

# Congressional Families Cancer Prevention Program®

of the Prevent Cancer Foundation®



SPRING/  
SUMMER  
2020

## ACTIONS

WWW.CONGRESSIONALFAMILIES.ORG

### **SNEAK PEEK: CANCER SURVIVORS SHARE THEIR STORIES FOR CONGRESSIONAL PSA**

Every other year, the National Association of Broadcasters (NAB) hosts its Congressional Public Service Announcement (PSA) Campaign, inviting members of Congress, congressional spouses and other immediate family to appear in up to two 30-second television and radio PSAs to educate the public on important topics. The PSAs are distributed to radio and television stations in the Members' home districts and states.

NAB is a longtime sponsor of the Congressional Families Cancer Prevention Program® and has included cancer prevention on its list of “hot topics” for more than a decade. The 2021 Prevent Cancer Foundation® PSA began production earlier this year, and for the first time, the PSA features real life cancer survivors sharing their stories. We think this will be especially powerful and can't wait for you to see it and be filmed to add your own voice to the PSA next spring. In the meantime, meet these inspirational cancer survivors:

**Kimberly Higginbotham** had recently had a clinical breast exam with no irregularities, but she felt a concerning lump in her breast. Her doctor thought it was unlikely to be cancer due to her age (23) and lack of family history, but referred her to a surgeon, who recommended having the lump removed. He didn't think it was cancer either, but unfortunately, it was.

Kimberly underwent more surgery, chemotherapy and radiation. Her cancer returned years later, but again responded to treatment. Today, she credits early detection with saving her life—not once, but twice.

**Patrick Corr** had just moved to Washington, D.C., and in his 20s, he was in the best shape of his life. So it worried him when he felt abdominal pain while running on the treadmill. He expressed concern to his primary care physician; upon testing, he was diagnosed with testicular cancer. Thanks to early detection, his cancer was successfully treated as he has been cancer-free since November 2017.

**Daniel Holt** knew it was time to start taking better care of himself so he could be there for his three children as they grew up. So, he made a to-do list that included doctors' appointments. A hefty cancellation fee was the only thing that deterred him from canceling his dermatologist appointment. After having several spots removed, he sat in the doctor's office with his one-year-old on his lap as he was told he had malignant melanoma. Now cancer-free, Daniel feels empowered by the steps he took to ensure he was healthy, for himself and for his family.

**Stay tuned! Next spring, we'll share filming dates to participate. To learn more about the campaign, visit [nab.org/cpsa](http://nab.org/cpsa).**

*Pictured right, top to bottom:*

1. Kimberly and her family at the PSA shoot
2. Patrick at the PSA shoot
3. Daniel with his family in Phoenix, Arizona



**CONGRESSIONAL FAMILIES  
CANCER PREVENTION PROGRAM®**  
of the Prevent Cancer Foundation®

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## LETTER FROM THE EXECUTIVE DIRECTOR



Dear Congressional Families members and friends,

**As I write this, we are in the midst of the new coronavirus pandemic, a story that will have a beginning, middle and end.** At this moment, none of us are quite sure where we are in that story—and each state is experiencing the timetable somewhat differently. But I know that we will come out on the other side of this stronger and more united than ever before.

**While we battle COVID-19, we must also continue our fight against cancer, which has not been stopped or slowed by the pandemic.** The strains on our health care system impact how we navigate these diseases. As of early May, many experts are advising people to postpone routine cancer screenings to alleviate some of the burden on health care facilities and mitigate the risk of exposure to the virus. I hope by the time you read this, we will be getting back on track—individually and collectively—and rescheduling missed screening appointments. Refer to our screening guide on pages 4 and 5 to see what screenings are recommended for you and those you care about. This is an opportunity to renew our commitment to health—by eating nutritiously, exercising, wearing sunscreen, limiting alcohol and not smoking, and avoiding the temptation to lapse into poor choices in times of stress.

**We are all looking for silver linings and here is a significant one: the country has never been more focused on the power of prevention.** Never have we experienced and so fully understood the impact that individual actions have on both our own health and the health of others. What each of us does makes a difference. This can be empowering for ourselves and others.

As congressional families devoted to public service, our impulse is to help our communities, districts and states. Use your platform and our tools to share information and encourage healthy behaviors on social media. Find new ways to connect, educate and inspire. And share your tips and posts with us! [#congressionalfamilies](#) [@preventcancer](#)

**Stay healthy and we hope to see you in September for the Prevent Cancer Foundation Spring Gala and the Congressional Families Action for Cancer Awareness Awards Luncheon.**

Warmly,

Lisa McGovern, Executive Director

## UPCOMING EVENTS

**THURSDAY, SEPTEMBER 10, 2020**

**26th Annual Prevent Cancer Spring Gala**  
*National Building Museum*

The 2020 Spring Gala will be held under the gracious patronage of His Excellency, André Haspels, the Ambassador of the Kingdom of the Netherlands, and Mrs. Bernie Haspels.

**THURSDAY, SEPTEMBER 24, 2020**

**28th Annual Action for Cancer Awareness Awards Luncheon**  
*Members Room, Library of Congress*

## THANK YOU FOR TAKING ACTION: OP-ED OUTREACH

Each month, the Congressional Families Program offers members and spouses the opportunity to submit op-eds about cancer prevention and early detection to their local media outlets. Op-eds can be personalized and tailored for local use. Thank you to the following members and spouses who have recently requested state-specific information to personalize their op-eds and share vital cancer prevention and early detection messages in their home communities:

- ▶ Deserai Crow – Colorado
- ▶ Loretta Durbin – Illinois
- ▶ Diana Enzi – Wyoming
- ▶ Jaime Gardner – Colorado
- ▶ Lorena Saenz Gonzalez – Texas
- ▶ Nicole Beus Harris – Maryland
- ▶ Mikey Hoeven – North Dakota
- ▶ LeeAnn Johnson – Ohio
- ▶ Louise Jones – Alabama
- ▶ Wayne Kye – New York
- ▶ Mary McKinley – West Virginia
- ▶ Rose Vela – Texas

Learn more about how you can educate the public about cancer prevention and early detection at [www.congressionalfamilies.org](http://www.congressionalfamilies.org).

## THANK YOU TO OUR SPONSORS



## ON THE ROAD: HITTING CANCER BELOW THE BELT IN RICHMOND, VIRGINIA

Every year, the Prevent Cancer Foundation awards community organizations across the U.S. with one-year grants to support more people with their cancer prevention and early detection efforts. The Congressional Families Program highlights the valuable work being done by grantees through site visits with congressional members, spouses or staff when there's a grantee organization in their district.

On December 9, we joined **Erica Childs-Warner**, Senior Director, Evaluation & Outreach, Prevent Cancer Foundation, for a visit to 2018 community grant recipient **Hitting Cancer Below the Belt (HCB2)** in Richmond, Virginia. **Renee Malone**, HCB2 Program Director; **Mindy Conklin**, HCB2 Founder and Executive Director; **Karen Legato**, Executive Director, Health Brigade; and **Leslie Gibson**, Program Manager, Access Now, guided us through a presentation about services and gave a tour of the facilities at Health Brigade. **Karen Mask**, District Director for Rep. Abigail Spanberger (VA-07), joined us in discussing the vital needs being addressed by these programs.

The visit gave an in-depth look at HCB2's efforts to reduce barriers to colorectal cancer screening by offering in-home fecal immunochemical tests (FIT) to medically underserved populations and providing additional training, resources and support to local free clinic medical professionals and their patients. Those without health insurance are less likely to get a colonoscopy because of the associated out-of-pocket costs. FITs are a less expensive and more convenient option. Through HCB2's partnerships with organizations such as Health Brigade free clinic and Access Now (a program that provides access to donated specialty care services), they provide in-person education and patient navigation to those who have positive FIT tests to ensure necessary follow-up.



*L to R: Lisa McGovern, Karen Mask, Renee Malone, Mindy Conklin, Karen Legato, Cassie Smith, Erica Childs-Warner, Leslie Gibson*

With the Foundation's support, HCB2 continued their partnership with Health Brigade, distributing FITs to uninsured patients at three additional free clinics. HCB2 also partnered with local health departments on the FluFit initiative, offering screening tools and education at flu shot events. During the grant period, HCB2 provided direct cancer education to more than 6,000 people and tested nearly 700 people.

Visits such as this can bring attention to resources in your communities and strengthen relationships among the organizations involved. To learn more, visit [preventcancer.org/research/grants-fellowships/community-grants/](https://www.preventcancer.org/research/grants-fellowships/community-grants/).

## SAVE THE (NEW) DATE!

*new date!*  
 THE PREVENT CANCER FOUNDATION® ANNUAL GALA  
 Thursday, September 10<sup>th</sup>, 2020

*Masterpiece in Bloom*  
**THE KINGDOM OF THE NETHERLANDS**

HONORARY PATRONS  
 His Excellency, the Ambassador of the Kingdom of the Netherlands André Haspels, and Mrs. Bernie Haspels

CANCER CHAMPIONS  
 Representative Terri Sewell | Representative Greg Walden

HONORARY CONGRESSIONAL CO-CHAIRS  
 Chairman Lisa Murkowski | Chairman Frank Pallone  
 Senator Ron Wyden | Representative Fred Upton

GALA CO-CHAIRS  
 Tim Day | Susan and Ted Okon

DINNER COMMITTEE CO-CHAIRS  
 Bruce Harris | Jennifer Griffin

TICKETS AND SPONSORSHIPS  
 Lorelei Mitrani | 703.519.2102  
 Lorelei.Mitrani@preventcancer.org

## SCREEN TIME

**Editor's note:** At the time of publication, many experts are recommending routine cancer screenings be postponed to mitigate the burden on health care facilities. For colorectal cancer, at-home tests may be an option. Be sure to make it a priority to reschedule your recommended screenings when the risk of COVID-19 exposure has passed.

Screening is one of the best ways to prevent cancer or detect it early, when successful treatment is more likely. Screening is never “one size fits all,” so it’s best to talk to your health care provider about your personal and family health histories and risk factors.

Overwhelmed about where to start? Check out our breakdown on recommended screenings below. Don’t just look at your age group—you should also follow the recommendations of the previous age group(s).



## WOMEN IN YOUR 50s

**Lung:** If you’re a heavy smoker or former smoker, ask your doctor about the pros and cons of screening for lung cancer. Current or former smokers ages 55-80 with 30 pack-year histories should be screened with low-dose spiral CT (LDCT). LDCT significantly reduces lung cancer deaths by catching lung cancer early, when it’s easier to treat.

## IN YOUR 40s

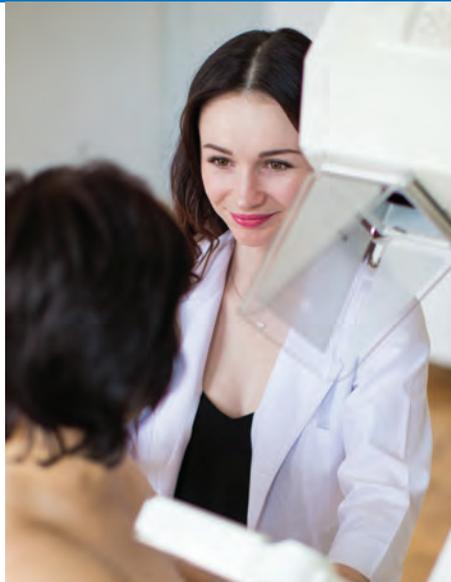
**Breast:** Beginning at age 40, get screened annually for breast cancer if you are at average risk. Discuss the benefits and risks of screening tests with your health care provider.

**Colorectal:** If you’re at average risk for colorectal cancer, start getting screened at age 45 with a colonoscopy or at-home stool-based test.

## IN YOUR 30s

**Cervical:** From ages 30-65, get screened for cervical cancer with a Pap test combined with an HPV test every 5 years (known as co-testing) or a Pap test every 3 years.

The human papillomavirus (HPV) vaccine can prevent most cases of cervical cancer and at least five other types of cancer. The HPV vaccine is recommended for ages 11-12, but the Food and Drug Administration



(FDA) recently approved the vaccine for adults up to age 45—talk to your health care provider to see if this is an option for you. If you have kids, make sure to get them vaccinated.

## IN YOUR 20s

**Cervical:** Begin cervical cancer screening at age 21. Women in their 20s should have a Pap test every three years. If you haven’t been vaccinated against HPV, talk to your doctor about getting vaccinated now.

**Breast:** From ages 25-39, get a check-up with your health care provider at least once every three years for risk assessment, risk reduction counseling and a clinical breast exam. If you are found to be at increased risk, talk with your doctor about the frequency of your visits.



**Liver:** The U.S. Preventive Services Task Force (USPSTF) now recommends adults ages 18-79 be screened for hepatitis C, a leading cause of liver cancer. Talk to your doctor about getting tested for this virus. Treatment is available that can cure the virus and prevent liver cancer.

## MEN

### IN YOUR 50s

**Prostate:** If you’re at average risk for prostate cancer, talk to your doctor about the pros and cons of screening starting at age 50.

Early detection of prostate cancer followed by prompt treatment saves lives. But some men are treated for prostate cancers that will never cause them harm, and they must live with the side effects or complications of the treatment. There are tests that predict whether a newly diagnosed prostate cancer is likely to be aggressive.

*(Continued on page 5)*



## AT ANY AGE

Learn your family health history. Ask your family about any history of cancer or other chronic diseases, age of diagnosis, any surgeries related to cancer, and causes of deaths for deceased family members. Make and keep notes to share with your siblings and children. Share this information with your doctor so you can make informed decisions for your health, including when you should be screened.

**Lung:** If you're a heavy smoker or former smoker, ask your doctor about the pros and cons of screening for lung cancer. Current or former smokers ages 55-80 with 30 pack-year histories should be screened with low-dose spiral CT (LDCT). LDCT significantly reduces lung cancer deaths by catching lung cancer early, when it's easier to treat.

### IN YOUR 40s

**Colorectal:** If you're at average risk for colorectal cancer, start getting screened at age 45 with a colonoscopy or at-home stool-based test.

### IN YOUR 20s

**Liver:** The USPSTF now recommends adults ages 18-79 be screened for hepatitis C, a leading cause of liver cancer. Talk to your doctor about getting tested for this virus. Treatment is available that can cure the virus and prevent liver cancer.

**Testicular:** Some doctors recommend that young men ages 15-35 may benefit from doing a monthly testicular self-exam. If you notice a change, say something right away.

**Oropharyngeal and other HPV-related cancers:** If you haven't been vaccinated against HPV, talk to your doctor about getting vaccinated now. HPV can cause at least six types of cancer, including oropharyngeal cancer, which is on the rise in men. If you have kids, make sure to get them vaccinated.

## WHAT MEN NEED TO KNOW ABOUT SKIN CANCER

June is Men's Health Month, and with many Americans spending more time outdoors in the warmer weather, it's the perfect time to talk about skin cancer awareness. Unfortunately, most men are not taking the necessary steps to reduce skin cancer risk. Men are more likely than women to be diagnosed with skin cancer, including melanoma—the deadliest form. According to the American Cancer Society, rates are higher in women than in men before age 50, but by age 65, rates in men are double those in women, and by 80, they are triple.

**When outside on a sunny day for more than an hour, only about 14% of men use sunscreen on their faces and other exposed skin.**

– Centers for Disease Control and Prevention (CDC)

A 2016 American Academy of Dermatology survey found that men are less informed than women about protecting their skin from the sun, even though they tend to spend more time outdoors. According to the CDC, when outside on a sunny day for more than an hour, only about 14% of men use sunscreen on their faces and other exposed skin. While women tend to wear makeup and skin products that contain at least some SPF daily, men usually don't. These everyday habits make a difference when it comes to skin cancer risk.

Follow these recommendations—and share with the men in your life—to reduce your risk.

- ▶ When you go outside, apply a broad spectrum sunscreen of at least SPF 30 to exposed skin. Reapply every two hours and after swimming or sweating.
- ▶ Wear sunglasses, long-sleeved shirts, pants and a wide-brimmed hat when outdoors if possible. A baseball cap won't cover your ears, neck or shoulders, so be sure to apply sunscreen to those areas.
- ▶ Avoid the sun between 10 a.m. and 4 p.m. when its UV rays are most damaging.
- ▶ Avoid indoor tanning.

If you notice any changes to your skin, consult a health care provider. Learn more at [www.preventcancer.org/skin](http://www.preventcancer.org/skin).

## CONGRESSIONAL FAMILIES PROGRAM MISSION AND HISTORY

The Congressional Families Cancer Prevention Program® is a bipartisan effort, founded in 1991, to increase the public's understanding of cancer prevention and early detection. Families of Senate, House, Cabinet, Supreme Court and the Diplomatic Corps are invited to work within their respective constituencies to educate the public. The Congressional Families Program offers educational events, materials and resources, enabling its members to bring the message of cancer prevention and early detection back to their communities.

[www.congressionalfamilies.org](http://www.congressionalfamilies.org)



## CONGRESSIONAL FAMILIES CANCER PREVENTION PROGRAM®

of the Prevent Cancer Foundation®

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**Cassie Smith, Editor**

**Lisa McGovern, Assistant Editor**

Congressional Families Cancer Prevention

A Program of the Prevent Cancer Foundation®

1600 Duke St, Ste. 500, Alexandria, VA 22314

tel: 703.837.3697 • fax: 703.836.4413

## Congressional Families Cancer Prevention

is a program of the



The Prevent Cancer Foundation® is one of the nation's leading health organizations and the only U.S. nonprofit focused solely on cancer prevention and early detection. Founded in 1985, it has elevated cancer prevention to prominence and fulfills its mission through research, education, outreach and advocacy across the country. Our public education programs have applied this scientific knowledge to inform the public about ways they can reduce their cancer risks.

[www.preventcancer.org](http://www.preventcancer.org)

Do you know of a member or spouse who might want more information about the Congressional Families Program? Contact Lisa McGovern at [lisa.mcgovern@preventcancer.org](mailto:lisa.mcgovern@preventcancer.org).

## POSTING WITH A PURPOSE: MAKING AN IMPACT THROUGH SOCIAL MEDIA

The Congressional Families Program distributes weekly social media posts for members and spouses to share, highlighting facts or tips related to monthly cancer observances (e.g., Skin Cancer Awareness Month) and other relevant occurrences, such as World Health Day. We encourage you to share these educational posts with your followers on Facebook, Instagram and Twitter. Remember to use #CongressionalFamilies and tag @PreventCancer to coordinate our efforts and so we won't miss your post. If you aren't receiving this information and would like to, email Lisa at [Lisa.McGovern@preventcancer.org](mailto:Lisa.McGovern@preventcancer.org).

Thank you to the following members and spouses who have shared posts on social media in recent months:

- ▶ Norma Cárdenas – California
- ▶ Deserai Crow – Colorado
- ▶ Rep. Jason Crow – Colorado
- ▶ Anna Flores Castro – Texas
- ▶ Rep. John Garamendi – California
- ▶ Jaime Gardner – Colorado
- ▶ Lorena Saenz Gonzalez – Texas
- ▶ Nicole Beus Harris – Maryland
- ▶ LeeAnn Johnson – Ohio
- ▶ Wayne Kye – New York
- ▶ Kelley Paul – Kentucky
- ▶ Kaira Rouda – California
- ▶ Amanda Soto – Florida
- ▶ Rep. Filemon Vela – Texas
- ▶ Rep. Roger Williams – Texas

