2018 Annual Public Reporting of Outcomes

Colorectal Prevention

Incidence - Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

Risk factors within the community - The 2017 Community Needs Assessment indicated that social determinants of health are preventing many residents from preventive and comprehensive care. Department of Public Health cancer data and interviews with regional medical providers indicate that the colorectal cancer death rate on the South Coast is much higher than the state average due to these factors. Residents are diagnosed at a much later stage of colorectal cancer and the death rate is higher. Statistics also indicate that screening rates for colon cancer are lower than the state average (nearly 50 percent of residents do not undergo screening colonoscopy and almost 80% do not undergo regular fecal occult blood test. Source Mass CHIP)

Lecture: Dr. Victor Pricolo, MD, Southcoast Health’s Chief of General and Colorectal Surgery, gave an overview on colorectal cancer on November 6, 2018 at the Immigrants Assistance Center in New Bedford, Ma.

Survey – a survey was offered pre & post lecture to measure the participant’s knowledge of colon cancer. The survey was offered in both English and Portuguese.

Survey results showed improvement of the participant’s knowledge of the topic and confidence to respond. Less questions were left blank in the post-survey.
Your Health
Prevention is key to stopping colorectal cancer

Colorectal cancer is one of the most common forms of cancer in the United States, and it happens to be one of the most preventable types of cancer. The key to prevention, however, rests largely on your willingness to be screened.

Victor Pricolo, MD, Southcoast Health’s Chief of General and Colorectal Surgery, gave an overview on colorectal cancer on Nov. 6 during a bilingual presentation at the Immigrants Assistance Center in New Bedford. He urged the audience to have regular medical exams.

Colorectal cancer — cancer of the colon or rectum, which is located at the digestive tract’s lower end — is the third most common type of cancer in the United States. For women, it’s after breast and lung cancer; for men, it follows lung and prostate cancer. Approximately 30,000 new cases of the disease are diagnosed each year. This type of cancer typically begins as clumps of noncancerous cells called polyps form along the digestive tract. These are several causes of colorectal cancer. Among minority — roughly six percent — are Lynch syndrome, colon cancer, familial adenomatous polyposis, and cancer.

However, Pricolo said the overwhelming majority of colorectal cancer cases are caused by “bad luck.” When cells divide, which is normal, they also make mistakes. This is very similar to how that has been “transformed through sibling, sister, father, mother, or any other process to enhance flavor or improve preservation,” according to WHO. This includes breast, lung, colorectal, prostate, and skin.

Pricolo said most cancers develop from normal, healthy cells to cancerous cells, making cancer challenging to stop in its tracks. Polyps, however, can take years to develop into colorectal cancer, meaning the growths can be removed before they become cancerous. Colonoscopies are the most common exam for colorectal cancer.

Sessão informativa sobre cancro do cólon

O Centro de Assistência ao Imigrante levou a efeito, no passado dia 06 de Novembro, uma sessão informativa sobre prevenção do cancro do cólon, numa sessão conduzida pelo médico cirurgião Victor Pricolo, do Southcoast Health, tendo respondido a diversas questões colocadas pela audiência. Na foto, o médico dirigindo-se aos presentes.

Esta foi mais uma iniciativa das várias que o C.A.I. vem promovendo ao longo do ano, no sentido de prestar um serviço útil e gratuito à comunidade.
Head & Neck Screening

Smoking is much more prevalent among Southcoast adults as compared to incidence of this behavior statewide. More than a quarter of adults in the region are current smokers, compared to less than twenty percent statewide. Smoking is most prevalent in New Bedford, where 31.8% of adults are current smokers.

Risk Factors
- Tobacco: cigarettes, snuff, pipes, chewing tobacco, cigars
- Alcohol: excessive consumption
- HPV: sexually transmitted infection with human papillomavirus

Signs and symptoms
- Lump or sore in mouth or throat
- Hoarseness or change in voice
- Swallowing problems or pain
- Bleeding: nose, mouth or throat

Community screening event: On April 17, 2018 head and neck cancer screenings were offered to the community. The event was held on the New Bedford waterfront to make it easier for our target audience, the great number of fishermen working on the waterfront and are current smokers.

Process:
- Participants are evaluated by medical professional during the event.
- If an abnormality is noted, the participant is referred for further evaluation by an ENT.
- Tracking continues until the participant is found to have a diagnosis.

40 participants examined:
- 2 – Required immediate consultation with Southcoast ENT.
  - 1- No follow-up due to insurance application. No office visits/encounters on file.
  - 1- Pituitary gland benign neoplasm
- 2 – Referred to Southcoast ENT for further head and neck evaluation.
  - Oral ulcer – no answer to phone call attempts/patient is not on file
  - Central node on bottom lip – virus
- 1 – Referred to dermatologist.
  - Problem subsided on its own. Canker sore
- 35 – Normal findings. Routine follow-up with primary care physician

Resources - Head and Neck Cancer Alliance & American Cancer Society
Oral Head & Neck Cancer Facts

Risk Factors:
- Tobacco: cigarettes, snuff, pipes, chewing tobacco, snus, cigar
- Alcohol: excessive consumption
- HPV: sexually transmitted infection with human papillomavirus

Signs and Symptoms:
- Lump or nodule in mouth or throat
- Hoarseness or change in voice
- Swallowing problems or pain
- Bleeding nose, mouth or throat

What Can I Do To Protect Myself?
- Stop using Tobacco
- Use Alcohol in moderation
- If 26 years old or younger consult your physician about vaccinations for Human Papillomavirus (HPV)
- Perform monthly self-exams
- Regularly visit your dentist or physician
- Ask that they perform an oral hand & neck exam.

Oral Head & Neck Self Exam

Follow the four steps below and look for abnormal, irregular or discolored areas. Compare one side to the other for symmetry.

1. Check neck for lumps

2. Look at lips and cheeks

3. Bite gently; look at gums

4. Open mouth

Look at tongue (top, bottom, sides), back of throat, roof of mouth, and under tongue using a flashlight and mirror.

If you discover abnormal, irregular or discolored areas or lumps that are different on one side compared to the other, contact your health care provider or dentist.