



Briefs



A NEWSLETTER FROM THE COLON CANCER PREVENTION PROJECT.

November is *Family History Month*

Most people diagnosed with colorectal cancer have no family history. But according to Colorectal Cancer Alliance, about 1 in 4 patients DO have a family history of colorectal cancer, meaning that there could be a genetic or hereditary connection.

According to American Cancer Society guidelines, the recommended screening age is 45, **but if you have a family history** of colorectal cancer, you need to be screened **by age 40** at the latest OR **10 years before the youngest age of diagnosis** in your immediate family. This means that if your mother was diagnosed with colorectal cancer at age 47, you need to be screened by the age of 37.

Some doctors are even more conservative, however, and recommend screening 10 years before the first precancerous polyps were discovered in an immediate family member. So if your father had precancerous polyps at age 35, your doctor might recommend you begin a screening protocol at age 25.

It is ESSENTIAL to know your family history of colorectal cancer. The holidays are a perfect time to learn! With all your family gathered together, ask if anyone in the family has ever had colorectal cancer or precancerous polyps. (And if they're over the recommended age and haven't been screened yet, be sure to encourage them to do so as you pass them the dinner rolls.)

If you do have a family history of colon cancer, you might be an excellent candidate for genetic testing. Kentucky recently passed some exciting legislation regarding genetic testing for cancer risk. Beginning in January 2020, testing for hereditary cancers (colon, pancreatic, gastric, breast, ovarian, endometrial, pancreatic, prostate, melanoma, and others) for persons who meet national guidelines for testing (as established by the National Comprehensive Cancer Network) will be completely covered by private insurance in Kentucky.

Talk to your family about family history this month! **The conversation might save a life!**



Survivor Spotlight



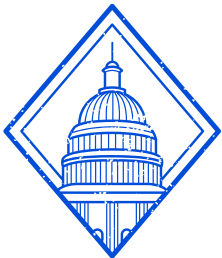
We are beyond thrilled about our new offering for survivors. This year, we have created a survivor support group that meets monthly in Louisville. Sometimes the meetings have themes, such as the education session Ask a Pharmacist with Kim Kolb, where fighters and survivors could ask an oncology pharmacist about medication, side effects, interactions and more. Other times, the meetings are simply to provide a safe space for companionship and support among survivors.



Our group leader, Renee Lewis, has done a fantastic job of organizing these meetings and we are so grateful for her and her advocacy.

Are you a survivor? Do you know a survivor who would be interested in joining our support group and finding some community? Please email Renee for more information. We are here to support you!

Contact Renee at renee.lewis@twc.com



Legislative Update

Kentucky is leading the charge for colorectal cancer prevention as a model state for both education and advocacy. A major contributing factor to this success is the collaboration between health advocacy groups and the state legislature to enact laws that make colorectal cancer screening and prevention accessible for Kentuckians.

We've had some exciting new legislation this year!

Updated Screening Age (KRS 304.17A-257)

The NEW age to start preventative screening for CRC has been lowered from age 50 to age 45, based on the newest American Cancer Society guidelines, which Kentucky follows.

Genetic Testing for Cancer Risk (KRS 304.17A-259)

Beginning in January 2020, testing for hereditary cancers (colon, pancreatic, gastric, breast, ovarian, endometrial, pancreatic, prostate, melanoma, others) for persons who meet national guidelines for testing (as established by the National Comprehensive Cancer Network) will be completely covered by private insurance in Kentucky as a preventative service.

Got questions? Contact our Legislative representative, Jason Baird: jason@limestonegrp.com



SOUTHEASTERN
COLORECTAL
CANCER
CONSORTIUM

2020 ANNUAL MEETING

JUNE 9-11, 2020 LOUISVILLE, KY

The Colon Cancer Prevention Project is thrilled to be cohosting the 2020 Southeastern Colorectal Cancer Consortium Annual Meeting. The Consortium, formed in 2015, has brought together an energetic group of advocates from both the public and private sectors to exchange and compare ideas and experiences related to colorectal cancer and its prevention in the Southeast region of the nation.

The delegates, representing 13 Southeastern states, have included advocates, health center and hospital workers, researchers, academics, physicians, nurses, corporate managers, survivors, and government leaders, among others. The Consortium has met four times, has attracted 120-140 attendees at each meeting, and has vigorously addressed creative ways to increase colorectal cancer screening.

This year's conference will be held at the historic Galt House in Louisville Kentucky and will address 4 main topics; health equity, early age onset colon cancer, new technology, and policy surrounding colon cancer prevention. Early Bird registration is open now! Visit KickingButt.org/events and click on the Consortium link!

Interested in sponsoring the meeting? Email Amanda Smart at asmart@KickingButt.org

2019 Events



Our amazing survivors!

Kicking Butt 5k

We had over 700 participants in this year's Kicking Butt 5k. Our supporters enjoyed gorgeous weather down at Waterfront Park. Our survivors kicked some extra butt this year with amazing team participation!

Colon One Golf Scramble

This year's Scramble was the best yet. We had a beautiful day on the course and raised money for an amazing cause. Thanks to Audubon Country Club for hosting this event and making it so special and to survivor, Eric Gilliland, and Dr. Brian Dobozi for their organizational help!



Boardmember, Michael Rabkin, with Survivor, Bruce DeArk

These events are made possible by our incredible sponsors. Are you interested in sponsoring an event for the Colon Cancer Prevention Project? Contact Amanda Smart at asmart@KickingButt.org



Save the Date

Each year, we come together on the first Friday in March (Dress in Blue Day). Wearing our brightest blue, we dance the night away at the Bottoms Up Bash. This event is more than just the party of the year. This event kicks off Colorectal Cancer Awareness Month by raising both money and awareness about this incredibly preventable disease. Last March, we took over the Olmsted and made it as blue as its ever been. With the help of The Crashers, the SOLD-OUT party kept going strong until the very end. We've got big plans for the 2020 Bottoms Up Bash!! You definitely don't want to miss it!

The 2019 Bash was a massive success:

\$10,000+ raised for Fighters' Fund
\$15,000+ raised by the silent auction
\$93,514.10 raised by the event total

Tickets will go on sale soon but mark your calendars in the meantime! We can't wait to see you on the Blue Carpet at the Bottoms Up Bash!

Special thanks to St. Matthews Jewelers for generously providing a pair of 3 carat (total weight) diamond earrings. You can buy a chance on the website beginning two weeks before the Bash. Raffle tickets are \$20 or 6 for \$100.

Interested in sponsoring the Bash? Have an item to donate for the silent auction? Contact Janie Kasse at jkasse@KickingButt.org!



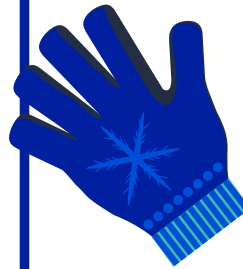
Your Support Saves Lives!

We've had some incredible victories in the fight against colorectal cancer this year. From legislative success and first-of-its-kind provisions for cancer risk genetic testing to becoming a model state for screening improvement, the Project is kicking butt. We couldn't do any of this without you and your generous support.

Your incredible donations of time and funds help make our work possible and your contributions save lives every single day across this state. **We hope you'll consider a monthly donation to this amazing cause.**



For the cost of a venti mocha from Starbucks, you could donate **\$5 each month.**



For the cost of a pair of touchscreen gloves from Amazon, you could donate **\$10 each month**

For the cost of two chicken burritos from Chipotle, you could donate **\$15 each month.**



For the cost of a bouquet from the grocery store, you could donate **\$20 each month.**



For the cost of a handle of really fine bourbon, you could donate **\$50 each month.**



For the cost of a pair of Lululemon leggings, you could donate **\$100 each month.**

No amount is too big or small and every gift adds up. Just think, a donation of \$5 each month adds up to \$60 every year! That's incredible! We hope you'll consider monthly giving to this lifesaving cause. Together, we can kick colorectal cancer's butt!

To donate once or set up a monthly donation, please visit:

KickingButt.org/help-kick-butt/donate

We appreciate you and your continued support!