

our

»13TH ANNIVERSARY EDITION 2018

HEALTH

IN TOUCH
WITH YOUR
HEALTH

matters[™]

www.kcourhealthmatters.com

“Early Detection
Saved My Life...”

Daymond John Shares a Message
of Hope and Awareness

13

ANNIVERSARY EDITION



Have you checked us out online? If you haven't, you will be pleasantly surprised. Our Health Matters' website allows you to share content with family and friends. We are populating the site with more content, including these stories that you will want to read online.

FROM CANCER SURVIVOR TO ADVOCATE American Cancer Society

Stephanie Barr fought a strong battle against cancer. Along the way, she found a new role, advocating for others fighting cancer. Read her story online at kcourhealthmatters.com



FACTS ABOUT THYROID CANCER

Thyroid cancer is not as common as other cancers. Women are more likely to be affected by thyroid cancer than men. Nearly 3 out of 4 cases are found in women. Visit kcourhealthmatters.com to learn more about thyroid cancer.



CANCER SURVIVORS NETWORK

You and your loved ones do not have to face cancer alone. You can get support through the American Cancer Society Cancer Survivors Network®, a free online community created by and for people with cancer and their families. Visit kcourhealthmatters.com to learn about this network.



Advertise in *Our Health Matters*. Our audience is looking for quality healthcare providers and services to support their health and wellness goals.

LET US INTRODUCE YOU.
Call us at 816-361-6400 to reserve space, or email your request to info@kcourhealthmatters.com.

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COVER STORY

Early Detection Saved My Life

By Jeanene Dunn, OHM Staff

Entrepreneur, author, motivational speaker and investor Shark, Daymond John is cancer free and is telling everyone he knows that getting regular check-ups can save your life.



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Cancer Action Center

If you or a loved one has been diagnosed with cancer, there are resources available that can help.



It's Our Anniversary!

4,755 Days and Counting — 13 Years Matter

A lot has been accomplished since 2005 when we placed the first edition of *Our Health Matters*™ in the hands of readers throughout the greater Kansas City region. We know families want to know more about healthy living and want to be assured that they will receive access to quality healthcare and resources.

It has always been our mission to increase health literacy, to focus on and introduce readers to quality healthcare providers. We share the stories of real people experiencing health challenges and how they conquered them. Additionally, we give voice to those who are still on their journey to achieve better health outcomes.

I am committed to making *Our Health Matters* an excellent publication and the most resourceful health magazine of choice. Everyone deserves to have equal access to quality healthcare and information. As we go forward, *Our Health Matters* will continue to fulfill our mission.

In this edition, we take a look at cancer in men, women and children. Also, inside is information on the link between family history and cancer, a survivor's story and supportive resources for people with cancer.

I was so delighted to meet Daymond John at a recent conference where he spoke about his experience with thyroid cancer. I had to share his story with you. Daymond reveals his experience and offers advice we all can use.

Daymond, thank you for sharing your very powerful story in our 13th anniversary edition!

If this edition, or any past editions impacted you in any way, write, or email us your comments.

Finally, I want to thank all of you for many years of loyalty and support. It goes without saying we dedicate this anniversary issue to you, because Your Health Always Matters.

Be well,

Ruth Ramsey, Publisher and CEO



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 - Kansas University Medical Center
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 - Mayo Clinic
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Your best chance of surviving cancer is here.

Why choose an NCI cancer center?

- Most promising treatment options
- Largest number of precision therapies
- More of the latest clinical trials
- Nationally renowned physicians
- 25% greater chance of survival

Call **913-588-1227** to request a second opinion or visit us online at **kucancercenter.org**.



The University of Kansas Cancer Center is the region's only National Cancer Institute-designated cancer center. Here, you'll have access to the latest in precision medicine – groundbreaking treatments that target a person's cancer at the genetic level. In fact, because our researchers help to advance and perfect them, these therapies are available here first in the region. And patients treated at NCI-designated cancer centers have a 25% greater chance of survival. Why would you go anywhere else?



THE UNIVERSITY OF KANSAS
CANCER CENTER

ADVANCING THE POWER OF MEDICINE*

Shrimp Salad with Sundried Tomato Vinaigrette

American Institute for Cancer Research (AICR)

Celebrate spring with a fresh, entrée-worthy salad. Featuring protein-rich shrimp, colorful corn and cherry tomatoes and a zesty sundried tomato vinaigrette. Roasting the veggies with olive oil first adds a nice flavor and actually increases your body's ability to absorb the cancer-fighting lycopene compound.

SALAD (MAKES 2 SERVINGS):

Per Serving:

Calories	310
Fat	17g
Saturated fat.....	2.5 g
Carbohydrates.....	23g
Protein.....	22g
Dietary Fiber.....	11g
Sodium.....	670mg

SUNDRIED TOMATO VINAIGRETTE (MAKES 3 SERVINGS):

Per Serving:

Calories	170
Fat	18g
Saturated fat.....	2.5g
Carbohydrates.....	2g
Protein.....	0g
Dietary Fiber.....	0g
Sodium.....	35mg

INGREDIENTS

- > 1/2 cup frozen corn (no-salt added)
- > 1/2 cup cherry tomatoes (sliced in half)
- > 1 Tbsp. extra virgin olive oil, divided
- > salt and freshly ground black pepper
- > 1 head romaine lettuce
- > 8 oz. shrimp (thawed, tails trimmed)
- > 2 Tbsp. red wine vinegar
- > 1/4 cup extra virgin olive oil
- > 1 1/2 tsp. prepared mustard
- > 1 Tbsp. chopped sundried tomato
- > 1 clove garlic, roughly chopped
- > 1/2 medium avocado

INSTRUCTIONS

- > Preheat oven to 450 degrees F.
- > On sheet pan place corn and halved tomatoes and toss with 2 teaspoons oil until evenly coated. Season with salt and pepper (you can also add some granulated garlic for more flavor.) Roast about 10-15 minutes or until tomatoes begin to tighten up.
- > Chop lettuce to desired leaf size.
- > In sauté pan add 1 teaspoon oil and heat to medium high.
- > Add shrimp to pan and season with salt and pepper.
- > Once shrimp has tightened up and turned pink (approximately 4 minutes.) Remove from heat.
- > In a small bowl, whisk together vinegar, mustard, sundried tomato and garlic. When well mixed, slowly add the oil in a small stream; the dressing should bind together and look uniform throughout with no separating of oil and vinegar. Season with salt and pepper.
- > Slice avocado in half and remove pit. Cut slices while still in the skin and scoop out with a spoon.
- > Arrange lettuce on plate or bowl and top with roasted tomato and corn and avocado. Drizzle with vinaigrette and top with shrimp.





Breast Cancer in Men

More similar than you think.

Even though men's breasts are not like women's, men do have a small amount of breast tissue. The "breasts" of an adult man are similar to the breasts of a girl before puberty. In girls, this tissue grows and develops, but in men, it does not. However, it is still breast tissue, which is why men can get breast cancer.

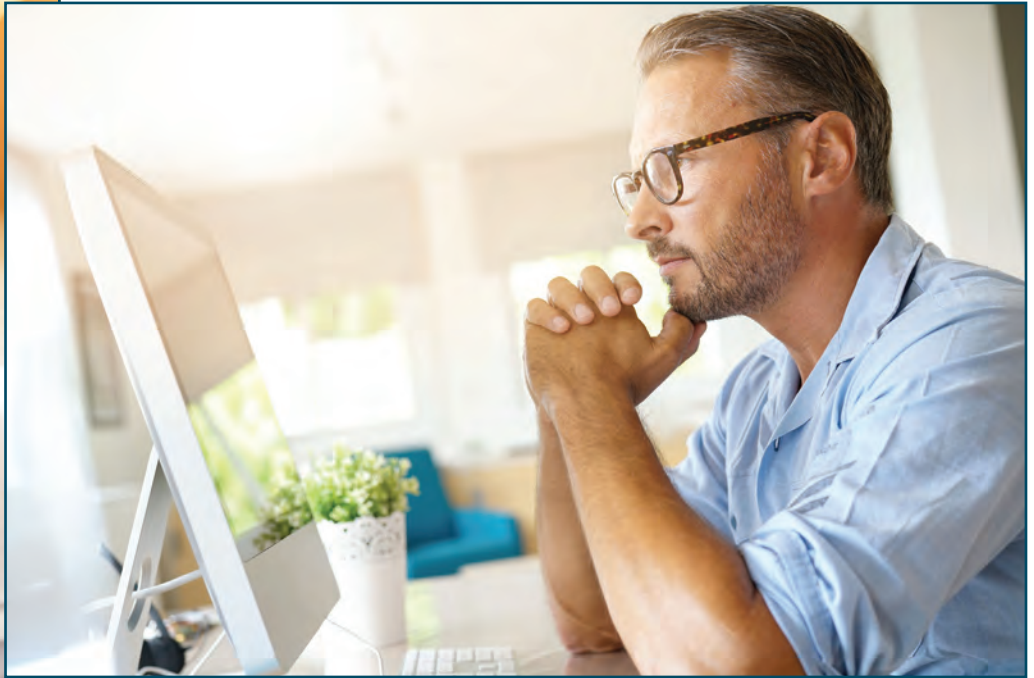
Men get the same types of breast cancers that women do; the difference is breast cancers in men involving the parts that make and store milk are rare. Doctors used to think that breast cancer in men was more severe than it was in women, but it now seems that it's about the same.

The major problem is that breast cancer in men is often diagnosed later than breast cancer in women. This may be because men are less likely to be suspicious of something

strange in that area. Also, their small amount of breast tissue is harder to feel, making it more difficult to catch these cancers early. It also means tumors can spread more quickly to surrounding tissues.

Who's at risk?

Breast cancer in men is a rare disease. Less than 1% of all breast cancers occur in men. In 2018, about 2,550 men are expected to be diagnosed with the disease. For men, the lifetime risk of being diagnosed with breast cancer is about 1 in 1,000. Rarely are men under age 35 likely to get breast cancer, but a man's chance of getting breast cancer increases with age. Most breast cancers occur in men between ages 60 and 70.



What are the Symptoms?

Symptoms of breast cancer in men are similar to those in women. Most male breast cancers are diagnosed when a man discovers a lump on his chest.

py, and hormone therapy are all used to treat breast cancer in men. The one major difference is that men with breast cancer respond much better to hormone therapy than women. Generally, 90% of male

Men get the same types of breast cancers that women do; the difference is breast cancers in men involving the parts that make and store milk are rare. Doctors used to think that breast cancer in men was more severe than it was in women, but it now seems that it's about the same.

Additional factors that raise the odds for male breast cancer include:

- Breast cancer in a close female relative.
- History of radiation exposure of the chest.
- Enlargement of breasts (called gynecomastia) from drug or hormone treatments or even from some infections and poisons.
- Taking estrogen.
- A rare genetic condition called Klinefelter's syndrome.
- Cirrhosis, a severe liver disease
- Diseases of the testicles such as mumps orchitis, a testicular injury, or an undescended testicle.

Unlike women, men tend to delay going to the doctor until they have more severe symptoms, such as bleeding from the nipple. At that point, the cancer may have already spread.

Diagnosis and Treatment

The same techniques that are used to diagnose breast cancer in women are used in men: physical exams, mammography and biopsies, where small tissue samples are examined under a microscope.

Treatments of breast cancer are the same in men as in women. Surgery, radiation, chemotherapy, biological thera-

breast cancers have hormone receptors, meaning that hormone therapy can work to treat the cancer in most men.

Key Factors

Early detection can help prevent the spread of cancer. If there is a history of male breast cancer in the family, men should check regularly for lumps and report any changes to a doctor as soon as possible.

In general, leading a healthy lifestyle is a good way to help prevent male breast cancer, as well as many other serious health conditions. •

Source: [HealthIT.gov](https://www.health.gov), [Cancer.gov](https://www.cancer.gov)



SIX AWESOME HEALTH BENEFITS OF TURMERIC

Turmeric, also called saffron or the golden spice, is a tall plant that grows in Asia and Central America. It is made from the ground roots of the plant and is the major ingredient in curry powder. Available in capsules, teas, powders and extracts, we offer some examples of how turmeric might benefit your health.

1. Anti-inflammatory

Researchers attribute the powerful antioxidant properties of turmeric to one of its component, curcumin. This component not only finds utility in medicine for its anti-inflammatory and anti-cancerous properties. Curcumin's ability to inhibit enzymes that inhibits pain and discomfort making it a powerful anti-inflammatory agent.

2. Fights Cancer

Inflammation is interlinked with the growth of certain forms of cancer cells. In these types of tumor development, curcumin also finds utility as a component with chemo-preventive effects. The National Institutes of Health (NIH) has four ongoing clinical trials examining curcumin as a potential drug for pancreatic cancer, multiple myeloma, Alzheimer's disease and colorectal cancer.

3. Neuroprotective

Curcumin's properties as antioxidant and anti-inflammatory agent place them with desirable traits for a neuroprotective drug. Diseases like Alzheimer's, Parkinson's and Huntington's are mainly caused due to the accumulation of toxic proteins in the brain cells causing the death of nerve cells.

4. Osteoarthritis Relief

The disease evolves over time and is characterized by declining joint functions and thereby increasing patients' discomfort. Cur-

cumin has a great potential for treating arthritis and had been classified as having preclinical evidence of effectiveness.

5. Anti-mutagenic

Chemotherapy and radiation treatments are often known to initiate new forms of cancer. The consumption of curcumin in powder form (as recommended by physicians) can effectively inhibit metastasis, or a secondary malignant growth.

6. Cardiovascular Benefits

Curcumin has been found to inhibit platelets from clumping together and thereby improving blood circulation. The compound has also been effective in lowering cholesterol level.

WORD OF CAUTION: Although not commonly considered to be an allergenic substance, turmeric can have side effects on the body, including nausea, dizziness or diarrhea, particularly when consumed in large quantities. In certain cases, excessive amounts of turmeric consumed in a medicinal capacity have caused heart irregularities. Also, turmeric may slow blood clotting by increasing the effects of anti-clotting medicines. Therefore, people on anticoagulant or blood thinning medication must avoid turmeric.

NOTE: Always speak to a medical professional before adding this powerful substance to your diet or supplement regimen and remember – everything should be taken in moderation.

Source: [Medical News Today](#)



Moving in the Right Direction with Empowerment, Hope and Success

Not long ago, Maria was a lonely, depressed teenager. One brother had recently died, and another was facing a prison term. Her mother was dead, and she and her dad didn't get along. Today, she is the recipient of a top employee award from a regional bank and has a strong family of her own.

What turned Maria's life around? Part of the credit goes to Young Women on the Move.

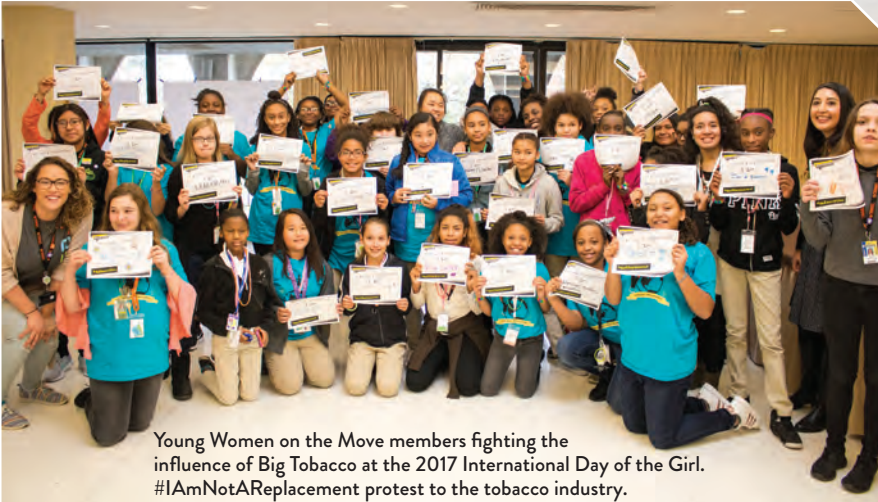
LEARNING TO LIVE AND LEAD WELL

Young Women on the Move serves girls aged 12 to 18 and women aged 18-25 in Wyandotte County, Kansas. With personal leadership programs like Trailblazers, YWOM helps girls and young women address:

- Healthy relationships.
- Physical, mental, emotional and spiritual health.
- Academic success and career preparation.
- Financial health.
- Community service.

The girls and young women also can take advantage of individual, family and group counseling as well as a network of social services. For older teens and young adults, YWOM provides workshops on college and job preparation, parenting, health, wellness and finances as well as career coaching.

Young Women on the Move provides a way for women and girls to find their voice and speak out for their community. For example, girls in the program have designed Youth Advocates for a Healthy KCK, a campaign designed to promote healthy eating, healthier lifestyles, tobacco use prevention and teens' mental health.



Young Women on the Move members fighting the influence of Big Tobacco at the 2017 International Day of the Girl. #IAmNotAReplacement protest to the tobacco industry.

YOUNG WOMEN ON THE MOVE NEEDS:

- Volunteers to lead small groups and serve as life coaches.
- Volunteers to mentor, teach and serve as expert advisors.
- Volunteers to serve on the board of directors and various committees.
- Financial support and in-kind gifts of labor and supplies. (www.youngwomenonthemove.org/donate)

EMPOWERING THE NEXT GENERATION

Empowerment is about speaking out but also "paying it forward." YWOM is achieving its goal of helping young women mentor their peers by passing on their knowledge and sense of wholeness to the next generation. For girls and young women who want a better life for themselves, their families and their communities, YWOM offers the opportunity to develop resiliency, well-being and self-sufficiency. It's a way to ensure that Maria's success story is repeated again and again.

Ad Sponsored By:



3148 Parallel Parkway
Kansas City, KS 66104
www.youngwomenonthemove.org



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Are You Money Smart?



Are You Managing Your Money... Or is Your Money Managing You?



Being smart about money, such as spending wisely, saving regularly and borrowing sensibly can be a challenge. No matter how old you are or where you live, knowing how to best manage your money is important. Money Smart Kansas City can help!

It is clear that our physical health can have a huge impact on our financial health - whether we can maintain a job or pay for unexpected medical expenses. Our day-to-day finances can be influenced by a variety of factors, such as our income, what we consume and even our physical well-being. Over 70% of Americans admit to living paycheck to paycheck and medical debt is the number one reason Americans file for bankruptcy.

So what can we do to become smarter with our money? With the help of over 100 partners, Money Smart KC has been teaching about financial capability since 2008. You can either go to a workshop in your area - like one listed here (over 150 every month), or visit moneysmartkc.org and find 35 topics that can help you learn more about a subject BUT also connect you to local resources. Whether you attend a workshop or just find information on the website, Money Smart KC wants to help!



Check the calendar for sessions offered throughout the year at www.moneysmartkc.org/events/

TUESDAY, APRIL 17

Money 101

This session repeats every Tuesday

Time: 11:00 AM – 12:00 PM

Financial education is key to economic stability. Catholic Charities of NE Kansas offers coaching and classes to increase financial literacy, reduce debt and provide hope.

Time: 10:00 AM – 11:00 AM

LOCATION: Catholic Charities of NE KS
9806 W 87th St, Overland Park, KS
66212

Time: 11:00 AM – 12:00 PM

LOCATION: Catholic Charities of NE KS
2220 Central Avenue, KCKS 66102

Scam Alert

Time: 10:30 – 11:30 AM

Learn about current scams that come from emails, phone calls, your mailbox...and even a person knocking on your front door. Be able to identify scams and avoid them.

ORGANIZATION: Central Bank of KC

LOCATION: Don Bosco Senior Center
580 Campbell KCMO 64106

Financial Education

Time: 5:00 – 7:00 PM

We offer coaching and guidance on topics including starting a debt reduction plan, budgeting, tax help and establishing a banking relationship.

LOCATION: Catholic Charities of NE KS
333 East Poplar, Olathe, Kansas 66061

WEDNESDAY, APRIL 18

How to Manage Your Money

Time: 10:30 – 11:30 AM

Learn tips on how to manage your money. Also learn your options for bank accounts and how to find the right financial institution.

ORGANIZATION: Central Bank of KC

LOCATION: Don Bosco Senior Center
580 Campbell, KCMO 64106

Money Basics:

How to Budget, Save & Manage Debt

Time: 7:00 – 8:30 PM

Free question and answer session with a financial planner where you can discuss your questions about money: how to budget it, save it and borrow it! Refreshments provided.

LOCATION: Rockhurst Greenlease Library
1100 Rockhurst Road, KCMO 64110

THURSDAY, APRIL 19

Understanding Credit

Time: 6:15 – 8:45 PM

Ever wonder what factors go into your credit score, or how to build credit? This session will cover credit scoring, the major factors that contribute to your credit score and tips on how to manage it.

LOCATION: CHES, Inc. 3125
Gillham Plaza, KCMO 64109

SATURDAY, APRIL 21

Ask a Realtor & Get Moving

Time: 12:00 – 3:00 PM

Find out how to increase your credit scores and where to find down payment assistance. Learn about the process of buying a home and how to shop for homeowners' insurance.

ORGANIZATION: GK CAREB, INC.

LOCATION: Mary Kelly Center,
2803 E. 51st St. KCMO 64130

TUESDAY, APRIL 24

Family Game Night

Time: 5:00 – 7:00 PM

Fun games and activities for the whole family, including free dinner, prizes & more!

ORGANIZATION: Central Bank of
Kansas City

LOCATION: St. Mark Child and
Development Center
2008 E 12th Street KC, MO 64127

WEDNESDAY, APRIL 25

Money 101

Two sessions to choose from. Financial education is key to economic stability. Catholic Charities of NE Kansas offers coaching and classes to increase financial literacy, reduce debt and provide hope.

Time: 10:00 – 11:00 AM

LOCATION: Catholic Charities of NE KS
9806 W 87th St, Overland Park, KS
66212

Time: 11:00 AM – 12:00 PM

LOCATION: Catholic Charities of NE KS
2220 Central Avenue, KCKS 66102



Medicare Explained in Plain English

Time: 2:00 – 3:00 PM

Find out about Medicare and the benefits you may be entitled to receive. Designed for Medicare newbies, this program is especially helpful for people turning 65.

ORGANIZATION: Missouri Job Center

LOCATION: Mid-Continent Public
Library - Lee's Summit Branch
150 NW Oldham Pkwy
Lee's Summit, MO 64081

Create a Basic Budget with Excel

Time: 2:00 – 3:30 PM

Get a handle on your personal finances by creating a basic budget on Microsoft Excel online for free to automatically calculate your expenses each month.

LOCATION: KC Public Library - Central
Branch
14 W 10th St, Kansas City, MO 64105

THURSDAY, APRIL 26

New to Medicare: Enrollment & Benefits

Time: 1:00 – 3:00 PM

Representatives will walk you through Medicare enrollment, health and prescription benefits, plan options and using Medicare with your work or retiree insurance.

ORGANIZATION: Senior Health

Insurance Counseling for Kansas
LOCATION: Olathe Public Library
201 E. Park St. Olathe, KS 66061

SATURDAY, APRIL 28

SNAP Food Application Help

Time: 1:00 – 5:00 PM

Get help completing your Supplemental Nutrition Assistance Program application with an advocate from KS Appleseed. One on one appointments can be scheduled.

LOCATION: Public Library-Downtown
201 E. Park St. Olathe, KS 66061

THURSDAY, MAY 3

Fair Housing: Know Your Rights

Time: 6:00 PM – 8:30 PM

Know your rights when purchasing or refinancing a home; renting an apartment, condominium or townhouse. Learn to recognize the signs of predatory lending to report a violation.

CHES, Inc.

3125 Gillham Plaza, KCMO 64109
816-533-7417 | www.chesinc.org



TRUMAN MEDICAL CENTERS



Wellness Connection



KANSAS CITY'S INNO

Truman Medical Center's (TMC) is one of America's essential hospitals located in the Kansas City metropolitan area. The Wellness Connection, a TMC initiative is a unique community health model designed to educate and empower individuals to take control of their own health and wellness. Through collaboration with healthcare professionals and community partners, the Wellness Connection serves as a platform connecting the community to preventative health measures, becoming a destination that facilitates access to health resources and education. Wellness Connections can be established in community settings such as schools, libraries or churches.

This unique health literacy umbrella model has been proven effective through comprehensive assessments and innovative strategies in addressing health issues in high-risk populations. The Community Health Strategies & Innovation team led by Hayat Abdullahi is a diverse team that collectively speaks 7 languages and has extensive knowledge of the community. The Wellness Connection incorporates innovative tools such as the Healthy Harvest

Mobile Market and Mobile Wellness Connection to provide access and reach as many in the community as possible. Take a look at program highlights from three TMC Wellness Connections.

ADULT EDUCATION-ESL

Schools of all types are idea sites for Wellness Connections. The Don Bosco Adult Education School teaches eight levels of English (ESL) to students from 75 different countries and over 150 native languages.

As a result of TMC's Wellness Connection, the school reported increased percentage rates in attendance, retention and enrollment. Through routine health screenings hypertension was identified as the number one health concern. Through screenings, life style surveys, education and monitoring the Wellness Connection helped to stabilize their numbers by 64%.

Vision Day

TMC's Community Health Nurse, her team and school instructors identified vision difficulties as barrier to learning. As a result, TMC's Wellness Connection and

their vision partners provided full vision exams along with frames and prescription lenses for the students in need.

Vaccine Clinic

In 2017 the Wellness Connection partnered with the KC Health Department to coordinate a vaccine clinic during the fall and winter months providing a variety of immunizations such as Influenza, Pneumonia, Zostavax and Tetanus. Moreover, TMC provides direct education to students at Don Bosco to assist in overcoming religious barriers and myths that might prevent the students from receiving lifesaving vaccinations.

Heart Health Screenings

The heart health screenings at Don Bosco include cholesterol, glucose, blood pressure, fat percentage and a detailed health survey. Each student receives advice on how to achieve healthy lifestyle changes based on their screening results. Students now have access to the following enablers: Blood Pressure cuffs, treadmill, smoking cessation program, education of healthy eating habits and access to fresh produce.

IF YOU OR YOUR ORGANIZATION WOULD LIKE TO LEARN HOW TO SUPPORT OUR



WELLNESS PROGRAM

PREK-12 PUBLIC SCHOOL

The Kansas City Neighborhood Academy (KCNA) is a PreK-3rd Public Charter School in Kansas City. The Wellness Connection was created at the school to assist the staff and students by assisting with resources



to establish a nurse's station and support those students who have unmet needs.

Lunchtime Learners

One exciting program is the Lunchtime Learners program where TMC professionals serve as lunch buddies, mentors, and role models for the students. The student engagement guarantees young people that

there is someone who cares about them and assures them they are not alone in dealing with day-to-day challenges. Moreover, the mentoring process connects a young person to personal growth, development and social and economic opportunity.

Project Sparkle

In addition to supporting the students, we understand how important it is to support the teachers and staff. In an effort to support KCNA in becoming a Trauma Informed School, the employees at TMC took on a beautification project of incorporating a Serenity Lounge and a Lactation Room through "Operation Project Sparkle", an annual employee engagement project at the school. Teachers and staff now benefit from a renovated space that is conducive to re-



charging and supportive of breast feeding.

Niki Lee Donawa is the Chief Community Relations Officer of Truman Medical Centers, responsible for strategic planning and implementation of community relations programs designed with a focus on building healthy communities.

PUBLIC LIBRARY

Public libraries are an idea site for Wellness Connections. Along with being a traditional library they can embrace a focus on community health and address issues plaguing their patrons. In addition to regular screenings and Chronic Disease Self-Management Sessions, TMC helped create a Weight Loss Challenge through the Wellness Connection at the Bluford Library.

Weight Loss Challenge

The Weight Loss Challenge is a 12-week initiative comprised of weekly programming, including: workout classes with a local fitness expert, access to a Chronic Disease Self-Management class, cooking classes, weekly weigh-ins, fresh produce courtesy of the TMC Healthy Harvest Mobile Market, and weekly nutrition education. Participants not only reported weight loss, but reduction in hypertension numbers as well.



Early Detection Saved My Life

Daymond John Shares a Message of Hope and Awareness

Dear Readers,

For the last 13 years, **Our Health Matters** has been on a mission to get readers to embrace prevention and healthier lifestyles. We have written countless articles over the years stressing the importance of getting annual health screenings and talking to your doctor about your health concerns. When I met Daymond John last year, I knew his story was one we wanted to tell our readers. That is why we are excited to share our conversation with Daymond about his triumph over cancer. He's on a mission, too — to spread the message of awareness about your health and the health of your loved ones.

—Ruth Ramsey,
Publisher, **Our Health Matters**

Cancer does not discriminate, and it can strike at any time in your life. It doesn't matter how old you are, how healthy you may think you are, or how successful you are. Just ask Daymond John, entrepreneur, bestselling author, motivational speaker and investor on ABC's Shark Tank. Simply put, John is a very busy and successful businessman.

One year ago, John was undergoing treatment for thyroid cancer. This year, he is cancer free, healthy and telling everyone to go to the doctor and have themselves checked out because it could save their lives.

John is adamant about the need to get regular health screenings. "If you need a colonoscopy, endoscopy, pap smear or screening for diabetes or heart disease, it is important to see your doctor annually," he says. "It is also very important to know your family history."

Even though John got yearly physicals, a friend asked him if he had taken an executive physical. "I had never heard of an

executive physical," John explains. "I learned more about the executive physical and decided to have it done."

John said that the physical took two days and involved a battery of tests. Two weeks later, he received his results and the report indicated that there was a nodule on his thyroid. After consulting

**"My cancer was discovered
by accident. I had no symptoms..."**

with his doctor, John followed the recommendation that he have surgery to have the thyroid removed. He learned a few weeks after the surgery that the removed nodule was cancerous — stage 2.

Although thyroid cancer is considered slow-moving, John believes that early detection played a role in the outcome, because he had no symptoms. He says the only symptom he may have felt was sluggishness.



Photo by David Livingston/Getty Images

“Men can be stubborn about going to the doctor, but I am here to tell them all – especially African-American men – to not wait until it is too late.”

“If you need a colonoscopy, endoscopy, pap smear or screening for diabetes or heart disease, it is important to see your doctor annually.”

“My cancer was discovered by accident. I had no symptoms,” he explains. “I could have had a more serious health issue had the disease progressed to other parts of my body, such as my lymph nodes.” John continues, “In my case, I didn’t know I had cancer until it was gone.”

John’s post-surgery treatment involved taking Synthroid®, a synthetic thyroid replacement drug and going for regular check-ups to make sure he remained cancer free. It is important to note that John still has to follow up with his doctor. “The challenge in the beginning was ensuring that I received the proper dose of medication. Once the dosage was regulated, I had (and continue to have) no problems,” says John. Dr. Kepal Patel of NYU Langone Medical Center, worked with him to find the proper dosage. John has more energy now, but despite his busy schedule and many responsibilities, he makes time to hit the gym.

Annual Check-ups Do Matter

Many don’t have the resources to get an executive physical, but John wants you to know that seeing your doctor is important.

He suggests using the time with your doctor to ask questions and tell him or her if there is an issue with your health that may warrant a closer look. “If you don’t feel right even after a physical, keep asking questions and keep pressing to find out what may be wrong,” John says.

Remember that a routine physical exam can detect high blood pressure, heart disease, diabetes and other diseases in the early stages.

“I don’t want to lose another friend or loved one because they waited until there was a problem to see their doctor,” says John. “Men can be stubborn about going to the doctor, but I am here to tell them all – especially African-American men – to not wait until it is too late.”

“I don’t want to lose another friend or loved one because they waited until there was a problem to see their doctor,” says John.

tire family can enjoy together and benefit from. “Our job [investors on the Show] is to show people the American Dream, and that if we can do it, they can do it,” he says.



His final message: “Encourage and educate yourself, encourage others, get early detection and help save lives.”

One of John’s many accomplishments recognized around the world is his role as an investor on the top-rated ABC show, Shark Tank. He shares that he is honored that so many people tune in each week. John shares that this is one show the en-

About Daymond John

Daymond John changed the game in the fashion industry back in the 1990s. He started the FUBU brand on a shoestring budget and grew the company into a billion-dollar business. John is an innovator, entrepreneur, *New York Times* bestselling author, Shark investor and motivational speaker. •



Dr. Nepal Patel, Daymond John’s surgeon, shares a few insights on thyroid cancer:

What are some of the signs that indicate there might be a thyroid problem?

A general sign is when a lump is found in the middle of the neck; other signs or symptoms include difficulty swallowing, change in your voice or difficulty breathing. Changes in your thyroid function may present as increased feeling of being cold or warm, fatigue, palpitations or racing heart.

What should happen after the first discovery of a thyroid problem?

A patient should see their primary doctor, who will refer them to an endocrinologist or endocrine surgeon; a blood test is performed to see how the thyroid is functioning, followed by an ultrasound to see if there is a mass.

What can people do to prevent thyroid cancer?

There are very few risk factors, except for radiation exposure and a family history; your doctor should feel your neck during exams. In closing, Dr. Patel shares “I’m very happy that Daymond is doing well. I feel positive about his recovery.”



Top FIVE Trends in Mobile Health

Worldwide, the mobile health market (mHealth) is anticipated to reach \$230 billion by 2020. This is good news for both healthcare consumers and professionals. Three factors are driving this industry's growth; dynamic sales in smart phones, growing awareness of proactive self-care and the development of innovative smartphone apps. From an increased aging population to fighting chronic diseases, to budgetary constraints, healthcare providers are finding ways to utilize smart phones, mobile devices and the Internet to enhance the quality and efficiency of healthcare delivery. The following five trends tell us how.

1. PATIENTS ARE ENCOURAGED TO BE ACTIVELY INVOLVED IN THEIR OWN HEALTH. Patient engagement and consumer knowledge of the healthcare industry is critical to ensuring proper healthcare decisions and improving population health. There are more than 100,000 mHealth apps on the market. Consumers are tracking their overall health and fitness and becoming engaged and active participants in monitoring and managing health.

2. MOBILE DEVICES, OFFER CLINICIANS THE ABILITY TO ACCESS VITAL INFORMATION. More than half of clinicians — 53 percent — use a tablet to access electronic health records, take notes or send e-prescriptions, and nearly half — 48 percent — use smartphones to search for information.

3. TELEMEDICINE PLAYS AN IMPORTANT ROLE. Telemedicine, the remote diagnosis and treatment of patients by means of telecommunications technology, crosses geographic boundaries and connects providers to patients, providers to other providers, and even extends services to underserved areas. It's an increasingly popular service — 84 percent of young adults age 18 to 34 said they would prefer a consultation via a mobile device.

4. THE RELATIONSHIP BETWEEN COST AND VALUE WILL BE MASSIVE. Today patients can track their symptoms and symptoms are transmitted to a clinician in the hospital. The patient just saved a trip to the clinic and the hospital saved costs associated with treating that patient. Point-of-care clinical apps can guide a physician to appropriate diagnosis and treatment decisions, helping to prevent adverse events that end up costing the healthcare system more money.

5. ACCOMPLISHES HEALTHCARE'S THREE GOALS. The healthcare industry is taking great strides to: 1) Improve the patient experience of care (including quality and satisfaction); 2) Improve people's overall health; 3) Reduce the individual cost of health care. Engaged and informed consumers contribute to reduced healthcare costs, as patients may be less likely to over-utilize resources.

Source: [Medical Economics](#), [HealthIT.gov](#)



Where You Receive Cancer Care Matters

The University of Kansas Cancer Center

At The University of Kansas Cancer Center, cancer is our sole focus. As the region's only National Cancer Institute-designated cancer center, we provide unrivaled expertise and experience in diagnosing and treating all forms of cancer, from common and complex to rare. Our nationally and internationally renowned investigators conduct pivotal research that leads to precision cancer therapies and innovative and personalized patient care. These intense efforts are crucial to our most important mission: to achieve the best possible outcome for every patient who trusts in our care.

We treat the whole person, not just the disease. Our commitment to excellence and dedication to eliminating cancer is fundamental to the care we provide. We take the time to develop highly personalized treatment plans for our patients. As part of our comprehensive cancer care, we also provide prescriptive and extensive support services that are integral to a patient's overall health and well-being.

NURSE NAVIGATION. Nurse navigators ensure patients are prepared to meet with specialists and their cancer care team. They collect medical records and orders for necessary tests, identify and schedule support services for patients and their caregivers and provide education and emotional support.

FINANCIAL COUNSELING. Our financial counselors review your insurance benefits and deductibles with you prior to treatment. They help identify potential financial challenges

related to your treatment and can assist with payment plans, coinsurance, copay and free medication. They can also answer billing questions.

EDUCATION RESOURCES. Each cancer center care team provides educational resources on cancer types, treatments, clinical trials and other related issues. The Brandmeyer Patient Resource Center, at our Westwood campus, has oncology nurses who can help you find the resources you need. We also have a patient resource center for inpatients at the main hospital.

SOCIAL WORK. Social workers help patients and their loved ones cope with distress related to cancer. They provide resources for lodging, transportation, home care services and financial concerns, including medication assistance programs. They provide information on Social Security Disability and Medicaid, and make referrals to community resources that offer classes and programs.

We also provide genetic counseling, fertility preservation, personal appearance services, survivorship services, nutritional support, spiritual support and patient support groups and wellness programs. We encourage you and your family to take advantage of our comprehensive cancer care services. To learn more, call 913-588-1227 or visit kucancercenter.org



CANCER RISK & Family History

It is important to share family history with your physician. This is especially true if you have been diagnosed with cancer. In this article, *Our Health Matters* talks about why finding out about a possible family history of cancer is important and how to do it.

What is Hereditary Cancer?

Hereditary cancer means that a person was born with a genetic change (mutation), that makes it more likely than usual to get cancer. This genetic mutation could have come from either the mother or father or both. Hereditary cancer may also be called familial cancer or cancer in the family.

A small percentage (5-10%) of all cancers are hereditary, so how can you tell whether a cancer runs in the family? Consider these clues:

- Having multiple relatives with cancer on the same side of the family, especially if they were diagnosed at a younger age; or
- Having a single person in the family with multiple tumors, especially in the same organ.

Testing for Hereditary Cancer

Hereditary cancer is found through genetic testing. It is done by taking a sample of blood or tissue that contains genetic material, such as the cells inside a person's cheek. Testing results can:

- Help predict the risk that someone will get a disease.

- Identify “carriers” of a disease. (People who do not have the disease, but have a copy of the disease gene)
- Diagnose a disease.
- Find out the likely progression of a disease.

More than 900 genetic tests are available for many diseases, including breast, ovarian, colon, thyroid and other cancers.

What Family History Can Show

Information from your cancer family history can help the doctor to determine whether:

- You and your family may benefit from genetic counseling, which explains the risks of an inherited cancer and the benefits, risks and limitations of genetic testing.
- You or others in your family may benefit from genetic testing.
- You require more intensive follow-up care than patients with non-hereditary cancer, even if you do not need genetic testing.

Information to Collect

Your doctor will want information on the cancer history of your first-degree relatives (parents, children



and siblings) and second-degree relatives (grandparents, aunts/uncles, nieces/nephews, grandchildren, and half siblings). Collect as much of this information as possible for each relative who has had cancer:

- Type of cancer(s)
- Age at diagnosis
- Lineage, meaning is it on the mother's side (maternal) or on the father's side (paternal)
- Ethnicity (some ethnicities, such as the Ashkenazi Jewish population, are at greater risk for certain cancers)
- Results of any previous cancer-related genetic testing

Keep in mind that it might be difficult for some of your family members to discuss their health with you. You may want to send your questions ahead of time and emphasize that even a little information is helpful. Try to find a time to talk that is free of distractions.

Sharing Family Cancer History With Your Doctor

Provide your cancer family history to your doctor soon after your diagnosis and before you begin treatment, if possible. It is also important to let your doctor know of any new information you gather or changes to your family history. Sometimes, medical advances may change how your doctor evaluates your history. Good opportunities to review your cancer family history are after your first phase of treatment, during your post-treatment summary, and as part of your post-treatment survivorship appointment.

Collecting Your Cancer Family History

One way to gather information is to use the ASCO* Cancer Family History questionnaire. After completing the form to the best of your ability, bring it with you to your next doctor's appointment and ask to discuss it. Also send the form to your close relatives so they have the information to share with their doctors. Remember to take into account that some relatives may not want or value this information in this same way you do.

Questions to Ask Your Doctor

If, after reviewing your cancer family history, your doctor suspects that you may have a hereditary cancer, you should understand what this means and what next steps are available. Consider asking the following questions:

Cancer.Net

Collecting Your Cancer Family History

- ▶ Hereditary Cancer is Cancer That Runs in the Family
- ▶ About 5% to 10% of Cancers Are Hereditary

How Do I Know if Cancer Runs in my Family?

- There are multiple relatives with cancer on the same side of the family
- People in your family were diagnosed with cancer at a younger age
- A family member has multiple tumors

Why Is Knowing my Cancer Family History Important?

- You may benefit from genetic counseling and genetic testing
- It may affect your treatment and/or follow-up care
- Your relatives may be able to benefit from cancer screening and prevention strategies

INFORMATION TO COLLECT

- > Type of cancer diagnosed
- > Age of diagnosis
- > Whether cancer is on the mother's or the father's side
- > Ethnicity
- > Previous results of genetic testing, if any

Information from first-degree relatives (parents, children, and full siblings) and second-degree relatives (grandparents, aunts/uncles, nieces/nephews, and half siblings) is most important.

When to Discuss Your Family Cancer History with Your Doctor

- After diagnosis, but before treatment begins
- After first phase of treatment
- During post-treatment summary

Learn more at: www.cancer.net/genetics

ASCO
American Society of Clinical Oncology
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- Does my family history put me at risk for other cancers?
- Do you advise that I receive genetic counseling and/or genetic testing?
- Can you recommend a genetic counselor or a way to find one?
- What is the purpose of genetic testing?
- Will information from genetic testing change your treatment plan for me?
- Is genetic counseling and testing covered by my insurance?
- Is my genetic information protected?
- Which of my family members are at risk?
- Does someone who inherits a genetic mutation always develop cancer?
- What information do I need to share with family members?
- Do you have any suggestions for helping me communicate this information?

*American Society of Clinical Oncology

Advanced Treatment Improves Outcomes for Childhood Cancers

Children's Mercy Kansas City



The Children's Mercy Kansas City Division of Hematology/Oncology/Blood and Marrow Transplant is a national leader in cancer treatment. The program provides pediatric patients with comprehensive clinical services and innovative treatment (including Phase I Experimental Therapeutics, stem cell transplantation, and immunotherapies such as CAR T-cell) supported by the latest research. The program provides advanced treatment for children with cancer including brain tumors, leukemia, lymphoma, solid tumors (including Neuroblastoma, Wilms, Liver, Germ Cell, etc.), bone and soft tissue tumors, histiocytic diseases, and vascular tumors.

In 2017, the hospital was recognized as a NCI-designated cancer center consortium partner with the University of Kansas Cancer Center.

"This has been an exciting year for the Children's Mercy Cancer Center as we added to our National

Cancer Institute activity with Children's Oncology Group the new designation as an NCI-designated cancer center by virtue of our new consortium status with the University of Kansas Cancer Center," says Alan Gamis, MD, Associate Division Director, Section of Oncology; Professor of Pediatrics, University of Missouri-Kansas City School of Medicine. "Research leading to current and future improvements in cancer care are a cornerstone of this designation."

Pediatric Oncologists & Specialists

Children's Mercy is committed to ongoing research to help develop new, more effective treatments for childhood cancer. Because of that commitment, survival rates are frequently above national averages. The care team includes more than 25 pediatric oncologists and hematology specialists. Dedicated nurse practitioners



help coordinate each step of treatment. This includes chemotherapy, surgery, radiation, labs, and any other services patients and families need from the time of diagnosis until care is completed. The team creates a care plan suited to each patient's individual treatment needs.

Cancer Treatment Outcomes in Children

The care team creates a care plan suited to each patient's individual treatment needs and are driven to continually improve treatment outcomes for pediatric cancers. The charts below reflect survival rates for specific types of cancers treated at Children's Mercy as well as frequency of diagnosis.

Frequency of Diagnosis*		
Diagnosis	Totals	Percentage
Brain/CNS	61	29
Acute Lymphoblastic Leukemia	31	15
Acute Myeloid Leukemia	10	5
Non-Hodgkin Lymphoma	9	4
Hodgkin Lymphoma	15	7
Kidney Tumors	10	5
Bone Tumors	8	4
Neuroblastoma	6	3
Rhabdomyosarcoma	5	2
Miscellaneous Tumors	31	15
Benign Reportable Conditions	25	12
Total	211	100

* Children's Mercy, FY 2017

Five-Year Pediatric Cancer Survival Percentage*		
Type of Cancer	Number of Patients	Overall Five-Year Survival Rate
Acute Lymphoblastic Leukemia	349	91.77%
Acute Myeloid Leukemia	94	60.93%
Neuroblastoma	94	84.45%
Rhabdomyosarcoma	51	62.39%
Wilms Tumor	50	91.71%

* Patients diagnosed 2006-2016

Source: The Division of Pediatric Hematology, Oncology and Bone Marrow Transplantation

Each year, the Division of Pediatric Hematology, Oncology and Bone Marrow Transplantation at Children's Mercy Kansas City provides comprehensive care to nearly 2,000 children with childhood cancers, sickle cell disease, hemophilia and other blood disorders, with survival rates frequently above national averages.

FOR MORE INFORMATION, VISIT CHILDRENSMERCY.ORG/CANCER.

Is it Flu, Pneumonia ... or Something Else?

The road to a cancer diagnosis can require time and patience.

By Jeanene Dunn, OHM Staff

Linda Osterhaus didn't feel any better, no matter how many rounds of antibiotics she took for the bronchitis and pneumonia that she had been diagnosed with. She had spent years working around young children in a daycare, so she already knew that it was not uncommon to catch colds or other "bugs." All Osterhaus knew was that she was unwell. "Despite all of the treatment, I felt worse and I also started feeling pain in my body," she explains.

This went on for almost a year until Osterhaus landed in the hospital suffering from debilitating pain along with the persistent bronchitis and pneumonia symptoms. "When I first got to the hospital, the doctors thought I was suffering from congestive heart failure," she says. Despite the early diagnosis, doctors ran extensive tests.



Linda Osterhaus
Cancer Survivor

oncologist who worked to determine the stage of cancer and how the disease would be treated."

Over the course of her treatment, Osterhaus underwent chemotherapy and stem cell transplants. She endured three stem cell transplants, multiple rounds of chemotherapy, as well as the accompanying side effects. The stem cell transplant involved taking her own cells and transplanting the healthy cells back into her body.

"I am still fascinated at the way that doctors can treat cancer today," Osterhaus says. "As sick as I was, I knew that I had a strong will to live. Some days were better than others, and I fought through the harrowing side effects, the weight and hair loss and the nausea," she says.



"...multiple myeloma is a difficult cancer to diagnose early because vague symptoms can at first seem to be caused by other diseases."

— American Cancer Society

The test results uncovered abnormally high levels of protein in her urine, and further testing confirmed a diagnosis of multiple myeloma – a cancer that affects plasma cells in the bone marrow.

According to the American Cancer Society, multiple myeloma is a difficult cancer to diagnose early because vague symptoms can at first seem to be caused by other diseases.

Disbelief, Relief, Then Fighting Mode

One emotion Osterhaus did not expect to feel after her diagnosis was relief. "I was finally glad that the doctors pinpointed exactly what was wrong with me," she says. "I then wanted to know what it would take to treat and beat this cancer."

What lay ahead for Osterhaus was a fight for her life that lasted seven years. Her cancer was at stage 3. "I was first diagnosed in 2005," she explains. "Once I was diagnosed, I was referred to an

Lots of Prayers and Family Support

During her lengthy battle, Osterhaus relied on her family and faith to get her through. "I have five children and a husband, and they were all there for me," Osterhaus explains. "I have a strong faith and I prayed constantly," she continues. "I was not alone in this battle. I had my faith and my family to help and guide me."

Osterhaus has been cancer free since 2011, but she sees her doctor every three months to ensure that the cancer has not returned. She is also happy to report that she is back to her fighting weight and that her hair has grown back. "When my hair grew back in, it was white," she says. "I think it was a testament to all I went through."

Osterhaus says she knows that there is no cure for multiple myeloma, and that it could return. If it does, she will be ready for the fight. •



When a Community Cares, Good Things Happen!

In 2015, the Kansas City, Kansas, School District faced a difficult challenge: helping 1,400 homeless students find the specialized care they needed.

The kids and their families needed an innovative solution that would provide a full range of services all at one location and time, including:

- Housing.
- Emergency relief.
- Employment and financial assistance.
- Transportation.
- Legal assistance.
- GED and English as Second Language programs.

Start by Breaking the Cycle

Out of this revelation came a holistic approach — a collaborative effort with Avenue of Life serving as its “backbone” agency. Avenue of Life hosted and launched Impact Wednesdays with the KCLE Collaborative.

Impact Wednesdays bring together in one place all the right partners to meet the emotional, mental, physical and spiritual needs of homeless families in Wyandotte County, Kansas. By providing wrap-around services, Impact Wednesdays provide the support needed to make a lasting difference. The collaborative approach works, as these statistics show:

- In just five semesters, 248 families have found a home with a 94 percent success rate.
- Homelessness in the school district has dropped by 43 percent.
- After only one year of Impact Wednesdays, the school attendance rate of children in the program had

caught up with other children in the district.

- By the end of year two, the grade point averages of children in the program had begun to rise.

Focus on the Child

Although Impact Wednesday services benefit entire families, the emphasis is always on the children. Avenue of Life wants to ensure that children attend school, advance in grade levels, graduate from high school, pursue post-secondary education and become contributing members of society.

Reaching children is the most effective way to prevent homelessness in the future and, if the testimony of the kids is evidence, Impact Wednesdays are bringing the desired results.

As one student’s mother puts it, “I accomplished getting a job and signing up for my GED. I’m going to take classes to learn about computers, to better my job search skills.”

What the Community Can Do to Help

The gifts of time and resources from service providers are essential to the success of Impact Wednesdays, but so is the support of other community members. Avenue of Life needs:

- Hygiene and cleaning products.
- Gently used household items and furniture.
- Volunteers to teach and invest in families.
- Financial gifts.

To learn about Avenue of Life and the KCLE collaborative, go to avenueoflife.org.





In Kansas City, there are organizations that provide an array of different services to support those with cancer. These are just a few in the Kansas City area.

ACCESSING COMMUNITY SUPPORT IS IMPORTANT WHEN FIGHTING CANCER

OUR BELIEF AT CANCER ACTION is that no one should face the challenge of cancer alone. A diagnosis of cancer can be devastating and a very stressful time for not only the cancer patient, but their caregivers and family.

Finding support during this time is important. Cancer centers offer support through their medical teams, which include physicians, nurses, social workers, psychologists, dietitians and other health care professionals.

But it is also important to access the programs and services that offer education and practical, financial and emotional support that are available within one's community.

CANCER ACTION
KS Office: 913-642-8885
MO Office: 816-350-8881
www.canceractionkc.org

GILDA'S CLUB KANSAS CITY
816-531-5444
www.GildasClubKC.org

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Rodgers Health Center provides healthcare services for all ages – from newborns to seniors. Our team of doctors and staff deliver quality healthcare to you and your family.

Annual Checkups Contribute to Better Health Outcomes

Make family checkups a priority. Preventive care and early detection help to identify harmful health conditions. Undiagnosed chronic conditions such as diabetes, heart disease and uncontrolled high blood pressure can become life-threatening over time. If you are looking for a medical practice to meet your family's needs – then Rodgers Health is the place.

Types of services include:

- Comprehensive health exams for men, women and children
- Women's health services: pap tests, mammography (breast health), family planning, birth control and pregnancy services
- Children's health services: immunizations, well-child exams and treatment of childhood illnesses and infections, WIC services
- Dental care: X-Rays, cleanings, fillings, tooth extractions and more
- Behavioral health services
- On-site pharmacy, laboratory & imaging services

WE ARE ACCEPTING NEW PATIENTS...

We accept most major insurance plans, MO Healthnet (Medicaid) and Medicare

CALL TO SCHEDULE AN APPOINTMENT

816.474.4920



Our Locations:

Rodgers Health Downtown Campus

825 Euclid Avenue
Kansas City, MO 64124

Lafayette Family Medicine

811- A South 13 Highway
Lexington, MO 64067

Clay County Family Medicine

800 Haines Drive
Liberty, MO 64068

Northland Prenatal and Pediatric Clinic

5330 North Oak Traffic Way, Suite 104
Kansas City, MO 64118

Cabot Westside Medical

2121 Summit Street
Kansas City, MO 64108



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MAY-JUNE 2018 EDITION

Trends in Orthopedic Care

In any given year 12-14% of the population will visit their physician for back pain. Hip and knee replacement are among the most commonly performed operations in the U.S. Approximately 1 million of these procedures are performed each year.

— Mayo Clinic

A wide range of orthopedic and related healthcare specialists treat muscle and bone injuries and diseases. In our next edition learn about medical professionals and a variety of products and services that support your health. Early diagnosis and treatment may help ease symptoms and improve health outcome.

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