

## Cancer Prevention

# T.A.L.K.

Teach, Advocate, Listen & Know

JUNE 2024

June is Men's Health Month!

# KNOWLEDGE IS POWER,

so know the facts about men and  
their cancer risk factors.



## Prostate Cancer

Most common cancer in men: 1 in 8 men will be diagnosed with it in their lifetime. It's also the second-leading cause of cancer death (after lung cancer).

**RISK FACTORS:** It can happen at any age, but the chances go up as a man gets older. Prostate cancer happens more often in Black men than in men of other races and ethnicities.

**SCREENING METHOD:** There are multiple screening options including the PSA. For some men at higher risk (e.g., family history), prostate cancer screening may need to begin as early as age 40. Talk with a health care provider about what is best for you.



## Lung Cancer

Second most common cancer: 1 in 16 men will be diagnosed with it in their lifetime. It's the leading cause of cancer death in men in the United States.

**RISK FACTORS:** Smoking causes about 80% of all lung cancer deaths. Other risk factors are exposure to secondhand smoke, radon, and asbestos.

**SCREENING METHOD:** For those who are ages 50-80 with no symptoms, who have a 20 pack-year\* smoking history and currently smoke or have quit within the past 15 years, a low-dose CT scan is recommended.

\*A pack-year is a way of calculating how much a person has smoked in their lifetime. One pack-year is equal to smoking an average of 20 cigarettes---1 pack---per day for a year.



## Skin Cancer

Skin cancer is the most common cancer in the United States. Anyone of any skin tone can get skin cancer.

**RISK FACTORS:** Men are more likely to be diagnosed. Even men with darker skin can develop skin cancer.

**SCREENING METHOD:** Know what all moles and spots on your skin look like and report any new or changing moles to a health care provider right away.



## Colorectal Cancer

Third most common cancer: 1 in 23 men will be diagnosed with it in their lifetime.

**RISK FACTORS:** Being overweight, not being active, smoking, drinking alcohol, eating a diet high in red meat, having a personal or family history of colorectal cancer and/ or polyps (small growth in the colon or rectum) are all risk factors.

**SCREENING METHOD:** Having a colonoscopy starting at age 45 is recommended.

Source: American Cancer Society

**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

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## What's Inside

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Office of Community Outreach and Engagement's

# Community Advisory Board

I am excited to share with you that the Office of Community Outreach and Engagement (COE) has launched its Community Advisory Board (CAB)! Board members met in the beginning of April to kick off the CAB mission and the work we set forth to achieve. The CAB provides advice, feedback, accountability, and support to help share the priorities and work the COE team implements across Western Pennsylvania to help reduce cancer rates and deaths and to help focus on barriers and health disparities.

We would like to announce our recently selected CAB chair and co-chair. I would like to introduce to you chair Audra DeVaughn and co-chair Stephanie Samolovitch. These extraordinary members bring knowledge, experience, and connections to our communities and the vision of our CAB. I had the pleasure to speak with our CAB members and find out what motivates them to work so hard for the communities we serve. Please help me in welcoming Audra and Stephanie!

*Susan Radio*

**Susan Radio**, Program Director Oncology Outreach and Education

## Save the Date!

2024

Mark your calendar for upcoming events that the Community Outreach and Engagement office will be hosting or participating in:

### JUNE 19

**Men's Health Event**, UPMC Health Plan Neighborhood Center-East Liberty, 3-6 p.m., offering health education about prostate and colorectal cancer, FREE health screenings, food, and more. Be one of the first 40 registrants to receive a free screening. Follow the QR code for details. →



### SEPTEMBER 22

**SAVE THE DATE!** Blackout PCa Event: "We Pace Against Prostate Cancer" Walk, Details to follow.

Join the **African American Self-Help Cancer Support Group** Meets every fourth Thursday of each month from Noon-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 if you have any questions.

## Meet Our

# CAB Chair and Co-Chair

In July 2023, **Audra DeVaughn** (CAB chair) along with her twin sister, Asia, founded a nonprofit organization known as Blackout PCa. The organization's goal is to raise awareness around prostate cancer in the Black communities by assisting patients and families in need. Blackout PCa was created in support of the twins' father, James Bradshaw, who had been battling metastatic prostate cancer since 2021.

"My dad was never a complainer, but he started to have some issues going to the bathroom, so he decided to have it checked out.

"His PSA level was off the charts and he was diagnosed with metastatic prostate cancer. Shortly after his diagnosis, he began chemotherapy treatments. These treatments slowed the progression of the cancer for

almost three years, as he endured many doctors' appointments, tests, injections, and radiation treatments.

"Through it all he kept fighting; however, his courageous battle came to a peaceful end on April 27, 2024," says Audra.

Audra knew nursing was in her blood. She earned her bachelor's degree in nursing and is currently pursuing the next level of her nursing academic career. She is known to be an advocate to many patients, whether the patients are where she works or family. She is dedicated to making a difference in her community.

### Stephanie Samolovitch

(CAB co-chair) is the founder and executive director of Young Adult Survivors United, an organization that provides emotional, social, and



**Audra DeVaughn**



**Stephanie Samolovitch**

financial support to cancer survivors (diagnosed at ages 18-45) with the goal of enhancing their quality of life. Stephanie's advocacy primarily focuses on identifying and addressing the unmet needs of young adult cancer patients and survivors, raising awareness, and implementing the most effective interventions that support this unique cancer population. After surviving Leukemia at the age of 20, Stephanie earned her master's degree in social work prior to building a young adult cancer community both virtually on a national level and in-person across Southwestern Pennsylvania.

## Celebrate LGBTQ+ Identity and Raise Awareness of Cancer in the Community

LGBTQ+ people have a higher risk of cancer than heterosexual and cisgender people. Many LGBTQ+ people face barriers to cancer screening, such as access to health care or fear of provider discrimination. This has led to lower screening rates, higher cancer risk, and worse outcomes in LGBTQ+ people.

### Cancer in the LGBTQ+ Community

- Prostate cancer death rates are twice as high in black men as in white men. Black gay and bisexual men are less likely to access screening for prostate cancer.
- Breast and cervical cancer rates are high in lesbian and bisexual women. They are less likely to access screening than heterosexual women.
- Transgender and gender nonconforming people are more likely to be diagnosed at a later stage when the cancer has spread and is harder to treat.

### Advocate for yourself to help lower your cancer risk!

- Know your risk.
- Stay healthy.
- Get screened.
- If you've got it, screen it.

Source: American Cancer Society



## June Puzzle

### Men's Health Word Search

Prostate  
Barriers  
Screenings  
Sunscreen  
Health  
Cancer  
Skin  
Colorectal  
Lung  
Pride  
Juneteenth  
Father

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

**Office of Community Outreach and Engagement**

UPMC Hillman Cancer Center  
5150 Centre Avenue  
Pittsburgh, PA 15232

## Recipe of the month

# Creamy Broccoli Apple Salad

**Total time: 15 minutes**

Recipe courtesy of American Institute for Cancer Research, [aicr.org](http://aicr.org)



### Nutritional Information

Makes 8 servings

Serving size: 1 cups

**Each serving provides:**

Calories (per serving): 140

Total fat: 6g

Saturated fat: 1g, Trans fat: 0g

Cholesterol: 5mg

Sodium: 25mg

Carbohydrates: 20g

Dietary fiber: 3g

Protein: 5g

Total sugars: 15g

includes 2g added sugars

### Ingredients

- 4 cups broccoli florets
- 1/2 cup carrots, shredded
- 1/2 red onion, sliced thin
- 2 apples, diced
- 1/2 cup pecans, chopped (optional)
- 1/2 cup dried cranberries
- 1 cup plain Greek yogurt
- 2 Tbsp. lemon juice
- 1 Tbsp. honey
- Salt and pepper, to taste

### Directions

1. In large bowl, combine broccoli, carrots, onion, apples, pecans (any kind of nut or none at all) and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.