2016 Community Outreach for the Prevention and Screening of Colon Cancer

Colorectal cancer is the fourth most common malignancy in the U.S. and is the second leading cause of cancer deaths. Colorectal cancer incidence for Cook County is higher than the average for the State of Illinois, and significantly higher for African Americans of both sexes (1). Colorectal cancer is the second leading cause of cancer death for men in Illinois at 10.2%, and the third leading cause of cancer death in women in Illinois at 10.6% (2). The screening rate for colorectal cancer in Illinois was 61.1% in 2012 for persons between the ages of 50-75, lower than the national average of 65.5% (1), indicating that in Illinois, there is a significant need to increase colorectal cancer screenings for the eligible population. Ingalls is partnering with the American Cancer Society in its initiative to increase screening to 80% of the eligible population in our service area by 2018 (3).

Prevention and Screening

A study published in the journal CANCEER projected that increasing colon cancer screening rates to 80% would prevent 277,000 new cases of colon cancer and 203,000 deaths within 20 years. Because of this, an initiative to achieve an 80% screening goal by 2018 has been launched by the National Colorectal Cancer roundtable (NCCRT) which is a national coalition of public, private and voluntary organizations. To support this effort Ingalls Memorial Hospital has signed the “80% by 2018” pledge.

Through our Cancer Committee, we developed a program of activities to increase awareness of colorectal cancer screening and prevention. Our goal was not only to increase awareness on screening options but to also provide education on how lifestyle can affect colorectal cancer risk and positive changes that could be made to decrease that risk. Following are just some of the activities we coordinated during the year to raise the awareness of the importance of screening:

Community Education & Outreach Activities

- Ingalls sends an automatic direct monthly mailing to patients turning 50 who have no record in our system of having taken a colonoscopy. Approximately 9,300 were mailed in a year, resulting in 27 new colonoscopies.
• Mall-Walker speaker & screening
Ingalls nurse provided presentations to the three mall walker groups that Ingalls sponsors to increase awareness of colon cancer screening. Each participant was provided a free hemoccult kit. The participants completed a questionnaire:
  81% planned to have a fecal occult blood test
  88% planned or considered getting a colonoscopy
  92% planned to make a lifestyle change such as exercise, change diet, lose weight.

• Clinical Trials:
Immunotherapy Shows Promise for Advanced Colorectal Cancer
http://www.ingalls.org/immunotherapy-colorectal-cancer

Ingalls recently became the second cancer center in the world to enroll patients in a new research study that uses immunotherapy to tap into the body’s own ability to fight advanced colorectal cancer. Approximately 360 patients will take part in this study worldwide. So far, four patients have been enrolled at Ingalls, and all are tolerating the treatment well.
The Phase III clinical trial is testing three different chemotherapy regimens: regorafenib, cobimetinib plus atezolizumab, and atezolizumab monotherapy. At the American Society of Clinical Oncology (ASCO) meeting in Chicago in June, researchers reported that the combination of cobimetinib and atezolizumab was well tolerated and demonstrated promising results.

To enroll in the study, participants must be at least 18 years of age, have locally advanced or metastatic colorectal cancer, and have had at least two previous rounds of chemotherapy.

- **DaVinci XI now able to be utilized for Colectomies at Ingalls**

A Minimally Invasive Surgical Option is now available for appropriate patients who require surgery for colorectal cancer. Using the da Vinci Xi System, trained surgeons makes a few small incisions - similar to traditional laparoscopy.

Key features of the da Vinci Surgical System: • 3D HD view inside the body • Tiny instruments that bend and rotate far greater than the human hand • Enhanced vision, precision and control

The surgeon controls the da Vinci System, which translates his/her hand movements into smaller, precise movements of tiny instruments inside the body.

da Vinci Colectomy offers the following potential benefits compared to traditional laparoscopy:

- Lower blood loss
- Quicker return of bowel function
- Lower rate of complications
- Shorter hospital stay
- Small incisions for minimal scarring

- **Ingalls offered a promotion at the Crestwood Care Center and provided free hemocult kits to community residents who came in during a defined time period. 82% of the kits were returned and one returned with positive results.**
• Annually Ingalls provides free hemoccult kits to people in the community who attend the
Southland Health Fair. More than 200 kits were accepted. Ingalls processes these kits at
no charge.

• Ingalls provided 500 hemoccult kits for “Get Your Rear in Gear” participants. This is an
annual family-oriented race event of the Tinley Park Colon Cancer Coalition to raise
awareness and raise funds to assist those affected by the disease in our area.

Conclusion

When someone does develop colon cancer . . . . . . .
Ingalls Memorial hospital provides patients with access to a comprehensive range of
multidisciplinary services including providing the most cutting edge treatments through our
clinical trials program to addressing the physical, psychological and rehabilitation needs of
cancer survivors close to home.

References
4. Fedewa SA, et al. How Many Individuals Will Need to Be Screened to Increase Colorectal
Cancer Screening Prevalence to 80% by 2018? Table 2: Estimated Number of Individuals
Needing CRC Screening to Achieve the NCCRT Goal of 80% Screening Prevalence by 2018 by