

TEXAS C-STEP Newsletter

Cancer Screening, Training, Education & Prevention

Texas A&M Health Science Center

Year 2017: Volume 1

C-STEP Outreach visits Back-to-School Events



C-STEP staff and community health workers participated in the Annual Back-to-School Health & Information Fair sponsored by Chaplain's Services (L to R: Angie Choate, Marivel Sanchez, Rebecca Martinez, Suyapa Andino, & Rose Orta)

In addition to colonoscopy screenings, the Texas Cancer Screening, Training, Education and Prevention Program (Texas C-STEP) provides screenings and diagnostics for breast and cervical cancer detection. Almost 2,200 clinical procedures have been funded at the Texas A&M Physicians Family Medicine Center, as a result of their women's cancer prevention grant through the Cancer Prevention and Research Institute of Texas (CPRIT). This includes 922 mammograms, many of them provided in partnership with The Rose, at mobile mammogram sites around the Brazos Valley. Five years of CPRIT-funding for colonoscopies has led to receipt of 1,788 colonoscopies by uninsured residents of 17 counties around the Brazos Valley. C-STEP community health workers are instrumental in education and outreach, and in reducing barriers to screening services.

Success in Numbers



Since its inception five years ago, the Texas C-STEP colonoscopy program:

- provided 1,788 colonoscopies to 1,648 individuals, with 1,314 colonoscopies provided free
- identified pre-cancerous polyps in 25% of colonoscopy procedures, and 16 cases of colorectal cancer



In the first three years of Texas C-STEP's Women's Health program:

- 1,279 free breast cancer screenings provided
- 407 screenings for cervical cancer provided
 - 245 women had precancerous cervical lesions removed
 - 11 cases of breast cancers were detected

Tobacco Cessation: A Mighty Tool Against “Preventable” Cancers

The primary goal of the Texas Cancer Screening, Training, Education and Prevention (C-STEP) Program is to increase the number of low-income, underserved and rural Texans who have access to affordable cancer screenings. C-STEP does this by using community health workers for culturally relevant outreach and education, while training the next generation of primary care physicians to conduct screenings such as colonoscopy, as well as clinical procedures to prevent or detect breast and cervical cancer.



Promoting a *prevention* agenda is essential to Americans in this age of increased cancer risks and skyrocketing health care costs. One of the keys to prevention is encouraging an active, healthy lifestyle - like exercising more, eating healthier, and avoiding excessive alcohol. But, perhaps the most significant factor impacting one’s overall health and risk for cancer is tobacco use.

Tobacco has been shown to cause cancers of the lung, larynx, mouth, throat, bladder, liver, cervix, colon, rectum and other organs. Use of tobacco products, (cigarettes, chewing tobacco, pipes, hookahs) can more than double your risk for some types of cancer. There is no “safe” tobacco! It negatively impacts nearly every organ and organ system in our bodies. It restricts blood flow, increases risk for airway inflammation, and keeps our immune system from working at its very best.

It is estimated that about 480,000 premature deaths in the United States – almost half a million each year – are the result of cigarette smoking or exposure to tobacco smoke. More than one-third of those premature deaths are from cancers. In fact, lung cancer is the leading cause of cancer death in the United States for both men and women. It is also considered a highly “preventable” form of cancer death.

Even secondhand smoke provides known carcinogens, causing disease and premature death in thousands of adults and children each year. To reduce the impact of secondhand smoke, many workplaces, cities, and even states, have implemented smoking bans in public venues. When people quit smoking, their risk of developing cancer is *dramatically* reduced. In combination with having preventive screenings, such as those tests provided by Texas C-STEP, quitting use of tobacco products will be a mighty tool against “preventable” cancers.

Reference: U.S. Department of Health and Human Services. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014](#). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

For information on quitting tobacco, or tobacco’s impact on cancer, visit the following resources:

<http://smokefree.gov/>

http://www.cdc.gov/tobacco/data_statistics/sgr/2012/consumer_booklet/pdfs/consumer.pdf

<http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2014/>

Meet Our New C-STEP Staff



Leigh Rhodes, MBA, has joined Texas C-STEP as the new Grants Program Manager at the Texas A&M Physicians Family Medicine Center. Among other duties, she is responsible for coordination of all clinical aspects of the Texas C-STEP grants, funded by the Cancer Prevention and Research Institute of Texas.

Ms. Rhodes has 10 years of program management and office administration experience. Prior to joining our team, Leigh was an EHR Data Specialist at HealthPoint in Bryan, Texas. She is a graduate of Texas A&M University and Sam Houston State University.

Leigh is pleased to be involved with Texas C-STEP – a program that positively affects access to critical health screenings for vulnerable populations.



Angie Choate, BS, received her Texas state certification as a community health worker in 2016 after participating in training offered by Texas C-STEP. She is currently employed fulltime at the Texas A&M Physicians Family Medicine Center where she schedules and prepares patients for colonoscopy procedures.

Her responsibilities with Texas C-STEP also includes community outreach/education and developing relationships with churches, social service agencies and other health care providers in order to inform them about our program of free colonoscopies for age-appropriate, low-income uninsured. Ms. Choate, who is bilingual, has 8 years of experience in healthcare, in her

native Colombia. She is a resident of College Station, Texas, and is bilingual.



Tasha Johnson, BS, MBA, has joined the Southwest Rural Health Research Center, as a Financial Analyst/Program Coordinator. Her duties include monitoring the

Center's grants – including the Texas C-STEP grants – from a financial perspective, ensuring that project timelines are met and financial resources optimized.

Ms. Johnson has 15 years of project management and financial analysis experience in the financial and consulting industries. She is excited about using her finance and accounting background to assist the School of Public Health in carrying out its mission in the community.

Spotlight on Our Partners

The Bridge Ministries is a faith-based non-profit organization serving Brazos Valley residents through its food pantry, medical clinic, Christmas store and other programming. The Bridge Food Pantry Ministry began in 2010, to ensure that a food pantry was available during evening hours for the working poor. A source of referrals for Texas C-STEP, the Bridge Ministries Free Clinic is open two evenings per month to support patients without health insurances and is staffed with volunteer providers. Among the most needy individuals served by the free clinic are migrant workers, the homeless, and people transitioning from the prison system. The clinic is able to provide access to support programs, including medical, dental and mental health for all ages. For more information, go to:

www.thebridgeministries.org

Meet with C-STEP Community Health Workers at these 2017 Upcoming Events

January 20 - Mobile Mammography Day - Bryan, TX

February 20 - The Rose Mobile Mammography Day - Buffalo, TX

February 23 - Project Unity Family Information Day - Hearne, TX

Texas C-STEP serves these counties: Burleson, Brazos, Falls, Freestone, Grimes, Houston, Lee, Leon, Limestone, Madison, Milam, Montgomery, Robertson, Trinity, Washington, Walker, and Waller.

Visit Our Website for More Details

<http://texascstep.org/>

General Information

Janet W. Helduser, MA
School of Public Health
Texas A&M Health Science Center
jwhelduser@sph.tamhsc.edu

Referrals/Appointments

Rebecca Martinez @ 979.436.0453 (Women's Health Screenings)
Angie Choate @ 979.436.0449 (Colon Cancer Screenings)
Texas A&M Physicians Family Medicine Center
2900 East 29th Street
Bryan, TX 77802
www.texasamphysicians.com