

Cancer Prevention

T.A.L.K.

Teach, Advocate, Listen & Know

JANUARY 2025



Happy New Year!



The Office of Community Outreach and Engagement (COE) team would like to welcome in the new year by sharing some of our goals for 2025.

With each new year, we strive to make more of an impact in the communities we serve by expanding our efforts. As we enter 2025, we are excited to grow our team and our collaboration efforts to reach more community members. I'm happy to announce our newest team members for COE are Community Health Workers (CHWs).

Our CHWs play an important and unique role by meeting individuals in our community where they are, helping to bridge the gap between the community and health care teams. Our CHWs will link individuals to resources and services such as cancer screenings. When the gap is bridged, it leads to early detection, better treatment, and better outcomes. CHWs know the culture, language, and social connections of the populations they serve. Learn more about our CHW program on page 2.

As we expand our efforts, we invite you to help increase our impact by sharing the information that you learn through our newsletters. Tell your family and friends

about the articles and tips you read in our newsletters each month. Inform them about the topics that they might not already know about, especially for cancers that may impact them!

This month we turn our focus to cervical cancer, as part of Cervical Cancer Awareness Month. Cervical cancer can affect anyone with a cervix. In this month's newsletter, we share information we hope will help you or your loved ones reduce risk factors for cervical cancer.

Our COE team is focused on making 2025 bright! We look forward to building new relationships and educating and helping community members get their appropriate cancer screenings. Keep an eye out for us in your community. If you would like to invite us to an event, you can reach out to us in three different ways: by phone, email, or on our website (see how to reach us in the white box below). We look forward to hearing from you!

Wishing you a healthy and happy new year!

Susan Radio

PROGRAM DIRECTOR: Susan Radio

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

PHONE: 412-647-1809

EMAIL: HCC-COE@upmc.edu

WEBSITE: hillmanresearch.upmc.edu/outreach/



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CERVICAL CANCER

This month is Cervical Cancer Awareness Month.

Know the risk factors: ✓

- ☐ Do you have a cervix?
- ☐ Have you been infected by the human papillomavirus (HPV), a sexually transmitted infection, also known as an STI?
- ☐ Do you smoke?
- ☐ Do you have access to adequate health care?
- ☐ Is your diet low in fruits and vegetables?

If you have a cervix, you should be screened for cervical cancer.

- **Ages 25-65:** Get an HPV test every five years, or a pap test every three years.
- **Ages 65 and older:** Speak with a health care provider for more information on screening guidelines.

Get the HPV vaccine!

- It is safe and effective.
- It protects against six types of cancer.
- It is recommended for everyone starting at age nine through age 26.

Source: American Cancer Society

COMMUNITY HEALTH WORKERS PROGRAM

The office of COE is excited to introduce our newly launched Community Health Worker (CHW) Program. This program aims to:

- Provide essential resources to the community
- Increase cancer screenings
- Promote positive behavioral changes related to cancer
- Address critical health challenges within the community
- Educate, coach, and empower community members

If you would like more information about what types of services the COE provides, please contact us. Find our contact information on page 1.

Our CHWs will serve as frontline public health advocates who will coordinate care, advocate, be a resource, educate, and navigate community members to health care services through our patient navigator. CHWs will identify barriers that prevent community members from getting the care they need, such as transportation, food insecurity, housing, etc.



New Year Resolutions

New Year, New You

Have you made any New Year's resolutions? It's never too late to start. Write three health-related resolutions for the year!

Some New Year's resolution tips from COE:

- Schedule a screening, if you qualify.
- Create a plan to quit smoking.
- Increase the number of fruits and vegetables you eat each day.
- Get up and move, exercise can look different for everyone!

Save the Date!

2025

New in 2025, the **African American Self-Help Cancer Support Group** will meet on the third Friday of each month from noon to 1:30 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.

Visit our website for updates on events that we will be a part of.



NATIONAL RADON ACTION MONTH

January is a good time to test your home for radon. Call us at 412-647-1809 if you want to learn more or to see if you qualify for a home testing kit.

WORD SEARCH

Winter Word Search

Human Papillomavirus
Community
Cervical
Worker
Health
Resolution
New Year
Awareness
Vegetables
Fruits
Diet
Risk Factors
Cancer
Exercise

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

Office of Community Outreach and Engagement

UPMC Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Recipe of the month

Berry-licious Smoothie Bowl

Recipe courtesy of Food Network

**Nutritional Information**

Total time: 5 minutes

Serving size: 1

Each serving provides:

Calories (per serving): 205

Total fat: 1g

Sodium: 148mg

Carbohydrates: 37g

Dietary fiber: 5g

Protein: 14g

Total sugars: 25g

Ingredients

- Ice, for thickening
- Toppings of choice: Get creative! You can add any toppings of your choice! Remember to use ingredients rich in nutrients such as almonds, walnuts, or cashews!
- 1 cup frozen berries
- 1/2 medium banana, frozen
- 1/2 cup almond milk
- 1/2 cup nonfat plain Greek yogurt

Directions

1. Add the berries, banana, milk and yogurt. Depending on the power of your appliance, you may need to stop it, stir the ingredients and then continue blending. If the consistency is too thin, blend in some ice cubes. Transfer to a bowl, add toppings, and enjoy with a spoon!