

**Know and Go Living Smart
Cancer Screening Event – 2016**

The 20th annual Living Smart Program took place on Saturday, April 23, from 8:00am to 12:00pm. It was held at the Agnesian Cancer Center – Fond du Lac. The screening programs offered were selected using evidence-based national guidelines for early screening and detection based on the American Cancer Society Guidelines for Early Detection of Cancer.

Selection of Prevention & Screening Programs:

Screening and prevention programs for this event were chosen based on the most recent Community Needs Assessment. The Community Needs Assessment identified Breast, Skin, and Prostate as 4 of our top 5 cancer sites. The needs assessment also identified that these cancers as well as colon cancer are above benchmark incidence rates. According to the County Health Rankings website 21% of Fond du Lac County residents are adult smokers and 30% of the County adult residents are in the obesity range. National Benchmarks for adult smokers and obesity are 14% and 25%.

Prevention Program:

BMI analysis

Height/Weight Measurements – for BMI analysis

Healthy Living Booth – RN’s were available to talk with participants about cancer prevention and provide educational materials related to healthy lifestyle, diet, exercise, cancer prevention and to review height/weight, BMI. Smoking cessation materials were available for participants.

All participants received the Recommended Cancer Screenings flier to help them understand which screenings they should be participating in.

Genetics:

The cancer genetics nurse practitioner was available to talk with patients that had significant family history of cancer and to help identify patients that may benefit from genetic testing.

Total # of participants 2016 = 135 Pre-Registered = 148

Year	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002
Participants	135	129	64	75	111	120	64	69	78	137	104	90	115	152

Positive Findings / Results:

All patients were notified of any positive or abnormal findings with a letter indicating which screenings were abnormal and that they need to follow up with their physician or specialty provider as indicated by the physician who performed the screening. Patients

were notified that none of their results are shared with their providers. Patients were provided the oncology navigator phone number if they needed assistance in finding a primary care provider for follow up. The Oncology Nurse Navigator will make follow up calls with all patients having abnormal findings to help set up any needed follow up appointments.

PSA and FIT Results

35 of 72 FIT kits handed out were returned with results (As of 5/16/16).

All patients were mailed PSA and Fit test results along with information on the FIT test and encouraging further conversation with their primary care provider about colonoscopy.

Screenings Offered:

1. Skin Exam: participants 120 (19) **recommended referrals**
2. Oral Exam: participants 87 (6) **recommended referral**
3. Prostate Exam: 43 DRE's were performed **(1) recommended referrals** and (1) hernias
4. Colorectal Screening / FIT Test: 72 kits sold (1) **was positive (As of 5/2/16)**
5. PSA Screening: 43 PSA tests were drawn by Consultants Lab **(1) was considered High**
6. Testicular Exam: 44 participants (3) **recommended referral**
7. Breast Self - Exam Educational Program: 50 participants (2 lumps identified with referrals)
8. Scheduled Mammograms: 4
9. BMI Assessment: 110 participants (75) High BMI

2015 Cancer Findings

1. Skin Cancer – 2 Basal Cell and 1 Squamous Cell
2. Prostate Cancer – 5 Prostate cancers of which 2 are under active surveillance, 1 is currently undergoing radiation therapy at Agnesian Cancer Center, 1 was treated at FDLRC with Casodex, and 1 is still discussing treatment options with FDLRC Urologist.