

# TEXAS C-STEP Newsletter

Colon Cancer Screening, Training, Education & Prevention

Texas A&M Health Science Center

3/1/2013

Year 2, Quarter 2

## Texas C-STEP Finishes 2012 with Health Fairs in Burleson and Madison Counties

The Colon Cancer Screening, Training, Education and Prevention Program, or C-STEP, is a colorectal cancer screening and prevention program conducted by the Texas A&M Physicians Family Medicine Center, with assistance from the Texas A&M Health Science Center School of Rural Public Health. The project, now in its second year, is funded by the Cancer Prevention and Research Institute of Texas. C-STEP will provide free or discounted colonoscopies to uninsured and underinsured residents of the Brazos Valley through August of 2014.

In Year 1 of the C-STEP project, over 400 people were screened for colorectal cancer. Hundreds more were educated about the importance of getting screened for colorectal cancer – the second leading cause of cancer-related deaths.

The project sponsored the training of 12 community health workers (promotores) who have been instrumental in educating the public. In the last three months of 2012, these community health workers provided educational materials to 572 people during health fairs or individual meetings, mostly in Burleson and Madison Counties. Community health workers have also assisted patients with transportation, financial qualifying paperwork, reminder calls, and navigation services following positive diagnoses for cancer.

In line with C-STEP's aim to provide a long-term solution to colorectal cancer, the program has provided an opportunity for 22 family medicine physicians – residents at the Texas A&M Physicians Family Medicine Center – to receive training in colonoscopy. Please visit our website at [www.texasctestep.org](http://www.texasctestep.org) for more information.

## Happy New Year!

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Resolve to take care of your health this year by getting a colonoscopy if:

- You are age 50 or older
- You have unexplained weight loss, blood in your stool or constipation
- You have a positive personal or family history of polyps or colorectal cancer
- You have a positive personal or family history of Crohn's disease or ulcerative colitis



St. Joseph Burleson health fair coordinator (Dalinda Davis) with C-STEP volunteers at the fair.

## Breaking Down Barriers: The Referral Process

If it isn't broken, why fix it? This is the philosophy of many individuals who don't consider preventive medicine options, such as health screenings, to be important. Other people may be aware of the importance of preventative actions and screenings, but have barriers to screening that can include limited funds, fear, medical mistrust, and child care or transportation issues. In the case of a screening colonoscopy – a simple procedure during which a physician may locate and remove precancerous polyps from the colorectal area – there is the additional “yuk” factor.

Another barrier to colonoscopy is the lack of a recommendation for screening by a health care provider. To overcome this barrier, C-STEP has established a referral network with partners in Burleson, Brazos, Grimes, Leon, Madison, Robertson, and Washington counties. A total of 317 providers, clinics, agencies or non-medical personnel have received the TAMFMC referral forms so that patients age 50 and above, who qualify financially as uninsured or underinsured, may receive a free colonoscopy - whether or not symptoms are present.

The colonoscopies are also available to those under age 50, when family history is positive for colon cancer, or when symptoms are present.

Once a referral form has been received at the TAMFMC, the patient is contacted by a community health worker who will assess financial eligibility and confirm the patient's suitability for colonoscopy. At this time, an appointment for a “prep” visit will be scheduled.

During the prep visit, the patient receives instructions and free supplies that are needed for the bowel cleansing process. The clinic's CHWs may also visit the counties to conduct prep visits, thus minimizing transportation issues for the patient. (In addition to financial assistance, resources for transportation assistance to the clinic are also available on request.)

A referral from a doctor or clinic is not the only source of referral accepted at the clinic. Social services providers and family members can provide referrals; patients can also self-refer. Referrals can be made by simply calling Brianna at (979) 436.0443 or Brenda at (979) 436.0449 to schedule an appointment with a community health worker or by submitting a completed referral form to the TAMFMC.

Our referral form can be downloaded by clicking on the healthcare providers' link on our website [www.Texasstep.org](http://www.Texasstep.org)

## C-STEP! Coming to a County Near You!

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Meet one-on-one with a community health worker to discuss your risk for colorectal cancer at one of these events:

◎ **Leon County** –  
**February 20, 2013**

◎ **Burleson (Somerville)** –  
**March 21, 2013**

◎ **Brazos County (Bryan)** –  
**April 2013**

◎ **Grimes County** –  
**April 2013**

◎ **Grimes County**  
**(Navasota)** – **August 2013**

For more details, please call  
Chi-Chi Ojinnaka @  
(979) 862-4993



*Volunteer CHW (Nola Eugene) educating a fair participant*

## MEET OUR PHYSICIANS



**Dr. David McClellan, MD** leads the C-STEP project to provide colonoscopies free or at

significantly reduced costs. He is the director of the Texas A&M Family Medicine Residency and a member of the American Association for Primary Care Endoscopy. Dr. McClellan is board certified with the American Board of Family Medicine, American Board of Hospice and Palliative Medicine and has a Certificate of Added Qualifications in Geriatrics. He has been a physician for 37 years and has a great passion for serving others through primary care endoscopy.



**Dr. Robert Pope, MD** has been a physician for 20 years and is an Assistant Professor in the

College of Medicine, Texas A&M Health Science Center, Family Medicine Residency Program. Dr. Pope is Board Certified in Family

Medicine and has been a faculty of the Department of Family & Community Medicine since 1996. He has served as Medical Director for Hospice Brazos Valley since 2007 and is a member of the American Association for Primary Care Endoscopy and the Society of Teachers of Family Medicine.

Dr. Pope is involved in community outreach and is the recipient of the Texas A&M Health Science Center President's Award for Excellence in Community Outreach. Dr. Pope is also fluent in Spanish.



**Dr. John Simmons, MD** is an Assistant Professor in the College of Medicine,

Texas A&M Health Science Center Family Medicine Residency Program. Dr. Simmons is Board Certified in Family Medicine and has been a faculty of the Department of Family & Community Medicine since 2009. He is a member of the American Association for Primary Care Endoscopy. He currently serves as Director of Clinical Procedures at Texas A&M Health Science Center, Family Medicine Center. Dr. Simmons is also fluent in Spanish.



**Dr. John Rodney, MD** is an Assistant Professor in the College of Medicine, Texas A&M Health

Science Center Family Medicine Residency Program. Dr. Rodney is board certified in family medicine and also has completed a fellowship in obstetrics. His teaching interests are Obstetrical and Gynecological Ultrasound, Endoscopy and Hospital Medicine.

## Spotlight on Our Partners

**Health for All**, a nonprofit



free health clinic that has been providing free health care

services to Brazos Valley residents for 25 years is one of C-STEP's partners in the fight against colorectal cancer in the Brazos Valley region. About 5000 patients are seen at the clinic each year and beneficiaries of the services are uninsured residents of the Brazos Valley who do not have health insurance but do not qualify for Federal Health care programs. C-STEP provides an opportunity for these patients to have access to screenings for colon cancer.

*"We are partnering with the Texas A&M School of Rural Public Health to create a collaboration to bring in uninsured and underserved residents of the seven-county Brazos Valley region to try to educate patients about the need for colon cancer screening - to try to detect colon polyps at an early stage so that we can prevent cancers".*

*Dr. McClellan on CPRIT (<http://www.cprit.state.tx.us/prevention/>)*

## Visit Our Website

<http://texascstep.org/>

## General Information

Janet W. Helduser, MA  
School of Rural Public Health  
Texas A&M Health Science Center  
[jwhelduser@tamhsc.edu](mailto:jwhelduser@tamhsc.edu)

## Referrals/Appointments

Brianna Clark, MPH or Brenda Hernandez  
Texas A&M Physicians Family Medicine Center  
2900 East 29th Street  
Bryan, TX 77802  
(979) 436-0443 or (979) 436-0449  
[www.texasamphysicians.com](http://www.texasamphysicians.com)



**March is National  
Colon Cancer  
Awareness  
month!**

**Did you know...**

☉ Colon cancer affects men and women equally.

☉ Colon cancer is the 2<sup>nd</sup> leading cause of cancer-related deaths.

☉ Colon cancer is largely preventable through screening and early detection.

☉ Everyone age 50 and above should have a screening colonoscopy!