



NJ Comprehensive Cancer Control IMPACT

Statewide Implementation Activities

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One Force to Make a Difference Developing Synergies Among Organizations Fighting Ovarian Cancer

Ovarian cancer is the leading cause of death from gynecologic cancers in the United States with over 22,000 women diagnosed annually and 15,000 losing their lives to the disease. On June 12, ovarian cancer organizations from throughout NJ and the Delaware Valley came together for the first time to coordinate efforts to fight ovarian cancer.

The NJ Department of Health and Senior Services, Office of Cancer Control and Prevention (OCCP) and the

Ovarian Cancer Workgroup partnered with several local ovarian cancer organizations to raise awareness of ovarian cancer and promote fundraising efforts for ovarian cancer research.

The 1st Annual NJ Statewide Ovarian Cancer Symposium was held on Saturday, June 12 from 8:30 AM - 2:30 PM at Educational Testing Service in Princeton. Capital Health was the gold sponsor of the event, along with silver sponsors, Cooper Cancer Institute, Educational Testing Service and The Teal Tea Foundation. The Cancer Institute of

New Jersey sponsored the panel discussion representing renowned medical professionals from New Jersey and Pennsylvania.

The event was free and open to ovarian cancer fundraising organizations and foundations, ovarian cancer survivors, advocates, members of the medical community, and members

of the NJ County Cancer Coalitions. Jean Shipos, an employee of Educational Testing Service, Executive Director of the Teal Tea Foundation

and ovarian cancer survivor was the program chair. Former NJ Commissioner of Community Affairs, ovarian cancer survivor, and CEO of Cooper Foundation, Susan Bass Levin, served as emcee. Panel speakers and topics included: Dr. Gary Brickner, Capital Health - *Diagnosis and After Treatment*; Dr. Generosa Grana, Cooper Cancer Institute - *Impact of Genetics on Ovarian Cancer*; Dr. Lorna Rodriguez, The Cancer Institute of New Jersey - *Cutting Edge Research*; and Dr. George Coukos, University of Pennsylvania - *Immunotherapy*.



Ovarian cancer survivors join together as One Force at symposium

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MESSAGE FROM THE CHAIR

This summer, we will celebrate our 10th year of existence as a comprehensive cancer control program. Your cancer control plan has been an eminent success, mainly because of the perseverance, diligence, commitment, and intelligence of all of our county cancer coordinators, and the thousands of volunteers statewide, as well as the finest staff of professionals that any state has put forth at our very own OCCP. These 10 years have gone by ever so swiftly. We began our efforts to control cancer in New Jersey with 16 people, and we have now expanded to over 2,000 volunteers. That alone is a monumental achievement. In this era of smaller budgets and increased demands on our time, I cannot thank all of the people who have decided to help us in our endeavors.

I have to believe that all of us have been touched in some way by the group of diseases called cancer, and that the efforts that we put forth are a basic human reflection that we will not rest, we will not give up, and we will do whatever it takes to diminish the burden of cancer for every citizen in this state. That is why New Jersey continues to be recognized as a leader in cancer control nationwide—because of each and every one of you. Please enjoy the summer, recharge your engines, and continue to innovate and commit.

Arnold M. Baskies, MD, FACS
Chair of the Governor's Task Force on Cancer Prevention

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Leaders of each ovarian cancer organization that attended spoke about their missions. Sandy Schussel, President of Brass Ring Coaching, facilitated a group discussion about ways that all groups can more effectively coordinate efforts to find a cure for ovarian cancer. A statewide ovarian cancer events calendar was unveiled on the OCCP website, www.njcancer.gov. The calendar is open to all website visitors and the medical community so that patients have access to fund raising events and resource references.

Seventy people attended the symposium. Future plans include monthly meetings of one or two key representatives from each organization in attendance to establish firm objectives, exchange ideas and look at long-term and short-term goals. Jean Shipos, event Chair, stated *"This program brought together organizations from throughout the state and the Delaware Valley who ordinarily would not have had the opportunity to share their goals and objectives, even though we already share similar missions. We all want to end ovarian cancer, to increase awareness about this disease and to help women everywhere who are fighting this disease. We hope that by taking this first step we can truly open up communications among our organizations and become one powerful force that makes a difference."*

Twelve organizations planned and supported One Force to Make a Difference, including: **The**

Immune Therapy Initiative for Ovarian Cancer, Kaleidoscope of Hope Foundation, Maureen Fund, Mary Anne Mazanec Ovarian Cancer Foundation, Meghan's Message, National Ovarian Cancer Coalition - Delaware Valley & North Jersey branches, the Ovarian Cancer Research Fund, Ovarian Cancer Subcommittee of the Gynecologic Cancer Workgroup of NJ, Teal Talk On Tour, Teal Tea Foundation, Teal Wings of Hope Foundation and Turn the Towns Teal®.

Skin Cancer: NJ Fact Sheet Now Available Online

The OCCP collaborated with the EPA and CDC on a new skin cancer fact sheet for New Jersey. This fact sheet provides clear and simple facts about skin cancer, statistics on skin cancer cases and deaths in New Jersey and the United States as well as a variety of prevention measures and action steps to reduce the risk of skin cancer.

A survivor story from Vinny Smith, member of the Melanoma Workgroup, is also included and the importance of skin cancer prevention is emphasized. The fact sheet is available at: http://www.epa.gov/sunwise/doc/nj_facts_web.pdf.



....With Trenton Thunder!

The Melanoma Workgroup will host a Melanoma Awareness Game with the Trenton Thunder, the Class AA Affiliate of the New York Yankees, on August 15 at 5:05 PM. Educational information on skin cancer will be distributed, and free screenings for the players and public will be provided before and/or during the game. Beat the heat with the Trenton Thunder and get your free skin cancer screening! Enter promo code MELANOMA when you purchase your tickets at <http://www.trentonthunder.com> and save \$3 per seat (regular price is \$11)!

FREE Skin Cancer Screenings Come to NJ!



Below is the list of statewide locations for 2010's award-winning 'Choose Your Cover' skin cancer awareness and screening activities. Most activities are being held on Saturday, July 17th, from 10 am - 2 pm, unless otherwise noted. Rain date for July 17th is Sunday, July 18th. For more information, please contact your County Cancer Coalition Coordinator, or Debra Levinson at dlevinson@newsolutionsinc.com. Also, visit <http://chooseyourcover.org>!

| | | |
|--|---|---|
| <p>Atlantic Newport Ave. Gazebo, Ventnor 16th St. Gazebo, Brigantine</p> | <p>Essex Verona Pool, Fairview Ave Mountainside Pool, Mountain Ave.</p> | <p>Morris (11:30 am - 2:30 pm) Bee Meadow Pool Pond Road, Whippany (Hanover Township)</p> |
| <p>Bergen (July 13, 1:30 - 3:30) Paramus Municipal Pool Van Binsberger Boulevard</p> | <p>Hunterdon (2:00 - 4:00 pm) Flemington-Raritan Pool Capner Street Flemington</p> | <p>Ocean Ortley Beach - 4th and Ocean Brick - 440 Route 35 North Ship Bottom - 20th Street</p> |
| <p>Burlington Ramblewood Country Club Country Club Parkway Mount Laurel</p> | <p>Mercer Grace Cathedral Church Calhoun and Southland Streets <i>Literature and education only</i></p> | <p>Passaic (11:00 am- 1:00 pm) Wayne Twp. Memorial Pool Ratcliffe Road, Wayne</p> |
| <p>Burlington, Camden and Gloucester Tri-County Coalition (July 10th, 5:30 pm) Riversharks Baseball Game <i>Literature and education only</i></p> | <p>Middlesex Milltown Pool, JFK Drive Crystal Springs Aquatics, East Brunswick</p> | <p>Salem <i>Please visit http://chooseyourcover.org for details</i></p> |
| <p>Cape May Beach Patrol Headquarters Beach and Grant Streets Cape May</p> | <p>Monmouth Asbury Park Beach; Belmar Beach; Bradley Beach; Highlands Family Beach; Long Branch; Sea Bright Boro Beach</p> | <p>Somerset Warrenbrook Pool 500 Warrenville Road Warren</p> |
| <p>Cumberland (July 24th, 9:00am - 12:00pm) Scarpa Cancer Pavilion - SJH 1505 West Sherman Ave., Vineland</p> | | <p>Sussex Swartwood Lake State Park Route 619 Swartwood</p> |

Atlantic Coalition Educates about HPV and Cervical Cancer

The Atlantic County Healthy Living Coalition is dedicated to educating both the public and professionals of Atlantic County. Two professional events occurred in April:

Think You Know About Sexually Transmitted Cancers? N♀t S♂ Much was a success for the Coalition's Professional Education Committee. It was held on April 14th at Gilda's Club in Linwood, NJ. Darleen Gibbon, MD from the Cancer Institute of New Jersey spoke to professionals about HPV, the link to cervical cancer and the HPV vaccine. Continuing Education Credits (CEs) were available for nurses and social workers. Forty-eight people attended the presentation and Dr. Gibbon received fantastic evaluations. Thank you very much Dr. Gibbon!



Darleen Gibbon, MD from the Cancer Institute of New Jersey spoke to professionals about HPV, the link to cancer and HPV vaccinations.

The Tobacco Education Committee organized **Tobacco Dependence: Prevention and Treatment**, which was held on April 19, 2010 at the Atlantic County Division of Public Health.

This event was specifically for county employees to learn about the QuitCenter, how to refer patients and how to talk to patients about tobacco cessation. A variety of speakers presented and CEs were available for nurses. Eighteen people participated. The event went very smoothly and everyone learned something new about tobacco cessation.

Bergen Honors Partner Community Agency

The **North Hudson Community Action Corporation (NHCAC)** was honored on April 8th during the Bergen County Department of Health Services' 'National Public Health Week Award Ceremony.' The organization, which has two facilities in Bergen County (Garfield and Hackensack), was cited for its efforts supporting oral cancer screenings at coalition events such as 'Gentlemen, Check Your Engines' and 'Oral Cancer Awareness Month' observances. The organization's mobile van has increased access to healthcare for

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The Atlantic County Healthy Living Coalition is also planning a variety of events for the summer months. Below is a list of the exciting activities:

- **Prostate Health: Come and Get the Facts** - This statewide event took place at the Atlantic City Sheraton on June 25, 2010 from 10:00 am - 2:00 pm. The focus was on professional education regarding prostate health, research and treatment. 3.5 nursing CEs were available.

- **Choose Your Cover Free Skin Cancer Screenings** - Atlantic County will participate again in the statewide free skin cancer

screenings on July 17th from 10:00 am - 2:00 pm, with two locations for people to receive screenings: Newport Avenue Gazebo, Ventnor City and 16th Street Gazebo, Brigantine.

- **Picnic in the Park:** The Healthy Lifestyle Committee is putting together their 3rd Annual Healthy Lifestyle event at Estelle Manor Park. It will be on August 20th in the evening and will focus on fun activities that promote prevention.

For more information about Atlantic County activities, please contact Angela A. Bailey at abailey@shorememorial.org or 609-653-3923. Visit www.achlc.com.



Vin Urgola of NHCAC accepts the National Public Health Week Award for the organization's collaboration with the Bergen County Cancer Coalition

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underserved populations, by bringing services to communities that may otherwise be unable to receive these services.

Oral Cancer Awareness Month was once again observed in Bergen County during the month of April. Approximately 15 sites consisting of private dental offices and a clinic volunteered to provide screenings for Bergen County residents free of charge. The list of screening sites was promoted through the LINCS system and through a paid advertisement in the local shoppers.

Bergen County Cancer Coalition Coordinator Kenese Robinson has recently left her position, after serving two years in her role as Coordinator. We thank her for her commitment to helping to reduce the burden of cancer on residents in Bergen County, and wish her the best in her endeavors.

For more information about Bergen County Cancer Coalition activities, please contact Marge Doremus at mdoremus@co.bergen.nj.us. Visit www.bergenhealth.org.

Burlington Coalition Encourages Healthy Eating Through Top Chef Competition!

The second annual Burlington County “Top Chef Healthy Cooking Contest” was held on March 10th and was sponsored by the county Freeholders, the Health Department and the Cancer Coalition, along with Burlington County Institute of Technology (BCIT)-Westampton, Shop Rite of Medford, Paul’s Custom Awards & Trophies and Sodexo. The event was held at BCIT-Westampton.

To compete in the Cook-Off, students were to submit either a healthy lunch or dessert recipe that contained no more than five main ingredients. Recipes would be judged on taste, nutritional value, ease of preparation and originality. The top 10 finalists from 83 entries submitted by sixth, seventh and eighth grade students prepared their recipes in a cook-off judged by a local celebrity panel, and included: Meghan Modica, dietitian at ShopRite of Medford; Darius Peacock, executive chef of Exceptional Taste Catering and past winner of the Food Network show “Chopped”; Robert Wain, instructor for Adult Culinary Education at BCIT; Eric Bush, general manager of Sodexo; Christopher Williams, Owner/ Chef of Renaissance Catering; and Joseph Venuto, principal of BCIT Westampton. BCIT Culinary Arts students also assisted in several aspects of the competition.



Photo includes the winners of the Top Chef event held on with their trophies

“Cooking is a great way to teach children about food and nutrition, and to involve them in the process of making a healthy meal. Early experiences with healthy food and learning about nutrition have a strong impact on the future eating habits and health of young children.”

John Sivon, Health Educator

Emma’s older sister, Abby Moore, an eighth grader at Olsen, won the second place trophy with her Black-Bean Tortilla Pizza. Molly Holmes, a seventh grader at Lumberton Middle School, won third place with her Fruit Pizza.

It was a family affair as a pair of sisters placed first and second place. Emma Moore, a sixth grader at Olsen Middle School in Tabernacle, wowed the judges with her Greek Hummus Boats that beat nine other finalists to win first place.

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Winning recipes will be put into a healthy lunch cookbook to be distributed to school cafeteria nutritionists and classrooms of the winning students, and will also be posted on the Healthy Adolescent website, www.co.burlington.nj.us/hap and the Healthy Kids Hero website <http://www.co.burlington.nj.us/Pages/ViewDepartment.aspx?did=77> #.

For more information about Burlington County activities, please contact Holly Funkhouser at 609-265-5297 or hfunkhouser@co.burlington.nj.us.

Essex Coalition Provides Education and Screenings

About 30 individuals attended the March quarterly meeting of the Essex County Cancer Coalition; the agenda is posted at <http://www.umdj.edu/esscaweb/agendas.shtml>. The meeting featured a presentation by Robert Goodman, MD, Chairman of Radiation Oncology at Saint Barnabas Medical Center, entitled “Non-Dangers/Proper Perspectives of Radiation Therapy Treatments.” Dr. Goodman discussed the purposes of using radiation therapy which include both palliative and curative treatment approaches. He discussed the different types of equipment used for radiation therapy, and their strengths and weaknesses. The contents of the presentation are summarized on Dr. Goodman’s PowerPoint® slides, which are posted with his permission at www.umdj.edu/esscaweb/presentations/RadiationTherapy.ppt.

The ECCC and the New Jersey Medical School continue to coordinate the NJDEP Radon Awareness Program (RAP), which has the primary goal of distributing free radon kits to homeowners in Essex County. Through distribution to local health departments in the county, the kits have been available to the 17 municipalities served by those departments. The radon kits are also distributed during health fairs and other community programs, with significant support from UMDNJ students, who often staff evening and weekend events. Taking

advantage of the draw of the free radon kits, the ECCC also distributes a variety of cancer-prevention education materials, enabling it to increase its outreach efforts.

The ECCC held its fifth annual health fair in conjunction with the longstanding Oral Cancer Consortium’s free Oral Cancer Screening Day in Northern NJ. It was held on April 22nd at the Oral Health Pavilion of the NJ Dental School, and nearly 200 individuals were screened by the UMDNJ – NJ Dental School. In addition to this screening opportunity, the UMDNJ – University Hospital S.A.V.E. NJCEED lead agency provided free breast and cervical cancer screenings to those eligible for NJCEED services, as well

as free prostate cancer screenings. In total, 18 women were screened for breast cancer and 10 were screened for cervical cancer. There were 14 men screened for prostate cancer and 9 individuals screened for colorectal cancer.

In addition to the free screenings, attendees could visit vendor tables for cancer-related education and information, as well as free radon testing kits. The vendors included the ECCC, the North Jersey Prostate Cancer Initiative, UMDNJ – University Hospital’s S.A.V.E. NJCEED lead agency, St. Michael’s Medical Center’s “In the Pink” NJCEED Lead Agency, the American Cancer Society, the Cancer Institute of NJ, St. Barnabas Medical Center,



Participants sign up at the registration table for the ECCC Health Fair

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the Newark Department of Health, the Birchwood Adult Day Care Center and Good Shepherd Adult Day Care.

Community organizations and agencies again provided their own vans to transport persons from their programs to the health fair throughout the day. This year's efforts expanded further, with several new organizations providing such transportation, highlighting how this event is building momentum and becoming regarded as a valuable service to the community.

Stanley H. Weiss, M.D., director of the ECCC, was recognized at two recent events for his community outreach efforts, advocacy work, and commitment to cancer prevention activities.

The **American Lung Association in New Jersey (ALANJ) CAREforAIRnj Awards** were presented on April 17th at the Trump National Golf Club in Bedminster, NJ. Stanley H. Weiss, M.D., director of the ECCC, received ALANJ's first ever Community Outreach/Action/Advocacy award for his work on developing the Radon Awareness Program, described on previous page. In addition to the distribution activities described, through a Newborn Pilot

Program, families of infants born at various Essex County hospitals also receive radon-testing kits for their homes.

Dr. Weiss formed a committee under the ECCC specifically to promulgate the prevention and cessation of tobacco use in the community. He is an active member of three asthma and allergy societies, and is Board Certified in Internal Medicine and in Medical Oncology. He is the Cancer Liaison Physician for University Hospital, and Chairman of the Cancer Control Subcommittee of the University Hospital Oncology Committee.

The Pediatric/Adult Asthma Coalition of New Jersey (PACNJ) also recognized Dr. Weiss at its ten-year anniversary celebration held this quarter. He was honored for his work with the PACNJ including multiple projects involving evaluation, his community oriented work, and dedication to improving the environment.

For more information on ECCC activities, please contact Christopher Tuohy at tuohycp@umdnj.edu or 973-972-4623. Visit <http://www.umdnj.edu/esscaweb>.

Gloucester Coalition Demonstrates 'Lung Age Meter'

The Gloucester County Cancer Coalition participated in a Wellness Fair at Rowan University on March 24th. A Lung Age Meter, which compares a participant's lung age to his / her chronological age, was demonstrated for the first time. Forty individuals, consisting of smokers, non-smokers, former smokers and people who lived with smokers, all tested the meter. Smoking cessation material was distributed as well as general cancer information. Demonstration of the meter was enlightening to many participants! Here's what occurred with one young man, approximately twenty years of age:

The young man stated that he was a "light" smoker and on occasions, used chew tobacco. Much to his surprise, his lungs tested the same age as a 60 year-old male! He tested 3 times and his lung age still tested far beyond his youthful years. The young man believed that because he worked-out, it would counter the effects of the tobacco use. He brought several of his friends to the table, all of whom were non-smokers, to be tested. They all tested their age. At the end of the Wellness Fair, he said how he was very bothered by the results and was going to see his doctor to help him with a smoking cessation program!

For more information about Gloucester County activities, please contact Lisa Little at Little21999@yahoo.com or 856-217-0250.



Coordinator Lisa Little shows participant how to use the Lung Age Meter at Rowan University Wellness Fair.

Oral Cancer Screening Events Successful in Hudson

The Fourth Annual Hudson County Oral Cancer Screening Event is well underway, as Hudson's three participating dental providers, Horizon Health Center, Community Action Corporation of North Hudson and Hoboken University Medical Center, have screened residents free of charge at various events being held in April and May. Horizon Health Center's Dental Services Department provided free oral screenings at its two dental clinics located in Jersey City for the entire month of April.

Horizon's Dental Director, Dr. Gerald Belgrave, recently informed the Hudson County Cancer Coalition (HCCC) that 116 people received free screenings

at Horizon in conjunction with this year's event. On Saturday, April 17th, the HCCC, AARP and Community Action Corporation of North Hudson (CAC) collaborated on a free oral cancer screening event held in Jersey City at which CAC dental staff members on board the van provided free oral cancer screenings for a four-hour period. Twenty-six people were screened for oral cancer that day. Three other events have taken place in Hudson County at which CAC dental staff members on board their van have performed approximately 90 additional free oral cancer screening exams. They were held at United Methodist Church in West New York on April 18th; Immaculate

Heart of Mary in North Bergen on April 25th; and Joseph's of the Palisades on May 1st. Three additional events completed this year's program in Hudson County, and included: Hoboken University Medical Center on May 13th, another mobile screening, co-sponsored by the HCCC and CAC, at Mary McCloud Bethune Center in Jersey City on May 18th, and a screening at the Men's Empowerment Summit on June 19th, held at the Higher Power of God Ministries in Jersey City.

The HCCC has participated in this free oral cancer screening event, annually, since 2007 in partnership with Dr. Ephros and St. Joseph's Medical Center, the Oral Cancer Consortium and

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Capital Health Now Coordinates Mercer Coalition

On Wednesday, March 31, 2010 a Health and Wellness Lecture on Colorectal Cancer was presented by Dr. Orlando Penalzoza at the New Jersey State Police. This event marked the first event for the newly hired Mercer County Cancer Coalition Coordinator, Ginnette Watkins-Keller RN, MSN. The Mercer County Cancer Coalition Grant is now being coordinated through Grant Recipient – Capital Health. This Health and Wellness Lecture was a joint collaboration between the Mercer County Cancer Coalition, New Jersey State Police, and Capital Health's Internal Medicine Residency Program. Dr. Penalzoza is a third year resident from Capital Health.

The evidence based program was created and presented by Dr. Penalzoza. In this program the basics of what is colon cancer, what the current situation is for colorectal cancer is in the United States, ways to prevent colorectal cancer, risk factors, and screening methods for detection of colorectal cancer were discussed. Audience members learned of the importance that early detection has for colorectal cancer.

The audience was very participatory throughout the lecture. The event was well received by the audience with favorable evaluations and comments written. This event was attended by 32 participants. Of those 32 participants, 11 were enlisted troopers and the rest were support staff.

For more information about the Mercer Coalition, contact Ginnette Watkins-Keller at gwatkins-keller@capitalhealth.org or 609-815-7194.



Pictured above are from left to right: Trooper Laura Wheeler, Dr. Penalzoza, and Lieutenant Mark Christmas

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four other northern New Jersey County Cancer Coalitions: Morris, Union, Passaic and Bergen. The event has grown every year since its inception in 2007. Approximately 1,200 people were screened last year and several people were referred for follow-up.

Three additional County Cancer Coalitions, Middlesex, Sussex and Monmouth, have joined the effort, making it now an eight county event. Many people deserve credit for this remarkable program, most especially Dr. Hillel Ephros,

DMD, MD, Program Director, Oral Maxillofacial Surgery and Chairman, Department of Dentistry at St. Joseph's Medical Center in Paterson, as well as the St. Joseph's Medical Center. Their willingness to provide follow-up treatment for those unable to find care elsewhere is the backbone to the success of the entire screening effort.

The importance of this treatment referral option cannot be overstated for two very important reasons. First, no other hospital has offered to do this

for the people being screened in Hudson County or in the other seven counties. Second, without this guarantee of a treatment referral, dental providers, including the three providers in Hudson, would not participate in this annual oral cancer screening event. An estimated 250 people will be screened this year.

For more information on Hudson County activities, please contact Bill Bullock at Bbullock20@aol.com or 201-774-5701. Visit www.hudsoncountycancercoalition.org.

Free Oral Cancer Screenings Offered In Monmouth County

The Monmouth Cancer Coalition conducted its third annual free oral cancer screening drive to raise awareness about the risks of oral cancer and the need to reduce mortality from the disease. Free oral cancer screening exams were available throughout Monmouth County from April 15th – April 21st at over forty venues, including private physicians and dental practices, senior centers, residential drug treatment centers, hospitals, clinics and family practices. An average of ten adults visited each of the major screening centers; more than 100 persons received a free exam, and at least six were referred for follow-up. Final statistics are being compiled at this time.

“New Jersey has a significantly higher risk of oral cancer than other states, and Monmouth County is higher than the average of New Jersey counties,” said Michael A. Meddis, MPH, Public Health Coordinator of the Monmouth County Health Department and Chair of the Monmouth Cancer Coalition's Work Group on Oral Cancer. “We believe that regular health screenings can make a big difference and that education about oral cancer is key to saving lives.”

The campaign consisted of two parts: (1) free oral cancer screenings, and (2) public education focusing on risk factors associated with oral cancer. At the designated sites, an oral health professional provided a free oral cancer screening exam for anyone who registered. In addition, each person saw an educational slide show prepared by the Governor's Work Group on Oral and Oropharyngeal Cancer highlighting facts and recommendations on oral cancer prevention.

The initiative was under the direction of Mr. Meddis and Dr. Kayvon Haghighi, an oral surgeon and a member of the [Governor's Workgroup on Oral and Oropharyngeal Cancer](#). Dr. David Lederman, Chair of the Governor's Workgroup on Oral and Oropharyngeal Cancer, and a Monmouth County resident, was also actively involved. The Monmouth Cancer Coalition was

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Monmouth Medical Center dental resident Dr. Nicholas Zeik conducts free oral cancer screening exam at Keyport Senior Center.





Pictured, left to right: Dr. David Lederman, Health Officer Michael Meddis, Freeholder Amy A. Mallet, and Theresa Beck, with the VNA of Central Jersey

assisted by the Monmouth Medical Center Dental Residency Program, as well as private dentists who volunteered to perform screening exams at the major centers. The Coalition also received the help of NJ Horizon Health's Care-A-Van, stationed at CentraState Medical Center on April 18th to provide free oral cancer screenings. Five oral surgeons in the county volunteered to perform free biopsies, and Plus Diagnostics of Union New Jersey provided minimal cost lab services. At least one biopsy was sent for analysis. Additional follow-up by the Monmouth County Health Department is currently in progress.

On April 8th, Michael Meddis, Dr. David Lederman and Theresa Beck, Chair of the Monmouth Cancer Coalition and Chief Mission Officer and VP of Community Initiatives for the Visiting Nurse Association of Central Jersey, received a proclamation from the Monmouth County Board of Chosen

Freeholders recognizing April as Oral Cancer Month and the work of the Monmouth Cancer Coalition in raising awareness of oral cancer.

The Oral Cancer Education and Screening Initiative is a major program of the Monmouth Cancer Coalition. In its third year of providing free oral cancer screenings to the community, the Monmouth Cancer Coalition works to implement the New Jersey 2008-2012 Comprehensive Cancer Control Plan. The Monmouth Cancer Coalition partners with the New Jersey Dental Association and the New Jersey Oral Cancer Coalition in promoting oral cancer awareness.

For more information, please contact Pat Virga at pvirga@newsolutionsinc.com or 732-418-3219. Visit www.monmouthcancercoalition.org.

Ocean is Saving Lives...One Beach at a Time!

Ocean County Cancer Coalition members are busily working to implement Choose Your Cover at 3 ocean sites on July 17, with a raindate of July 18.

Central New Jersey Oncology Nurses Society will coordinate the Brick Beach III site along with Meridian Health System. The Ortleigh Beach site will be coordinated by Community Medical Center and will be joined by representatives from the Ocean County Health Department. Nurses from Long Beach Island Health Department and SOCH are organizing the Ship Bottom site.

For more information, please contact Debra A. Levinson at dlevinson@newsolutionsinc.com or 732-286-3693. Visit www.oceancountycancercoalition.njcoalitions.org.

Somerset Explores the Connection Between Cancer and the Environment

The Somerset County Cancer Coalition, in collaboration with **Somerset Medical Center**, a Coalition member, held a free program that explored the connection between cancer and the environment. The program, held on May 12th at the Bridgewater Manor, featured Janet Gray, PhD, faculty member and Director of the Vassar College Environmental Risks and Breast Cancer Project and principle author of **'State of the Evidence: The Connection Between Breast Cancer and the Environment.'** Over 130 people were in

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attendance. The author also signed her book *State of the Evidence* for those participants who had it following the presentation.

Participants learned about the important, potentially controllable, risk factors in our environment that put us at risk for many cancers, not just breast cancer. Resources were also provided to help attendees make choices for themselves and their families that decrease exposure to environmental risk factors, which may decrease the risk for cancer. Dr. Gray also provided information on other studies that have been conducted, or are in progress, addressing similar issues.

Cancer Awareness Month Kicked Off at the County Courthouse

Somerset County Freeholder Patricia Walsh joined representatives from the Somerset County Cancer Coalition (SCCC) and **The Wellness Community of Central New Jersey** to kick off "Skin Cancer Awareness Month" on May 6th on the steps of the historic county courthouse.

"Although there have been many advances in early detection and individualized treatment options, skin cancer is on the rise and individuals need to be proactive," said Freeholder Patricia Walsh. "That's

Warren Focuses on Health and Nutrition

The Warren Cancer Coalition held a Lunch & Learn program titled "Foods to Fight Cancer" on June 9, 2010. Nearly 25 community members attended the program which provided information on the health benefits and cancer fighting properties of various types of food including dark chocolate, wine, fruits, almonds and many more. Each participant received a healthy meal and enjoyed samples of some of the delicious foods they learned about. The program was enjoyed by all!

On Thursday June 24, 2010 the coalition and the NORWESCAP CEED program hosted their 5th Annual Breast Cancer Awareness Evening Celebrating Health and Wellness! The popular event featured a guest speaker from Advantage Nutrition & Wellness, LLC who discussed the connection between a healthy diet and the reduced

why it is critically important that we do everything possible to generate awareness for precautionary measures, including monthly self-exams and making appointments for clinical skin exams."

Steven Wang, M. D., Director of Dermatology at Memorial Sloane Kettering Cancer Center in

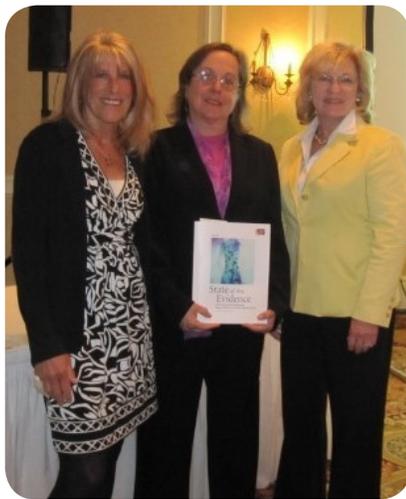
Basking Ridge, discussed treatment for skin cancer, including ways to maintain healthy skin and recognize signs and symptoms of cancer. He also stressed the importance of preventative measures, which help to save lives.

Other speakers included skin cancer survivor Ron Sherman and The Wellness Community Program Director Ellen Levine, who talked about support groups, stress management and educational programs that are available for individuals impacted by skin cancer.

Educational literature from **The Wellness Community**, the **American Cancer Society**, **Somerset Medical Center** and **Memorial Sloane Kettering** were available.

Members of the SCCC, whose mission is to reduce cancer deaths in Somerset County through advocacy, education, community outreach and prevention efforts, were on hand to answer questions.

To learn more about the Somerset County Cancer Coalition, contact Lucille Y-Talbot at YTalbot@co.somerset.nj.us or 908-203-6077. Visit www.co.somerset.nj.us/Health/ccs_index.htm.



Pictured here, l - r, Lucille Y-Talbot, Coalition Coordinator, speaker Janet Gray and Phyllis Kumpf, Director, Community Health, Somerset Medical Center

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risk of breast cancer. Each participant received a complimentary meal, goody bag, educational brochures and the opportunity to win door prizes. Nearly 100 attendees took part in the evening!

For more information, please contact Sarah Engler or James Stephenson at NORWESCAP at englers@norwescap.org or stephensonj@norwescap.org or 908-387-9888. Visit www.warrencancereducation.com.

MARK YOUR CALENDAR!



The Childhood Cancer Workgroup will be hosting their 4th Childhood Cancer Survivorship Conference on October 14, 2010 at the Hekemia Conference Center, Hackensack University

Medical Center. Presentations will once again be given by **SuperSibs** and **A Lion in the House**.

Last year's outstanding program "Childhood Cancer: Negotiating the Present, Planning for the Future" can be viewed online at <http://www.cancereducation.com/cancersyspagesnb/a/lls/llssj0901/index.cfm?rid=127>.

More details coming soon!

Why does the Office of Cancer Control and Prevention choose the Starfish as part of its logo?

There was a young man walking down a deserted beach just before dawn. In the distance he saw a frail old man. As he approached the old man, he saw him picking up stranded starfish and throwing them back into the sea.

The young man gazed in wonder as the old man again and again threw the small starfish from the sand to the water. He asked, "Old man, why do you spend so much energy doing what seems to be a waste of time." The old man explained that the stranded starfish would die if left in the morning sun. "But there must be thousands of beaches and millions of starfish!" exclaimed the young man. "How can you make any difference?" The old man looked at the small starfish in his hand and as he threw it to the safety of the sea, he said, "It makes a difference to this one!"

-Author Unknown

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We welcome reader comments and submissions of OCCCP-related articles and photographs.

To submit comments or materials, please contact:

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