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Connecticut Challenge, 2008

“The ride is hard for most, but that feeling is only a fraction of what the beneficiaries of our efforts have endured as part of their treatment for cancer.” Co-Founder John Ragland

On Saturday July 26, a beautiful day for a ride in the country, 427 riders set out on their bikes in the 2008 [Connecticut Challenge](#) to commemorate loved ones who have died of cancer, celebrate survivors (including 29 of the riders!), and raise money for the cancer survivorship programs at Yale Cancer Center and Yale-New Haven Hospital. We won't know until October how much money the event has raised because fund-raising continues until September 26.

Riders came from all over Connecticut, and several from out of state. They have nearly all been touched by cancer, but some just know a good cause when they see it. Amazingly, the range in ages was from 4 years to 74 years. The 4-year-old, a very determined young lady, rode 2¼ miles in the Kid's Ride, and a 6-year-old completed the 12-mile course.

Teams were formed by businesses and organizations, extended families, and networks of survivor supporters. Yale riders included the members of the [Yale Bulldogs](#) racing team, the [HEROS pediatric survivor clinic team](#), the [Yale Cancer Center](#), and the [Yale School of Nursing](#), as well as Yale-connected individuals. Volunteers, who make the whole thing work for the riders, also represented the Yale community. Overall, volunteers, whether there just for the day or putting in months of pre-

ride effort, outnumbered the riders. Volunteers (including a number of survivors) registered, fed, watered, kept the riders safe, and cheered them on the way.

Riders could choose courses of 12, 25, 50, or 100 miles. The 50 and 100 mile courses are truly grueling, given the many challenging hills. It's not for nothing that they call the 100-mile course “The Toughest Century in New England.” Each of the courses is stunningly beautiful, traversing forest, wetland, lake, and farmland. The ride is non-competitive (“It's not a race, it's a ride”) and there are no prizes or medals for coming in first. There is a “Team Challenge,” however that focuses on fund-raising, not riding fast.

All this effort is directed toward supporting clinical, educational, and research programs for cancer survivorship. The ride is the primary funding source for the [Connecticut Challenge Cancer Survivorship Program and Clinic](#) at [Yale Cancer Center](#). It also supports the [HEROS Clinic](#) for pediatric cancer survivors at YNHH. This year, several small research projects were also funded.

As mentioned, fund-raising continues until September 26. Please consider a donation to any of the Yale-related teams (links in column to the left), so that they can meet their pledge commitment, or directly to the [Connecticut Challenge](#).

In the News

- [Cure](#), a magazine intended for people with cancer and those who care for them has

announced that it will expand its coverage of survivorship issues commencing with the September 2008 edition. [Subscriptions](#) are free to cancer patients, survivors and caregivers, and are also available in the Yale Cancer Center clinics.

- [Cancer Disparities Widening for Under-served Americans: Some Americans Missing out on Care.](#)
- [End-of-Life Care Gets Emphasis in New Yale Curriculum](#)
- [Achieving Balance](#)—2008 state-specific report cards on regulations for opioid prescribing released by [Pain & Policy Studies Group](#). Connecticut's grade remains the same as last year: B.
- Two from [HemOnc Today](#):
 - [The end-of-life discussion: how do you say it?](#)
 - [Learn how to provide care for the whole patient](#)
- [National Call to Action on Cancer Prevention and Survivorship.](#)
- [Mitoxantrone cardiac warning](#)—pre-treatment guidelines and late-effects surveillance.

Journal Watch

- Swain SM, Arezzo JC. [Neuropathy Associated with Microtubule Inhibitors: Diagnosis, Incidence, and Management.](#) *Clinical Advances in Hematology & Oncology.* 2008;6(6):455-467. **(Free full text)**
- [Pediatric cancer survivorship: the costs associated with the cure.](#) *HemOnc Today.* 2008;9(11):1,10-12. **(Free full text)**
- Strong V, et al. Management of depression for people with cancer (SMaRT oncology 1): a randomised trial. *Lancet.* 2008 Jul 5;372(9632):40-8.
- Lacouture ME, et al. [Cutaneous toxicities of targeted cancer therapies.](#) *Community Oncology* 2008;5(7):413-414. **(Free full text)**
- Groome PA, et al. Demographic Differences between Cancer Survivors and those who Die Quickly of their Disease. *Clin Oncol (R Coll Radiol).* 2008 Jun 25. [Epub ahead of print]
- Vaughn DJ, et al. Cardiovascular risk in long-term survivors of testicular cancer. *Cancer.* 2008 May 1;112(9):1949-53.
- [What You Need to Know About Herpes Zoster Vaccination: Recommendations From the CDC.](#) *Consultant.* July 2008;48(8):585-587. **(Free full text)**
- Harting B, et al. Effects of training on a simulator of pain care on the quality of pain care for patients with cancer-related pain. *Qual Manag Health Care.* 2008 Jul-Sep;17(3):200-3.
- Harting B, et al. Computer-based simulation as a teaching tool for residents treating patients

with cancer-related pain crises. *Qual Manag Health Care.* 2008 Jul-Sep;17(3):192-9.

- McInnes DK. Perceptions of cancer-related information among cancer survivors: A report from the American Cancer Society's Studies of Cancer Survivors. *Cancer* 2008 [E-pub ahead of print].

Online Resources

- [Pain Balance.](#) CME and other pain-related resources for professionals emphasizing appropriate pain management and avoiding diversion/addiction. Supported by Alpharma.
- [Trends in End-of-life Care.](#) Synopses of abstracts from recent oncology conferences. (click on cover image, then use on-screen navigation to advance to article; **Free full text**)
- Relaunch of [Partners Against Pain.](#)
- New pain advocacy site, [In the Face of Pain.](#)

Resources for Patients

- [CureExtra](#) is an online newsletter companion to [Cure](#) (see In the News, above).

Continuing Education

Yale

- Schwartz Rounds resumes in September
- Oct. 4, 7:30am – 2:15pm. Oncology Nursing Council Fall Symposium: Challenges in Adult Oncology Nursing Practice. Compelling topics, nationally known speakers. Info: Jamy Stenger at jamy.stenger@ynhh.org or (203) 688-6437.
- Oct 24, 9 – 1. Compassionate Care of the Dying: Training in Authentic Presence. Yale School of Nursing. Details in Aug *YaleCares*.

Connecticut

- Sep 11, 10:30 – 2:00pm. Annual Meeting of the Connecticut Coalition to Improve End of Life Care (CTEOL). Wadsworth Mansion, Middletown. Details in Aug *YaleCares*.
- Oct 10 & 13, 7:30am – 4:30pm. Chemotherapy & Biotherapy Course for Oncology Nurses. Hospital of St. Raphael. Info: Susan Fisher at 203-789-3391. Deadline: Sept. 19.

Elsewhere

- Sep 12. [Eastern Pain Association Annual Meeting.](#) New York City
- Sep 12 – 13. [2nd Annual Pediatric Palliative Care Conference.](#) Washington, DC
- Oct 10 – 12. [Practical Aspects of Palliative Care - Integrating Palliative Care Into Clinical Practice.](#) Cambridge, MA. Harvard Medical School.