

TRINITY TODAY

A newsletter for associates and volunteers of Trinity Regional Health System

Historic cancer research study seeks Quad-City volunteers

What if you could prevent even one family from hearing the words “you have cancer?”

This year you can fight back against cancer by enrolling in the American Cancer Society’s new research study called the Cancer Prevention Study-3 (CPS-3). By joining CPS-3, you can help researchers better understand the genetic, environmental and lifestyle factors that cause or prevent cancer, which ultimately save lives.

The study is open to anyone who:

- is willing to make a long-term commitment to the study, which means completing periodic follow-up surveys at home for the next 20-30 years.
- is between 30 and 65 years old.
- has never been diagnosed with cancer, not including basal or squamous cell skin cancer.



Willsher

The ultimate goal is to enroll at least 300,000 adults nationwide from various racial/ethnic backgrounds, 864 of them in the Quad-Cities. If CPS-3 organizers

don’t enroll 300,000 across the country, the entire study will be discontinued.

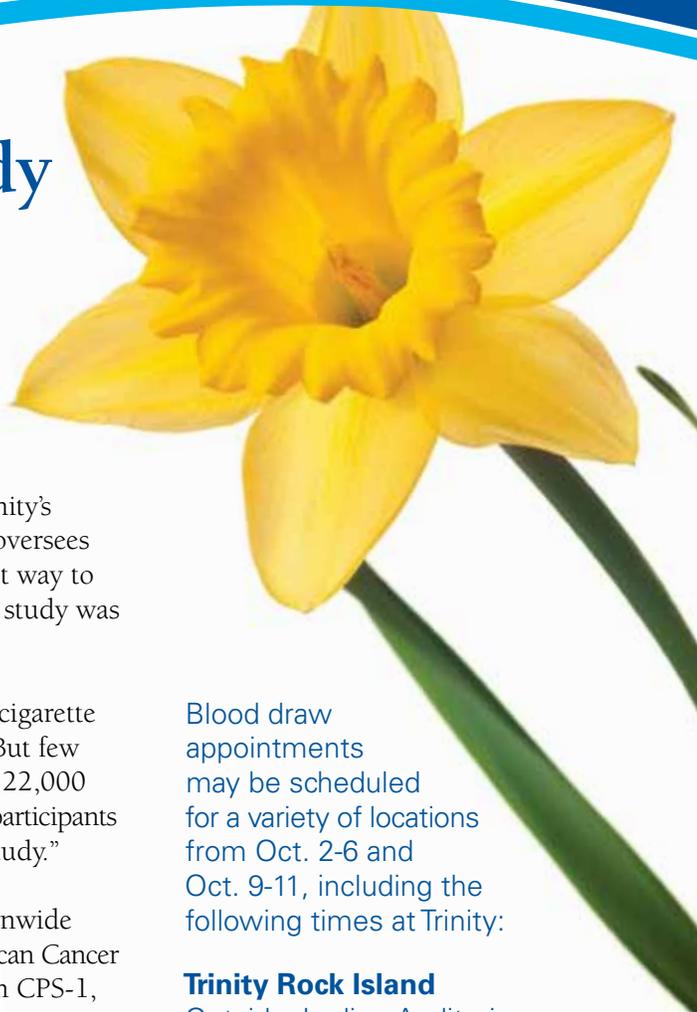
According to Jay Willsher, Trinity’s Chief Operating Officer who oversees the oncology division, the best way to explain the importance of the study was captured by a volunteer.

“Most people realize now that cigarette smoking causes lung cancer. But few know that it took three years, 22,000 volunteers and 188,000 study participants to prove it during an earlier study.”

CPS-3 is the third major nationwide study undertaken by the American Cancer Society in the past 60 years. In CPS-1, researchers studied the link between tobacco use and cancer while CPS-2 established a relationship between obesity and the disease.

Enrollment will require completion of a comprehensive, online survey and an appointment to measure waist circumference and take a small blood sample.

Following enrollment, you will periodically receive mailed surveys at home every few years to update your information. You will also receive annual study newsletters to update you on research taking place in the Cancer Prevention Studies.



Blood draw appointments may be scheduled for a variety of locations from Oct. 2-6 and Oct. 9-11, including the following times at Trinity:

Trinity Rock Island
Outside Jardine Auditorium
11 a.m. to 3 p.m., Tuesday, Oct. 9

Trinity Moline
Education Center
12:30-4:30 p.m., Wednesday, Oct. 10

Trinity Bettendorf
Rooms A&B
1-5 p.m., Thursday, Oct. 11



To enroll, visit www.cps3quadcities.org or call toll-free 1-888-604-5888.

Sign up for free prostate cancer screening

Trinity is offering free prostate cancer screenings for men ages 50-75 this September. The screening includes a free Prostate Specific Antigen (PSA) blood test and a digital rectal exam. Those with a family history of prostate cancer and African Americans are at the highest risk for developing prostate cancer, but it can occur in men with no history of the disease.

The screenings are made possible by Trinity with financial support from the Rudy Quijas Fight Against Cancer Memorial Fund. Quijas was the founder of Rudy's Tacos, and in the final stages of his battle with prostate cancer, he wanted to give something back to the community.



Screenings will be performed from 6:15-8:30 p.m. Tuesday, Sept. 11, at Trinity Bettendorf, and from 6:15-8:30 p.m., Thursday, Sept. 13, at Trinity Moline. To make an appointment, call (309) 779-2993.

Can't attend? Visit trinityhealthaware.com and take our prostate cancer risk assessment.

Trinity Cancer Center associate Marlo Doyle signs the Pink Heals fire truck that stopped at Trinity Moline on Wednesday, Aug. 15, to spread its message of breast cancer awareness and encouragement. The truck was part of a larger brigade from the nationwide tour that visited the Quad-Cities that day. For more information visit www.pinkheals.org.

Trinity is the proud medical sponsor of THE Quad Cities Marathon. Over the last seven years, THE Quad Cities Marathon and its participants have helped to raise more than \$40,000 for free prostate cancer education and awareness services in the Quad-Cities area. A portion of the proceeds from the marathon are directed to the Trinity Health Foundation to help fund these projects – including the Rudy Quijas screening – in our area. To sign-up, visit www.qcmarathon.org.



Welcome new docs

A warm welcome to **Drs. Nicholas Abram** (Emergency Medicine), **Suresh Alla** (Nephrology/Internal Medicine), **Donna Bell** (Emergency Medicine), **Manpreet Chhabra** (Ophthalmology/TCU), **Jean Ernest Hage** (Internal Medicine), **Jae H. Kim** (Gastroenterology/Internal Medicine/TCU), **Timothy Kresowik** (Urology/TCU), **Niazi Muhammad** (Hospitalist/Internal Medicine), **Nitesh Upadhyay** (Internal Medicine) and **Joseph (Ted) Young** (Emergency Medicine), who all have recently joined Trinity's medical staff.





Illinois legislators Rep. Rich Morthland, Sen. Mike Jacobs and Rep. Pat Verschoore had the opportunity for a behind-the-scenes look at health-care delivery when they toured Robert Young Center inpatient, Riverside, Physical Rehabilitation, Medical Intensive Care Unit, Emergency department and the Cardiac Treatment Unit at Trinity Rock Island in mid-August. Here they are pictured with Critical Care Director Rochelle Tinman and RYC President Dr. David Deopere in the MICU. Legislators and hospital administrators spent several hours touring before having a roundtable discussion about the challenges facing hospitals in today's political and economic climate. The first-of-its-kind tour was organized by Vice President of Community Impact & Advocacy Berlinda Tyler-Jamison.



Representatives from the Webelos group at the Kittan Cub Scout Day Camp are pictured here with the colorful origami animal mobile they recently created and generously donated to display at Trinity Bettendorf. The mobile now hangs in the hallway connecting Labor & Delivery to Mother/Baby in the Birthplace unit. The group is part of the Illowa Boy Scouts on Brady Street in Davenport.

Pet problems

Trinity's Caring Canines pet therapy program has been so successful that patients have started to bring their own pets into the hospital. Therapy dogs undergo a rigorous testing process to make sure they are free of disease, are well-trained and not a risk to others. They are identified by the Trinity jacket that they wear. Our patients' pets don't undergo this screening and may behave differently in unfamiliar surroundings than they do at home or have an undiagnosed disease. If a patient asks about bringing their pet in, please let them know only official Caring Canines may visit. If a pet shows up in your area, please use your AIDET skills to gently ask them to remove the animal immediately because of the threat it could pose to others. If they would like more information about joining our Caring Canines program, contact Volunteer Services at 779-2211.





Postcards from Nicaragua

Recently eight students from the Trinity College of Nursing and Health Sciences traveled to Nicaragua with instructor Cathy Konrad to provide hands-on care at health clinics serving the poor as part of Trinity College's first "study abroad" program. The trip – which was three years in the making – gave the students the opportunity to exercise their clinical skills in a real-life setting while traveling overseas. According to Konrad, "We all felt privileged to work with the Nicaraguan people. We worked long hours, but to see the smiles on our patients' faces at the end of the day made it all worth it." During their travels, the group was struck by the country's poverty. They learned that 45 percent of the people they encountered live on less than \$2 per day. While Nicaragua was the program's first destination, Trinity College plans to explore options for other countries in the future.



IHS partners with PerkSpot for associate discounts

Iowa Health System has partnered with PerkSpot, our new associate discount provider, to be a one-stop shop for exclusive discounts at some of your favorite national and local merchants. Find deals you can use on things like computers, tickets, phones, restaurants and travel. Merchants include Target, Southwest Vacations, Panasonic, Sprint and many more! Visit IHS.PerkSpot.com to learn more.



Ace says: Be energetic!

The September ACES Standard of Behavior focus is energy. Associates should always escort lost patients and visitors to their end destination, show enthusiasm and initiative in their daily duties as well as participate on teams or committees beyond their job description.

