



# WVBCCSP Provider Press

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## INSIDE THIS ISSUE:

Breast Cancer Screening Guidelines	1
Cytology Lab Change	2
ASTHO Grant	3
Director's Dialog	4
Breast Cancer Awareness Month	5
Cervical Health Awareness Month	10
Healthy Recipe	11
Recipe Makeovers	12
Save-the-Dates	14
Provider Training	15

## *WVBCCSP and the “New” Breast Cancer Screening Guidelines*

By: Beth Staats, RN, BSN

Are you confused about the new recommendations regarding the age to get a screening mammogram? Many providers are asking which guidelines we follow. As the WVBCCSP staff read the new mammogram recommendations, we asked ourselves how do we convey this information to our providers and still ensure that women are getting the best possible care. The WVBCCSP has not changed the reimbursement policy for mammograms! The WVBCCSP will continue reimbursing for mammograms as described below unless our funder, the Centers for Disease Control and Prevention (CDC), informs us otherwise. If this happens, the WVBCCSP will notify providers immediately.

The WVBCCSP will continue to reimburse an annual screening mammogram for all women 50-64 years of age who meet the eligibility requirements, are enrolled in the Program and are referred by a WVBCCSP screening provider to a contracted mammogram provider.

**Women aged 40-49 years of age are eligible for a screening mammogram if they have at least one of the high risk factors for breast cancer including:**

- Previous history of breast cancer
- Family history of breast cancer
- Never having children
- First child born after age 30
- Abnormal biopsy report or
- Adopted and family history unknown

There is a section on the Patient Data Form (PDF) where breast cancer high risk factors can be documented. You can also write the woman's breast cancer high risk factor(s) on the Referral Form. By writing the information on the Referral Form, the mammography facility and radiologists are made aware of her risk factors.

(continued on page 2)

## ***WVBCCSP and the “New” Breast Cancer Screening Guidelines (continued)***

(continued from page 1)

A woman under the age of 40 is **never** eligible for a WVBCCSP funded screening mammogram. The Program will reimburse for a diagnostic mammogram for any eligible enrolled woman who has an abnormal Clinical Breast Exam (CBE). These results include:

- Bloody/serous nipple discharge
- Discrete palpable mass (Suspicious for cancer)
- Nipple/Areolar scaliness
- Skin dimpling or retraction

To make it easier to remember, the above CBE results are marked with an asterisk (\*) on the Patient Data Form. The most important thing for providers to understand is if they select one of the above CBE results, the woman needs to be referred to a contracted breast surgeon regardless of the mammogram or breast ultrasound results. Diagnostic mammograms are reimbursed if the result of the screening mammogram is BIRADS 0, the radiologist requests additional imaging or as a six-month follow-up.

Breast ultrasounds are only reimbursed after a woman has had a screening or diagnostic mammogram completed in the month preceding the ultrasound. The Program NEVER reimburses for breast MRIs or pelvic ultrasounds.

## ***Cytology Lab Change***

The WVBCCSP has had a contract with the Pennsylvania Cytology Services (PCS) since 2010. This contract ends **December 31, 2015**. PCS chose not to renew the existing contract.

In a recent telephone survey, we learned that the majority of WVBCCSP providers use LabCorp, SVI, Quest Diagnostics or a local hospital for non-BCCSP patients. Most expressed satisfaction with the services from these labs and thought it would be more convenient to send Pap specimens for all patients to the same lab. For those clinics that indicated you only used PCS, we are asking you to contact a lab to develop an agreement to process your BCCSP specimens. The Program will reimburse labs for processing Pap tests at the current Medicare rate for Pap tests (\$29.08) and HPV tests (\$47.76).

You will need to consult with the lab you choose to negotiate a rate and billing method for those patients choosing to have a Pap test that is not reimbursed by WVBCCSP. Providers should continue using PCS through December 31, 2015, but may notice a reduction in the number of supplies sent to providers from PCS. After that date, all unused supplies must be returned to PCS.

## ***WV Receives a Grant to Address Breast Cancer Mortality***

By: GeorgeAnn Grubb

The Association of State and Territorial Health Officials (ASTHO) and the Centers for Disease Control and Prevention's (CDC) Division of Cancer Prevention and Control are partnering to support three states to strengthen their ability to address disparities in breast cancer mortality. The WV Bureau for Public Health learned in mid-October that WV was selected as one of the three states, along with Tennessee and Arizona, to receive a \$20,000 grant and to participate in a Breast Cancer Learning Community to enhance the state's capacity to utilize data and target efforts in screening and referral to care in order to reduce Breast Cancer Morbidity and Mortality.

Project outcomes for the learning community include:

- Increasing implementation of evidence-based public health programs, policies and services
- Establishing and maintaining diverse public health partnerships for meaningful cooperation and achievement of evidence-based public health strategies and interventions.

The WV Breast and Cervical Cancer Screening Program (WVBCCSP) Director, GeorgeAnn Grubb and Epidemiologist, Nikki Lyttle, attended an Expert Panel Meeting in Atlanta on November 13, 2015, to learn more about the project and begin planning how WV can utilize data in innovative ways to identify the areas of greatest need and target efforts to expand screening and referral of care for WV women.

WVBCCSP is excited about participating in ASTHO's Breast Cancer Learning Community as an opportunity to share expertise with colleagues across the country about best practices as well as successes and challenges to improve breast cancer mortality rates.





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MPH**

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## ***Director's Dialog: Every Ribbon Counts***



By: GeorgeAnn Grubb

As we come to the end of another Breast Cancer Awareness Month, we can ask ourselves, "How could anyone have missed the message that early detection saves lives?" There were pink messages everywhere, from the football fields to the courthouses to the schools and churches. There were pink hard hats at construction sites, pink ribbon bagels, pink barns, faces were painted pink and even pink hair was seen here and there! Not to mention the vast array of foods, cosmetics and other products that have jumped on the pink bandwagon to market their wares. For those of us who work in the West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP) and our dedicated provider network, the month of October offers an opportunity to reaffirm the messages of hope and commitment to saving and extending lives through routine screening. The messages are always personal, for we have all been touched by breast cancer either directly or through a family member, co-worker or neighbor.

As Faye Wong, the Program Services Branch Chief, Division of Cancer Prevention and Control at CDC, has stated recently, "Our work is not done." The WVBCCSP agrees that the Program will continue to screen eligible women and provide education and navigation services to all women in West Virginia, whether they have health insurance or not. Building on the expertise developed over the past 25 years, the Program will continue to work with our providers and community partners to assure that women receive the best possible screening and diagnostic services and treatment when needed. We will continue to provide breast and cervical cancer education and information about treatment options and we will share stories of women who have battled and won and honor those who have lost their lives. Every time we pin on a ribbon we send a message of courage, hope and support that we are truly all in this together.

*GeorgeAnn Grubb*





## 2015 Breast Cancer Awareness Month (BCAM)



Throughout the month of October many faithful WVBCCSF volunteers hosted over 200 Breast Cancer Awareness events across the state. Many of these events were fundraisers for the WV Breast and Cervical Diagnostic and Treatment (D&T) Fund. The D&T Fund provides diagnostic and treatment services for uninsured WV women.

Here is a sample of the variety of events and commitment demonstrated on behalf of more than 500 volunteers who work on behalf of the Program:

- There were 18 Walks for Women which included a Dog Walk, walks in memory of loved ones that died from breast cancer and a couple of 5Ks. There was even an evening walk in West Union called the Glow Walk!
- There were over 50 proclamations and wreath hangings. These ceremonies were held at courthouses, post offices, WVBCCSF provider clinics and libraries.
- Many clinics, local businesses and community groups share BCAM information, getting the word out to community members, by displaying materials, often for the whole month of October. There were approximately 80 BCAM events where breast cancer educational materials were displayed!
- This year over 30 local churches were involved in hosting a Pink Ribbon Sunday event. Materials and incentives were distributed to those attending the services.



Clay County Walk for Women: participants wearing their pink!



Pink Sunday at First United Methodist Church in Webster Springs



Brooke County Commission Wreath Hanging and Proclamation



Jefferson County CEOS Event: The 9th Annual Pink Luncheon and Purse Auction in Charles Town.

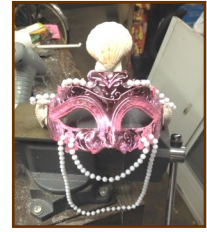
Auctioneer and participants on the right.  
Participants on the left.

Over 625 purses were donated. This year they raised more money than any other year.





## 2015 BCAM (continued)



(continued from page 5)

Some of the new events that took place in October 2015 included:

- FruthX Pharmacy displayed WVBCCSP materials at all 16 of their WV stores the whole month of October. They shared the WVBCCSP information sheets that included Program guidelines and contact information.
- A Steampunk Masquerade Ball was held in Morgantown.
- Princeton Community Hospital set up an automatic payroll deduction system with the monies going to the D&T Fund.
- A Breast Cancer Survivor Fashion Show, called “A Night in Their Shoes,” was held in Wheeling.
- A few State Police detachments in Region D displayed pink ribbons on their desks and in their cruisers. One local Sheriff and his deputies also displayed pink ribbons all month.
- A Golf Tournament was held in Peterstown (actually in June) and may become an annual event.

October was indeed a Pink Month! The goal of all of these events was not only to raise money for the D&T Fund but to increase awareness about the importance of screening for breast cancer. These events also honor breast cancer survivors and remember those that lost their battle with breast cancer.

**The WVBCCSP thanks everyone that participated in the awareness and fundraising events this year. Our partners and volunteers stepped up to the challenge once again and the Program is very thankful.**



Participants in costume for the Steampunk Masquerade Ball



Breast Cancer Survivors model at the Fashion Show, “A Night in Their Shoes”, in Wheeling





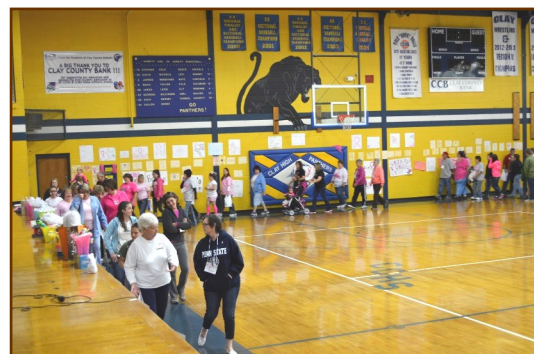
## More BCAM Pictures



Man Walk



Wreath Hanging in Grant County



Clay Walk



Grafton Walk



Man Walk



Glow Walk, West Union



BCAD at Belington Clinic



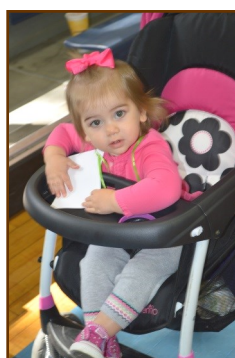
Golf Tournament, Peterstown



Golf Tournament, Peterstown



Grafton Walk



Falling Waters Walk



Falling Waters Walk





## More BCAM Pictures



Man Walk



Grant County Event



Farmer's Day Float



Recognition of Volunteer at the  
Wirt County Wreath Hanging



Princeton Walk



Webster County High School



Band in Region D



Fran King, Breast Cancer survivor  
and her daughter at the Clay Walk



Greenbrier County Wreath  
Hanging



Pink Luncheon and Purse Auction



Janie's Walk in Wheeling



## *More BCAM Pictures*



Wreath Hanging at the CEOS meeting at Twin Falls State Resort Park in Mullens



Wreath Hanging and Proclamation Reading at the Calhoun County Courthouse in Grantsville

## *My Visit to Lincoln County High School*

By: Candice Gore

On October 22<sup>nd</sup>, 2015, I had the wonderful opportunity to go to Lincoln County High School and speak to Ms. Joanna Elkins' Health Science Class about the WVBCCSP. The class consisted of high school seniors whose interest is in a health field career. I spoke with them about breast and cervical cancer as well as what the WVBCCSP does. They were very attentive and receptive to the information given to them. They even got to practice doing breast exams on breast models to see if they could find the abnormal areas. The class consisted of mostly girls and one boy. I felt honored to have been invited there to speak about the Program and all the wonderful things we do! I even got them out of a test, I think! Here is a picture of me with the class.





## *Cervical Health Awareness Month (CHAM)*



By: Shelly Dusic

January is Cervical Health Awareness Month (CHAM) and now is the time to prepare for CHAM events. West Virginia has the highest incidence rate of cervical cancer in the nation. With effective prevention and early detection systems in place, there is no reason that this number can't change. Up to 93% of cervical cancers are preventable. That is why it is so important that we take advantage of this opportunity to educate our population about cervical cancer.

January is always an interesting time to try to host an event because the weather is so cold and unpredictable. A few events/activities that clinics might plan in January are: (1) display cervical cancer education materials at your clinic throughout the month of January. (The WVBCCSP provided all clinics with flyers and Program information that could be part of a display); (2) observe Wear Teal Day on Friday, January 8, 2016 and consider adding a proclamation signing, wreath hanging, or refreshments on Wear Teal day to make it extra special.; (3) offer a cervical cancer in-service for clinic personnel; (4) conduct a cervical cancer education session for patients; (5) partner with businesses in the area and offer a cervical cancer education presentation at their facility.

Remember the power of social media! Facebook, Twitter and Instagram are great ways to reach people at home. Include links in your posts to the WVBCCSP, Centers for Disease Control and Prevention, the National Cancer Institute and the American Cancer Society, to direct people to reliable resources for cervical cancer information.

**Remember to send your Wear Teal Day pictures to [vburke@hsc.wvu.edu](mailto:vburke@hsc.wvu.edu), to be used in future WVBCCSP newsletters.** Take advantage of CHAM and share important cervical cancer prevention and early detection information with your clinic staff, patients, businesses and community members.



Staff at Jefferson County Health Department, Kearneysville, wore Teal Ribbon t-shirts in honor of 2015 Wear Teal Day



Staff at Coplin Clinic, Elizabeth, wore Teal in honor of 2015 Wear Teal Day



## *Healthy Recipe: Easy Nacho Skillet Dinner*

### **Ingredients:**

2 cups ground soy crumbles  
2 cups frozen corn  
2 teaspoons chili powder  
1 can no-salt-added kidney beans, (15 1/2 ounces), drained and rinsed  
2 cans no-salt-added tomato sauce, (8 ounces each)  
1/4 cup water  
1 cup baked tortilla chips, slightly broken  
3/4 cup reduced-fat cheddar cheese, shredded

### **Instructions:**

- Place meatless ground crumbles, corn, chili powder, kidney beans, tomato sauce and water in a 10-inch skillet over medium-high heat.
- Simmer for 10 minutes, stirring occasionally.
- Sprinkle with tortilla chips and cheese. Cover and let set for about 5 minutes until the cheese is melted.

**Serving size:** 1 cup    **Serves:** 5.

### **Nutritional Information - Amount per serving:**

Calories: 260  
Total Fat: 7 g  
Protein: 17 g  
Sodium: 390 mg  
Total Carbohydrate: 35 g  
Saturated Fat: 2.5 g  
Dietary Fiber: 9 g



From the Mayo Clinic Diet ([NewsMayoClinicDiet@everydayhealth.com](mailto:NewsMayoClinicDiet@everydayhealth.com))  
October 2015

## *Recipe Makeovers: Five Tips for Healthier Dishes*

Give your favorite dishes a healthy overhaul with these simple suggestions.



allrecipes.com®

Here are five techniques you can use to help create healthy recipes. Remember, these are just some examples. Use your imagination and experiment to find other ways to create healthy recipes — maybe you can even serve them to Grandma!

### **1. Reduce the amount of fat, sugar and salt**

You can often reduce the amount of fat, sugar and salt without sacrificing flavor in healthy recipes. Use these general guidelines:

- o **Fat.** For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. You can also use commercially prepared fruit-based fat substitutes found in the baking aisle of most grocery stores.
- o **Sugar.** Reduce the amount of sugar by one-third to one-half. Instead, add spices such as cinnamon, cloves, allspice and nutmeg, or flavorings such as vanilla extract or almond flavoring to boost sweetness.
- o **Salt.** For most main dishes, salads, soups and other foods, you can reduce the salt by half or even eliminate it. You can reduce salt by half in baked goods that don't require yeast too. For foods that require yeast, you may need to experiment: Some salt may be necessary for leavening to keep baked goods from being too dense or flat.

### **2. Make a healthy substitution**

Healthy substitutions not only reduce the amount of fat, calories and salt in your recipes but also can boost the nutritional content.

- o **Pasta.** Use whole-wheat pasta instead of enriched pasta. You'll triple the fiber and reduce the number of calories.
- o **Milk.** Prepare a dessert with fat-free milk instead of whole milk to save 66 calories and almost 8 grams of fat per cup.
- o **Meat.** When making casseroles, scale back on meat, poultry or fish and increase the amount of vegetables. You'll save on calories and fat while gaining more vitamins, minerals and fiber.

(continued on page 13)



## *Recipe Makeovers: Five Tips for Healthier Dishes (continued)*

(continued from page 12)

### **3. Cut back some ingredients**

In some recipes, you can eliminate an ingredient altogether or scale back the amount you use.

- o **Toppings.** Eliminate items you generally add out of habit or for appearance, such as frosting, coconut or whipped-cream toppings, which are all high in fat and calories.
- o **Condiments.** Cut condiments, such as pickles, olives, butter, mayonnaise, syrup, jelly and mustard, which can contain a lot of salt, sugar, fat and calories. Use less low sodium soy sauce than a recipe calls for to decrease the amount of sodium.
- o **Cheese.** If a recipe calls for 1 cup of shredded cheddar cheese, use 1/2 cup instead.

### **4. Change cooking and prep techniques**

There are several healthy cooking techniques that can capture the flavor and nutrients of a well-loved recipe without adding excessive amounts of fat, oil or salt. Try these preparation techniques for healthy recipes.

- o **Cooking method.** Healthy cooking techniques include braising, broiling, grilling, poaching, sautéing and steaming.
- o **Basting liquid.** If the directions say to baste the meat or vegetables in oil or drippings, use a small amount of wine, fruit juice, vegetable juice or fat-free vegetable broth instead.
- o **Nonstick cookware.** Using nonstick pans or spraying pans with nonstick spray will further reduce the amount of fat and calories added to your meals.

### **5. Downshift your speed and downsize the portion**

No matter how much you reduce, switch or omit ingredients, some recipes may still be high in sugar, fat or salt. You can help your diet by not rushing through meals and cutting back on the portion size too.

- o **Slow down.** Eat your meals more slowly to give your body a chance to register the fact that you're filling up. Put your fork down between bites if necessary. You'll eat less in the long run.
- o **Check portion sizes.** Many portions today are so large you may not realize what a true portion or serving is. Train yourself by using smaller plates, spoons and cups. And learn to use common visual cues to understand servings — one serving of whole-grain cooked pasta is about the same size as a hockey puck, for instance.

### **Putting it all together to create healthy recipes**

Before plunging ahead with a recipe, look it over and think about what you can change to turn it into a healthy recipe. Make notes of any alterations so that you can refer to them the next time you prepare the recipe. You may have to make the recipe a few times before you get the results you want, but finding the right combination of ingredients — for the desired taste, consistency and nutrients — is well worth the trouble.



## ***Save-the-Dates***



### Women's Health Information Programs (WHIPs)

**Tuesday, April 5**  
at the Saint John XXIII Pastoral Center  
in Charleston, WV  
and **Thursday, April 7, 2016**  
at the Bridgeport Conference Center in Bridgeport, WV

### Public Health Nurses Physical Assessment Training and combined Refresher Training (PHNPAT/PHNPATR)

Normally this training is offered in March, but in 2016 it will  
be offered in May. Watch for more details in the  
next newsletter.

### Vandalia-Con

**Friday, May 27 through Sunday, May 29, 2016**  
at the Blennerhassett Hotel in Parkersburg, WV.  
Watch for more details in the next newsletter or call  
304-293-2370



***West Virginia Breast and Cervical  
Cancer Screening Program  
2015-2016 Provider Training Schedule***



Wednesday, December 9

Thursday, January 21

Thursday, February 18

Thursday, March 17

Thursday, April 21

No class in May

Thursday, June 16

Thursday, July 21

Thursday, August 18

Thursday, September 15

Thursday, October 20

Thursday, November 17

Thursday, December 15



**You must pre-register in order to attend. Contact:**  
Pam Postalwait, RN, Clinical Services Coordinator at  
304-356-4401 or [pam.a.postalwait@wv.gov](mailto:pam.a.postalwait@wv.gov).  
Submit email address and alternate phone number.



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*

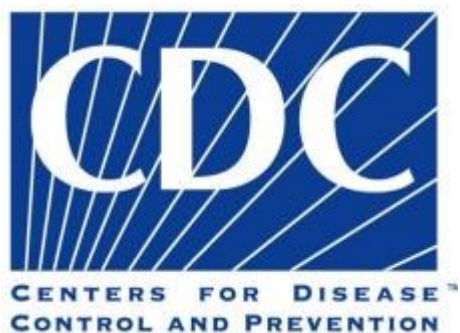
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WV OFFICE OF  
**Maternal, Child  
& Family Health**

West Virginia Department of Health and Human Resources



MARY BABB

**RANDOLPH CANCER CENTER**  
at West Virginia University