

One Month, One City: Three Hundred Fifty At-risk Women Served

One of America's largest, most diverse metropolitan areas, Houston is home to millions of women with different cultural backgrounds, financial circumstances, and levels of health insurance. The state of Texas has one of the highest uninsured rates in the country and alarming rates of cervical cancer.

Within Houston's vibrant and diverse neighborhoods, barriers prevent large populations from receiving regular cervical and breast cancer screenings. The results can be devastating.

The CAP Foundation is proud to reach nearly 350 Houston-area women with potentially life-saving diagnoses, and we are also proud of the evidence-based model that makes it possible to get same-day results.

This October, See Test & Treat® banded together three pathologist-led teams at Houston-area health centers, each with the goal of delivering free cervical and breast cancer screenings to 100 women.

Kyle L. Eskue, MD, FCAP, was the first pathologist leader up to the challenge on October 1. He helped organize a See, Test & Treat program at Lone Star Family Health Center that reached nearly 100 women with both English- and Spanish-language resources.

Dr. Eskue is no rookie when it comes to leading a humanitarian team. He's led two previous See, Test & Treat events that have reached more than 200 women.

"It's truly a community event where entire families can come and learn about healthy living and the importance of preventative care," Dr. Eskue said.

"Patients not only receive free Pap tests and mammograms, but they also have access to HPV screening, vision screening, flu shots, and many fun and educational activities."

Next up were Donna M. Coffey, MD, FCAP, and Patricia Chevez-Barrios, MD, FCAP, a pair of determined pathologists at Houston Methodist Hospital. They worked side by side with CAP Foundation Board members, Sonia C. Robazetti, MD, and Joseph Lucci, MD, on October 8 to bring See, Test & Treat to Sunnyside Health Center, a clinic that serves a neighborhood where many lack health insurance.



Donna M. Coffey, MD, FCAP, and the pathology team from Houston Methodist Hospital deliver essential care to women in need at one of three Texas See, Test & Treat events in October.

High levels of patient care showed that the program was direly needed. Several women required same-day colposcopy, some augmented with LEEP procedures.

The third wave was delivered by Jing Liu, MD, FCAP, and her team at the UT Physicians Bayshore Multispecialty Clinic, with Pap specimens processed at UT Health Sciences Center in Houston. The October 29 program aimed for the same targets as the previous two, also serving 100 at-risk women.

Breast and cervical cancers are expected to take the lives of nearly 3,400 women in Texas this year. With persistent leaders and compassionate donors, the CAP Foundation can expand the number of life-saving diagnoses we deliver.

This success offers hope for every underserved community. Dr. Robazetti said, "I think my colleagues set a great example—with more efforts like this one, we can expect great results for women across the country."



Patricia Chevez-Barrios, MD, FCAP, and Paloma Monroig-Bosque, MD, both with Houston Methodist Hospital, meet with a patient at Sunnyside Health Center See, Test & Treat.

Cancer Screening Buys Peace of Mind: The Story of Abigail and Juana

Abigail, 34, takes care of her three children in Maywood, Illinois. She had a professional career in Mexico, where her parents still live, but now she stays at home to reduce the costs of childcare. She has had worries about her health ever since she was diagnosed with endometriosis and her cousin was diagnosed with breast cancer.

Juana, 33, works as a health home aide in the Bronx, New York. She has recently seen her older sister go through a double mastectomy and chemotherapy to treat a breast cancer diagnosis; and just two years before, her mother also had a breast removed.

These two women are separated by hundreds of miles and trained in different lines of work, but they have a lot in common when it comes to their health risks. **Neither woman has any health insurance, and both received their first-ever mammogram at a See, Test & Treat event.**

The hurdles between at-risk women and recommended preventive medicine are not the same for everyone, but they always pose a deadly threat. For Abigail, the cost of being included on her husband's health insurance plan would be more than her husband's entire take-home pay, making any coverage out of reach. The possibility of cervical cancer going untreated is among her greatest fears, but the staff at Loyola University Medical Center did manage to ease some of her nervousness.

"At first I was nervous; but when I stepped in the door and a doctor in a lab coat greeted me with a smile and spoke



Lead pathologist at Chicago's Loyola University Medical Center See, Test & Treat, Eva Wojcik, MD, FCAP, allays health fears for patient Abigail.



With funding from The Coleman Foundation and The Community Memorial Foundation, clinicians volunteering at the Loyola University Medical Center meet with a patient. Hologic donated Thinprep pap supplies.

For women like Juana, a packed work schedule can make it easy to fall behind a schedule of regular cancer screenings, and **the cost of peace of mind can add up quickly.** With women in her immediate family fighting breast cancer themselves, she wanted an affordable option to be sure of her own health.

"I'm still young, but I know that I may be at risk," Juana said at the program held in May at Montefiore Medical Center. While the program's turnaround time for testing was only two hours, she made good use of those two hours thanks to the community health outreach that coordinated with the screenings. Educators from Latina SHARE, Bronx Community Health Network, HealthFirst, and Ridgewood Savings Bank connected women with affordable health care resources, and a Montefiore dietician explained ways to improve overall wellness and prevent disease through nutrition. See, Test & Treat is proud to provide education and financial advice that can make a difference in the health of women and their families.

Though every See, Test & Treat reaches a unique set of women, **the validated, pathologist-led model holds true no matter where help is needed.** As members of their communities and families, Juana and Abigail both needed a program that could assure them that cervical and breast cancer would not become a threat to their lives. As women in underserved communities, they needed representatives who could discuss options for affordable coverage and tests so they could make their health a priority. Because of the donations made to the CAP Foundation and the selfless work of many volunteers and health care professionals, the cost of peace of mind came down to zero.

Herbek Humanitarian Award Navigates Patient Support for All Ages

Sang Wu, MD, FCAP, is on a mission to form stronger bonds between at-risk women and health care resources. Partnering with the Vietnamese Health Association of North Texas and the Vietnamese American Medical Association, he has a plan for a patient navigator program that can help a vulnerable population get the care they need, when they need it.

“My plan is to introduce a **patient navigator, or ‘community health worker,’** who can personally engage individuals and families lacking access to health care,” Dr. Wu said. “This person could share knowledge of specific programs, advocate for community support, and overall make people feel empowered to manage their health.”

Dr. Wu led the first See, Test & Treat program in Dallas, and he saw firsthand how many women forego cervical and breast cancer screenings because of cultural and financial barriers.

Vietnamese women face cervical cancer incidence and morbidity rates five times higher than other ethnicities. An effective patient navigator can make the crucial difference to underserved women and their families.

“Anything you can do to represent and stand up for the underserved communities in Dallas is a life-saving operation,” Dr. Wu said. “And even for smaller matters of healthy living and preventive measures, one reliable voice can have an immense effect.”

Dr. Wu submitted his proposal to the CAP Foundation and received the Gene and Jean Herbek Humanitarian Award



CAP President Richard C. Friedberg, MD, PhD, FCAP, and CAP Foundation President Jennifer Laudadio, MD, FCAP, presented the 2016 Herbek Humanitarian Award to pathologist Sang Wu, MD, FCAP, (at center).

to kick-start his mission. The funding will go toward paying a new part-time worker who will hold workshops and seminars in the Dallas-Fort Worth area.

“If this community health worker is as successful as we hope, we could share our plan with other cities in Texas and even nationwide,” Dr. Wu said. “It would be a huge victory if neighborhoods of different ethnicities and cultures could each have their own lifeline to the world of health care.”

The second project Dr. Wu will lead with award funding involves the creation and publication of a **children’s activity book** to entertain and educate children who accompany their mothers to See, Test & Treat programs. The book will include puzzles, activities, and coloring pages that explain what a pathologist does, how they find disease, and how they work together with other doctors.

“Every See, Test & Treat event is a great opportunity to build relationships with the community, and that can include children too,” Dr. Wu said. “Who knows—a child flipping through this book could grow up to become a pathologist someday.”

Delegates Join Together, Raise Robust Funds

CAP Fellow and Junior Member pathologists comprise the core that makes the CAP Foundation a strong voice for advancing the practice of pathology. When these members gathered at the CAP16 House of Delegates and Residents Forum meetings in September, they made their collective voice heard loud and clear.

The CAP Foundation proposed that if each attendee donated a portion of their travel stipend, reimbursable by the CAP, their joint contributions could add up to the amount needed for one See, Test & Treat program, potentially delivering dozens of free cervical and breast cancer screenings to an at-risk group of women.

Participants were also eligible for a raffle to win a luxurious prize:



Benefiting women of all ages and changing the lives of many in need, CAP members in the House of Delegates and Residents Forum donated their CAP16 travel stipends to See, Test & Treat and the CAP Foundation.

use of a condo for one week in Cabo San Lucas, Mexico. CAP Foundation board member Theresa S. Emory, MD, FCAP, offered the incentive by donating access to the vacation property.

“The gift from those who attended the meeting and gave their stipend will change the lives of many people,” Dr. Emory said. “It not only impacts the patients who come to See Test & Treat but also all of the volunteers, family members, and community leaders who are involved in any way big or small. I am so grateful that it was a success!”

The initiative worked. **House of Delegates and Residents Forum attendees collectively donated nearly \$22,000,** enough to fully fund a smaller-scale See, Test & Treat program. Pathologists stood together and showed their commitment to advancing the specialty through the CAP Foundation’s unique mission.

Grants and Awards Foster Leadership



Fostering Leadership the CAP Foundation presented pathology residents with development awards. *Left to right:* Benjamin Cook, MD; Rebecca C. Obeng, MD, PhD, MPH; Sarmad Hassan Jassim, MD; Amy Thommasen, MD; Andrea Pervine-Zaman Ho, MD; Jordan E. Baum, MD; David A. Cohen, MD; and Jennifer Laudadio, MD, FCAP, CAP Foundation President. Not pictured: awardee Daniel S. Herman, MD, PhD.

The CAP Foundation strongly believes in strengthening the pathologist’s position at the core of the health care team. Our grants and awards empower CAP Fellows and Junior Members to expand their skill set, spark discussions with their peers, and learn how they can improve patient care.

At CAP16, eight ambitious resident pathologists received the CAP Foundation Leadership Development Award in recognition of their commitment to advancing their practice. The award provides a stipend to cover travel expenses so each recipient can attend the CAP Residents Forum meeting or CAP Policy Meeting.

The Leadership Development Award is named because young pathologists who get involved and learn from their colleagues will be instrumental assets to the profession in the changing health care landscape. As new challenges arise, the CAP Foundation propels its awardees to face them.

“As a military pathologist, I am expected to take a position of leadership within the laboratory directly following my residency. My goal for attending the Residents Forum meeting is to learn leadership skills that are geared toward pathology, learn from other residents about the existing leadership challenges and opportunities, and share the lessons and skills that I have learned throughout my military career.”

– Benjamin Cook, MD

“Leadership goes beyond excellent diagnostic skills—it improves patient care through managing resources; it spurs planning and organizing to improve communication bridges between patients, clinicians, surgeons, and pathologists; and it supports new technologies and process improvements to advance patient diagnosis and quality management. I strongly believe that it is best for our profession to integrate these technologies, embrace them, and break the walls that separate us from our patients and our colleagues.”

– Sarmad Hassan Jassim, MD

“The entity that creates and implements policies, rules, and regulations for practicing pathology needs to include pathologists, whose profession is directed and dictated by those regulations and policies. I am interested in developing the skills and opportunities necessary for me to become involved, effectively participate, address issues specific to pathology and patient care, and effect change for pathologists and patients.”

– Rebecca C. Obeng, MD, PhD, MPH

For more information about the grants and awards funded by CAP Foundation donors, see page 3 to learn about Sang Wu, MD, FCAP, recipient of the Gene and Jean Herbek Humanitarian Award.

What is in the See, Test & Treat program pipeline for 2017?

Scottsdale	AZ
Tucson	AZ
Los Angeles	CA
San Diego	CA
Maywood	IL
Indianapolis	IN
Lawrence	MA
Ann Arbor	MI
Minneapolis	MN
Twin Cities	MN
Jackson	MS
Omaha	NE
Bronx	NY
Providence	RI
Appalachia	TN
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Conroe	TX
Fort Worth	TX
Houston	TX
Houston	TX
Irving	TX
Katy	TX
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Newark	NJ

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Major Donations From BD and CVS Boost Our Efforts

The CAP Foundation has always valued, above all, the collaboration that unlocks amazing possibilities. Between the work of brilliant pathologists, passionate volunteers, and generous donors, no piece is replaceable.

The CAP Foundation's partnership with established health care organizations not only validates the See, Test & Treat model, it also expands the scope of what we can do. **Medical technology company BD (Becton, Dickinson and Company) supported a July 9 program at Charles Drew Health Center in Omaha, Nebraska,** led by former CAP President Gene N. Herbek, MD, FCAP. With \$50,000 from BD, the program offered same-day results, education, and plans for follow-up care with interpreters available for six languages. Beyond providing additional funding, BD also provided in-kind supplies to perform Pap tests for cervical cancer.

"Across the country, providers like CDHC care for 23 million people who otherwise have no access to care," said Ellen Rafferty, BD director, social investing. "BD recognizes that these providers operate with limited resources, and we support their ability to use innovative models of care—like See, Test & Treat—to bring high-quality preventive care to our nation's most vulnerable people."

Now **CVS Health has joined forces with See, Test & Treat** to support our goal to deliver life-saving diagnoses to underserved women in Texas, donating \$25,000 to See, Test & Treat throughout Texas. See the front page of this newsletter for more details about these Houston-based efforts.

"As a pharmacy innovation company, we are committed to helping people on their path to better health," said Eileen Howard Boone, senior vice president of Corporate Social Responsibility and Philanthropy at CVS Health. "We are proud to support the CAP Foundation as it works to increase access to quality health care for underserved populations and improve women's health."

The support of BD and CVS Health strengthens the network of civic-minded organizations that see the dire need for the services offered by See, Test & Treat. With major donations and efficient teamwork, pathologists can be the community leaders to tackle health disparities and unite the health care team.

Help us reach more vulnerable patients this year. Donating is easy! Give with your CAP member dues renewal.

Online:

Enroll in recurring donations to set it and forget it! foundation.cap.org

Calling all CAP Upper Classmen

Have you considered taking advantage of the **IRA charitable rollover**? This law allows individuals 70½ years young and above the ability to transfer up to \$100,000 directly from their individual retirement accounts to a qualified charitable organization. **The great benefit to you is that your donation will not be subject to income taxes on the distribution.**

Donations may be made via wire transfer or gifts of stock. It's a simple process that we can help you with – would you like to donate this year using the IRA charitable rollover?

To wire transfer a cash donation to the CAP Foundation, please follow the instructions below:

Bank: Citibank, New York

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