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Special feature: colorectal cancer is preventable and curable!

This article is contributed and written by: Jerone T. Landstrom, MD.

After lung and breast cancer, colorectal cancer is the third most common cancer worldwide. Great strides in early diagnosis and treatment advances of these cancers in greatly reduced the death rate of these cancers. We all are well aware of the "Breast Cancer Awareness" program that has identified breast cancer at early stages leading to cures not previously realized before the advent of breast mammography. This test finds early cancers in the breast before they can be physically felt by characteristic changes found at mammography (Needle Localization in Occult Breast Lesions: Landstrom, J) (1). This testing modality has significantly helped in reducing breast cancer deaths. Like breast cancer colorectal cancer is typically hiding inside our large intestine slowly growing until it causes problems or has become spread through our bodies preventing a cure. Colorectal cancer and precancer growths are silent and hidden just like early breast cancer. But now these growths in your large intestine can be identified and treated by looking into your large intestine with a flexible tube attached to video screen. This allows us to not only prevent growths in our large intestines from turning into cancer but also can lead to cure of those growths that have turned to cancer by removing them before they spread.

This modality of early detection of colorectal cancer has resulted in the drop in the death rate from this disease in the United States according to the American Cancer Society (ACS)(2). Currently, the lifetime risk of developing colorectal cancer is about 1 in 23 for men and 1 in 25 for women and is expected to cause about 53,200 deaths in the United States during 2020.(2) Because of the advancement in these medical technology there are now more than 1 million survivors of colorectal cancer in the United States (2). Despite this improvement we are far from maximally reducing the incidence of colon cancer development as deaths

from colorectal cancer among people younger than age 55 have increased 2% per year from 2007 and 2016 (2).

This use of a flexible tube that is used to look into your large intestine is called "colonoscopic exam". Through this instrument a physician can remove growths and stop small bleeding areas from other problems that are not cancerous.

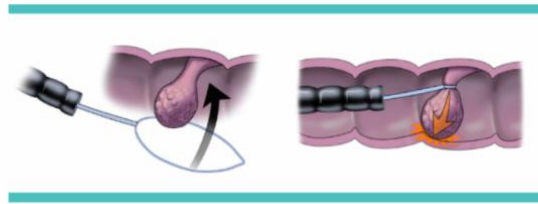
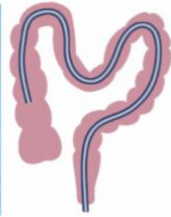


Figure 1 Colonoscopy instrument and tube in large intestine³

Figure 2 Example of tumor being removed through endoscope³



*Diverticula
Sigmoid colon*

*Diverticula
descending colon*

*Biopsy polyp
sigmoid colon*

*Hemorrhoids
seen on retroflexion
of endoscope*

Figure 3 From SAGES³

Stay informed, stay healthy, stay safe and be sure you get routine checkups by your primary care provider and follow screening and testing protocols to prevent and to identify early diagnosed colorectal cancers.

References:

1. Needle Localization in Occult Breast Lesions: Landstrom, J., et al., J Surgical Oncology 40: 1-3 Jan. 1989.
2. www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html.
3. www.sages.org
4. American College of Surgeons (www.facs.org)

Dr. Landstrom is part of TakeCare's Network Provider as Physician and General Surgeon, exclusively specializing in Upper Extremity, Hand & Reconstructive Peripheral Nerve & Vascular Microsurgery. Dr. Landstrom is a Member of the American Society for Surgery of the Hand, American College of Surgeons and ABMS Certified in Hand Surgery. His extensive background encompassed a physician volunteer work at the USN Arctic Care in 2009 providing endoscopy (EGD + Colonoscopy for cancer screening) & surgical care at Indian Health Service hospital at Yukon-Kuskokwim treatment facility. Dr. Landstrom is the president, physician and surgeon at Pacific Hand Surgery Center, Guam.





Wellness: Cancer Screening and Prevention Initiatives

Due to the recent pandemic, TakeCare postponed all cancer screening and prevention initiatives. We will relaunch the **“Kick Cancer in the BUTT - A Colorectal Cancer Screening, Awareness and Prevention Campaign”** and the **TakeCare PAP Campaign** beginning July 1st - August 31st.

“Kick Cancer in the BUTT - A Colorectal Cancer Screening, Awareness and Prevention Campaign”

The goal is to increase CRC screening to qualified TakeCare members ages 50 to 75 years. While colonoscopy is the preferred screening method, there are also non-invasive stool-based screening such as the Fecal Occult Blood Test (FOBT). During this campaign, TakeCare members will receive materials about the importance of CRC screening and instructions on how to obtain a one-stool sample FOBT kit. TakeCare members who complete the screening will be entered into a raffle drawing to receive a prize that includes a dinner and one-night stay package at our partnered hotel.

TakeCare PAP Campaign

Cervical cancer can be prevented with appropriate screening and vaccination (PAP and HPV tests). In an effort to improve Cervical Cancer Screening rates, we seek your support and assistance by reminding your female patients who are eligible for PAP and HPV tests to complete the screenings during the campaign period. Women who complete their PAP screening at FHP Health Center will receive a gift and entered into a raffle drawing for a free overnight stay at our partnered hotel.

We appreciate the efforts you provide to support our campaign and for a healthier Guam community. For questions about the campaign or TakeCare’s Wellness Programs and Initiatives, please contact your **TakeCare Wellness Team at 647-3526 ext. 7224/7161/7621.**

COVID-19 Communication Update

To increase access to testing and services relating to COVID 19 and fight the spread of illness, we’ve updated our coverage policy to cover the

following services:

- Effective April 1, 2020, TakeCare will cover **COVID 19 testing at 100% through Diagnostic Lab Services (“DLS”)** for Persons Under Investigation (“PUI”), i.e., individuals with mild symptoms that don’t meet the Public Health priority criteria.
- Early **medication refills** for an additional **30 days** for members who meets criteria.

Our TakeCare office is also accepting **Claims Submission Drop Offs** for all facilities on the following days: **Tuesdays, Wednesdays and Thursdays between 9am-12pm and 1pm-4pm**(schedule is subject to changes as we move toward phases to reopen).

Visitors must continue to adhere with the given schedule and follow safety protocols. Visitors must proceed to the Wellness Center at the ground floor level to get clearance before proceeding to the 3rd floor. Your safety and the safety of our employees are our utmost priority.

For questions about the update, please contact Genesis Dela Rosa, Contracting and Credentialing Specialist or Donabel A. Little, Clinical Quality, Wellness and Contracting Manager at TC.Provider@Takecareasia.com.

For medical referral or prior authorization inquiries or requests, please call TakeCare MRS at (671) 300-5995 or via email tc.mrs@takecareasia.com.

Wellness Program Accepting Referrals

Our Wellness Team is accepting referrals for health management classes and consultations. Due to the current pandemic, sessions will be held via Zoom Conference or through telephonic encounter. We will resume in person sessions as restrictions lax. We are currently accepting referrals for; Cardiac Risk Management, Diabetes Management, Prevent T2 – National Diabetes Prevention Program, Quit Now: Nicotine Cessation Program, Care Management Program, and Nutrition Counseling.

For more information about our Wellness Program, click [Health Management Classes](#) or [Health Workshops](#).

To register your patient, please complete a [Referral Form](#). Note: TakeCare’s Wellness Programs are exclusive to TakeCare Members.

ENVISION^{Rx}



TakeCare Prescription Mail Order

TakeCare's health plans offers generic and brand name medications through its business partner, EnvisionMail, at lower copays than what you pay at a retail pharmacy, and you can receive a 90 day supply at a time.

For example, Federal members covered under TakeCare's High or Standard Option can get a 90 day supply of generic medications for a \$0 copay!

It's simple, fast, and convenient!

To learn more, visit EnvisionMail's website at <https://bit.ly/3dIHfZ9> or contact TakeCare Customer Service at (671) 647-3526, M-F 8am-5pm ChST, or customerservice@takecareasia.com

EnvisionRx Mobile App

The EnvisionRx app is a free tool that helps TakeCare EnvisionRx members conveniently manage their prescription benefits using a secure connection through their mobile device.

Features include:

1. Digital ID Card that can be used by pharmacists and doctors.
2. Medicine Cabinet that displays prescription history, amount paid, number of days until next refill.
3. Set refill reminders.
4. Drug Finder allows members to search and price medications.
5. Pharmacy locator information that is searchable by location and radius.
6. Savings analysis tool identifies lower cost alternatives and new ways to save.





Legal Disclaimer: All information presented within the EnvisionRx application is for informational purposes only and does not constitute professional medical advice. We exclude all representations and warranties relating to the content and use of this application.

Download the EnvisionRX mobile app today



Glucometers

TakeCare continues to provide our members with **FREE OneTouch Verio Flex glucometers**. To avail of this benefit, members must:

1. Obtain a prescription from their primary care physician. Please issue prescription for glucometer separate from test strips and lancets.
2. Proceed to TakeCare's Wellness Center, 1st floor Baltej Building, Tamuning, Monday – Friday, 9:00a – 4:00p. Members may call in advance to schedule to pick-up; please contact Customer Service at 647-3526.
3. Present TakeCare Insurance Card submit glucometer prescription and complete necessary forms.



Newly Credentialed Providers

TakeCare welcomes newly credential providers and facilities. For a complete list of TakeCare's Network Providers visit our website at: https://takecareasia.net/directories/provider_directory

Month	Provider	Specialty	Facility
February	Joleen Baza, MS	Behavioral Health	Blue Ocean Medical Group DBA International Health Provider
February	Hannah Laney, RBT	Registered Behavior Technician	Hunterspeaks Organization
February	Daniel Duenas, MSW	Substance Abuse Individual/Group	WestCare Pacific Island
February	Darius Richardson	Oral and Maxillofacial Surgery	Saipan SDA
March	Jennifer Maratita, Ph.D	Psychotherapy	Pacific Clinical and Consulting
April	Kang Dong Hospital	Orthopedic Hospital	Kang Dong Hospital, S. Korea (<i>New Facility</i>)
April	Jeffrey Gabel	OB/Gyn	Dr. Gabel's Clinic (<i>New Facility</i>)
June	Jamela Santos, MSW	Mental Health/ Behavioral Health	I Gima 'ta
June	Megan Taylor, MSN, FNP	Nephrology	Pacific Medical Group
June	Meagan Bamba-Ada, NP-C	Nephrology	Pacific Medical Group

TakeCare's mission is to help improve members' health and well-being by offering comprehensive wellness programs and essential tools to achieve individual health goals to support abilities for self-care. TakeCare Wellness Program is the only AAAHC accredited health education and wellness program in Guam.

For more information on TakeCare's Wellness Programs, visit:
<https://www.takecareasia.com/wellness-program/getting-started>