

# TEXAS C-STEP Newsletter

Colon Cancer Screening, Training, Education & Prevention

Texas A&M Health Science Center

2/28/2014

Year 3, Quarter 1 & 2

## Texas C-STEP: Stomping out Colon Cancer in Brazos Valley

The Texas Colon Cancer Screening, Training, Education and Prevention Program, or Texas C-STEP, is a prevention program funded by the Cancer Prevention and Research Institute of Texas. The program, now in its third year, is jointly operated by the Texas A&M Physicians Family Medicine Residency program and the Texas A&M School of Public Health.

Since its inception, C-STEP has increased access to colon cancer screening in the Brazos Valley region by providing free or subsidized colonoscopies to uninsured or underinsured residents. Community health workers play a key role in raising awareness about the C-STEP program through community events such as health fairs. Community health workers are also available to conduct prep visits in the Brazos Valley's rural counties, as well as arrange transportation assistance for recipients where necessary.

Our partners have been instrumental in ensuring that as many residents as possible benefit from this program. In partnership with a ministerial alliance in Robertson County, C-STEP was recently able to spread the word during food pantries held at Progressive Missionary Baptist Church and Garrett Grove Missionary Baptist Church, both in Robertson County. During these events, C-STEP volunteers interacted with about 85 individuals. C-STEP also participated in the Burleson St. Joseph's health fair, where we were able to pass along information about our program to 49 individuals. Community health workers conducted one-on-one risk assessments for colon cancer during these events.

C-STEP personnel are available to speak at club meetings, corporate seminars, to church groups, at senior centers, or anywhere information about colon cancer prevention is deemed appropriate. For more information, please visit our website at [www.texasctestp.org](http://www.texasctestp.org)

### Success in numbers



In the first 27 months of Texas C-STEP...

- ⊙ >4,000 Brazos Valley residents were reached directly through community events
- ⊙ >40,000 Brazos Valley residents were reached indirectly through radio broadcasts, flyers, posters, & brochures
- ⊙ over three-quarters of our colonoscopy recipients had never been screened for colon cancer
- ⊙ 894 people received CRC screening
- ⊙ 41% of C-STEP colonoscopies were received by rural residents
- ⊙ > 200 cancers were prevented through removal of pre-cancerous polyps

## Texas A&M Health Science Center Awarded Women's Health Grant

The Texas A&M Health Science Center will continue to increase access to preventative screenings for low-income individuals residing in the Brazos Valley region. This will be made possible through a new three-year grant recently awarded by the Cancer Prevention Institute of Texas (CPRIT). Through this grant, uninsured or underinsured residents of the Brazos Valley region will receive free or subsidized breast and cervical cancer screenings. Services are available to residents of Brazos, Burleson, Grimes, Leon, Madison, Montgomery, Robertson, Walker and Washington counties. We also have a limited number of Human Papilloma Virus vaccines available.

According to the Centers for Disease Control, breast cancer is the most common form of cancer and the second leading cause of cancer deaths among females in the United States. Although cervical cancer occurrence has

### **Breast and Cervical Cancer Screening Recommendations ...**

#### © Breast cancer

Screening mammography for women 50-75 years every two years

#### © Cervical cancer

Pap smear every three years for women ages 2 through 65 years

Pap smear and HPV testing (co-testing) every five years for women ages 30-65 year:

From the U.S. Preventative Task Force. See <http://www.uspreventiveservicestaskforce.org/>

decreased over the years, blacks and Hispanics still have high occurrences of cervical cancer compared to whites. Four of our target counties have higher breast cancer rates than the Texas state average.

Screening and early detection can prevent both breast and cervical cancer and is thus recommended. However, screening rates are still inadequate. This inadequacy has been associated with certain barriers including lack of uninsurance. This barrier will be reduced by this grant. According to the principal investigator, Dr. David McClellan, "the grant will address a critical unmet need for breast and cervical cancer screening and prevention activities in the Brazos Valley," McClellan said. "Ultimately, we hope to increase the number of low-income, underserved Texas women who receive clinical breast exams, pap smears and HPV vaccines."

Availability of this program will hopefully reduce the number of late stage cancers and cancer deaths among low-income women. As the co-principal investigator, Dr. Jane Bolin, reported to Texas A&M's Battalion newspaper, "These women don't go in for normal check-ups. With the grant, [uninsured] women can have the same amount of care as

those of us with insurance. One example is that more women will be able to get pap smears. Catching [cervical] cancer early is going to be a lot cheaper than treating it when the woman is actually sick."

This grant will be a collaboration between the Texas A&M Family Medicine Clinic, the Texas A&M College of Nursing and the Texas A&M School of Public Health. Thus bringing together diverse expertise with hopes of ensuring that patients experience the best service with desired outcomes.

For more information please contact Janet Helduser, senior program coordinator [jwhelduser@srph.tamhsc.edu](mailto:jwhelduser@srph.tamhsc.edu) or 979.458.0148.

## Meet Our C-STEP Program Coordinators



**Janet Wiegman Helduser, MA,** has been with the Texas A&M School of Public Health for six years. An exercise physiologist by degree, Ms. Helduser has 18 years of experience writing and managing research grants. As the Senior Program Coordinator for Texas C-STEP, she organizes

the community outreach, communications and reporting, and evaluation activities of the grant. She is a frequent speaker and presenter on colon health.

Ms. Helduser's favorite aspect of working on this grant has been the participation of the C-STEP community health workers (i.e., Promotores). "Our promotores have reached residents that we never could have reached otherwise, due to their ability to identify the neediest and quickly gain their trust."

Originally from San Antonio, Texas, Ms. Helduser has been a resident of College Station since 2003. She has three adult children and two grandchildren.



**Philip Nash, BSc,** is the Program Coordinator and Clinical Data Analyst for the Texas C-STEP project and serves as the main liaison between the clinic and SRPH. He is responsible for quarterly

data reporting to SRPH, monitoring grant budgets relating to clinical activities including outreach, prep materials and financial assistance .

Mr. Nash enjoys knowing that what he does every day impacts someone's health. " To be able to be involved in a program which directly influences an individual's ability to get health screenings and interventions which they otherwise wouldn't have is deeply gratifying."

He has worked in the healthcare field on and off for 10 years; from working as a healthcare assistant in nursing homes and hospitals, to the administrative side of a Family Medicine Clinic.

Mr Nash's extracurricular activities include triathlon sports and golf. However, in recent times, he spends most of his free time watching his first child grow and learn new tricks.

## Spotlight on Our Partners

On January 25<sup>th</sup>, Texas C-STEP attended an event organized by the Prairie View A&M University Cooperative Extension Program (Brazos County Heroes 4-Health Youth Ambassadors), Texas A&M AgriLife Extension, and the Concerned Black Men of the Brazos Valley. The event, held at the Lincoln Center in College Station, targeted both youth and adults and had a theme of "Choose Health: Food, Fun, and Fitness." The theme was conveyed through empowerment sessions, fitness sessions, and a health fair. Classes on healthy eating were taught by 4-H youth ambassadors who had been mentored by experts on their selected topics. For more details, please contact Ms. Arvitta Scott – [arvitta.scott@ag.tamu.edu](mailto:arvitta.scott@ag.tamu.edu) or call 979.823.0129.

**HEROES 4-HEALTH**  
YOUTH VOICE, YOUTH CHOICE  
AMBASSADORS  
For Ages 7 and up...  
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## Visit Our Website

<http://texascstep.org/>

## General Information

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## Referrals/Appointments

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## **March is National Colorectal Cancer Awareness Month!**

**Among cancers that impact both men and women, colorectal cancer is the 2<sup>nd</sup> leading cause of cancer-related deaths. More than 90% of cases occur in people who are 50 and older. Reduce your risk for colorectal cancer – by getting screened.**

**For more information, visit these three websites:**

<http://www.cdc.gov/cancer/dcpc/resources/features/ColorectalAwareness/>

<http://preventcancer.org/prevention/preventable-cancers/colorectal-cancer/>

<http://www.cancer.org/cancer/colonandrectumcancer/index>