

## Cancer Prevention

# T.A.L.K.

Teach, Advocate, Listen & Know

MAY 2024

## May is Women's Health Month Let's talk cancer and women's health!

The more you know about cancer and what you can do to reduce your risk may help save your life or someone you love. The following cancers are most common in women.

**Talk to a health care provider to discuss when you should start getting screened!**



### #1 Breast Cancer

- 1 in 8 women will be diagnosed with it in their lifetime.

**RISK FACTORS:** Increasing age, family history, genetic mutation, drinking alcohol, being overweight, not being physically active

**SCREENING METHOD:** Mammogram starting at age 40

### #3 Colorectal Cancer

- 1 in 25 women will be diagnosed with it in their lifetime.

**RISK FACTORS:** Being overweight, not being physically active, smoking and drinking alcohol, a diet high in red meat

**SCREENING METHOD:** Colonoscopy starting at age 45

### #2 Lung Cancer

- 1 in 17 women will be diagnosed with it in their lifetime.
- Lung cancer is the most common cause of cancer death among women in the United States.

**RISK FACTORS:** Smoking causes about 80% of all lung cancer deaths; exposure to secondhand smoke, radon, and asbestos

**SCREENING METHOD:** Low-dose CT scan for age 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 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.

### #4 Cervical Cancer

- Cervical cancer is most often diagnosed in women ages 35-44, with the average age being 50.
- HPV vaccination can prevent about 90% of all cervical cancers.

**RISK FACTORS:** Infection from the human papillomavirus (HPV) is the most common risk factor; other factors include smoking, weakened immune system and sexual history

**SCREENING METHOD:** HPV test every 5 years or Pap test every 3 years beginning at age 25

*Source: American Cancer Society and U.S. Preventive Service Task Force*

**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/coe



## What's Inside

- Letter from the Director Highlighting Women's Health Month
- No Menthol Sunday
- Protect the Skin You Are In
- Upcoming Events
- Crossword Puzzle



## In Honor of Mother's Day,

I would like to share how cancer shaped my career path through the years.

I lost my mother to breast cancer when she was 52 years old. Although it was a devastating time in my life, it opened another door five years later when I accepted a job at UPMC Hillman Cancer Center. Here, I have been able to blend my passion for teaching and hold my mom's and my family's experiences close to heart.

Before taking over as the program director of oncology outreach and education in the Office of Community Outreach and Engagement in the summer of 2023, I worked in schools with students of all ages and backgrounds, sharing with them my passion for prioritizing health and teaching people to advocate for themselves. Building the Healthy Choices for Students Program and working with schools to educate students about cancer risk factors over the years has taught me that cancer truly does affect everyone. I've heard countless experiences from students, teachers, and community members. My teaching and psychology background is what helps me blend my professional and personal experience for what I am doing now. I strive to work with our community to learn from them, to educate them about cancer awareness, and to help them lead a life without cancer for as long as possible. The only way to do this is to lower the cancer burden in communities at highest risk.

I know that there are many barriers in our communities that individuals face every day. My goal is to help eliminate those barriers and do better than what my mom experienced. She advocated for herself until someone finally listened. Unfortunately, it was too late, and within two years of her diagnosis, she lost her battle. It was a feeling that no one knows until they experience it. I took that feeling and chose to help others by educating and advocating. Knowing what cancer is, what the risk factors are, and which screenings people should have access to is where we start.

I celebrate the time that I had with my mom and am glad to share her memory with you. I know that she would be proud of what I am doing for others every single day. You can make a difference too. Go check on the women in your life!

*Susan Radio*

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

## Have You Heard of "No Menthol Sunday"?



No Menthol Sunday is The Center for Black Health & Equity's annual call to action on **Sunday, May 19**, highlighting the harmful impact tobacco has on black communities. This is the 10th year that faith leaders will take action across the United States to educate their churchgoers about smoking, vaping, and the role of menthol and other flavors in initiating tobacco addiction.

Menthol cigarettes are not safer than unflavored cigarettes. In fact, they could be even more dangerous.

There is no safe form of tobacco use. Staying tobacco free is the best way to protect your health. Tobacco harms

and kills people. In fact, smoking causes about 1 out of every 5 deaths in the United States.

Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, PA Free Quitline can help you with each step of the way. It's free, convenient, safe, and secure.

### PA Free Quitline

**1-800-QUIT-NOW (784-8669)**

**1-855-DEJELLO-YA (335-3569)**

**Source:** American Cancer Society, No Menthol Sunday, Pennsylvania Department of Health

## May is Skin Cancer Awareness Month:

### PROTECT THE SKIN YOU ARE IN!

- Anyone can get skin cancer.
- Skin cancer is the most common type of cancer.
- Protect your skin from ultraviolet (UV) rays (most of the rays come from the sun but some can come from man-made sources such as tanning beds).
- Sunscreen, protective clothing, and shade helps protect all people, even if you have darker skin.
- Talk to a health care provider to discuss when you should get your skin checked.

# Save the Date!

2024

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

## MAY 18

**Latino Health Fair**, presented by UPMC Magee Women's Hospital, UPMC Health Plan Neighborhood Center-East Liberty, 11 a.m. - 3 p.m.



**RUSH<sup>to</sup>CRUSH  
CANCER**  
Benefitting UPMC Hillman Cancer Center

## 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.

## MAY 19

**Rush to Crush Cancer is a community-based cycling event** that raises vital funds for cancer research. 100% of participant-raised dollars from the event goes to UPMC Hillman Cancer Center. Team up with your family, friends, and coworkers and help us achieve the extraordinary: life without cancer! Learn more at [RushToCrushCancer.org](https://RushToCrushCancer.org).

# Want to Schedule an Event with Us?

UPMC Hillman Cancer Center's **Office of Community Outreach and Engagement** works to educate community members on cancer prevention, screening, and treatment by coordinating with community leaders, schools, researchers, and more through a variety of programs and events.

## What we offer:

- Cancer screening information
- *Healthy Choices for Students* programming for schools
- Informal classes and seminars for cancer awareness
- Informational displays at your next walk or event

To invite us to your next event, contact us:

**EMAIL:** [HCC-COE@upmc.edu](mailto:HCC-COE@upmc.edu)

**PHONE:** 412-647-1809

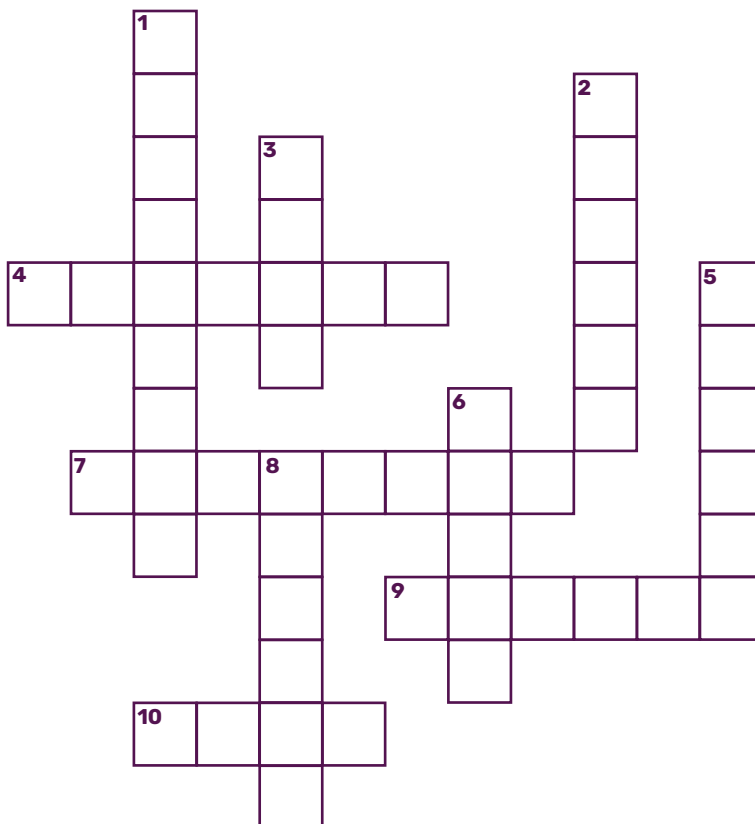
# May Puzzle

## Down

1. It is recommended women get this screening for breast cancer starting at age 40
2. The most common cancer in women
3. Staying tobacco-\_\_\_\_\_ is the best way to protect your health.
5. \_\_\_\_\_'s Day falls on May 12 this year
6. A \_\_\_\_\_ is a solid mass of tissue that forms
8. \_\_\_\_\_ is a healthy activity. Be sure to wear a helmet!

## Across

4. April showers bring May \_\_\_\_\_
7. This backyard activity is common on Memorial Day weekend
9. In 1849, Elizabeth Blackwell became the first female \_\_\_\_\_ in the U.S.
10. \_\_\_\_\_ cancer is the most common cancer death among women in the United States



**Answers**  
DOWN 1. mammogram, 2. breast, 3. free, 5. Mother, 6. Tumor, 8. Biking  
ACROSS 4. flowers, 7. barbeque, 9. doctor, 10. lung

**Office of Community Outreach and Engagement**

UPMC Hillman Cancer Center  
5150 Centre Avenue  
Pittsburgh, PA 15232

## Recipe of the month

# Grilled Peaches and Goat Cheese Salad

**Total time: 20 minutes**

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



### Nutritional Information

Makes 5 servings

Serving size: 1 1/2 cups

#### Each serving provides:

Calories (per serving): 120

Total fat: 4.5g

Saturated fat: 1.5g, Trans fat: 0g

Cholesterol: 5mg

Sodium: 40mg

Carbohydrates: 20g

Dietary fiber: 2g

Protein: 3g

Total sugars: 17g

includes 7g added sugars

### Ingredients

- Cooking spray
- 1/4 cup balsamic vinegar
- 2 Tbsp. honey
- 3 medium peaches, pitted and cut into 6 wedges
- 1 Tbsp. extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- 10 cups arugula (or any type of lettuce)
- 4 Tbsp. goat cheese

### Directions

1. Prepare grill to high heat. Spray grill rack with cooking spray and set aside.
2. In small saucepan over medium-high heat, bring vinegar to a boil. Reduce heat and simmer until vinegar is reduced to 2 tablespoons (about 2 minutes). Remove from heat and stir in honey. Cool to room temperature.
3. Place peach wedges on grill rack. Grill 30 seconds on each side or until grill marks appear but peaches are still firm. Remove from grill and set aside.
4. In large bowl, combine oil, salt and pepper. Add arugula, tossing gently to coat. Arrange arugula mixture on platter. Top with peach wedges, balsamic syrup and cheese.