

NDCC NEWS

JUNE 2025

Join us In Bismarck!

Our annual ND Cancer Coalition meeting will be held at the Heritage Center in Bismarck on June 24, followed by the ND Colorectal Cancer Roundtable meeting on June 25. This is a wonderful opportunity to learn about all things related to cancer prevention, treatment, and survivorship across ND and beyond! Network with other professionals interested in this common cause. Our meeting will focus on Building a Network of Care to strengthen cancer prevention: Introducing the 2025 -2035 ND Cancer Plan, ND's healthier future begins today! Registration is free with membership so join today at ndcancercoalition.org/join-us/become-a-member Physician CME and nursing CEUs will be offered for both days.

There are blocks of rooms offered at a discount at Radisson Inn (\$99) or LaQuinta Inn (\$165) make reservation before June 9th.

TURN ND BLUE WINNERS!

Thank you to all who participated in the contest. The winners are: **First Care Health Center, Heart of America Medical Center, and Kat & Company.** Also a special shout out to **Unity Medical Center** for receiving the most votes from the public! Check out all of those winning entries [here](#).

PLANNING FOR 2026

The ND Cancer Coalition and the ND Colorectal Cancer Roundtable are already planning our activities for next year, including our annual meeting. If you're interested in serving on committees, be sure to let us know by emailing Nikki Medalen at nikki.medalen@ndcancercoalition.org.



DON'T MISS OUT!

NDCC & NDCCRT ANNUAL MEETINGS 2025



SPEAKER
Shawnda Schroeder, MD
Rural Colorectal Care in North Dakota



SPEAKER
Wade Swenson, MD
Transforming Rural Cancer Delivery



SPEAKER
Chun-Hung Chan, PhD
Research Development Partner, Sanford Bismarck



SPEAKER
Chad Pederson, MD
Internal medicine, hematology, and medical oncology



SPEAKER
Elizabeth Ciemins, PhD, MPH, MA
Senior VP of Research & Analytics, AMGA

BUILDING A NETWORK OF CARE
to strengthen cancer prevention

June 24-25, 2025
 Tuesday 12:15-4:30pm
 Wednesday 8:30am-12:30pm
 North Dakota Heritage Center
 612 East Boulevard Ave,
 Bismarck, ND, 58505

Explore the Museum!

Snacks provided!

Earn CME credits each day!



Register now at :
<https://www.ndcancercoalition.org/events/2025-annual-meeting/>



MDSAVE COUPON AVAILABLE FOR MRI BREAST CANCER SCREENING

Please share with friends, family and patients with MDsave there is help paying for preventive screenings, including Breast MRI. Whether paying out of pocket or with insurance, MDsave can help you save money and may count toward your deductible. All MDsave purchases are self-pay, meaning you pay the full amount directly instead of using insurance. CHI Health has partnered with **MDsave** to bring more affordable healthcare to the region. MDsave helps you save money by prepaying your bill online before your doctor's visit. Save on many services besides breast screenings at CHI Health locations including: Imaging/Radiology, Lab Testing, Cardiac Imaging, Gastroenterology, Bariatric Surgery, Maternity, Nuclear, Medicine, Pulmonology, Physical, Occupational and Speech Therapy, Sleep Medicine, and Nutrition Counseling. HRA, FSA, and HSAs can be used to purchase vouchers. Check with your insurance company to find out if your purchases are eligible to apply towards your deductible. **More FAQs are available through MDsave.**

[Meet Tonya, a former nurse who recommends MDsave!](#)

ACS CANCER RISK 360

The ACS CancerRisk360 tool serves as a free resource to guide individuals with personalized recommendations to reduce cancer risk and support their overall health.

ACS CancerRisk360 provides insights based on four key health factors:

Basics: Simple background information like age, sex, ethnicity, and race can provide an overview of how biological, genetic, environmental, and daily life practices or behaviors may affect your health outcomes.

Health History: Information about your family history can help us provide personalized recommendations about genetic testing and whether recommended cancer screening paths might be needed.

Daily Life: Personal behaviors like physical activity, eating behaviors, and other lifestyle choices can help us understand your risk of getting cancer and provide helpful personalized tips to support a healthier lifestyle that can help reduce your cancer risk.

Screening History: Information about past screening exams can help provide a personalized screening recommendation plan. Screening tests can help catch some cancers early, when treatment is more likely to be successful.

Your cancer risk depends on several factors, including things that can be controlled or modified to help decrease cancer risk like lifestyle behaviors and choices, such as tobacco use, diet, physical activity, body weight, HPV vaccination, and sun and UV protection. However, there are also risk factors that you can't control or modify, such as age and family history. Getting recommended cancer screening tests regularly can help reduce your risk of getting certain cancers.

Take the ACS CancerRisk360 assessment to learn more about what you can change to improve your health and lower your cancer risk.

[ACS CancerRisk360](#)

ACS PRESS RELEASES THAT HIGHLIGHT ACS 360:

- **[Latest ACS Cancer Prevention and Early Detection Report: Smoking Rates Continue Historic Drop, but Cervical Cancer Prevention is Lagging](#)** | April 23, 2025
- **[American Cancer Society Recognizes National Minority Health Month with a Call for Individuals to Assess Cancer Risk](#)** | April 10, 2025
- **[American Cancer Society Kicks Off Colorectal Cancer Awareness Month with New Cancer Risk Assessment Tool](#)** | March 3, 2025

ACS RELEASES NEW CANCER TREATMENT AND SURVIVORSHIP STATISTICS

According to a new **[ACS report](#)**, Cancer Treatment and Survivorship Statistics, 2025, the number of people living with a history of cancer in the United States is estimated at 18.6 million as of January 1, 2025, and projected to exceed 22 million by 2035. The study also found notable disparities in treatment for many common cancers, including lung and colorectal. **[Read more...](#)**

HPV SCREENING FOR WOMEN AT AGE 65 YEARS

Cervical cancer screening guidelines in the United States have had periodic changes in recent years based upon research and improved understanding of the association between cervical cancer and human papillomavirus (HPV). Currently, it is advised that women over age 65 years with adequate prior cervical cancer screening can stop screening of their low risk for cervical cancer and death. The key is "adequate prior cervical cancer screening." Women do not get to stop this important screening because they reach age 65; rather, because they have been adequately screened. To meet this criterion, women must either have within the 10 years prior to turning age 65 years three consecutive negative Pap tests or two consecutive negative concurrent HPV and Pap test results (co-testing). Further, the most recent test must have been completed within the past 5 years. These are important details that ensure adequate screening is completed before women are deemed "low risk." This risk-based screening reduces over screening and related harms, such as unnecessary anxiety, biopsies, colposcopies, and increased healthcare costs.

The USPSTF currently recommends against screening for cervical cancer in women younger than 21 years; rather, screening should begin at age 21 with Pap tests recommended every 3 years throughout that decade. Then, starting at age 30 years, the protocol can include Pap tests every 3 years, HPV tests every 5 years, or a combination every 5 years until age 65.

June Cancer News Highlights

SUN SAFETY MONTH!

June is filled with health-related reminders such as Sun Safety Month. Governor Armstrong has proclaimed May as Melanoma Awareness Month. Julie Garden-Robinson leads our skin cancer work group and together with the ND Extension service, they hosted a sun safety poster contest for children. Check out those winners on Facebook! (Winners listed as first-name, only, and city)

CANCER IMMUNOTHERAPY AWARENESS MONTH

Cancer Immunotherapy Month was created by the Cancer Research Institute (CRI) in 2011 when the FDA approved the first checkpoint inhibitor. The CRI is committed to funding pioneering research that propels the field forward with the ultimate goal of creating a world immune to cancer.

MEN'S HEALTH WEEK (JUNE 9 – 15, 2025)

Men's Health Week is celebrated each year as the week leading up to and including Father's Day. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue. Prostate cancer is the most common cancer diagnosed in men, after non-melanoma skin cancer. It is also the second leading cause of cancer-related deaths among men, following lung cancer. Testicular cancer most often develops in **young and middle-aged men**. In fact, it is the **most common form of cancer** in 20- to 35-year-old men.

NATIONAL BLACK FAMILY CANCER AWARENESS WEEK (JUNE 13 - 19, 2025)

The National Black Family Cancer Awareness Week is spearheaded by the FDA Oncology Center of Excellence and aims to raise awareness about the disproportionate impact of cancer on Black families. They promote cancer prevention, screening, and treatment. The week encourages conversations about cancer, emphasizes early detection and prevention, and supports patients and caregivers.

FREE WEBINAR! SAVE THE DATE!

Joshua Richter, M.D. Assistant Professor of Medicine Tisch Cancer Institute Icahn School of Medicine at Mount Sinai, New York, New York will present Advancing clinical expertise in CELMoDs: Transforming multiple myeloma treatment on Tuesday, September 9, 2025, from 12:00 – 1:00 PM CST. Register for this free CME/CE at https://us06web.zoom.us/webinar/register/WN_5WugxLUmR_aawVdbZvmjmQ

NATIONAL CANCER SURVIVORS MONTH

The National Cancer Institute (NCI) Office of Cancer Survivorship is focused on enhancing the quality and length of survival of all persons diagnosed with cancer and preventing, minimizing, or managing adverse effects of cancer and its treatment. There are more than 18 million cancer survivors in the US. We welcome Dr. Jessie Lindemann as she heads a new Cancer Survivor Action Team for the ND Cancer Coalition. If you're interested in joining her in this important work, email Nikki Medalen at

nikki.medalen@ndcancercoalition.org.

WORLD KIDNEY CANCER DAY (JUNE 19, 2025)

World Kidney Cancer Day 2025 is on June 19th. It's celebrated annually on the third Thursday of June. The theme for 2025 is "Show your kidneys some love". The International Kidney Cancer Coalition (IKCC) has launched the campaign for 2025, emphasizing the importance of kidney health for those affected by kidney cancer.

Stay **CONNECTED!**



'LIKE' US ON FACEBOOK
[@NDCANCERCOALITION](https://www.facebook.com/ndcancercoalition)



VISIT OUR WEBSITE:
[NDCANCERCOALITION.ORG](https://ndcancercoalition.org)

Coming Up in July...

SARCOMA AND BONE CANCER AWARENESS MONTH

Sarcomas are a rare group of cancers in which malignant cells form in the bones or soft tissues of the body. **Soft tissue sarcomas** form in cartilage, fat, muscle, blood vessels, tendons, nerves, and around joints. **Osteosarcomas** develop in bone; liposarcomas form in fat. **Rhabdomyosarcomas** form in muscle, and **Ewing sarcomas** form in bone and soft tissue.

Bone and joint cancer is most frequently diagnosed among teenagers. Soft tissue cancers typically affect those 55 years or older.

In 2024, approximately 13,590 cases of soft tissue sarcoma and approximately 3,970 cases of **bone and joint cancer** are expected to be diagnosed in the United States. Some 5,200 and 2,050 people are expected to die from soft tissue and bone sarcomas, respectively. The five-year survival rate for soft tissue sarcomas is 65.9 percent. The survival rate for bone and joint sarcomas is 68.2 percent

GASTROINTESTINAL STROMAL TUMOR (GIST) AWARENESS DAY (JULY 13, 2025)

GIST Awareness Day, observed annually on July 13th, is a day dedicated to raising awareness about Gastrointestinal Stromal Tumors (GIST), a rare but treatable form of cancer affecting the digestive system. It's a time to educate the public about GIST, including its symptoms, diagnosis, and treatment options. Symptoms of GIST may vary depending on the location and size of the tumor. Some common signs include abdominal pain, blood in the stool, nausea, vomiting, fatigue, and unexplained weight loss. Diagnosis typically involves a combination of imaging tests, such as CT scans or MRIs, and a biopsy to confirm the presence of GIST.

GLIOBLASTOMA AWARENESS DAY (JULY 16, 2025)

Glioblastoma Awareness Day is observed annually on the third Wednesday of July. In 2025, Glioblastoma Awareness Day will be on July 16th. It's a day to raise awareness about glioblastoma, the most common, complex, treatment-resistant, and deadliest type of brain cancer. Patients diagnosed with these tumors generally have a difficult prognosis and poor quality of life as the disease progresses. In the United States, an estimated 13,000 patients are diagnosed with GBM annually, with a life expectancy of about 14 months, and a 5-year survival rate of 5%. The incidence increases significantly after the age of 54 and reaches a peak incidence at age 75-84 years. The National Brain Tumor Society (NBTS) spearheads this day, providing resources and information about glioblastoma, including patient and caregiver stories. The awareness campaign aims to highlight the need for increased research funding and to honor the efforts of medical professionals and researchers working toward a cure.

UV SAFETY MONTH

Ultraviolet (UV) Safety Month is an annual campaign held in July to raise awareness about the dangers of ultraviolet radiation and promote sun safety practice and reduce the incidence of skin cancer and other UV-related health problems.

WHEN TO STOP PROSTATE CANCER SCREENING?

President Biden has long advocated for cancer cures, and now, at age 82 years, he has been diagnosed with an aggressive form of prostate cancer. His PSA was last tested 11 years ago, in 2014 when he was 71 years old. What are the recommendations for stopping PSA testing? The USPSTF recommends against PSA-based screening for prostate cancer in men 70 years and older. For men aged 55 to 69 years, the decision to undergo periodic PSA-based screening for prostate cancer should be an individual one. Men should discuss the potential benefits and harms of screening with their clinician and also consider their values and preferences. Screening offers a small potential benefit of reducing the chance of death from prostate cancer in some men. However, many men will experience potential harms of screening, including false-positive results that require additional testing and possible prostate biopsy; overdiagnosis and overtreatment; and treatment complications, such as incontinence and erectile dysfunction. Patients and clinicians should consider the balance of benefits and harms on the basis of family history, race/ethnicity, comorbid medical conditions, patient values about the benefits and harms of screening and treatment-specific outcomes, and other health needs.