



Progress

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HEALTHY LIFESTYLES CURRICULUM PRESENTED TO MEMBERS

On Wednesday, March 16th, 2005 and Friday, April 8th, 2005, Partnered for Progress presented the "Healthy Lifestyle Curriculum in Reducing the Risks of Breast Cancer" as two train the trainer meetings. The first class was held at the Neighborhood Legal Services' Health Consumer Center in Pacoima and the second at the University of Southern California's Institute for Prevention Research campus in Alhambra.

A total of 56 partnership members joined together to learn how to motivate their community to make important healthy lifestyle nutritional changes. Participants learned how to teach their clients to:

- Prepare healthy meals despite budget limitations;
- Buy, prepare and eat nutritious foods;
- Review the Food Guide Pyramid and choose foods based upon those principles; and,
- Recognize the difference between a serving size and a portion.

Ms. Dipa Shah, MPH, from The California Nutrition Network - Los Angeles Trade Technical College, led the training and emphasized the importance of balanced nutrition. The curriculum presented not only targets intrinsic variables such as knowledge, attitudes and skills, but also extrinsic variables such as social support and norms. Ms. Shah informed the group that these sessions are designed to be taught either individually or in small groups. However, teaching it in a group setting allows women to build social networks and social support. Since this curriculum is designed to be flexible, adaptable and versatile, lessons can be taught in the order they are presented or as needed by the audience.

At the end of the training each participant was provided with a hard copy of the "Healthy Lifestyle Curriculum in Reducing the Risks of Breast Cancer." To access the curriculum electronically you can visit the California Department of Health Service's web page at: <http://www.dhs.ca.gov/cancerdetection/resources/healthprofessional/hl/hl.htm> The curriculum is currently available in English, Spanish and Vietnamese and will soon be available in Chinese and Korean.



Dipa Shah, MPH, speaks about the importance of balanced nutrition and portion control.




Participants at the March meeting pass around a cup full of margarine, demonstrating the amount of fat present in a typical fast food meal.



Nikki Evans, C.P.T., presents the physical fitness activity to lively African beats at the April meeting.

"Healthy" continued from page 1

Partnered for Progress would like to extend its gratitude to Dipa Shah from the California Nutrition Network - Los Angeles Trade Technical College, Nikki Evans from Community Health Councils, and Laurel Eu from the U.S. Food and Drug Administration for their presentations. We would also like to thank Maria Magallanes from the Neighborhood Legal Services' Health Consumer Center and Zul Surani from Cancer Information Service for their help in program logistics. 



Left: Trainers from the April session review the week's grocery ads during one of their activities. The goal was to create a healthy, well-balanced meal from foods in season and on sale.

Learning how to shop for healthy, low-cost foods is one of the biggest challenges facing low-income populations.


MOTHER'S DAY CARDS HELP RAISE AWARENESS



We celebrated Mother's Day this year on Sunday, May 8th and in honor of this special occasion, our partnership, in collaboration with *Cancer Detection Programs: Every Woman Counts*, provided Mother's Day greeting cards and hand fans to more than 35 community partners and clinical providers.

As part of a state-wide effort to increase awareness regarding the importance of early breast cancer

detection these materials were distributed to 25,500 women in five (5) languages: English, Spanish, Chinese, Korean, and Vietnamese.

All promotional materials had a screening and re-screening message and promoted the 1-800-511-2300 referral number. The materials were used for in-reach and outreach activities such as small group, faith-based, and multicultural/ethnic event education. 


SAVE THE DATE!!

"MUJERES UNIDAS EN CELEBRACIÓN" COMING IN JUNE



On Saturday, June 25, "Mujeres Unidas en Celebración" (Women United in Celebration) will be taking place at the Airtel Plaza Hotel in Van Nuys, from 9:30 AM to 3:30 PM. It is a special program for women who have just been diagnosed, are in active treatment, in remission, or have recovered from cancer.

Please come and join us on this day of fun, inspiration, friendship and education. We will have music, hand massages, free wigs, educational sessions, and goodie bags.

The event is free and will be presented entirely in Spanish. To reserve a place or for more information, please call 1-888-707-9355. 


THE MANY BENEFITS OF EXERCISE

By now most of us are aware that maintaining a healthy diet and regular exercise are key to a healthy lifestyle, but we just can't seem to make the first step towards the gym or the trail. The good news is that we don't have to be a marathon runner or Olympic swimmer to be fit and healthy; the less enjoyable news, perhaps, is that we do still have to do something!

According to the U.S. Department of Health and Human Services, working one's way up to 30-60 minutes of moderate daily activity is one of the best ways to reduce one's risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity. In addition, exercise is credited with a wealth of other benefits (see chart).

If you are currently not exercising on a regular basis or for long periods of time, introducing regular exercise slowly and then


7 GREAT reasons to exercise:



- ❖ Keeps joints, tendons and ligaments flexible so it's easier to move around
- ❖ Reduces some of the effects of aging
- ❖ Contributes to mental well-being and helps treat depression
- ❖ Helps relieve stress and anxiety
- ❖ Increases energy and endurance
- ❖ Improves sleep
- ❖ Helps maintain a normal weight by increasing metabolism (the rate at which one burns calories)

increasing the intensity and length of your workout is a good way to reach this goal. Activities like gardening or housework, taking the stairs instead of the elevator, or taking a walk during your lunch break are good ways to introduce exercise into your routine.

Once you begin to feel comfortable with less intense activities, begin increasing the intensity of your exercise, such as walking briskly instead of strolling. Also, introducing variety into your exercising helps keep your muscles challenged and you from getting bored!

If taking 30-60 minutes or more out of your day seems like a lot, try breaking your exercise into smaller chunks of time that fit into your schedule. Eventually, you may find that you will want to set aside time to exercise as you begin to do more challenging and intense activities. 


EDUCATIONAL OPPORTUNITIES



Diagnosis of Breast Lesions for Primary Care Practitioners: The Triple Test Concept
Saturday, May 21, 2005
8:00 AM - 12 PM
Pomona

Clinical Breast Examination (CBE): Proficiency and Risk Management
Saturday, June 4, 2005
8:30 AM - 3:30 PM
Glendale

Presented by Partnered for Progress and hosted by the Robert and Beverly Lewis Family Cancer Care Center; delineates the relationship between the health history, risk assessment, clinical breast examination, image studies, tissue sampling, breast diagnostic algorithm application and provider/mammography technician and patient communication. This course is designed for physicians, registered nurses, physician assistants and radiology technicians. Three (3) CME credits, Category I, will be given for this course. For more information, contact Linda Pura, RN, MPA at (323)930-5428.

Sponsored by the California Department of Health Services, Cancer Detection Section, Professional Education Unit; designed for physicians, nurse practitioners, physician assistants and certified midwives. This course provides a one-on-one, hands-on clinical practicum with patient instructors, group practicum with manufactured models, risk management forum, and breast diagnostic algorithms for abnormal findings. Five (5) CME credits, Category I will be given for this course. For more information, contact Linda Pura, RN, MPA at (323)930-5428. 

"SOS" COMMUNICATION COURSE HELD IN INGLEWOOD


The office environment, which includes the physical setting, as well as the personal interaction styles of the staff, sets the stage for breast and/or cervical cancer screenings and re-screenings. The stage is set with the initial telephone call that the patient places to make an appointment and continues through the completion of forms, intake and health history. The demeanor and attitude of the front office staff and the warmth and friendliness of the office décor add to the dimension of feelings that patients experience.

In order to convey these ideas, *Partners in Communication: Supporting Office Systems*, also known as "SOS," is a course designed for case managers, office managers and clinical staff responsible for the enrollment, tracking, and data collection of *Cancer Detection Programs: Every Woman Counts (CDP:EWC)* patients. The SOS course was presented at the Daniel Freeman Memorial Hospital on Thursday, March 10, 2005.

The Clinical Coordinators from Partnered for Progress

discussed creating a welcoming environment and reviewed the process and forms used to enroll patients and improve communication in terms of sensitivity, clarity and efficiency.

Approximately 45 office personnel participated to hear Patricia S. Francis, MN, RN, Lead Clinical Coordinator, reinforce the importance of the Data Collection Requirements. As part of the program standards, the primary care provider is required to report accurate data for each woman served using the program's internet forms at the completion of the screening cycle and/or at final diagnosis. The data includes patient demographics, services rendered, and outcomes of procedures rendered by both the primary care provider and referral providers.

For further assistance with your Data Collection System, please consult your local CDP Clinical Coordinator. For more information regarding future "SOS" courses, please contact Linda S. Pura, RN, MPA at (323) 930-5428. 

BIRADS UPDATED AT "TRIPLE TEST" PROGRAM

The "Diagnosis of Breast Lesions for Primary Care Practitioners: the Triple Test Concept" educational program for primary care clinicians and mammography technologists was held on March 19, 2005 at the Moseley Salvatorie Conference Center, Good Samaritan Hospital and hosted by the Samaritan Imaging Center. This offering is a multidisciplinary team approach to the diagnosis of breast lesions which includes input from a primary care clinician, radiologist and pathologist.

Dr. Sravanthi Keesara, Director of Emergency Medicine Radiology and breast MRI researcher at LAC+USC Medical Center, defined radiological aspects of breast care and provided new information about the American

College of Radiology's Breast Imaging Reporting and Data System (BIRADS).

Previously, the BIRADS included mammography interpretive categories from 0 to 5. The categories now range from 0 through 6, and include 3 subdivisions for category 4 (see chart at right for updated categories).

Dr. Keesara commented that the Category 4 subdivisions were subjective with relevant probabilities for malignancy approximating 3-10% for mildly suspicious, 10-50% for moderately suspicious and 50-90% for highly suspicious. Indicating relevant probabilities for malignancy within these categories is encouraged, so the patient and

"BIRADS" continued on page 5

BIRADS Updates	
Category	Description
0	Assessment Incomplete: Needs Additional Evaluation and/or Prior Mammograms for Comparison
1	Negative
2	Benign Finding
3	Probably Benign Finding: Short Interval Follow Up
4	Suspicious Abnormality: Biopsy Should Be Considered
4a	Mildly Suspicious
4b	Moderately Suspicious
4c	Highly Suspicious
5	Highly Suggestive of Malignancy: Appropriate Action Should Be Taken/ Biopsy Indicated
6	Known Malignancy

“BI RADS” continued from page 4


her physician can make an informed decision on the ultimate course of action.

Category 5 lesions have a high probability, equal to or greater than 95%, of being cancer and are almost certainly malignant. Category 6 demonstrates mammography findings of lesions identified with biopsy proof of malignancy prior to definitive therapy, such as a malignancy

treated with neoadjuvant chemotherapy prior to surgery.

Barbara Florentine, Director of Pathology at Henry Mayo Newhall Memorial Hospital, facilitated the program and the panel discussion; Anwar Raza, MD, staff pathologist from LAC/USC Medical Center, provided the pathology review. Carol Gemberling, MN, OB/GYN, FNP, educating nurse practitioner, and


Mary Kay Kendall, RT (M)(QM), mammography technologist consultant and trainer, promoted the communication roles of the primary care clinician and mammography technologist.

For more information about future “Triple Test” concept offerings, please contact Linda Pura, MPA, RN at (323) 930-5428. 

CDP:EWC CONTRACT RENEGOTIATED

As many of you are aware, several changes have been made in Partnered for Progress’ contract with the Cancer Detection Section, including a contract extension, scope of work revision, changes in operation requirements, and budget reductions. Major changes include the following:

- Our contract has been extended from June 2005 to February 2007.
- We now have seven objectives: Broad-based Outreach, Tailored Education, Healthy Lifestyles, Provider Network Maintenance, Provider Site Reviews, Communication Training, and Clinical Breast Exam Training
- Operation requirement changes specify that the Partnership will no longer be able to enter into subcontracts, consultant agreements, and minigrants.
- In addition, the Partnership’s budget has been cut by 22%.

We are hopeful that in the future the Partnership will be able to function at the same level that it had before the budget constraints and subsequent contract renegotiation. We will continue to work with the Los Angeles County community to implement CDP: EWC locally. For information on how these changes impact your involvement and collaborative activities, contact the Partnership via email at: info@partneredforprogress.org or by phone at (323) 549-0800. 

NEW CDP:EWC INCOME GUIDELINES

All patients must have a household income at or below 200 percent of the poverty guideline. “Household income” includes the income of family members (spouse, children, parents, brothers and sisters) living together. Poverty guideline level incomes are adjusted on an annual basis. The following are effective from April 1, 2005 through March 31, 2006. “Gross income” means income before taxes and other deductions.

200 PERCENT OF POVERTY GUIDELINES

Family Members Living in Household	Monthly Gross Household Income	Annual Gross Household Income
1	\$1,595	\$19,140
2	\$2,138	\$25,660
3	\$2,682	\$32,180
4	\$3,225	\$38,700
5	\$3,768	\$45,220
6	\$4,312	\$51,740
7	\$4,855	\$58,260
8	\$5,398	\$64,780
<i>For each additional member add:</i>		
	\$543	\$6,520

To submit articles to the PFP Newsletter, please contact Miriam at (323) 549-0800 or email the article to info@partneredforprogress.org

ANNOUNCEMENTS

Updates to the Website



In our last newsletter, Partnered for Progress announced that its website was up and available for use. Since publishing that issue, we have continued to add new sections and features to the site.

Of note is the "Material Order Form" that is now available in PDF format. You can either download the most current version of this form by right-clicking on the link and saving it to your computer; or you may find it easier to open the link in your browser, fill out the form online and submit it to us directly via the internet.

The new CDP:EWC income guidelines are also available by clicking on "Provider Information" from the homepage.

To visit the site, go to:

<http://www.partneredforprogress.org>

and click on the option you need. If you have any questions, or are having difficulties with the website, email us at info@partneredforprogress.org or call Miriam Mossbarger at (323) 549-0800. 

A State Mandated (SB 112) Informed Consent Booklet for Women

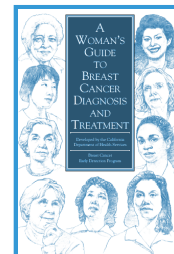
Who Must Give the Booklet Out?

A doctor who will perform a breast biopsy or any form of treatment for breast cancer.

When Should the Booklet be Given?

Before any biopsy or treatment is performed.

This booklet is free to physicians who diagnose or treat breast cancer. Physicians may order additional copies by writing to:




Breast Cancer Treatment Options
Medical Board of California
 1426 Howe Avenue, Suite 54
 Sacramento, CA 95825
 Fax Requests to (916) 263-2479

Please specify number of copies and provide your return address. Number of copies per order may be limited.

Non-physicians can download copies from the following website:

<http://qap.sdsu.edu/screening/breastcancer/guide>

This booklet is available in Chinese, English, Korean, Russian, Spanish and Thai. 

Progress

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Letters and opinions regarding the Partnered for Progress Newsletter and its articles are welcomed.



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 with You!

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