

Cancer Prevention

T.A.L.K.

Teach, Advocate, Listen & Know

DECEMBER 2024

The office of COE wishes you a
Happy Holiday Season

The holidays are here and with them come the challenges of maintaining our health with stress and a healthy diet. As we gather with loved ones to celebrate traditions and enjoy a meal or two, remember that for some, it can also be a very stressful time of year. Take time this month to plan your steps to maintain healthy eating habits and manage stress. Be mindful of the choices you make! If you can, plan ahead, set limits, exercise/get up and move, and write down your thoughts/feelings or talk with someone to lower your stress.

We recently met with a published author, retired professor of English, and cancer survivor, Brad Buchanan. Brad joined our African American Self-Help Support Group on October 24, providing a virtual workshop for members to explore their emotions and thoughts and connect with each other through written words. Read more on page 3 about Brad and his work that prompts the magic of writing. Brad will join our group again in December to follow up with our African American Self-Help Support Group members.



The holidays also mark the close of another year. What steps have you taken for your health? Is it time for cancer screenings? Have you made your health appointments for next year? Prioritize your health and become a partner with your health care provider for a healthier you. We are here to help navigate you to the care you need. Reach out to us if you would like more information.

Wishing you all a safe and wonderful holiday season!

Susan Radio

PROGRAM DIRECTOR: Susan Radio

COMMUNICATION SPECIALIST: Yanira Cintora Lopez

Subscribe to this newsletter, connect with us for an upcoming event, or learn more about cancer research, screenings, and our other services:

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Poetry and Cancer

Meet Brad Buchanan a two-time blood cancer survivor. In 2015, he was diagnosed with T-cell Lymphoma—a rare and aggressive cancer that attacks the immune system. Before his diagnosis, Brad was an English teacher, but the complications from his 2016 stem cell transplant did not allow him to continue teaching.

Brad's journey was difficult, but he found a unique and healing outlet through poetry. What started as a blog to update family and friends soon transformed into a powerful tool for self-expression. Writing became Brad's way to process his emotions, and he quickly realized that poetry wasn't just a means of sharing his story—it was also a therapeutic method.

Brad believes that writing can be a powerful tool for emotional expression that promotes healing. He currently conducts writing workshops to empower and encourage others to explore the therapeutic potential of writing. Brad's advice to anyone hesitant

to start writing is simple: "Don't be afraid. Failing to express emotions can be dangerous. Writing is for you; you do not need to share it with anyone".

On October 24, Brad joined members of the African American Self-Help Support Group offering his writing workshop while delivering a prompt and a theme to explore. The African American Self-Help Support group welcomes all current cancer patients, cancer survivors, and caregivers.

The group meets to support each other, learn from healthcare and other professionals. His upcoming session on December 19th will encourage participants to share their written works in a supportive and empowering environment. Learn more about Brad and his workshops at <https://www.bradthechimera.com/>.



Brad Buchanan



Cancer Screening - A Self-Love Act

The following questions can be used to discuss cancer screening options with a health care provider:

- What cancer screening tests are recommended for someone my age?
- How often should I get the screening tests?
- Where can I go to get screened?
- How do I schedule my screening tests?
- Are screening tests covered by health insurance?
- What if I don't have health insurance?
- What are my risk factors?

Screenings and early detection save lives!

Screenings can detect cancer early; early detection leads to better outcomes.

For more information, contact the Office of Community Outreach and Engagement. See page 1 for ways to reach us.

If you want to discuss screening with family and friends, here are some ways to do so:

- Did you know there are tests that can catch cancer early? They are called cancer screenings.
- I care about you and your health. Are you getting regular cancer screening tests?
- My mammogram is coming up soon. Have you scheduled yours?
- My colonoscopy is coming up. Have you had one or talked with your doctor about when you should get one?
- Regular cancer screening is important. Is there anything I can help you with to get your cancer screening?

Source: American Cancer Society

2024

Healing in Motion Fitness Program

BCCHA partners with the YMCA of Beaver County to help Beaver County residents, who have battled or are currently battling cancer, live healthier and happier lives through a reduced cost YMCA membership.

Included in Your Membership:

- Swimming Pool & Sauna
- Cardiovascular Equipment
- Strength Training A
- Group Fitness Exercises
- Cancer Nights



READY TO JOIN?

For more information, email
fitness@bccha.org or
call 724-774-6600



Save the Date!

The last meeting of 2024 for the **African American Self-Help Cancer Support Group** will be on Dec. 19 from noon to 1 p.m. in the Cooper Conference Center at UPMC Hillman Cancer Center (5115 Centre Ave., Pittsburgh, PA 15232). Parking is validated. Call 412-647-1809 to register and/or with any questions.

In 2025, the group will meet on the third Friday of each month from noon to 1:30 p.m.

DEC. 20 - FREE COFFEE FRIDAY AT SISTERS PLACE

111 Brownsville Road, Pittsburgh, PA 15227

Attend free coffee
Friday from 10 a.m.
to noon to find out
more about cancer
risk reduction.



SISTERS
PLACE

December Puzzle

Winter Word Search

- | | |
|-------------|-------------------|
| Colorectal | Friends |
| Breast | Family |
| Cervical | Traditions |
| Prostate | Schedule |
| Lung | Cancer screenings |
| Colonoscopy | Exercise |
| Mammogram | Health |
| Caregivers | Holidays |

G T K R L Z W E N Y K L H M I G O K I O Z N H M
Y B C V O C O L O N O S C O P Y H P C X P Z Q A
L N Z E Q G A O S I F K S K F X B I Y Z W R W R
I P G B S A D M S G W S S J B D N M S M F R U G
M N F Y J I H H H T N D T V Y C T E D Y E Z I O
A R U F X V C Z V S R I B H I W R L N E K K N M
F C D V V T C R R Z A P N I C V M M E B P G D M
V D I L S E G E E T C V T E L V V M I X S B X A
A R C A O Y V E D X E A R D E A M Q R D O K D M
Z K E D E I H P M Z E V Y U L R C C F C M E Z H
Q R C N G Q I D W V I M Q C C Y C I U Q G Z U S
B N K E H X A Z N C G X L R C Y I S J W L C S C
G E R P X R G G A L F P A F S I J J R V P N A O
S A E H S Y I L C Z S S T O J G F P W E S S R O
C N Y R V Q F D P M Y D C I L X K U Y T C F H W
Q Q O Z C Q X R Z A K X E G E K W B H X K N O J
L U W I V T M C D Q E E R Q G H L Y D E Q K A P
X C G J T E H I N C W T O B Z F U N K N A D S C
M R X N X I L H K C G A L N W X N E P A A L C B
U O I O Z O D D L Y L T O H A Q G A D R W A T G
B Q U B H O X A Y W T S C U T F D C L J M B O H
A Q E T I J X G R Q G O C F E L U D E H C S A F
E Z H S F N D K D T F R U P K Q L O X J U I Z V
O K X T D Z J O A Z P P U R V X N R S H G I Y J

Office of Community Outreach and Engagement

UPMC Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Recipe of the month

Lemon Ricotta Cookies with Lemon Glaze

Recipe courtesy of Food Network

**Nutritional Information**

Total Time: 2 hours 50 minutes
Serving size: Makes 44 cookies

Each serving provides:

Calories (per serving): 113
Total fat: 3.5g
Saturated fat: 2g
Cholesterol: 20mg
Sodium: 76mg
Carbohydrates: 19g
Protein: 2g
Total sugars: 13g

Ingredients**Cookies:**

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 stick unsalted butter, softened
- 2 cups sugar
- 2 eggs
- 1 (15-ounce) container whole milk ricotta cheese
- 3 tablespoons lemon juice
- 1 lemon, zested

Glaze:

- 1 1/2 cups powdered sugar
- 3 tablespoons lemon juice
- 1 lemon, zested

Directions

1. Preheat the oven to 375 degrees F.
2. Cookies: In a medium bowl combine the flour, baking powder, and salt. Set aside.
3. In the large bowl combine the butter and the sugar. Using an electric mixer beat the butter and sugar until light and fluffy, about 3 minutes. Add the eggs, 1 at a time, beating until incorporated. Add the ricotta cheese, lemon juice, and lemon zest. Beat to combine. Stir in the dry ingredients.
4. Line 2 baking sheets with parchment paper. Spoon the dough (about 2 tablespoons for each cookie) onto the baking sheets. Bake for 15 minutes, until slightly golden at the edges. Remove from the oven and let the cookies rest for 20 minutes.
5. Glaze: Combine powdered sugar, lemon juice, and lemon zest in a small bowl and stir until smooth. Spoon about 1/2-teaspoon onto each cookie and use the back of the spoon to gently spread. Let the glaze harden for about 2 hours.