PREVENTION RESEARCH CENTERS

Cancer Prevention & Control

FACING THE ISSUES

- *Cancer is the second-leading cause of death in the United States, and every year cancer is diagnosed in more than one million people.*
- *About one-half of all cancer cases can be prevented or detected early by screening.*
- *For many types of cancers, the rates of disease and death are much higher in racial and ethnic minority groups than in the majority population.*
- *Changes in behaviors, reduced environmental risks, and access to screening are among the keys to cancer prevention and control.*

CDC's Prevention Research Centers study cancer prevention and screening because early diagnosis and treatment can decrease cancer rates and increase survival rates.

Reducing Cancer Risk

A PRC in Georgia is helping residents in the state's rural southwest reduce their risk for cancer by identifying changes residents can make in their environment (e.g., creating local policies that restrict smoking in public areas) to reduce their risks.

Another PRC developed a health-counseling and lifestyle program to help older adults in Pittsburgh adopt healthy behaviors that protect against cancer. At the PRC in Alabama, researchers trained more than 100 community members to conduct health promotion and cancer prevention activities for 25,000 fellow residents.

Eight PRCs form a Cancer Prevention and Control Research Network, which strives to speed the adoption of effective cancer prevention and control strategies among communities. The network is enhancing large-scale efforts to reach underserved populations, reduce their burden of cancer and behavioral risk, and increase their informed decision-making.

Colorectal Cancer Screening

At one PRC in Texas, researchers are training residents of low-income Hispanic neighborhoods along the Texas–Mexico border to teach friends and neighbors about Colorectal Cancer (CRC) screening. Researchers at a PRC in Kentucky are providing education programs for primary care practices and conducting an extensive media campaign to increase CRC screening rates among residents of medically underserved rural areas of Appalachia.

In Michigan, Alabama, and North Carolina, PRC researchers are evaluating a faith-based intervention designed for African-American churches. Congregants participate in health promotion activities and receive peer counseling, video education, individually tailored newsletters, and a decision tool to help them make decisions about screening.

The PRC in Colorado and its community advisory council are completing a media campaign to help the state's rural residents

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The Prevention Research Centers are a network of academic health centers, partner communities, and public health practitioners that conduct community-based participatory research to prevent disease and disability.

understand the risks of CRC and the importance of early detection.

Focus on Women's Health

Cervical Cancer. Researchers at the PRCs in New Mexico and South Carolina have explored why some women who receive abnormal Pap test results do not return for follow-up. The results will be used to enhance public and professional education about the detection and treatment of this type of cancer.

Ovarian Cancer. Symptoms of early ovarian cancer are often vague and can be overlooked. But research shows that appropriate medical and surgical procedures, which contribute to survival, differ by type of specialist. Researchers at PRCs in Washington and California are investigating where, and from which type of specialist, women with ovarian cancer receive surgery.

Focus on Men's Health

Prostate Cancer. Researchers at the PRCs in Alabama and North Carolina are collaborating on an education program designed for barbershops where most male customers are African American. The barbers are learning how to discuss prostate and CRC screening with their customers.

At one PRC in Massachusetts, researchers developed a computerized decision-making aid to teach inner-city African-American men about prostate cancer and screening options. The tool is being evaluated at work sites in Boston. Researchers at PRCs in South Carolina and Texas are evaluating a faith-based strategy for increasing Hispanic and African-American men's knowledge of prostate cancer screening.

In Colorado, PRC researchers developed a program on computer disk to inform men about prostate cancer, screening options, and treatment. About 4,800 men are using the program, and the researchers are studying its effects.

Researchers at a PRC in California are evaluating a telephone counseling program for African-American men in the northern part of the state. The counselors contact men who have family members or friends with prostate cancer to inform them about screening for the disease. If successful, the counseling program will be made available to staff at clinics and cancer-information hotlines.

PRCs in Texas and Washington are exploring ways to enhance primary care physicians' knowledge of prostate cancer as well as their skill in discussing screening options with patients.

Spotlight on Success

Rates of mammography screening among Korean-American women in California are lower than those of other U.S. populations. Researchers at the University of California at Berkeley's Center for Family and Community Health collaborated with Korean-American churches, agencies, and other community organizations to develop, implement, and evaluate a 4-year community intervention. The intervention included educational workshops as well as a media and poster campaign. When researchers administered surveys 8 years later, they found significant increases in mammography screening rates among the Korean-American women, particularly those age 50 years or older.

Cancer Survivorship

Researchers at PRCs in Alabama, Georgia, and Washington are collecting data to determine if patients with breast, colorectal, lung, or prostate cancer complete treatment. Analysis of data collected about patients, providers, and health care systems may help explain why some patients discontinue treatment prematurely.

Cancer survivors often struggle to learn about appropriate follow-up to manage the physical, emotional, and financial consequences of their illness. Researchers at a PRC in Alabama are assessing the acceptability, use, and effects of an educational product for use by cancer survivors in a clinical setting.

For more information, please contact the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, MS K-45, 4770 Buford Highway NE, Atlanta GA 30341-3717 • (770) 488-5395 • http://www.cdc.gov/prc