



# Blessings

The Community Parish Nurse Program  
Sponsored by The Carle Foundation

April 2009

## Coordinator's Corner

As I write this note the entire country is watching and waiting to see how this swine flu outbreak will progress. PLEASE refer to PANDEMIC preparedness info in previous newsletters OR contact your local health department for info. **THIS INFO SHOULD BE IN OUR CHURCHES THIS SUNDAY** via bulletins, flyers etc. Assist church members in dispelling myths and also diffuse anxiety from an over zealous media that seems to delight in hyperbole and frightening people. We will include links and info that we have received in this newsletter. Remember this info could change frequently based on what occurs in our state.

Congrats to those churches in Westville and Urbana who have sponsored blood drives this past month:-). Health Fairs are scheduled in Champaign and Urbana churches. NOTE: Catholic parish nurses; St Mary's Catholic Church in Westville had an excellent walking program built around the rosary. Please contact Josephine Thompson (Winter 2005) for more info @

jotompy55@avenuebroadband.com .

WE WILL HAVE A CLASS IN 2009!! Dates and location will be listed in the June newsletter. It will be in Champaign county.

I enjoyed spending time with the Vermilion County parish nurses this past week and heard a great speaker from a facility that takes IPA/Medicaid in their assistive living facility. Illinois is ahead of the game to offer this vs paying for long term care for persons who are not yet in need of that level of services.

Last weekend I spoke at the Springfield parish nurse class at St Johns They had 20+ nurses and it was great to meet them and see their enthusiasm.

Magnet called and has selected Carle for a site survey in June! This is a wonderful opportunity for the nurses of Carle to be recognized for all that they do! Bev and I will be busy with site survey prep etc through June 23rd.

Nurses Week is May 6-12 and I do

(Continued on page 2)

## Table of Contents

|   |     |  |    |
|---|-----|--|----|
| <a href="#">Prayer List</a>                         | 2   | <b>EDUCATIONAL RESOURCES</b>                       |    |
| <a href="#">SELAH Wellness Fair Reflections</a>     | 3   | <a href="#">Safe Sitter Classes</a>                | 9  |
| <a href="#">Parkland College Nursing-40th Anniv</a> | 3   | <a href="#">Decatur Fall 2009 PN Class</a>         | 9  |
| <a href="#">Haitian Christian Outreach</a>          | 4   | <a href="#">HMA Confernce-Scholarships offered</a> | 10 |
| <a href="#">H1N1 - Swine Flu information</a>        | 5   | <a href="#">Grandparents Raising Grandchildren</a> | 11 |
| <a href="#">H1N1 Flu—Health Dept Flyer</a>          | 6   | <a href="#">Pillboxes still available</a>          | 11 |
| <a href="#">Swine Flu-CDC Quick Reference Guide</a> | 7-8 | <b>RESOURCES</b>                                   |    |
|   |     | <a href="#">National Health Observances</a>        | 12 |
|   |     | <a href="#">Cancer Prevention Study-3 Flyer</a>    | 13 |

*(Continued from page 1)*

hope that you let your church family know this is a great time for them to honor ALL of the nurses in your congregation. In the Catholic churches there is a service referred to as the White Mass for all providers of health care. Look at your own denomination and see if there is a blessing/ritual that could be used to highlight the work of healthcare providers.

Our prayer list has changed. Please take the time to review and then hold these dear, dear friends and colleagues in your hearts. PLEASE include them in your congregational prayer chains. I was blessed to see Kathy Buttitta and her husband Jim shortly after their return from Switzerland where he is receiving treatments. He looked GREAT! They are beyond grateful to all of you for the continued prayers for his recovery

In this economy budget/credit classes are critical. Work with your church leaders to see what education could be offered that reflects the needs that are in our churches

this summer. Economical concerns bring a great deal of stress and weekly B/P checks skim the surface for what is really needed.

We have seen an upswing in area nursing programs in Champaign and Danville asking for clinicals in parish nursing. This is exciting and hopefully a sign that the programs see the value of our practice.

Due to the survey being through June, annual meetings will resume in July. Look for a letter/email from Bev in mid June explaining how to get your appt scheduled.

This newsletter is coming out right at the end of April. There will not be one in May. If you have any requests that can not wait till then let Bev know and we can get them out via email.

I am fortunate to know each of you and wish you a very HAPPY NURSES WEEK!!

Blessings

Faith



## *Prayer List - Please Pray for:*

*For those whose immediate family have been affected by the poor economy*

*For those who are seeing the role of caregiver shift from their home to a long term care facility caring for their parent/s*

*Parents & sister of a parish nurse*

*Chloe—the daughter of a friend of Joyce Zschau*

*Chris Pinne who has been deployed to Afghanistan*

*Betsy & Ibulaimu Kakoma*

*God's blessings on Judy Icenogle who will be moving to Pekin in June as her husband retires as pastor of their church*

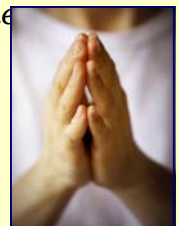
*Twila & Cliff Holstein*

*Margaret Miller and her husband*

*For Cathy Faulstich and her family*

*Teri Pate*

*Marcia Eischen—pastor's wife at Lisa Guthrie's church*



## ***SELAH Wellness Fair Reflections***

Glory Center International (GCI), under the leadership of Pastor C.D. and Lady Tyra Nesbitt, is committed to making a difference in the Champaign-Urbana community. For this reason, the SELAH Wellness ministry was established to address the many health concerns of the community. As a result of this commitment, GCI partnered with the Champaign Park District and Carle Hospital to host its first wellness fair on Sat., March 21, 2009 from 11am to 1pm at the Douglass Annex, 804 N. Fifth St, Champaign, IL.

This fair provided many free services to the community including physical exams, STD testing, cholesterol, glucose, and prostate screenings, cooking demonstration information, giveaways and a wealth of health education materials. Among the participating organizations were the Champaign Park District, Champaign-Urbana Public Health Department, Champaign County Christian Health Center, Family Service, Senior Resource Center of

Champaign County, Garth Adult Education Center, Illini Medical Screening Society, Illinois Breast and Cervical Cancer Program, Provena Center for Healthy Aging, and University of Illinois Extension.

Glory Center International aims to change lives and did just that by bringing the much needed services to the community to promote wellness, facilitate healthy lifestyles and improve quality of life overall.



## ***Parkland College Nursing—40th Anniversary***

**You're Invited...**  
**Thursday, May 7th from 5-7 pm in the**  
**Gallery Lounge of the College**

Join us in celebrating the 40th anniversary of Parkland's Associate Degree Nursing Program

Coinciding with National Nurses Week 2009, Parkland College will honor its nursing graduates and faculty.

Many individuals over the decades have made significant contributions to the continuing development of the program and the success of its graduates. These many graduates have been the key to providing high-quality care and compassion in meeting the healthcare needs of the residents of Parkland District 505 and beyond. The partnerships

between the College and clinical agencies have provided the platform for the development of knowledge and skills of these graduates—without their cooperation, the nursing program would not have attained its model-program status.

Thank you all for your role in making this celebratory occasion possible.

Our Parkland Nurses: Building Health Communities

40th Anniversary Committee

Joanne Huff, RN, PhD

Parish Nurse, Class Spring 1998

Retired Professor, Parkland



## Haitian Christian Outreach

A dozen of us, led by Mac Burberry from Mahomet left for a medical mission trip to the south central coast of Haiti. To try and describe the blessings resulting from this trip is nearly impossible. Pastor Glen told me this trip would change me, and it did. The heat was dreadful, there was no hot water to bath in, the roads were washed out from storm damage and bumpy, nearly impassable at times, and riding in the trucks literally beat you down just traveling between the lengthy destinations. Homes are shacks and sheds of leftover wood or metal sheeting manipulated for protection, and perhaps a banana leaf fence for privacy. The toilets were cement chimney affairs with no tissue or cleaning facilities, the medical clinic pharmacy was a large wooden board stretched across sawhorses holding bottles of whatever vitamins or medications have been donated to charity. Dental exams are performed in lawn chairs with natural light from the windows because the electrical system consists of bare wires, strung loosely thru walls and hanging from rafters, but not connected to anything. There was no running water, no available food, no clear and smooth paths leading miles to the clinic to be able to see a doctor or dentist maybe once or twice a year at best. The list of hardships goes on and on for Haiti, but so does the beauty of the mountains, clear blue water, ocean waves, and palm and banana trees on the beaches and the big smiles of the children when you wave to them. The potential for the return of a beautiful, prosperous Haiti is visible everywhere.

But the funny thing is, on a mission trip when nobody can get a hot shower, you all smell and nobody notices. You eat food you normally might pass up. You drink water because there is nothing else available. You toilet on that chimney and you're grateful you don't have to dig a hole somewhere. You work together and laugh together and pray together and do whatever needs to be done and love doing it. You make new friends from people you only knew of, but did not know about.

You smile and wave at every person you see on the street just to let them know you see them, because they are a child of God, and your heart goes out to them whether you will see them at the medical clinic later or not.

You see the happiness and patience in the local faces that they have their very own medical clinic here for the day, and will get to see a nurse and a doctor or a dentist for the first time this year. You take blood pressures with a mule raising a ruckus outside; several Haitian men are yelling

French Creole instructions to others, and all the while the inside patients move in closer and closer until you are surrounded because they are interested in watching what you do. Eventually, I just moved my chair out in the middle of the room so they could watch me take blood pressures and could stay in their pew seats. You listen to a long French prayer from the pastor's wife at the end of a medical clinic day and you don't understand a word of it except repeatedly you hear Mercy PaPa, and the word Americanz, and you know these people are thanking God for you coming here to help take care of them. You are continually amazed at the hardships these people endure just to live, but their belief in God is growing and it helps them get thru the day.

You feel God smiling on you every minute. You know you belong here, doing this small thing. Everyone will tell you that the mission participant gets so much more from the mission experience than they ever give. It's just unbelievable; there is no way to describe it. God pays you back in a rich way for helping his people.

I never was afraid at any time on the trip. I felt God all around us. We had devotions and prayed together as a group daily. Tuesday night, we discussed Jesus as he washed the feet of the disciples, explaining that we are to humble ourselves and care for God's people, as we were doing on this trip. I'm grateful for my reminder from God to appreciate every blessing.

It was both the hardest and most rewarding thing I have ever done in my life. I have never felt more needed or so sure that I was doing exactly what God wanted me to do. The mission trips are very expensive and I hate that many people will not be able to go on a rewarding trip like this because of the costs involved but it was worth every cent. There is no way to thank God enough for teaching me to appreciate little things, for manipulating all the circumstances around that allowed me to go on this trip, for letting me get to know two fabulous parents and two great young people from my church family, and for introducing me to a part of God's kingdom that is not easy to forget.

If you want to learn more about Pastors RoRo and Gerard Eustache and how they are evangelizing Haiti one church and one school at a time, go to [www.HaitianChristian.org](http://www.HaitianChristian.org) or write Haitian Christian Outreach PO Box 1052, Mahomet, IL 61853

Cindy Bell RN Parish Nurse (Winter 2008)  
Mahomet United Methodist Church

**H1N1 FLU information flyers** from the Champaign-Urbana Public Health District are available from our office (**see page 6**). These would be perfect to hang at your church. They will be attached to email newsletters and can be printed for those who would like one. Just call Bev at (217) 326-2583.

## *Swine Flu—H1N1*

As you are probably aware there have been confirmed cases of swine influenza in several states. **At this point in time, no cases have been confirmed from Illinois.**

### **Healthcare workers are asked to:**

- ♦ Make every effort to keep yourself healthy by vigilant use of standard precautions.
- ♦ Be attentive to future announcements and updates related to this topic.
- ♦ Share the following recommendations with family and friends.



Listed below are some recommendations from the CDC for the general public:

### *There are everyday actions people can take to stay healthy:*

- ♦ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ♦ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ♦ Avoid touching your eyes, nose or mouth. Germs spread that way.

For further information please go to the CDC website:

<http://www.cdc.gov/swineflu/investigation.htm>



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

# - H1N1 FLU -

*There are everyday actions people can take to stay healthy.*

## What You Can Do to Stay Healthy

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

## Try to avoid close contact with sick people.

- Stay informed. The CUPHD website ([www.c-uphd.org](http://www.c-uphd.org)) will be updated regularly as information becomes available.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

**H1N1 Flu Information Line: 217.531.1212**

**Additional Informational Resources:** [www.c-uphd.org](http://www.c-uphd.org)  
[www.stock2forflu.com](http://www.stock2forflu.com)  
[www.champcoprepares.com](http://www.champcoprepares.com)

*“Champaign County Prepares” is on Facebook. Become a fan and get updates.*

## Swine Flu—CDC Quick Reference Guide

### CDC Quick Reference Guide for Public Information on Infection Control

#### General Swine Flu Information

[Swine Flu Key Facts](#): Provides facts about Swine Influenza

[Swine Flu and You](#): Provides answers to questions about Swine Influenza

[Swine Flu Video Podcast](#): In this video, Dr. Joe Bresee, with the CDC Influenza Division, describes swine flu - its signs and symptoms, how it's transmitted, medicines to treat it, steps people can take to protect themselves from it, and what people should do if they become ill.

[All you have to do is wash your hands Podcast](#): This Podcast teaches children how and when to wash their hands properly.

[Swine Flu RSS feed](#): Receive automatic updates on Swine Flu from the Centers for Disease Control and Prevention right on your desktop or browser.

[INFLUENZA: Pigs, People and Public Health](#): Public Health Fact Sheet from National Pork Board

#### Flu Information for Children/Parents & Child Care Providers

[The Flu: A Guide for Parents](#): Questions and answers about the flu, how to protect your child, treatment, and more

[Preventing the Spread of Influenza \(the Flu\) in Child Care Settings: Guidance for Administrators, Care Providers, and Other Staff](#): Flu recommendations for schools and child care providers

[Questions and Answers: Information for Schools](#): Printable version of answers to questions commonly asked by school

administrators, teachers, staff, and parents  
[Protecting Against the Flu: Advice for Caregivers of Children Less Than 6 Months Old](#): Research has shown that children less than 5 years of age are at high risk of serious flu-related complications.

[Stopping Germs at Home, Work and School](#): Fact Sheet

[Ounce of Prevention](#): Tips and streaming video for parents and children about the steps and benefits of effective hand washing

[CDC Free Flu Materials](#): This year's seasonal flu materials are free for download—no printed versions are available. They may be printed on a standard office printer, or you may use a commercial printer. Emphasis remains on outreach to high-risk groups, as well as parents of all children, health care workers, and people in the workplace.

#### Prevention Methods

[Clean Hands Saves Lives](#): Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

[Hand Hygiene in Healthcare Setting](#): Guideline for Hand Hygiene in Healthcare Settings - 2002.

[Hand washing to reduce Disease](#): Recommendations to Reduce Disease Transmission from Animals in Public Settings

[BAM! Body and Mind. Teacher's Corner](#): In this activity, students will conduct an experiment on washing their hands. They will learn that "clean" hands may not be so clean after all and the critical importance of washing their hands as a way to prevent the spread of disease.

[CDC TV - Put Your Hands Together](#): (Video) Scientists estimate that people are not washing their hands often or well enough and may transmit up to 80% of all infections by their hands

(Continued on page 8)

(Continued from page 7)

[Cover your Cough Posters](#): Stop the Spread of Germs that Make You and Others Sick! ... Printable formats of "Cover Your Cough". Posters only available as PDF files.

[CDC flu information](#): Stopping Germs at Home, Work and School. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

[Questions and Answers: Information for Schools](#): Information about preventing the spread of flu in schools

[Information for Schools & Childcare](#): Cover Your Cough Materials. View larger image. See the Cover Your Cough page on this site for poster and flyer formatted for use in schools.

[Stopping the Spread of Germs](#): Stop the Spread of Germs Healthy habits at home, work, & school; Printable Materials, flyers & posters, Cover Your Cough, Germ Stopper Poster.

[CDC - Be a Germ Stopper: Posters and Materials](#): For Community and Public Settings Like Schools and Child Care Facilities). ... Cover Your Cough also available for health care settings.

[Cough Etiquette in Health Care Settings](#): Tips to prevent the spread of germs from coughing; Information about Personal Protective Equipment Demonstrates the sequences for donning and...

[Workplace Planning](#): Includes flyers and posters, in English, Spanish, Portuguese, French, Vietnamese, Tagalog, Chinese...

[Seasonal Flu Information for Workplaces & Employees](#): Resources for Workplaces & Employees

[Pandemic Influenza Preparedness Tools for Professionals](#): Resources to help hospital administrators and state and local health

officials prepare for the next influenza pandemic.

[Patient Education Materials](#): This season's materials reflect outreach to high-risk groups, including caregivers and parents of infants...

## **School Materials and Posters Germ Stopper Materials**

"Be a Germ Stopper" posters and screensavers. Simple reminders for good hygiene for use in classrooms, cafeterias or laminated for bathrooms.

See the Stop the Spread of Germs site at [www.cdc.gov/germstopper](http://www.cdc.gov/germstopper). Cover Your Cough Materials See the [Cover Your Cough](#) page on this site for poster and flyer formatted for use in schools.

### **"It's a SNAP" Toolkit**

Program materials to help prevent school absenteeism  
Activities for school administrators, teachers, students and others can do to help stop the spread of germs in schools. See the handcleaning section of the "It's a SNAP" site at [www.itsasnap.org/snap/about.asp](http://www.itsasnap.org/snap/about.asp).

### **Scrub Club**

Kids can learn about health and hygiene and become members of the Scrub Club (tm) at [www.scrubclub.org](http://www.scrubclub.org). The site features a fun and educational animated Webisode with seven "soaper-heros" who battle nasty villains who represent germs and bacteria. Kids learn the six key steps to proper handwashing through a webisode, handwashing song, interactive games, and activities for kids, and educational materials for teachers are also available to download.

## EDUCATIONAL RESOURCES

### *Safe Sitter Classes—OPEN to your church families*

We had such an overwhelming response from Carle Employees and their children to the Safe Sitter Program for 2008 we once again wanted to make it known that we still have openings in our next class—May 30. This is a great time to get the older kids ready for watching smaller children during summer vacation. Whether to help out at home or just earn some extra money the skills learned in the Safe Sitter Program are invaluable. Breakfast, lunch and snacks are provided. Each student receives a Safe Sitter handbook and upon completion of the course will be awarded a completion card and t-shirt.

Class runs from 9 am to 4:30 p.m.  
Reservations are necessary to attend.

There is no cost for the program thanks to all the wonderful donations made by Carle Employees to the Hands on Team (HOT).

To register or for additional questions please contact the All About Baby Program at Carle Hospital at 383-6962 or 383-3314.

**When registering, please state that you heard about the program through parish nursing.**



### *Decatur Fall 2009 Parish Nurse Class*

Decatur's Basic Parish Nurse Class 2009 course will be held over three weekends in the Fall beginning the weekend of September 11 & 12.

Contact information:  
Carol Smith  
crismth@aol.com  
Decatur Memorial Hospital  
Decatur, IL  
(217) 876-4445

The dates are as follows:

September 11, 12  
October 9, 10  
November 6, 7 & a dedication



# SCHOLARSHIPS OFFERED

**HMA Conference—June 3-5, 2009**

**Faith Communities: Vital Partners in Shaping a Healthier Future**

Join the celebration as the Health Ministries Association celebrates its 20<sup>th</sup> Anniversary!

**Location:**

The Madison Event Center, 700 Madison Avenue, Covington, KY

**Featuring Nationally Recognized Keynote Speakers:**

☀ **Dr. Adewale Troutman** is the Director of Louisville Metro Public Health and Wellness and Associate Professor at the University of Louisville School Of Public Health. With a distinguished record of achievement in public health education, leadership, research, and advocacy Dr. Troutman will address the topic of poverty and health disparities.

☀ **Sharon Stanton MS, BSN, RN**, is the President of HMA and the Coordinator of Faith Health Partnerships at Catholic Healthcare West East Valley, AZ. Ms. Stanton will address the power of connection and collaboration for faith communities through Health Ministry. A panel discussion representing area health ministry practices that exemplify the power of serving people with unique needs will follow her presentation.

**Pre-conferences:**

Alyson Breisch, RN, MSN and Anne Packett, BSN, MA ~

Duke Divinity School's *Health Ministries Leadership Course*

Baretta R. Casey, M.D., MPH ~ *Rural Health Issues*

Nancy L. Rago Durbin MS,RN,FCN ~ *Skills for Faith Community Nurses: Portfolio 101*

Doug C. Smith, MA, MS, M.Div. ~ *The Truth About Grief and Loss:*

*Caring for the Spiritual Needs of the Bereaved*

Sharon Trekell PhD ~ *'Hurry Sickness' --The Epidemic Among 21st Century*

*Clergy and Congregations*

**Conference schedule:**

**Tuesday evening – Thursday afternoon** – Pre-conferences

**Thursday Evening** – Opening, Dr. Troutman keynote followed by a Dessert Reception

**Friday** – Full day with Sharon Stanton keynote, poster presentations and educational workshops

**To apply for a scholarship, send the following information to Faith:**

1. Name, church, date of class completion (must be from our program)
2. As a Parish Nurse for your congregation, what are your main responsibilities?
3. If chosen for this scholarship, are you free to attend the entire conference?
4. Why would you like to attend?

# Grandparents Raising Grandchildren/ Relatives Raising Children

Make mine Geritol...  
with a side of Peanut Butter & Jelly

- ♦ Raising your grandkids?
- ♦ Raising your relatives' kids?
- ♦ Join the crowd! There are hundreds of you in Champaign County alone
- ♦ This event is for you!

### Highlights:

- ♦ Legal Rights & Responsibilities
- ♦ Kids & the Internet
- ♦ Foster Parents' Rights
- ♦ Nurturing Heart approach to child rearing
- ♦ Supervised Kids' Activities
- ♦ Lunch Provided
- ♦ Lots of Prizes & Give-Aways
- ♦ Lots of Information to Take Home

Saturday, June 27

10:00-3:00

First Christian Church  
Curtis Road & Staley Road  
Champaign

**For more information or to register—  
352-5100**

Transportation Available!

Provided by:

Caregiver Support Services of the Senior Resource Center at Family Service of Champaign County—a private agency serving individuals and families of all ages for nearly 100 years!

## *Pillboxes still available*

We still have the 28-day pillboxes available for *seniors* in Champaign and Piatt counties. It is our hope that Parish Nurses will distribute these free pillboxes and assist older church members in medication management. We encourage you to bring seniors together once a month at your church and offer to fill their pillboxes. In many congregations the monthly senior potluck would be the perfect format. This project is one of many The Carle Foundation is sponsoring

to improve the overall well-being of our seniors.

**Pillboxes are available by  
contacting Bev at (217) 326-2583**



## RESOURCES

### *Cancer Prevention Study-3* (see page13)

Included in the newsletter is a flyer on the **Cancer Prevention Study-3**. **We can either print it for you or email you the flyer for use at your church. The flyer is attached for those receiving the newsletter by email.**

There are volunteers and ACS staff who could come and speak to congregations about the study. If you are interested, contact the American Cancer Society office at 356-9075. Ask for Alicia Johnson.

## *National Health Observances*

### May

#### **American Stroke Month**

American Heart Association  
7272 Greenville Avenue  
Dallas, TX 75231  
(800) 242-8721  
inquiries@heart.org  
[www.americanheart.org/presenter.jhtml?identifier=3026377](http://www.americanheart.org/presenter.jhtml?identifier=3026377)  
Materials available

#### **Melanoma/Skin Cancer Detection & Prevention Month**

American Academy of Dermatology  
930 East Woodfield Road  
Schaumburg, IL 60173  
(888) 462-3376  
mediarelations@aad.org  
[www.aad.org](http://www.aad.org)  
Materials available

#### **National High Blood Pressure Education Month**

National Heart, Lung, and Blood Institute  
Health Information Center  
PO Box 30105  
Bethesda, MD 20824-0105  
(301) 592-8573  
nhlbiinfo@nhlbi.nih.gov  
[www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)

### May 10-16

#### **National Women's Health Week**

Office on Women's Health  
US Dept. of Health/Human Services  
200 Independence Ave SW  
Room 712E  
Washington, DC 20201  
(202) 690-7651  
[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw)  
Materials available

### June

#### **Home Safety Month**

Home Safety Council  
1250 Eye Street NW, Suite 1000  
Washington, DC 20005  
(202) 303-4900  
info@homesafetycouncil.org  
[www.homesafetycouncil.org/homesafetymonth](http://www.homesafetycouncil.org/homesafetymonth)  
Materials available

### June 1—July 4

#### **Fireworks Safety Month**

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
info@preventblindness.org  
[www.preventblindness.org](http://www.preventblindness.org)  
Materials available



# Cancer Prevention Study-3



*Research today for a cancer-free tomorrow.*

©2007, American Cancer Society, Inc.—No. 0078.90

**Purpose of CPS-3:** In 2007 alone, more than 1.4 million people in the US will be diagnosed with cancer and almost 559,000 people will die of cancer.

To better understand ways to prevent cancer, the American Cancer Society's Department of Epidemiology & Surveillance Research is recruiting 500,000 adults across the US and Puerto Rico for a new research study, the Cancer Prevention Study-3 (CPS-3). Enrollment will take place at select Relay For Life events.

**CPS-3 will help us:**

- Better understand the genetic, environmental, and lifestyle factors that cause or prevent cancer
- Ultimately eliminate cancer as a major health concern

**Who is eligible to participate?**

**Anyone who:**

- is between 30 and 65 years old,
- has never been diagnosed with cancer (this does not include basal or squamous cell skin cancer)
- is willing to make a long-term commitment to the study, which involves completing periodic follow-up questionnaires

**What does study participation involve?**

Enrollment is a simple, two-phase process, one phase at home and one phase at Relay For Life. At the Relay For Life event, you will be asked to:

- Read and sign an informed consent form
- Complete a brief written survey
- Provide a waist measurement
- Give a small blood sample (similar to a doctor's visit). The blood sample will be drawn by a trained, certified phlebotomist.

At home, you will complete a more-detailed survey. This survey will ask for information on lifestyle, behavioral and other factors related to your health. We will continue to mail follow-up surveys periodically to update your information. CPS-3 is not a clinical study, thus



participants will not receive individual blood test results. If you have specific concerns, you should consult your doctor. We will send annual newsletters to inform you of the ongoing research from Cancer Prevention Studies.

**History of American Cancer Society follow-up studies:**

American Cancer Society follow-up studies first started in the 1950's and have played a major role in cancer prevention in various national and international efforts.

**Some key findings from previous studies include:**

- The first to show the link between cigarette smoking and lung cancer
- The first to show the significant impact of obesity on risk of dying from cancer
- The first to show the link between aspirin use and lower risk of colon cancer
- The demonstrated impact of physical activity, diet, hormone use, other medications and vitamins, and various other factors in relation to cancer risk
- The substantial impact of air pollution on heart and lung conditions, which motivated the Environmental Protection Agency to propose more stringent limits on air pollution

**Confidentiality**

Confidentiality is of the utmost importance to us and we will make every effort to protect the privacy of study participants. We have multiple procedures in place to safeguard personal information that is collected.

**Celebrate. Remember. Fight Back.**

1.888.604.5888 • [www.cancer.org/cps3](http://www.cancer.org/cps3)

*"Everybody's involved because of their passion. They're either angry at a disease or they're sad because they've lost somebody...they have an opportunity to give back, they have an opportunity to celebrate a loved one by giving to somebody else."*

—Steve Pressley, CPS-3 Chair

*"I'm really glad to have been here having just lost my dad and knowing that because of research like this my sister is doing better. I really see a huge importance in it."*

—study participant

*"If participating in CPS-3 could mean that even just one person could be spared a cancer diagnosis, it would be the most important and meaningful action you could take to fight cancer."*

—study participant