



**Howard University  
Cancer Center**

# Healthy Impressions

“Over 35 years celebrating our commitment to the community”

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Summer 2007

## The CARE Program at Howard University Cancer Center

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### Upcoming Events at HUCC

- \* **Free Prostate Screening**  
Offered monthly for more information contact 202-806-5640.
- \* **Cancer Support Group**  
Groups meet every 4th Tuesday of each month. For times and locations call 202-865-4655.
- \* **Smoking Cessation**  
Classes are held on the first Tuesday of each month contact 202-865-5293 for more information.
- \* **Look Good, Feel Better!**  
A support group helping female patients cope with hair and skin changes while undergoing chemotherapy treatment. Call 202-865-6731 for more information.

The CARE Program (Cancer Research Exercise Program) at Howard University Cancer Center offers a wide range of innovative programs to promote the well being of cancer patients and those at increased risk for cancer. “The goal of the CARE program is to promote optimum lifestyle practices to decrease cancer risk and improve the quality of life for cancer survivors”, states Dr. Teletia Taylor a health psychologist who is the director of CARE. To meet this goal, CARE offers programs that include exercise, smoking cessation, and nutritional counseling.

The CARE program is one of only a few bio-behavioral labs in the DC area. The program has state of the art equipment available for study participants and employs highly trained professionals in exercise physiology, oncology, and psychology.

There is strong evidence that regular physical activity along with healthy eating habits is needed to reduce cancer risk. There is also evidence to sug-

gest that exercise training can have a positive effect on the quality of life of cancer survivors. Currently, the CARE program offers three studies that explore the effect of physical activity on cancer risk reduction and improved quality of life for cancer survivors.



(Left to right) Dr. Teletia Taylor, Everett Dodson and Jennifer Sween demonstrate the benefits of exercise in cancer treatment.

The Breast Cancer and Exercise Study is a project exploring the effects of physical activity on the well being of African American breast cancer survivors. Another study looks at the effects of exercise on lowering the PSA levels in African American men at increased risk for developing prostate cancer. The African American Women and exercise study examines the effect of exercise on lipids immune functioning and psychosocial factors among healthy sedentary African American women.

**For more information call (202) 806-6920.**

## Physician Profile: Dr. Wayne A.I Frederick Skilled Surgeon Returns to Howard University

In June 2006, Dr. Wayne Frederick returned to Howard University to join the faculty of the Department of Surgery at Howard University as an Associate Professor. Dr. Frederick received his BS/MD in a combined program at the Howard University School of Medicine and did his residency in general surgery.

Born in Port of Spain, Trinidad, Dr. Frederick was always interested in science and medicine. He drew inspiration from his mother, who is a nurse. Dr. Frederick was just sixteen, when he began his studies at Howard University. After completing the combined program and residency at Howard, he did a post-doctoral research fellowship at M.D. Anderson Cancer Center. Dr. Frederick completed his surgical oncology fellowship at M.D. Anderson Cancer Center, where he worked side by side with some of the most accomplished surgeons in the country and learned the latest surgical techniques and new approaches for individualizing each patient's care.

In 2003, Dr. Frederick joined the faculty at the University of Connecticut Health Center where he became the Associate Director of the Carole and Ray Naeg Comprehensive Cancer Center, Director of Surgical Oncology and Assistant Professor in the Department of Surgery.

Dr. Frederick has received numerous awards and recognitions for his work. At University of Connecticut he was awarded the Resident's Teacher of the Year Award and the Students Teacher of the Year Award. He has been appointed to the Clinical Affairs Committee of the Society of Surgical Oncology, and in 2003 was named to the Committee of Young Surgeons of the American College of Surgeons. Dr. Frederick is a member of several organizations including the Society of Black Academic Surgeons.

Dr. Frederick has also demonstrated his commitment to the community, by volunteering his time to provide presentations on breast cancer and research at educational programs sponsored by the cancer center and has provided exams during the Cancer Center's quarterly free breast cancer screening program Mammoday.

Dr. Frederick is the Howard University Cancer Center's Associate Director for Clinical Research.

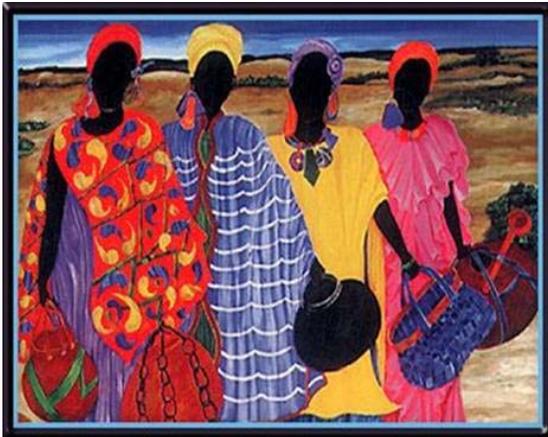


## Five ***REALISTIC*** Stress Reducers By: Dr. Carla Williams, Ph.D.

1. Do something fun on a regular basis! Schedule time to participate in activities or events that you enjoy.
2. Find a confidant. Talk with someone you trust. Explain to your confidant that you don't need him/her to fix your problems or give advice. Ask that the person just listen while you share things that are on your mind.
3. Manage time wisely. Think of time like you think of money. Don't just fritter it away. Making good use of your time will help you feel productive and empowered. Avoid putting things off and letting projects pile up.
4. Say "**NO**". Give yourself permission to do less.
5. Be assertive. Say what needs to be said. Give yourself permission to speak up. Sometimes it helps to practice on small issues. Assertiveness is not rudeness or anger. Being assertive shows respect for oneself and others.



## Ask the Cancer Information Service HPV Vaccine



### **Q: How does the new HPV vaccine for cervical cancer work?**

**A:** On June 8, 2006, the U.S. Food and Drug Administration approved the use of a new vaccine to prevent infection with four types of the virus known as HPV or human papillomavirus (pap-ih-LO-ma-VYE-rus). The vaccine prevents infection with the two types of HPV that cause most cases of cervical cancer, if the vaccine is given before exposure to these sexually transmitted viruses. By preventing infection, the vaccine can protect women from developing cervical cancer due to these types of HPV. The vaccine also protects against infection with two other types of HPV that cause most cases of genital warts. It is intended for use in girls and women between the ages of 9 and 26. The vaccine is made by Merck & Co., Inc. It is based on lab research and technology developed at the National Cancer Institute (NCI). NCI continues to conduct research on HPV and cervical cancer.

For more information about the HPV vaccine, call the NCI's Cancer Information Service at **1-800-4-CANCER**. You can also find information at <http://www.cancer.gov/cancertopics/hpv-vaccines> on the NCI's website.

## Howard University Cancer Center

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## The Charmettes, Inc. Gwendolyn B. Rodgers Chemotherapy Infusion Suite Dedication

On October 27, 2006, the Howard University Cancer Center dedicated its Infusion center to long standing donors the Charmettes. Over 80 plus Charmettes from all over the United States, attended to pay homage to their late founder Gwendolyn B. Rodgers and to celebrate in the significant philanthropic efforts they've made to the Howard University Cancer Center over the years.

Since 1981, The Charmettes have donated over \$350,000 to support research, educational opportunities, community outreach programs and clinical trials that have aided HUCC in achieving its goal of combating cancer within the African-American community. With the dedication of the infusion suite, HUCC will continue to provide hope to cancer patients while being reminded of the generous efforts of the Charmettes. Dr. Lucile L. Adams-Campbell, Director of the Howard University Cancer Center remarked that "the contributions from the Charmettes have supported the treatment of many cancer patients, especially those who were not insured."

Clearly, the efforts the Charmettes have demonstrated to HUCC over the years have been invaluable and we are truly grateful for their continued friendship and support in fighting the war against cancer.



Charmettes pose in front of the newly dedicated Infusion Center.

For more information on giving to the Infusion Center please contact the HUCC development office at 202-806-5700 or [rasjohnson@howard.edu](mailto:rasjohnson@howard.edu)

## Giving to the Howard University Cancer Center

Philanthropic support is essential to fulfilling the mission of the Howard University Cancer Center (HUCC) which is to reduce cancer morbidity and mortality in the local and underserved community, primarily African Americans, and to have a positive impact on malignant diseases within the population.

The Howard University Cancer Center is at a pivotal time as most cancer research centers are in maintaining and obtaining resources which will enable more cutting edge research and treatments, educational opportunities for students and faculty, attract more senior level faculty and provide community outreach and clinical trial programs which will seek to find a more in-depth understanding into the treatment for cancer.

Since 1971, The Howard University Cancer Center has served as a unique health model within the cancer community. As the only Cancer Center at a Historically Black College or University, coupled with its location in the heart of Washington, D.C., which has the 5th highest incidence of cancer in the nation, HUCC is positioned to provide access to many innovative and cutting edge treatments to its community. Priding itself as a urban cancer center dedicated to the treatment of health disparities especially among African-Americans, HUCC has top notch expertise in treating cancers that disproportionately affect African-Americans, i.e. breast, prostate, colon and lung cancers. That's why the engagement and support of alumni, parents, friends, corporations and foundations is critical in helping HUCC achieve its goal-which ultimately is to fight and win the war on cancer.

A wide range of funding opportunities are available through the Howard University Cancer Center Office of Advancement. By giving you are truly making a difference into the life of someone battling the burden of cancer. We invite you to explore these exciting and rewarding funding opportunities **TODAY!!!**

For information on the many giving opportunities available at the Howard University Cancer Center contact Rashida Johnson, Director of Development at 202-806-5700 or [rasjohnson@howard.edu](mailto:rasjohnson@howard.edu).