.

Self-care can be both practical or a necessity. A few examples are: attending follow-up appointments, as well as something that is relaxing, uplifting or enjoyable such as coffee with friends or practicing deep breathing during times of stress. Basically anything that you do to tune into

what your own individual needs are and the action taken toward meeting those needs. Self-care looks different for each person, and it is important for everyone to have awareness of the power that self-care has for their overall well-being. Some priority areas to focus on and that are backed by scientific research for those dealing with cancer include stress management, physical activity, and nutrition.

Stress is a part of everyday life and there is no avoiding it; unfortunately, stress can cause physical changes in the body that may make certain illnesses worse. The good news is that we can change how our minds deal with or perceive stress, which changes our body's response. It does take practice but is possible. Options to manage stress include: accepting the stressors; reaching out to friends; yoga; deep breathing; practicing mindfulness; music; exercise; laughter; crying; physical activity and enough sleep.

Moving your body is important even during cancer treatments. Research has proven that patients who are more physically active during and after treatments have better physical function; improved quality of life; and a lower chance of recurrence. Physical activity also helps with stress management and mood. Whether it is walking around the block while recovering from treatments or getting back into a gym routine after treatments are over, it is important to review which exercises are safe to do with your healthcare team. Any activity is always better than none. In addition, setting goals toward building it into your routine is an important step toward self-care.

Eating the right foods in the right amounts not only nourishes your body, but also your mind. What is the "right" food? The answer is

anything that is simple, minimally processed and fresh as possible (which can include some frozen foods). Good nutrition has the potential to decrease inflammation, which can affect how your body functions and performs. When people eat foods that decrease inflammation they often notice less aches and pains, better sleep, a better mood and more energy. So as you can see there are many options to participate in self-care; in fact you are already doing it by reading this article. Self-care is one of the keys to living well with and after a diagnosis of cancer. While it may seem overwhelming or challenging at first, the good news is that there are abundant options for self-care and every day presents a new opportunity to practice this essential component of wellness.

For more information, check out these resources:
 International Self-care Foundation
isfglobal.org/
 Prostate Cancer Foundation Wellness Guide
pcf.org/quality/wellness-guide/
 Wellness house
wellnesshouse.org/about/
 Walkie Cancer Rehab Academy
walkiesacademy.com/



Have a question?
 The cancer prevention, wellness and survivorship team invites you to submit your questions by scanning the QR code.

Survivorship newsletter Spring 2023 Ascension Wisconsin

Survivorship story

Leah M., breast cancer survivor



"I thank God for the team of doctors, nurses, physical therapists and social workers. I feel so blessed because ... they really cared about me and my concerns. I still see most of them today, they are like family."

My name is Leah Myatt and this is my story. I am a survivor of Triple Negative Breast Cancer (TNBC). By having to take my grandmother for her mammograms, I learned the importance of having mammograms.

During one of my appointments at Ascension, I was given a card on where and how to do a self-breast exams. I started doing self-exams regularly along with having a yearly mammogram. The results of these mammograms revealed I have calcifications, as well as dense breast. However at that time, all of my results had been normal.

My mammogram in May 2010 came back normal, but when I did the self-breast exam later in October I felt a lump in my left breast. Because of having a lot of health issues in the past, I began thinking, what now! I was hoping maybe it wasn't anything and it will go away. I had an appointment scheduled with a surgeon for gallstones. It was then that I decided I was going to tell the surgeon about it. She chose not to send me back to my primary care doctor and ordered another mammogram and MRI.

On Feb. 14, 2011, I had to have a biopsy – what a way to spend Valentine's Day! One week later I was told to come in. I knew something was wrong – I was given the results: "You have breast cancer."

At the age of 52 my life was forever changed. I just didn't know how much. A lumpectomy was done with sentinel node removal and biopsy. After healing from the lumpectomy in April, my gallbladder was finally removed. Everything was happening so fast and was hard to process what all was happening.

In June I started chemotherapy, but during chemo another lump was found in the same breast. Chemotherapy was stopped and yet another mammogram and biopsy were ordered. This time it wasn't cancer. Thank God!

During this time, my faith in God became stronger. All of those times when I was so sick from chemo and all alone, I would say this verse over and over: "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." (Deuteronomy 31:8). Finally, I was able to finish chemotherapy followed by 10 weeks of radiation.

Survivorship newsletter Spring 2023 Ascension Wisconsin

I thank God for the team of doctors, nurses, physical therapists and social workers. I feel so blessed because I felt they really cared about me and my concerns. I still see most of them today, they are like family. The other two supporters were my daughter and granddaughter (a little girl at the time and really didn't understand why her Nana had no hair). I wasn't happy about being apart of the Breast Cancer Survivor's Club, because it's something that I didn't choose for myself – it chooses you.

I'm thankful for everyone I've met during this journey over the past 12 years. I've also learned so much about breast cancer, especially TNBC. My desire is for all women to have their mammograms and self-breast exams. Doing these two things could save your life. For the past five years, in the month of October, I have hosted a breast cancer awareness brunch with the help of some of the staff from Ascension, my daughter and granddaughter. Because of my journey, I am passionate about bringing awareness to others. As the saying goes, "Knowledge is power" and it gives me great pleasure knowing that by sharing my experiences and the information I've gained since my diagnosis, it can be helpful or informative to someone else.



Submit your cancer story to be included in our newsletter

Inside this issue

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Ascension Wisconsin

Survivorship newsletter Spring 2023 Ascension Wisconsin

Survivorship newsletter Spring 2023 Ascension Wisconsin

Areas Of Development

- Ongoing work for the 2022 initiative: Sexual Health Screenings
 - To be completed before/after treatment by navigators for the breast/GYN, bladder and prostate population
 - Screening tool generated and dot phrase for documentation in EHR
- Collaborated with Marketing to generate posters for National Cancer Survivorship Day
- Creating a landing page for Ascension Wisconsin's Cancer Survivorship Program. Page content will include:
 - Overview of program
 - About the CPAW Program
 - Repository of services such as: support groups, online nutrition and physical activity series, yoga program, and current Survivorship Newsletter.

Three Initiatives for 2023

1. Generate a standardize referral process for current smokers to the smoking cessation program

- Survey associates on knowledge of smoking cessation program
- Standardize smoking cessation AVS materials

2. Identify opportunities to expand or consolidate physical activity programs

- Expand Wauwatosa Yoga Connect program to Racine and Fox Valley
- Restarted Fit to Fight

3. Identify opportunities and expand or consolidate support groups as well as gaps and barriers in our program

- Survey survivors

Ascension All Saints Fit To Fight Preventative Health and Wellness Program

Fit to Fight is a program for patients currently undergoing cancer treatment, or cancer survivors who have recently completed treatments in our Ascension WI Cancer Care Centers. One support person may also attend with the patient.

In partnership with the Cardiovascular and Pulmonary Rehabilitation Department, **Fit to Fight** is an exercise program designed to reduce treatment related side effects, such as fatigue, weakness, shortness of breath and can improve overall quality of life. Classes are twice weekly with multiple time options to meet your schedule.

Facts About Cancer and Exercise

- Exercising during cancer treatment eases fatigue, anxiety and depression while improving quality of life and physical function
- Exercise may be beneficial for bone health and sleep quality
- Exercise may actually help your treatments work better (improved efficacy)
- May reduce side effects of chemotherapy and radiation treatments
- Reduces your risk of new cancers and may reduce your risk for recurrence

The Fit to Fight Program Includes:

- Individualized health screening prior to starting exercise
- Coordinated care with your Cancer Care Team
- Access to American College of Sports Medicine (ACSM) certified Clinical Exercise Physiologist
- Access to a state of the art exercise facility

Fit to Fight Cost

- Patients receiving care through the Ascension Cancer Center may qualify for a scholarship. The scholarship includes a 3 month membership for the cancer patient and 1 support person to the Cardiovascular and Pulmonary Rehab Department's Preventative Wellness Program. These scholarships are coordinated through the cancer navigator team. Please reach out to a cancer navigator or call number below to apply.
- For patients who do not receive cancer care through Ascension, the cost is \$45.00 per month for one person or \$75.00 per month for a married couple.

To register for this program or for more information, please call 1+(262)687-4377

Yoga Connection

With Stacey Wodehouse

This class is designed for cancer survivors at any stage, and if desired, a support person. The yoga session will include:

- Gentle stretching to improve range of motion
- Low impact and restorative poses
- Relaxation techniques
- Guided meditation and breathwork



Registration is required due to limited space. This is an ongoing class and you're welcome to sign up at any time. ***masks are required for every class***

Please join us!

Class frequency: Weekly on Mondays and Fridays, pick one

Start date: Week of April 10;

*****no classes week of Memorial Day*****

Time: Mondays 5:30 P.M. - 6:30 P.M. or Fridays 3 P.M. - 4 P.M.

Fee: \$30 for 8 week session, paid online at bit.ly/ascensionyoga

Location: Ascension SE Wisconsin – Mayfair Road
201 N. Mayfair Road, 5th floor conference room 5B
Wauwatosa, WI 53226

Register online at bit.ly/ascensionyoga or by scanning the QR code
Questions? Call Lianne at 414-256-1955 or at Amanda 262-780-4255.



Ascension

ascension.org
Ascension Wisconsin

Challenges

1. IT support for effective data tracking and optimizing use of EPIC to generate survivorship care plan content efficiently
2. Ensuring that we are adequately identifying and targeting populations in need
3. Creating consistency in programs and expansion to allow greater access to all patients across SE Wisconsin and Fox Valley

Roundtable Discussion

**Stay at tables*

**Use the worksheet as a guide*

Community Spotlight

David Goines &

Amanda Parrell Kaczmarek

Progressive Community Health Centers

Community Health Spotlight



David Goines
Community Relations Coordinator

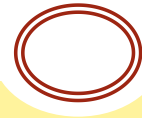
Amanda Parrell Kaczmarek
Program Manager

Our Mission



Progressive Community Health Centers exists to improve the health and quality of life of the community by providing culturally competent services that address identified needs.

Our Patients



2022 Demographics

- 16,280 patients
- 47,626 clinic visits
- 83% African American
- 98% live in poverty
- 59% Medicaid
- Female: 57%/Male: 39%
- Children under 18: 29%
- Age 50+: 24%

Cancer Screening Projects



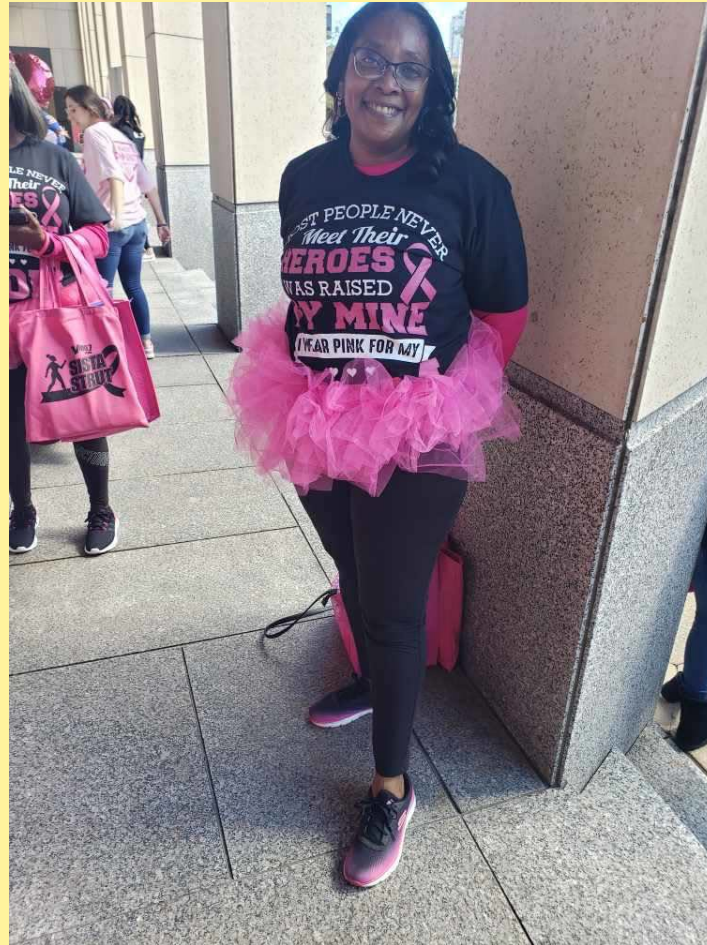
- **Colorectal**
 - Nearly 10 years of grant funded programming
 - 5 year CDC funding allowed development of a foundation of outreach best practices
- **Breast**
- **Lung**
- **Cervical**

What do we do?

- **Update guidelines**
- **Staff education**
- **Provider Assessment and Feedback**
 - Monthly provider-specific roster reports of met/unmet screenings
 - Reports are unblinded so provider teams can compare
- **Patient Reminder Systems**
 - Health Maintenance reminders (EMR)
 - Verbal reminders from providers
 - Phone call reminders
 - Referral letters
 - Promotional materials



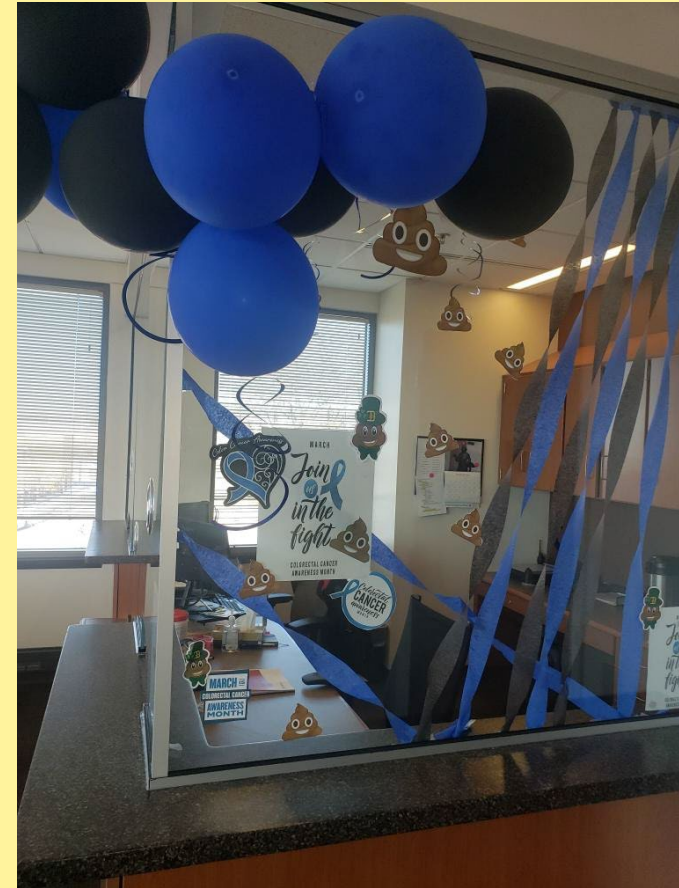
Think Pink



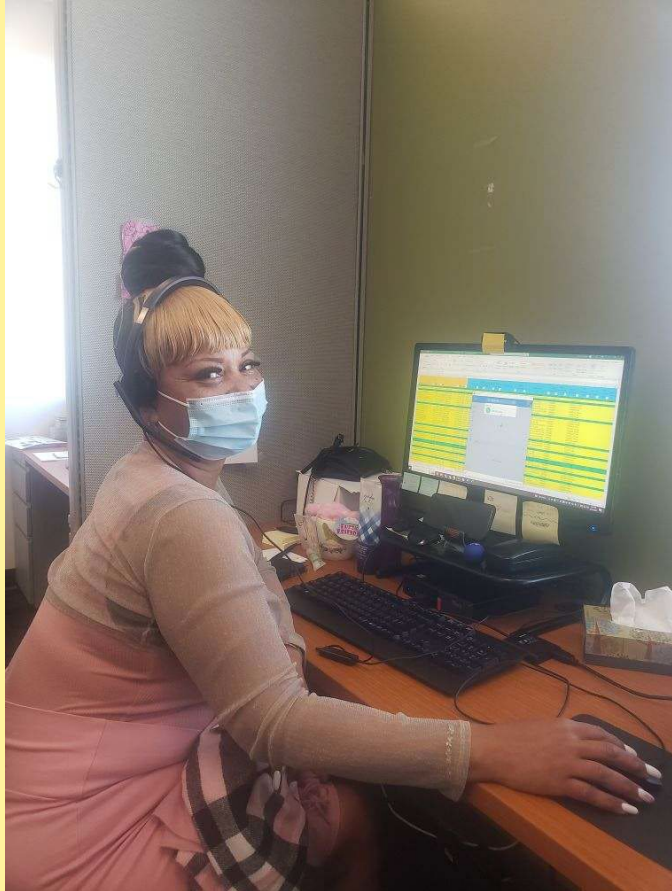
Every breath you take



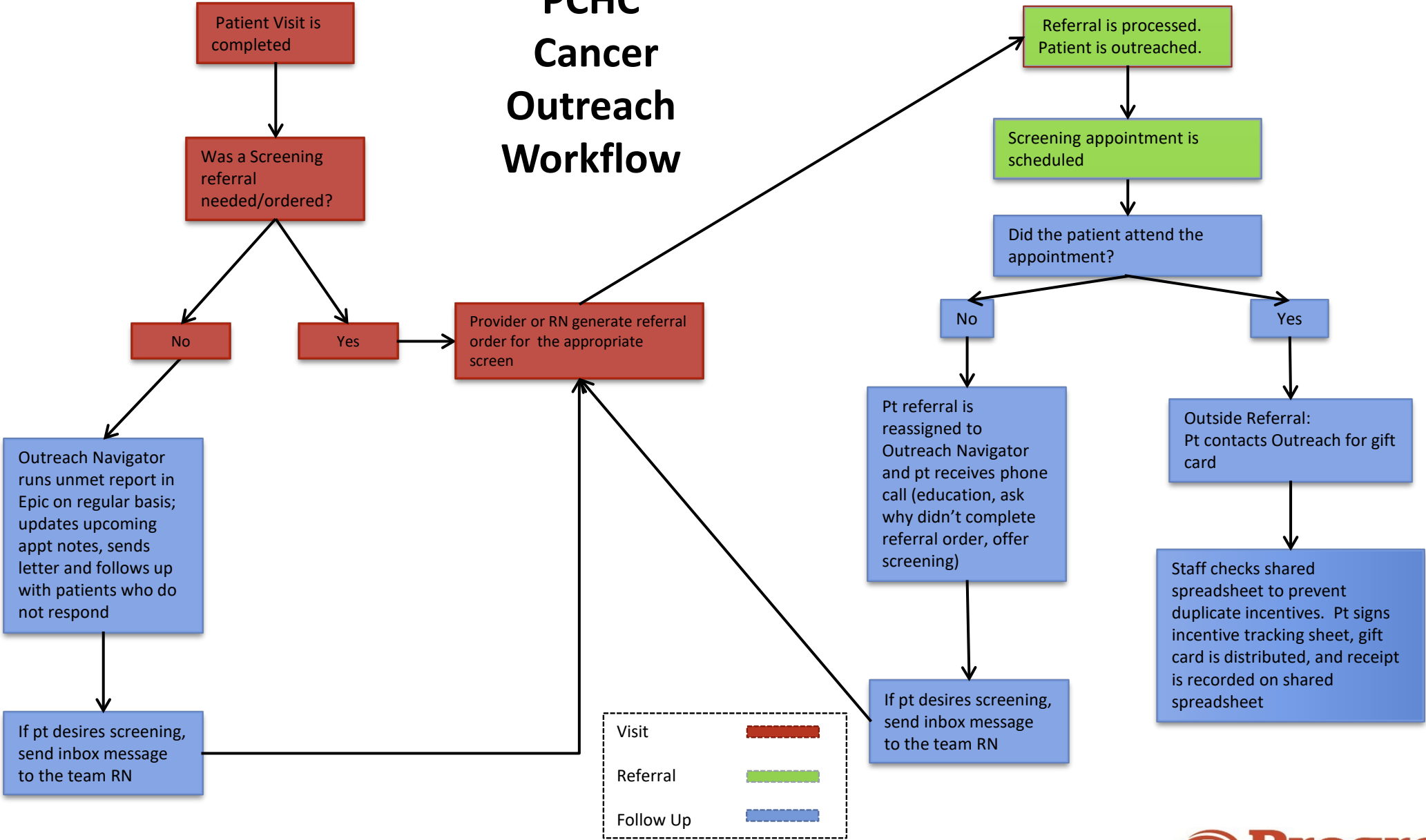
Team CRC



Community Health Workers



PCHC Cancer Outreach Workflow



Questions & Contact information



- David Goines: David.Goines@progressivechc.org
- Amanda Parrell Kaczmarek:
Amanda.ParrellKaczmarek@progressivehchc.org

Cancer Plan Chapter Discussion

**Risk Reduction*

**Early Detection and Screening*

Wisconsin Cancer Collaborative Policy Update

The Wisconsin Cancer Collaborative closely monitors local, state, and federal policy issues affecting Wisconsin's cancer burden.



2023 Wisconsin Cancer Summit

Save the Date

2023 Wisconsin Cancer Summit

Nov. 1 & 2, 2023 | Wilderness Resort,
Wisconsin Dells, WI

Save the date for our 2023 Wisconsin Cancer Summit.

The Power of Action – Be inspired by the work and stories of people in your community – learn about your role in the cancer plan and how to improve health outcomes in Wisconsin.



Thank You



Wisconsin
Cancer
Collaborative