

## PARTNERS...

A newsletter for the partners and providers of Early Detection Works, Kansas breast and cervical cancer screening and detection program



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### From the Director

Thanks to all providers for their patience in payments this summer. Following the statewide change in fiscal management, KDHE was faced with server problems that delayed payments for over two months. EDW is now paying bills as quickly as possible, with staff working weekends to catch up. In addition, some payments were mailed without a billing register. EDW and business office staff believe this issue has been resolved; however, if you're still experiencing this problem, please e-mail Brock Landwehr at blandwehr@kdheks.gov for assistance.

As you read this, I will no longer be the Cancer Program Director. I have accepted a position within the KDHE Bureau of Environmental Health as the Director of the Environmental Public Health Tracking Program. Although it's difficult to believe, I was Cancer Program Director for eight years.

Thanks again to all of you for your patience over the summer, and for your continued support of the Early Detection Works Program! -- **Janet Neff**

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*As you now know, Janet Neff departed the Program in September to pursue new interests in the field of public health. Janet provided solid leadership during her eight years of service to the program. During Janet's tenure the program expanded the number of eligible women who receive breast and cervical cancer screenings, adopted operational procedures to maximize program efficiency and engaged partners across the state in developing a Comprehensive Cancer Plan. I appreciate Janet's work to strengthen our state's cancer programs and wish her well in her new endeavors.*

*Effective September 24th, Mr. Brandon Skidmore will serve as Acting Director for the Cancer Program. Mr. Skidmore has worked with the Bureau of Health Promotion for 7 years, is responsible for bureau level strategic planning and administration of Healthy People 2010/2020 initiatives, and coordinates KDHE's Preventive Health and Health Services Block Grant. Ms. Rita Davenport, BSN, RN, will serve as the clinical lead for the Cancer Program to ensure Kansans have access to the same high quality screening programs. I am confident in the leadership skills of both of these individuals who, together with the help of the entire cancer program team, will provide a smooth transition to a new, permanent program leader.*

*Thank you for the work you do to assist Kansans in prevention, early identification and treatment of cancer in Kansas. I appreciate your ongoing commitment to prevention and control of cancer and look forward to continuing our work together.*

Regards,

Paula Clayton  
Director, Bureau of Health Promotion



## RUNNING FREE

*Submitted by Barbara VanCortlandt and Rita Davenport*



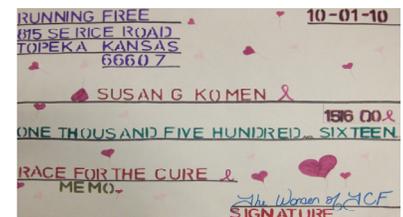
For some of us, “Running Free” may conjure memories of a 1980 Iron Maiden song. On October 1, “Running Free” took on new meaning for two KDHE Cancer Program staff members who were asked to present Susan G. Komen for the Cure, Early Detection Works, and breast health information for inmates at the Topeka Women’s Correctional Facility who participate in a running club.

“Running Free” is a running club which began in the summer of 2007 when volunteers duplicated the community Race Against Breast Cancer 5K at the prison. Inmates embraced running and community service and “Running Free” became a permanent club. The women now race for several charities, raising and donating almost \$30,000 to date. No taxpayer money is involved; it is volunteer-led with inmates paying their own race registration fees out of their meager earnings.

Some inmates run for physical activity, some to make positive life changes, and some to create a sense of accomplishment. Participation gives inmates a chance to feel a part of the community again, while learning to live a healthier lifestyle. Some seek the sense of freedom it gives them when they’re out in the open. “It’s like you’re completely not here when you run. When you run around the track, it’s total freedom,” said an inmate at the prison and member of the running club.

The moderator for the October 1 educational event spoke eloquently and passionately about the running club and the benefits she derives from running, setting and accomplishing goals, and encouraging others to set and accomplish their own goals. This was her last Race with “Running Free;” she was scheduled to be released October 5.

As Barbara spoke about Susan G. Komen for the Cure and founder Nancy Brinker’s promise to her dying sister, Rita observed the inmates. A knot welled up in her throat. She could hear her young granddaughter singing the words to a Bill Gaither song, “I am a promise, I am a possibility, I am a great big bundle of potentiality!” These women exemplified these qualities and for many of them the first step was joining the running club. Their shoes are “gently used” donations from the community; they run in sweats and T-shirts. Inmates earn very little, so monetary donations mean all the more. These dedicated runners proudly presented a check for \$1,516 for Susan G. Komen for the Cure.



Rita began her presentation by stating that people run for a variety of reasons. When she asked what motivates people to run, the answer that struck her most was “freedom.” That wasn’t one even on her radar. Freedom to run; freedom to give back to the community. Both presenters went away filled with a sense of pride to be a small part of such love and generosity from an amazing, unexpected source. May we all find our own ways to make a difference and be “Running Free.”

*(Submit your EDW success stories to [bvancortlandt@kdheks.gov](mailto:bvancortlandt@kdheks.gov) for consideration for a future publication!)*

## ATTENTION ALL EDW PROVIDERS!



***If you move, close, have a new name, new FEIN or any other business change, please inform us in writing by sending a letter (on your letterhead) addressed to Early Detection Works, Cancer Program, 1000 SW Jackson, Suite 230, Topeka, KS 66612, just as soon as you are aware of the change!***

### Cancer Survivor Story - Jenny and Patty

Jenny and Patty have been friends for almost 50 years, since their families were neighbors in Topeka in the early 1960's. Throughout those years they have shared many things- school days, marriages, births and the ups and downs of everyday life. What they didn't expect to share was breast cancer. Both women are survivors- Patty diagnosed in June 2001 and Jenny in March of 2009.



They discussed the differences in diagnosis, surgery and treatment and how just 8 years has made a tremendous difference in how their cancers were dealt with. Both women found their own lumps in their breasts and both sought immediate diagnosis.

Patty said she never had a core biopsy done and after her self-detection, her lump was located by a radiologist through a sonogram. She was told that it wasn't cancer, but she wanted the lump removed and insisted on surgery. When the tumor was biopsied after her short hospital stay, she got the phone call that she did indeed have breast cancer. "My doctor told me this had never happened before, but I am glad I insisted on removal of the tumor because even though my cancer was at Stage 1, it was very aggressive, although not hormone related." She then had a second surgery to take out the margins of the tumor and the sentinel lymph nodes in her left arm. She knew she had an increased risk of the cancer spreading since she was opened up twice. Her surgery was followed by chemotherapy with adriamycin and cytoxan once a week every three weeks for four treatments. She then had a 12 week round of radiation therapy. She had several setbacks including a blood clot that developed in her port, but came through her ordeal with a strong will to live her life to the fullest. "My kids didn't want me sick and they panicked that they might lose me."

Jenny said she learned a lot through Patty's experience with breast cancer. "I joked with her that she got it first so she could help me on down the line." Indeed Patty has become Jenny's advocate, going to appointments with her and answering her questions and concerns. "It's great to have such a close friend who completely understands what you are going through. It has made this whole thing easier for me."

Jenny was diagnosed with breast cancer on March 27, 2009, after a core biopsy detected cancer cells in the tumor she had self-identified. She had several other tests before having surgery on April 21. Her cancer was a Stage 2 and like Patty's, very aggressive and not hormone driven. But since her tumor was identified through the biopsy as cancer she was able to have just the one surgery where the tumor margins were removed along with several lymph nodes for testing. She was lucky in that the cancer had not spread to those nodes. When she began her chemotherapy with the same two drugs as Patty had taken, she was relieved to know that she would be given anti-nausea and anti-anxiety drugs. She knew that Patty has suffered from extreme nausea and vomiting with her chemo and the drugs had made her quite anxious. "This made a big difference in how I felt during chemo. I was told that I shouldn't have to feel sick," said Jenny. Her chemotherapy treatments also were scheduled so that she could still fully participate in one son's wedding and another's graduation. She also continues to teach school full time. "I guess you could say, I am still taking care of everyone!" Jenny begins 12 weeks of radiation therapy in a few weeks, following her last chemo treatment.

Both women lamented that their breast cancer treatment brought on early menopause, mood swings, darkening of their finger nails and toenails, swelling in their feet and other annoying side effects. They are aware of their risk of a cancer recurrence especially in their lungs, bones and brains. But each is determined that breast cancer will not define their lives. Both are advocates of self breast exams. "If you find a lump, do something about it," Patty said. "And don't wait," added Jenny.

*Editor's Note: Jenny was set to begin radiation treatment but as part of her cancer risk assessment underwent genetic testing. It was identified during the testing that she has the BRCA II gene, raising her risk of developing cancer later in life. She ultimately decided to undergo a complete mastectomy and hysterectomy to lower her risk and prolong her life.*



## UNITED STATES AND KANSAS BREAST CANCER STATISTICS

An estimated one out of every eight women will develop breast cancer at some point in her life.

About 2.5 million women with a history of breast cancer live in the U.S., which is roughly equivalent to the entire population of Kansas.

Over 200,000 women in the United States will be diagnosed with breast cancer and nearly 40,000 women will die of the disease during 2010.

In Kansas, 1,916 women were diagnosed with breast cancer in 2007 (the most recent year for which statistics are available).

This is more than any other type of cancer except for skin cancer.

Breast cancer is second only to lung cancer as a cause of cancer death in women.

**Early detection can save your life.**

<b>early detection</b>	<b>works</b>	call to see if you qualify for a free screening Toll Free: <b>1-877-277-1368</b> <a href="http://www.preventionworkskansas.com">www.preventionworkskansas.com</a>
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