



Prevention Programs

Program/ Community Need Addressed	Activities	Date Held	# of participants	Guideline used	Date discussed	Summary of Effectiveness
<p>Healthy Lifestyles Program- LUNG “Our Community Together: Preventing and Coping with Cancer” <i>(Problematic unhealthy behavior such as lack of exercise and smoking increase risks for certain chronic diseases such as cancer)(Low income and poverty decrease access to these programs)</i></p>	<p>Presentations included Exercise, Cooking demonstration, taught to participants and Smoking Cessation.</p>	<p>10/25/2014</p>	<p>50</p>	<p>American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention and Smoking Cessation guidelines were utilized.</p>	<p>11/19/14</p>	<p>The participants were able to demonstrate the exercises shown, they participated in the cooking class. Participants answered questions appropriately throughout programs and demonstrations to conclude increase in learning. Four participants enrolled in smoking cessation class.</p>

Screening Programs

Program/ Community Need Addressed	Activities	Date Held	# of participa nts	Guideline used	Process to follow up	Summary of Effectiveness
<p>Free Breast Screening and Early Detection Event (<i>health disparities; 23% uninsured, 30% of our community live below the poverty and unserved</i>)</p>	<p>Clinical breast exams (CBE) were performed . Positive findings were given diagnostic mammograms and ultrasounds.</p>	<p>10/23/14 5 – 7pm</p>	<p>134</p>	<p>ACS for early detection of breast cancer</p>	<p>22 of the 134 women were found to have abnormal CBE. 3/22 chose to see their PCP for further follow up. 14/22 were given a diagnostic mammogram and ultrasound at the time of screening. 5/22 were scheduled the following week. Of the 19 receiving the mammogram and ultrasound, two patients had a positive finding. 80 of the participants were referred for annual screening mammograms utilizing community resources as needed. 32 participants had a normal exam and was not due for their annual mammogram.</p>	<p>All participants were surveyed, more than 85% stated that they would not be able to receive the service elsewhere. The planning committee met to review feedback from the event including participant survey results and screening results. The committee discussed quality improvements such as flow and limiting number of patients seen in radiology on the evening of the screening.</p>

Other Community Outreach

Event	Description	Date Held	# Attending
Women's Cancer Support Group	Educational support group for women and their families- Exercise, nutrition, survivorship, stress management	2 nd Tuesday	3-15
Look Good, Feel Better	A free class that teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and/or radiation treatments	1 st Monday	0-3
Cancer Survivor Dinner	Dinner for cancer survivors and their families. Dr. Altomare keynote speaker for the event.	May	350
Relay for Life	Walk for cancer awareness, education, research and fundraising	May	1500
Community Outreach- Warren County	Prevention/Early detection program- Breast, Colon, Prostate	May	50