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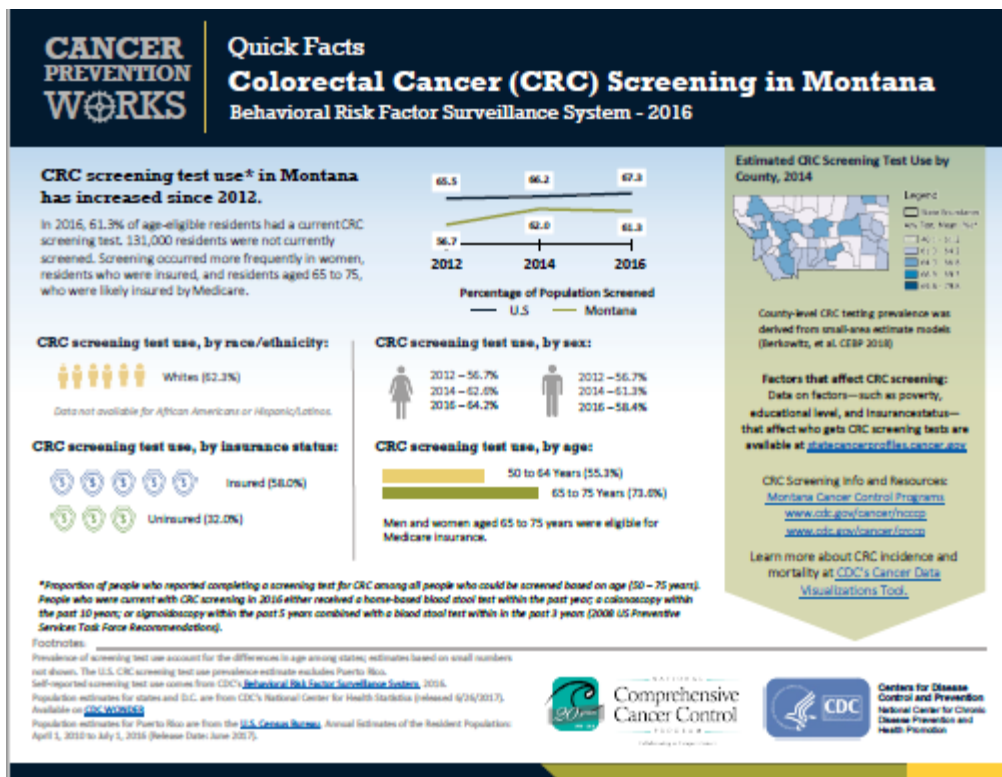
2019 Winter Newsletter



**MONTANA
COLORECTAL CANCER
ROUNDTABLE**

New CRC Screening Data for Montana

The Centers for Disease Control and Prevention (CDC) recently released the latest data from the Behavioral Risk Factor Surveillance System (BRFSS) on state-level colorectal cancer screening rates. The good news is screening in Montana has increased since 2012. However, with 61.3 percent of eligible Montanans getting their colorectal cancer screening, there is still work to be done to reach our 80 percent screening goal. [Read more here.](#)



SAVE THE DATE! March 15 Colorectal Cancer Roundtable in Helena



Each year, stakeholders with an interest in colorectal cancer screening - including the Montana Department of Public Health and Human Services, community health centers, public health organizations, health plans, hospitals, and many others - gather to share best practices and resources and develop strategies to increase screening for colorectal cancer throughout Montana. Mark your calendar for March 15 and join us in Helena for this year's engaging and informational meeting. More information and a meeting agenda will be released in the next few weeks.

It's 2019... Now What?



Several years ago, the Montana Colorectal Cancer Roundtable joined with the National Colorectal Cancer Roundtable (NCCRT) and hundreds of other organizations in pledging to work toward a colorectal cancer screening rate of 80% of the eligible population by the year 2018. While much progress has been made, screening rates have increased and lives are being saved, there is still much work to be done to eliminate disparities among communities and populations both within Montana and across the country. To emphasize our ongoing commitment to increasing colorectal cancer screening rates, the Montana Colorectal Cancer Roundtable is pleased to support the NCCRT's new "80% in Every Community" campaign, which will continue to build off the momentum created through the 80% by 2018 campaign, break down barriers to colorectal cancer screening, create opportunities for partners to collaborate, network and share best practices, and reduce the burden of colorectal cancer among all Montanans. You can read more about the 80% in Every Community campaign [here](#).

Partnership Health Center and Missoula City-County Health Department Create Links to Care

A collaboration between Missoula City-County Health Department (MCCHD) and Partnership Health Center (PHC) to integrate services to increase colorectal cancer screening is a model for success. A committee recognized that the medical providers were referring for colon cancer screening, but there was a missing link in ensuring that the referred patients followed through with their screening. Partnership Health Center and the Missoula City-County Health Department agreed that a call to the patient sends the message that the test is important. The team convened and developed a process and procedures for following up with patients and getting these important screenings scheduled. Thanks to this work, records of colonoscopies are now being documented properly, and the patients who have been referred for colorectal screening (both FITs and colonoscopies) receive reminder calls and letters. The completed colorectal cancer screening rate at the beginning of this project was 22%. After several months of this new process, Partnership Health Center's complete screening rate increased to 45% of the eligible population - with 160 more patients screened in 2018 than in 2017. Congratulations to the teams at Partnership and MCCHD for their collaborative work and terrific progress!



Partnership Health Center staff decorated their clinic doors as part of Colorectal Cancer Awareness Month activities.

March is Colorectal Cancer Awareness Month

Organizations, employers, individuals and health systems will be raising awareness of colorectal cancer this March. Each year, a variety of new educational resources are made available by national organizations to assist in communicating with patients, employees, and the public about the importance of getting screened. The National Colorectal Cancer Roundtable (NCCRT) serves as a clearinghouse of resources for a variety of audiences. Be sure to check the NCCRT's website in mid February for the latest resources, or visit www.cancer.org/colon or www.nccrt.org now to download posters or other informational materials to get a jumpstart on your planning.

PREVENT COLON CANCER THROUGHOUT YOUR LIFE

STAY ACTIVE
WE ALL WANT TO LIVE LONG. FOLLOW THIS PATH TO PREVENT COLON CANCER!

DIET MOVING!
EXERCISE REDUCES YOUR RISK!

MAINTAIN A HEALTHY WEIGHT. OBESITY INCREASES YOUR RISK.

KNOW YOUR FAMILY HISTORY.
A family history of colon cancer or polyps increases your risk and means earlier screening is needed.

SMOKING TO STAY COOL. BUT IT'S HOT! NO ONE TO BURN! HEAVY CIGARETTES INCREASE YOUR RISK!

KNOW THE SYMPTOMS
Blood in your family history, you may be a good candidate for genetic testing. Talk to your doctor.

UNEXPECTED WEIGHT LOSS - **CONSTIPATION/DIARRHEA**
ABDOMINAL PAIN - **FATIGUE** - **BLOODY STOOLS**
HAVING SYMPTOMS? SEE YOUR DOCTOR IMMEDIATELY!

45
BY THE END OF YOUR 45TH YEAR, YOU SHOULD HAVE BEEN SCREENED.

35
AT 35, ASK YOUR DOCTOR WHAT AGE YOU NEED SCREENING AND WHAT CHOICES ARE AVAILABLE.

REMEMBER
Whether your doctor finds polyps or not, follow through with your surveillance and screening schedule!

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Reaching the Underserved: BCBS-MT Care Van Helps Increase Rural Health Screening



The Care Van® program provides access to vaccines and preventive services to Montanans, with an emphasis on rural and underserved populations. The Care Van teams up with community health officials and clinics to administer vaccines and other preventive health services at no cost, or low cost, to patients. Available services are dependent on what local community providers feel is most needed and choose to provide. The Care Van has supported providers in providing access to free and/or low costs immunizations, health screenings (such as bone density screenings, A1C testing, etc.), FIT tests for colorectal cancer screening, sports physicals, mammograms, oral care and educational resources. The Care Van also supports multiple providers coming together to provide a variety of diabetes and cancer screenings and immunizations at one site in a wellness fair-type event. If you are interested in learning more about the Care Van or would like to host a clinic in your community, please contact Care Van Specialist, Kamille Kirchberg, at kamille@caringfoundationmt.org or visit our website at caringfoundationmt.org.

About the Montana Colorectal Cancer Roundtable



The [Montana Colorectal Cancer Roundtable](#) is a statewide coalition of organizations dedicated to reducing the incidence of and mortality from colorectal cancer in our state, through coordinated leadership and strategic planning. The ultimate goal of the state's Roundtable is to increase the use of proven colorectal cancer screening tests among the entire population for whom screening is appropriate.

You are receiving this email because you have either participated in a Montana Colorectal Cancer Roundtable activity in the past or have expressed interest in receiving updates on Roundtable activities.

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