

# Cancer Prevention

UPMC HILLMAN CANCER CENTER

OFFICE OF COMMUNITY OUTREACH AND ENGAGEMENT

## T.A.L.K.

Teach. Advocate. Listen & Know

November/December 2025

### Community Roots: Connecting, Collaborating, and Celebrating!

#### A Season of Togetherness and Awareness

November and December bring cherished time with family and friends, a season of connection, gratitude, and reflection. During this time of togetherness, the Office of Community Outreach and Engagement remains dedicated to raising awareness by connecting, collaborating, and celebrating with the communities we proudly serve.

In November, our focus turns to Lung cancer awareness, as lung cancer remains the leading cause of cancer-related deaths in the United States. Our goal is to educate and inform our communities about:

- The lifestyle factors that contribute to lung cancer risk
- The importance of early detection and screening
- Preventive measures that can help lower your risk

By sharing this vital information, we hope to empower individuals and families to make informed decisions about their health and well-being.



We also want to take this opportunity to welcome our new director, John Byrd, MD, to UPMC Hillman Cancer Center. Dr. Byrd is a blood cancer researcher and physician whose leadership and expertise bring exciting new opportunities to our innovation, collaboration, and excellence in cancer care and research.

We would like to extend our heartfelt thanks to Dr. Kathryn Schmitz for her outstanding leadership and dedication as interim director over the past year. Her guidance and commitment have been invaluable during this period of transition.

Happy Holidays,

*Susan Radio*

Program Director, Outreach and Education

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

WEBSITE: [hillmanresearch.upmc.edu/outreach/](http://hillmanresearch.upmc.edu/outreach/)



### What's Inside This Issue?

- Program Director's Message
- Myths and Facts about Clinical Trials
- Save the Date - Come see us!
- Lung Cancer: Great American Smokeout
- Cancer Screening Week
- Recipe of the Month

# Clinical Trials: What are they and what to know?

We often hear about cancer awareness, risks, screenings, and treatments. But we don't hear as much about clinical trials. Clinical trials are an important part of finding better ways to prevent, detect, and treat cancer.

**Clinical trials are studies of new drugs (medicines), procedures, and other treatments in people. They show us what works or what doesn't in medicine. All new treatments must go through clinical trials before they are approved to treat cancer in the United States. People choose to join to help doctors discover better ways to treat cancer. All clinical trials must undergo review by an Institutional Review Board (IRB) to ensure the rights, safety, and welfare of participants are protected. Participation is voluntary.**

Clinical trials are important because they compare new treatments with the current ones to see if the new options work as well or even better. People who volunteer to participate play a key role in helping develop better ways to fight illnesses. It's also important to recognize that certain groups of people may be more at risk for diseases like diabetes or heart disease, than others, having all groups participate in clinical trials is essential.

## MYTH BUSTERS!

A myth is something that is NOT true. If you are not sure if something is true about cancer or a clinical trial, talk with a healthcare provider.

**Sometimes people hear myths about clinical trials. Here are a few common ones, and the facts to help you know what's really true!**

**MYTH:** Clinical trials are only for people who have advanced cancer that is not responding to treatment.

**FACT:** While some clinical trials focus on terminally ill patients, many studies are also available for people newly diagnosed with cancer.

**MYTH:** You have to give up your usual treatments to join a clinical trial.

**FACT:** Many clinical trials include standard therapy as part of the study, which may be testing an additional drug to see if the combination is more effective.

**Myth:** Patients are treated as guinea pigs.

**FACT:** Often, patients will not even feel like they are part of a study because clinical trials incorporate the best available medicine.

**Myth:** Participation in clinical trials is not important.

**FACT:** Every disease treatment prescribed today is the result of clinical research. Clinical trials are necessary for scientific advancements in the treatment of cancer.

Scan to find out more about clinical trials at UPMC Hillman Cancer Center

SCAN HERE



*"Clinical trials are where today's research becomes tomorrow's medicine." - Author Unknown*

# Save the Dates - Come See Us!



**November 5:** LaBella Bean Brewing Awareness, 1900 Main St (Canonsburg) 9AM-12PM  
**November 5:** Light of Life, 234 Voeghtly St (Pittsburgh) 10AM - 2PM  
**November 7:** Wheeling Wellness Exhibit, 225 McCormick Way (Wheeling, WV) 9AM-3PM  
**November 11:** Welcome to the Table Dinner, 1242 Chartiers Ave (Pittsburgh) 5PM - 7 PM  
**November 13:** ThanksForGiving Community Day, 107 Fairgrounds Rd (Waynesburg) 10AM – 2 PM  
**November 13:** Cancer Awareness and Risk, RGB Coffee, 30 N Washington St (Waynesburg) 5 PM – 6 PM  
**November 15:** Breast Cancer, Bethel Missionary Baptist Church, 410 Wykes St (Aliquippa) 11:30AM -12:30PM  
**November 20:** Healthy Lifestyle, Eva K. Bowlby Library, 311 N West St (Waynesburg) 4PM – 5PM  
**November 22:** Thanksgiving Food Distribution, Convention Center (Pittsburgh) 8AM - 4PM  
**November 26:** Harmony Life Center, 75 E. Maiden St (Washington) 10AM-1PM  
**November 27:** Chicco Baccello Brewing Awareness About Cancer, 111 W Pike St (Canonsburg) 9AM-1PM  
**December 2:** Pink Ribbon Night, Beaver County YMCA Commons, 2236 3<sup>rd</sup> Ave (New Brighton) 6PM - 8PM  
**December 9:** Welcome to the Table Community Dinner, 1242 Chartiers Ave (Pittsburgh) 5PM - 7PM  
**December 10:** Radon Presentation, Senior Center, 190 Washington St (Jefferson) 10:30 AM – 11 AM  
**December 31:** Harmony Life Center, 75 E. Maiden St (Washington) 10AM-1PM

## LUNG CANCER



Smoking tobacco is the leading cause of lung cancer, and radon is the second.

Even people who don't smoke can develop lung cancer. This can occur due to exposure to radon gas, secondhand smoke, or cancer-causing agents in the workplace such as arsenic, uranium, asbestos, and diesel exhaust. Other contributing factors include air pollution and genetic changes in lung cells that lead to abnormal cell growth and, in some cases, cancer.

The Great American Smokeout is on Thursday, November 21, 2025, a perfect day to begin your smoke-free journey. Join thousands of others, taking the first step toward a healthier, longer life!

If you'd like more information or help to quit smoking, call our office at 412-647-1809.

# GET YOUR CANCER SCREENINGS!

The first week of December is  
Cancer Screening Week!

Cancer screenings are tests that can find cancer early before you even notice any symptoms. Finding cancer early often means more treatment options and a better chance for successful care.

Talk with your healthcare provider today about your cancer risk and which screenings are right for you.

**Office of Community Outreach and Engagement**

UPMC Hillman Cancer Center

5150 Centre Avenue

Pittsburgh, PA 15232

## RECIPE OF THE MONTH: No Bake Energy Bites

*Source: All Recipes*



### **Ingredients**

- 1 cup rolled oats
- ½ cup miniature semisweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter (can substitute with sunflower or almond butter)
- ⅓ cup honey
- 1 teaspoon vanilla extract

### **Directions**

1. Gather all ingredients.
2. Stir oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.
3. Roll dough into 24 balls with your hands. Arrange balls on a baking sheet and freeze until set, about 1 hour.
4. Serve and enjoy!

**Prep Time:** 15 min, plus 1 hour in freezer

**Nutrition Facts** (24 per serving)

94 Calories, 5g Fat, 11g Carbs, 3g Protein

Acknowledgement/Disclaimer: This product is made possible through funding by the National Cancer Institute of the National Institutes of Health under award number P30CA047904-34 and the Pennsylvania Department of Health under 4100094042. The content is solely the responsibility of the authors and does not necessarily represent the official views of the funding agencies.