



WVBCCSP Provider Press

VOLUME 12, ISSUE 3

SUMMER 2015



INSIDE THIS ISSUE:

Women's Health Conference	1, 8
Director's Dialog	2
WVBCCSP Medicaid Annual Review Required	3
Frequently Asked Questions	4, 5
Local Partners and WISEWOMAN	6, 7
Vandalia-Con: Victorious Heroes	9, 10, 11
Provider Puzzle	12
2015 Provider Training Schedule	13
Healthy Recipe	14
Cooking Healthy	15
Cancer Prevention and Control	16
Provider Puzzle Key	17
Acknowledgements	18

West Virginia Women: Well, Wonderful

By: Nikki Lyttle

The 2015 Women's Health Conference was conducted on May 20-21 at the Marriott Town Center in Charleston. The theme for this year's conference was "West Virginia Women: Well, Wonderful." Two hundred and thirty nurses, social workers, physicians and public health professionals gathered for the 1.5 day event. Sessions were designed to challenge participants to think about the needs of the women and families they serve, as well as to consider their own self-care in the midst of busy practices.

The conference began with an opening plenary by Amy Williams, MA, LPC. Amy expressed powerful messages of self-love, authenticity and genuineness. She shared many real life examples of peoples' journeys toward self-love and even brought with her the lovable Wanda Petunia, a stuffed pig who's searching for love! Amy described herself as a creative entrepreneur which means that she is creating the life she wants to live and supporting herself by doing so through Wanda Petunia LLC, Young Living, and Amy Williams Wellness. She is a role model for self-care and finding work that you love.

There were 12 concurrent sessions taught by a talented and diverse group of faculty. Session titles included The Key to a Healthy Start: Preventing Childhood Obesity in Early Childcare; Moving Mountains to Improve Health

(continued on page 8)

West Virginia

WOMEN

2015 Women's Health Conference

Well, Wonderful



**WVCCSP Director
GeorgeAnn Grubb,
MPH**

Contact Information:

Georgeann.Grubb@wv.gov

304.558.5388

1.800.642.8522

Director's Dialog: Going the Distance

By: GeorgeAnn Grubb

This past year, my dad, a retired OB-GYN, celebrated his 96th birthday. My two brothers and I presented him with a Memory Box in which we each placed 32 separate memories of our father for a total of 96 special recollections of him. Some were little touching moments that we have treasured since childhood, as well as others that were major life events shared with him through the years. My first "memory" was of him delivering me nearly 67 years ago. Of course, this one was a learned memory!

All of this, along with my recent entry into the official realm of senior hood, has led me to look seriously at examples of others who have and still are enjoying full and active lives deep into old age. An article that I saved from *Parade* magazine a few years ago featured a 93-year old woman who competes in masters-level track and field events such as the long jump and high jump. When asked what her secret is, she smiled and replied, "Enjoy life!" Of course the impact of one's genes, healthy nutrition and physical activity habits are critical to longevity and quality of life, but research has also demonstrated the importance of attitude on health, dealing with chronic disease and overall quality of life.

My dad is in amazingly good health, on no medications and continues to mow both his own lawn and mine and rake our leaves every fall! He has an active intellectual life, still lives in his own home and expresses a very positive outlook on life. I am blessed to still have him in my life and I hope I inherited his genes!

At dinner we toasted my dad with this special salute:

"Here's to you, you grand perennial.

We look forward to toasting your centennial!" (Eudora Welty)

Here's another quote I like:

"I've decided to be happy because it is good for my health." (Anonymous)

GeorgeAnn Grubb

BCC Medicaid Annual Review Required

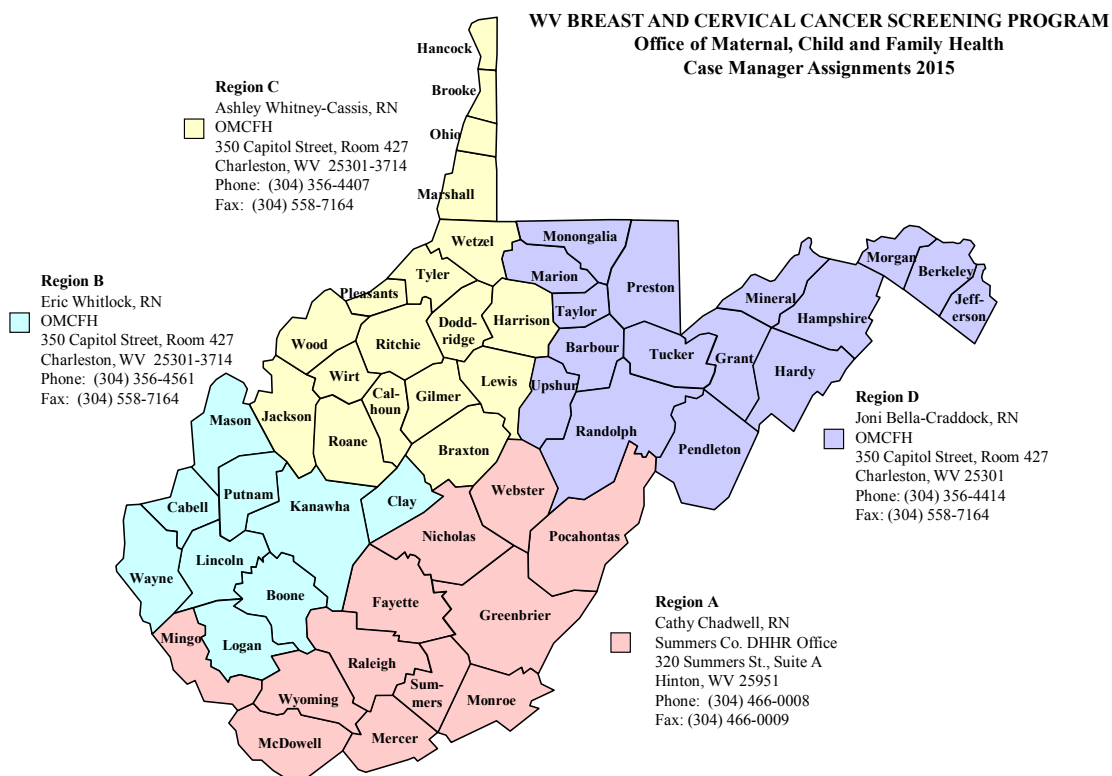
By: Beth Staats

Any woman who is receiving West Virginia Breast and Cervical Cancer (BCC) Medicaid is required to complete and return a new BCC Medicaid application and a CDC Certificate of Diagnosis to her Nurse Case Manager (NCM) annually. Prior to the anniversary of her BCC Medicaid enrollment date, the required forms are mailed to all women receiving BCC Medicaid. It is the enrollees' responsibility to return these completed and signed forms to the NCM by the date listed in the letter. The NCM faxes copies of these forms to the DHHR in the woman's county of residency.

If the forms are not received by the NCM by the enrollment anniversary date, a disenrollment notice is sent to the county DHHR. Her Medicaid coverage will be terminated. The woman will be required to go to the local DHHR office to reapply if she is disenrolled.

This annual renewal is required in order for the DHHR to assess eligibility in other types of Medicaid program. If a woman is eligible for another type of Medicaid she will be enrolled in that Medicaid, not BCC Medicaid. Only women enrolled in BCC Medicaid are contacted on a routine basis by a NCM.

A woman must be receiving treatment for breast or cervical cancer in order to be eligible for BCC Medicaid. Mammograms, scans, blood tests, pap tests, etc. do not qualify as treatment. If you have questions about BCC Medicaid, please contact the Nurse Supervisor or one of the Nurse Case Managers. Contact information listed below:



WVDHHR/BPH/OMCFH/PWH/BCCSP/2015



Frequently Asked Questions



By: Beth Staats and Pam Postalwait

What are the eligibility guidelines for the Medicaid Treatment Act (Breast and Cervical Cancer Medicaid)?

- Must be a West Virginia resident
- Under 65 years of age
- Uninsured or lacking credible health insurance coverage
- Must be enrolled in WVBCCSP (does not have to meet income guidelines)
- Must be in need of or receiving treatment for breast or cervical cancer or certain pre-cancerous cervical conditions (based on colposcopy results). See CDC Certificate of Diagnosis for eligible procedures.
- No income or asset test for this type of Medicaid

A woman can be underinsured and eligible for WVBCCSP. If she has credible health insurance, regardless of the deductible, she is NOT eligible for the Diagnostic and Treatment Fund or Breast and Cervical Cancer Medicaid.

Tell me about how to apply for the Diagnostic and Treatment (D&T) Fund? I'd also like some general information about the Fund.

- Complete the D&T Fund Application dated October 2011. All WVBCCSP forms are available on our website: www.wvdhhr.org/bccsp.
- All sections of the application including family size and income must be completed. The D&T Fund application will be denied if required information is missing.
 - Only West Virginia women with NO health insurance coverage are eligible for the D&T Fund.
 - Must meet financial eligibility of 250% of Federal Poverty Level
- For cervical requests, cervical biopsy pathology results MUST be faxed with application.
- If you have a special request (such as a diagnostic mammogram for a woman under 25 years of age or a man), complete a D&T application with clinical notes that justify the requested procedure. Only procedure codes normally covered by WVBCCSP can be approved as special requests.
- Fax the completed D&T Fund application with supporting documentation to 304-558-7164.
- All covered procedures under the D&T Fund must be approved prior to the procedure being completed to ensure funds are available for reimbursement.
- Approval/denial will be faxed and mailed as soon as the application is reviewed.
- Diagnostic and Treatment (D&T) Fund approval is valid for 60 days from the approval date.
- Pre-operative testing (i.e. blood work, chest x-ray, EKG, etc.) is not covered by the D&T Fund.
- Invoices for approved D&T Fund procedures MUST be submitted to the WVBCCSP within 60 days of the date of service in order to ensure the procedure can be reimbursed.

(continued on page 5)



Frequently Asked Questions (continued)



(continued from page 4)

A WVBCCSP enrollee needs general anesthesia for a breast biopsy. Does the Program pay for this?

No, the provider must complete a D&T application and obtain approval. See above about completing the D&T Fund application. Any provider can complete a D&T Fund application. A client does not have to be enrolled in the WVBCCSP in order to access the D&T Fund.

At what age should a woman start getting Pap tests?

Twenty-one years of age.

If a woman is over 30 can she have a Pap test with HPV testing every two years?

No, if her Pap and HPV tests are both negative she has to wait five years before she's eligible for another WVBCCSP or Family Planning Program funded Pap and HPV test. Please refer to the ASCCP Pap screening and management guidelines.

How often can a woman over 50 years of age have a WVBCCSP funded screening mammogram?

A woman enrolled in the WVBCCSP who is over 50 years of age can have a screening mammogram annually. It does not have to be at least 366 days (as it is with Medicare) for a woman to qualify for a screening mammogram. It needs to be at least 10 months between WVBCCSP funded screening mammograms for eligible women.

How often can women enrolled in the WVBCCSP have an annual exam?

It must be at least 10 months between WVBCCSP funded annual exams. If the woman isn't due for a Pap test (following a negative Pap test) and the clinician does a pelvic exam and the Clinical Breast exam (CBE), the exam can be billed as an annual exam. If only a CBE is performed, it is billed as an annual breast.

Questions from providers are welcome and may be used in future editions of Provider Press. Please submit questions to Beth Staats at Beth.D.Staats@wv.gov or Pam Postalwait at Pam.A.Postalwait@wv.gov.

You can reach any member of the WVBCCSP/WISEWOMAN Charleston office staff at 304-558-5388 or by fax at 304-558-7164.

Local Partners Make All The Difference for West Virginia WISEWOMAN



By: Sheryn Carey

A Wonderful Success Story

Eighty-four percent of the women enrolled in the WV WISEWOMAN Program are either overweight or obese. Studies show that losing 10% of excess body weight can have significant, positive health outcomes. One of the goals of WV WISEWOMAN is to provide participants with an opportunity to participate in an evidence-based weight loss program that will support and motivate their efforts to lose weight.

What we did:

T.O.P.S. International (Take Off Pounds Sensibly) is an evidence-based weight loss program that utilizes a group support format and a calorie counting food exchange model. WV WISEWOMAN purchased vouchers that provide a one year membership and all of the educational materials for T.O.P.S. Participants who were at a stage of readiness to change and wanted to lose weight were offered T.O.P.S. as a Life Style Program (LSP). However, the Grant County Health Department, located in Petersburg, WV, which has been one of the most dedicated WISEWOMAN provider sites, did not have a T.O.P.S. chapter in the county when WISEWOMAN screening began in April 2014. Grant County has a population of less than 12,000 and is one of this state's more rural counties nestled in the foot hills of the Potomac Highlands with winding mountain roads and no public transportation. Transportation to a neighboring county was not an option for participants. The WV Breast and Cervical Cancer Screening Program (WVBCCSP) has Health Information Specialists (HISs) that divide the state into four regions. Ruthie Watts is not only the HIS for that region but is also a lifelong resident of Grant County. Ruthie volunteered to start a chapter of T.O.P.S. in Petersburg, the county seat, to provide this opportunity to the community.

What we accomplished:

Ruthie hosted the first T.O.P.S. meeting in September 2014. By the end of December, she had 19 members attending the weekly meetings, which included two WISEWOMAN participants. As of December 31, 2014, the group had lost more than 100 pounds collectively. Several local nurses have joined the meetings and are sharing information regarding T.O.P.S. and WISEWOMAN with area residents. The Petersburg group is currently one of the largest T.O.P.S. chapters in the state. The meetings are held in a local church that supports the residents in their efforts to lose weight. The group decided that they wanted to do something for the community so they planned and hosted an open house in February that focused on cardiovascular health.



Local Partners Make All The Difference for West Virginia WISEWOMAN (continued)

(continued from page 6)

Ruthie Watts shared the following:

- “The Love Your Heart Open House was in the evening on Tuesday, February 24, 2015. It was awesome! We got three new folks to sign up for T.O.P.S. – we are up to 22 [members].”
- “We have our good weeks and not so good weeks, but we all are looking forward to adding outdoor walking as soon as the weather breaks.”
- “We crowned our six-month Biggest Loser this week at our Open House. She is my niece. She is 37.75 lbs. lighter and she is a great encourager for our group as well.”
- “I have gotten lots of compliments from the Open House. We had a wealth of information on it [cardiovascular health] - 30 attended.”
- “We have really impressed the T.O.P.S. area captain. We have exceeded her expectations!”
- “This has really motivated me to make changes for myself.”

What we have learned:

By setting out to support WISEWOMAN participants in their efforts to lose weight, the Program has assisted a community in changing. Lessons learned from this project include:

- If you build it, they will come. There was no T.O.P.S. chapter within reasonable driving distance for Grant County residents, so WISEWOMAN and WVBCCSP staff joined forces to start one.
- Financial barriers to attending a program can be removed by providing vouchers for annual membership fees.
- Barriers to transportation can be eased with the use of gas cards.
- The removal of barriers, through vouchers and gas cards that support participants’ efforts, were valued by the participants.

What we are doing now:

- The Program continues to offer vouchers for a one year membership to T.O.P.S. and explore ways to incentivize continued weight loss efforts and remove barriers to resources.
- Staff members are exploring other ways that the WV WISEWOMAN Program may be able to influence clinical practice and the health of communities.
 - o WISEWOMAN and the WV Division for Tobacco Prevention will sponsor a national tobacco cessation program in June 2015 that will train 32 providers to become Certified Tobacco Treatment Specialists (CTTS).
 - o The Program will purchase equipment that will allow providers to deliver point of service lab results for immediate risk assessment and risk reduction counseling.

West Virginia Women: Well, Wonderful—cont.

in WV: Social Determinants of Behavior and Health; Evidence-Based Practices – Why Are They Important? Where Do They Come From? Why Do They Keep Changing? How To Stay Informed?; WV Medicaid: Compliance with Federal Provider Screening and Enrollment; Giving Women the Inside Knowledge on Gynecologic Cancers; Building the Case Against Human Trafficking; Diabetic Educators: Impacts on Clinical Care and Pathway to Certification; The Rhythm Methods: My Experience Teaching Comprehensive Sex Ed; Working with Homeless Women and Children; Medicaid and the ACA: The Road Ahead; A Healthy Pregnancy; and Coping in Today's World. In addition to these sessions, there were Program updates for Right From the Start, WV Breast and Cervical Cancer Screening Program, Family Planning and WISEWOMAN where Program staff reviewed policies and procedures and answered questions from providers.

The closing plenary was quite different than anything that had been done before at the Women's Health Conference. April Hamilton brought her culinary skill to the attendees in an hour long "cooking show," where she showed how to make healthy, delicious (and simple) recipes. She discussed the importance of using fresh ingredients and buying locally whenever possible. April also wove nutrition and healthy eating tips into her presentation and encouraged the audience to share this information with the people they serve, as well as implementing healthy cooking in their own lives. Attendees were also treated to a sample of one of her dishes.

In addition to the formal classroom learning, attendees had the opportunity to network and visit vendors. Help Me Grow, UniCare, The Health Plan, AARP, WV Comprehensive Cancer Program, WV Division of Tobacco Prevention and Control and Merck set up displays and shared information with all who visited their tables. There was also a general resource table where providers could pick up Program information, rack cards and posters for use in their clinics.



Plenary speakers: Amy Williams and April Hamilton.

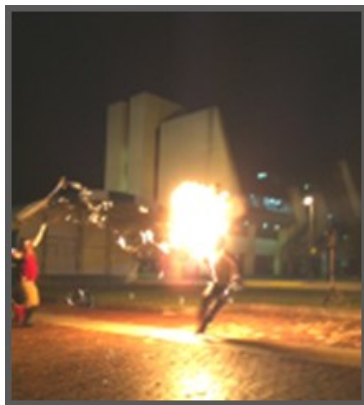
Vandalia-Con: Victorious Heroes Return



By: Shelly Dusic

The Heroes of Vandalia were at it again May 22nd-24th at the Blennerhassett Hotel in Parkersburg, WV. Vandalia-Con was a three-day volunteer-run convention that celebrated the Steampunk genre. The convention raised money to ensure that breast and cervical cancer screening, diagnostic and treatment resources are available to all WV women. By merging this popular genre with a great cause, we honored our state's history, educated about early detection and engaged a new generation in cancer awareness and advocacy. **All** proceeds from this event were donated to the WV Breast and Cervical Cancer Diagnostic and Treatment Fund and Bonnie's Bus.

Some of the activities offered at Vandalia-Con this year included a beautiful night-time Bubble Ballet with Professor Bubblemaker and a hair-raising fire show with the Clark Street Carnival, who invited the good professor to join them and make fire bubble magic! Karnevil kept the thrills alive with Arson's Wild West Whip Show, and Gypsy (the pain proof woman) awed us with her feats and her feet! Her amazing ability to walk on broken glass kept everyone on their toes. That was a good thing, because you never want to let your guard down when in the company of the Pirate Crew of the Dead Rabbit, or you just may find yourself helpless with laughter!



Clark Street Carnival
Fire Show



James Lovelock of the
Pirate Crew of the
Dead Rabbit



Professor Bubblemaker's
Bubble Ballet

Victorious Heroes Return (continued)

Participants loved the wide array of classes available this year. They had the opportunity to learn about everything from graveyard archeology, to the building of the American railroad, to unlocking the secrets of the Wunderkammern and even how to defend yourself in the wild frontier. Classes taught participants how to craft the perfect steampunk costume, how to create a character and how homemade instruments impacted the development of American Folk music. They took a trip into the spooky with Susan Sheppard who shared local legends of hauntings and Madam Xen brought back lots of laughter from the other side with her Victorian Séance. Music lovers were delighted by the old-timey sounds of Spence's Rye and Eli August and the Abandoned Buildings. Story time with Johnny Appleseed, Late Night Stories with Mr. Cat and the thrilling tales of The Pirate Crew of the Dead Rabbit offered hours of wonderful entertainment.



Johnny
Appleseed



Captain and Mr. Cat



Professor Bubblemaker's Kids Science Class

For the more competitive in nature, the Miner's Lament Saloon was a night of casino style gaming that culminated in a bidding war at the Red Eye Auction. This year, hidden among the loot, were five \$20.00 gift cards that were very happy surprises for our bidders. There was a costume contest which was won by Dawn Slekis for her Steampunk Archeologist persona. At the Maker's competition, Jan Maloney won for her Appalachian Mother and Daughter photography. For those more interested in engineering and teamwork, we laid the groundwork for next year's airship regatta! Create your own remote control airship and you and your crew can pilot it through the race course. This year we constructed the "Nemo," a flying fish who sailed his way through the convention and raised eyes and spirits wherever he went. While Melissa Sayre walked away with the prize from the tea dueling competition, we all decided that the pastry chef at the Blennerhassett Hotel who made the wonderfully delicious and nearly indestructible tea biscuits deserves at least an honorable mention. Her skill resulted in some hilarious, if unorthodox, methods of tea biscuit destruction. Neither victory nor defeat has ever tasted so good!

(continued on page 11)



Jordan Kennedy-Rea and Xen
participated in the tea dueling
competition



Victorious Heroes Return (continued)

(continued from page 10)

Attendees with Silver and Gold passes also enjoyed tours of local attractions including two Historic homes in the Julia-Ann Historic District, The Smoote Theatre, The Oil and Gas Museum, The Blennerhassett Museum of Regional History and Blennerhassett Island. Island tours included a ride on the Island Belle sternwheeler, a horse drawn carriage ride and a tour of the Blennerhassett Mansion. These partnerships not only educate about the important contributions that Parkersburg, WV made to the Industrial Revolution in the late 1800's, they also help us to involve the whole community in the fight against cancer.

In the interest of serving the local population, Vandalia-Con also hosted a Pink Block Party on Sunday as part of the celebration. The Pink Block Party was free and open to the public, and included a parade, a concert, children's activities, a health fair, a women's screening clinic by Planned Parenthood South Atlantic and on-site screening mammograms through Bonnie's Bus. Our partnership with the farmer's market was a wonderful compliment to the day, promoting local businesses and getting everyone involved. At the Pink Block Party people were able to see what Steampunk is and enjoy a day of fun with the family, while learning about local resources and health education. Making healthy decisions a fun family tradition is a step toward creating a culture of wellness here in the Mountain State.

Vandalia-Con is beginning to grow and we are already looking forward to next year. Memorial Day weekend May 27-29, 2016, at the Blennerhassett Hotel, the Heroes of Vandalia will gather for another amazing adventure. We are out to give women the best advantage in the fight against breast cancer. In the words of Captain James Lovelock, "It has it coming."



Tour of historic home in
Julia-Ann Historic District



Norm and Judy Smith in the
parade from the
Blennerhassett Hotel to the
Pink Block Party



Heroes of Vandalia with
Bonnie's Bus

Provider Matching Puzzle

By: Pam Postalwait

- | | |
|---|---|
| <input type="checkbox"/> 1. Client Enrollment form | A. this clinical breast exam result requires referral to a breast surgeon |
| <input type="checkbox"/> 2. Medical History form | B. this is the first visit and the patient is enrolled during this visit |
| <input type="checkbox"/> 3. Patient Data form | C. this form is completed during enrollment visit and updated annually |
| <input type="checkbox"/> 4. Referral form | D. these guidelines are used to determine income eligibility |
| <input type="checkbox"/> 5. Batch Invoice form | E. this form is initiated by the screening provider to refer a patient for an eligible test |
| <input type="checkbox"/> 6. CDC Certificate of Medical Diagnosis form | F. this form is used to document the screening services/results provided to an eligible patient |
| <input type="checkbox"/> 7. Skin dimpling or retraction | G. this visit type is not covered by WVBCCSP |
| <input type="checkbox"/> 8. Federal Poverty Level Income Guidelines | H. this form contains consent for release Information |
| <input type="checkbox"/> 9. Annual Rescreening Log | I. screening provider submits this completed form in order to bill for WVBCCSP services |
| <input type="checkbox"/> 10. Colposcopy Activity Log | J. this is an optional form used to document mammography results/treatment/follow-up |
| <input type="checkbox"/> 11. Initial Visit | K. used by screening providers to track/remind patient when the next re-screening is due |
| <input type="checkbox"/> 12. Breast pain | L. this is not a risk factor for breast cancer |
| <input type="checkbox"/> 13. Acute Care Visit | M. patient must take this form to the local DHHR to apply for the Medicaid Treatment Act |
| <input type="checkbox"/> 14. Mammography Activity Log | N. log used to record Pap test results, colposcopy date and result, follow-up treatment |

***West Virginia Breast and Cervical
Cancer Screening Program
2015 Provider Training Schedule***



Wednesday, July 15

Wednesday, August 19

Wednesday, September 16

Wednesday, October 21

Wednesday, November 18

Wednesday, December 9



Classes are held in the Diamond Building located at 350 Capitol Street in Charleston, WV. There are no charges to attend a class. Participants will receive a WVBCCSP Training Manual when they attend.

All Provider Trainings begin at 9:00 a.m. and end at 3:00 p.m. Providers may contact Pam Postalwait, RN, Clinical Services Coordinator at 304-346-4401 or pam.a.postalwait@wv.gov. Pre-registration is required.



Healthy Recipe: Eggplant Mixed Grill



Prep Time: 15 minutes

Ready In: 2 hours 30 minutes

Cook Time: 12 minutes

Servings: 6



Marinated vegetables are grilled to perfection. Wonderful served hot or cold.

Ingredients:

- | | |
|-------------------------------------|---|
| 2 tablespoons olive oil | 18 spears fresh asparagus, trimmed |
| 2 tablespoons chopped fresh parsley | 12 crimini mushrooms, stems removed |
| 2 tablespoons chopped fresh oregano | 1 yellow bell pepper, cut into wedges |
| 2 tablespoons chopped fresh basil | 1 red bell pepper, cut into wedges |
| 1 tablespoon balsamic vinegar | 1 teaspoon kosher salt |
| 6 cloves garlic, minced | 1 red onion, cut into wedges |
| 1/2 teaspoon black pepper | 1 (1 pound) eggplant, sliced into 1/4 inch rounds |

Directions:

1. In large resealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper and garlic. Place the onion, asparagus, mushrooms, eggplant, red bell pepper and yellow bell pepper into the bag. Seal and marinate 2 hours in the refrigerator, turning occasionally.
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Grill the vegetables 6 minutes on each side, until tender.

Nutritional Information per serving: Calories: 107

Sodium: 340 mg	Total Carbs: 13.3 g	Cholesterol: 40 mg
Total fat: 4.9 g	Dietary Fiber: 5.4 g	Protein: 4.3 g

Submitted by: kelcampbell

Photo by: paslea1987



Cooking Healthy On a Budget



From: the American Heart Association's Simple Cooking with Heart

It's not true that eating healthy foods will cost more; cooking at home will save you dollars from the start. Plus, you're in control of the portion sizes. Here are a few suggestions to save you money and improve your health too!

Shop smart: Plan your meals for the week before you go shopping, but be flexible if you find an unexpected sale item. Buy more fruits and vegetables and less meat. Instead of meat, use beans in some recipes, like burritos, tacos, soups and pasta dishes.

Cook Once, Eat Twice: Save time in the kitchen by doubling the meat and vegetables in recipes and using it for a second meal the next day. Visit **heart.org/simplecooking** for some great Cook Once, Eat Twice meals your family will love.

Load up on produce: Fresh fruits and vegetables are cheapest when they're in season. Frozen fruits (without added sugars) and veggies (without added sauces or salty seasonings) cost less and are just as healthy as fresh produce. Plus, they are great to have in your freezer when you're low on funds or don't feel like heading to the store.


Go whole: Even if a loaf of whole-grain bread costs more than the spongy white stuff, you're getting more nutritional bang for your buck. The whole-grain bread has more vitamins and more fiber, which satisfies your hunger longer. The same is true of whole-grain pastas and crackers and brown rice instead of white. Cook your own plain rice, because it's much cheaper and healthier than the mixes.

Serve and store: After everyone has taken his or her desired portion of your home-cooked dinner, immediately put the leftovers in containers and store them in the fridge. They could add up to another dinner. That leftover chili would taste great tomorrow over baked potatoes, for example. Leftovers also equal instant lunches.

Cancer Prevention and Control Highlight

By: Stephenie Kennedy

Last year, West Virginia's cancer and tobacco programs, working under the umbrella of Mountains of Hope, the state's comprehensive Cancer Coalition, identified a campaign that would allow them to address two public health issues at the same time: cervical cancer and smoking. The WV Comprehensive Cancer Program, WV Breast and Cervical Cancer Screening Program, WV Tobacco Quitline and the office of Cancer Prevention and Control at the Mary Babb Randolph Cancer Center replicated a project completed a few years ago in Idaho to spread the word that "Smoking Doubles Your Risk of Cervical Cancer." This public awareness campaign aimed to reach people in their local communities through the distribution of rack and business cards at fairs, festivals and healthcare provider sites. Starting in November 2014, all women calling the Quitline were asked, "Do you know that smoking doubles your risk of cervical cancer (Yes, no, refuse)? Baseline data was collected in November and December and starting in January, campaign materials were disseminated across the state. All Quitline callers, male and female, are sent the "Smoking Doubles Your Risk" cards in their initial packets. The idea is to spread this message across the state to both men and women. Smoking affects more than our lungs and it is an important population-based message. As providers, we are asking your help in disseminating this information. The project will continue throughout calendar year 2015. Please contact your Health Information Specialist for more information.



SMOKING DOUBLES YOUR RISK OF CERVICAL CANCER

- Smoking increases your risk of developing cervical cancer.
- Smoking weakens your body's ability to fight viruses like HPV (human papilloma virus). HPV greatly increases your risk of getting cervical cancer.
- Cervical cancer can be prevented by finding and removing pre-cancerous cells. A Pap test looks for these cells.

If you STOP smoking, your risk decreases.

Free Help is available!

**Call the WV Quitline at 1-800-QUIT-NOW
or 1-877-966-8784**



Provider Matching Puzzle Key

By: Pam Postalwait

- | | |
|---|---|
| H 1. Client Enrollment form | A. this clinical breast exam result requires referral to a breast surgeon |
| C 2. Medical History form | B. this is the first visit and the patient is enrolled during this visit |
| F 3. Patient Data form | C. this form is completed during enrollment visit and updated annually |
| E 4. Referral form | D. these guidelines are used to determine income eligibility |
| I 5. Batch Invoice form | E. this form is initiated by the screening provider to refer a patient for an eligible test |
| M 6. CDC Certificate of Medical Diagnosis Form | F. this form is used to document the screening services/results provided to an eligible patient |
| A 7. Skin dimpling or retraction | G. this visit type is not covered by WVBCCSP |
| D 8. Federal Poverty Level Income Guidelines | H. this form contains consent for release Information |
| K 9. Annual Rescreening Log | I. screening provider submits this completed form in order to bill for WVBCCSP services |
| N 10. Colposcopy Activity Log | J. this is an optional form used to document mammography results/treatment/follow-up |
| B 11. Initial Visit | K. used by screening providers to track/remind patient when the next re-screening is due |
| L 12. Breast pain | L. this is not a risk factor for breast cancer |
| G 13. Acute Care Visit | M. patient must take this form to the local DHHR to apply for the Medicaid Treatment Act |
| J 14. Mammography Activity Log | N. log used to record Pap test results, colposcopy date and result, follow-up treatment |



WEST VIRGINIA
Breast & Cervical
CANCER SCREENING PROGRAM

You're Worth It



This newsletter is for providers participating in the WVBCCSP and WISEWOMAN programs. If you would like to contribute information or article ideas for the next edition of the Provider Press, please contact:

Editor

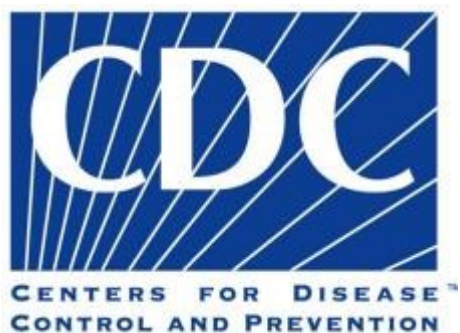
Vickie Burke

Outreach and Education Coordinator
vburke@hsc.wvu.edu

This publication was supported by cooperative agreement under DP12-1205 from the Centers for Disease Control and Prevention

WV OFFICE OF
**Maternal, Child
& Family Health**

West Virginia Department of Health and Human Resources



MARY BABB

RANDOLPH CANCER CENTER
at West Virginia University