

TEXAS C-STEP Newsletter

Cancer Screening, Training, Education & Prevention

Texas A&M Health Science Center

9/1/2014

Texas C-STEP Commences Breast and Cervical Cancer Screening Services

The Texas Cancer Screening, Training, Education and Prevention Program, or Texas C-STEP, is **not just about colon cancer anymore!** The program has been awarded another grant from the Cancer Prevention and Research Institute of Texas (CPRIT), this time, with a focus on prevention and screening for breast and cervical cancer. This women's health grant is jointly operated by Texas A&M Physicians Family Medicine Residency program, Texas A&M College of Nursing and the Texas A&M School of Public Health. Screening services were initiated on March 1 and currently, more than 170 women have been served.

Texas C-STEP has provided free or subsidized colonoscopies to uninsured low-income residents of the Brazos Valley Region for the past three years. More than **1200 colonoscopies** have been conducted as a result of C-STEP's referral network and community outreach.

Free clinical services are provided by Texas C-STEP to those people who qualify through our financial assistance program which considers income and household size against Medicare federal poverty guidelines. The services are offered at the Texas A&M Physicians Family Medicine Center in Bryan, Texas, or at alternate locations through collaboration



with external partners. For more information, or to schedule an appointment, call our community health workers @ 979.436.0443 (Rosa) or 979.436.0449 (Brenda). *Se habla Español!*

Did you know?



In order to prevent or reduce breast and cervical cancer, the American Cancer Society recommends...

- Yearly mammograms for women starting at age 40
 - Clinical breast exams every 3 years for women between ages 20 and 39 and every year for women age 40 and older
 - Pap tests every 3 years starting at age 21
- OR**
- Pap test *and* HPV test every 5 years starting at age 30 and continuing through 65

Source:

<http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>



Above: C-STEP Community Health Worker Rosa Hernandez talks about opportunities for breast and cervical cancer screenings at a Mothers' Day festival.

Women's Services Available

Texas C-STEP's available services include clinical breast examinations, Pap tests, mammograms, and HPV vaccines for women ages 18 to 26, as well as advanced diagnostics such as colposcopies, loop electrosurgical excision procedures, ultrasound-guided needle biopsies and abdominal/pelvic CT scan. These services are provided free to uninsured residents of Brazos, Burleson, Grimes, Leon, Madison, Montgomery, Robertson, Walker and Washington Counties. Services are also subsidized for insured women who cannot afford their co-pay or deductible.

Texas C-STEP and Colon Cancer Screening

It is recommended that individuals between ages 50 and 75 years are routinely screened for colorectal cancer. However, colorectal cancer screening rates in the United States are less than desirable; the Centers for Disease Control estimates that about 28 million Americans who are age-eligible are not up-to-date on screening. Also, the state of Texas ranks 41st in colorectal cancer screening compared to other states. Low income and uninsured individuals are at higher risk for inadequate screening when compared to the rest of the population. Programs like Texas C-STEP are, therefore, very important in increasing access to colorectal cancer screening for at-risk populations. Currently, through the Texas C-STEP program, low-income and uninsured residents of the Brazos Valley will have access to free colonoscopies through February 2015. Call 979.436.0443 or 979.436.0449 for more information.

Success in Numbers



In the first 33 months of Texas C-STEP's colonoscopy program:

- 1030 people were screened for colon cancer
- 763 people received free colon cancer screenings
- More than 250 people had growths that could have become cancers

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