

Cancer Prevention

T.A.L.K.

Teach. Advocate. Listen & Know

September/October 2025

Fall Into a Healthier You: Seasonal Wellness Inspiration!

That shift from summer's heat to autumn's crisp embrace really is something special in Western Pennsylvania. The air starts to carry that unmistakable scent of fallen leaves and bonfires, and suddenly everything—from coffee to candles—gets a pumpkin-spiced makeover.

While we welcome the first day of autumn on September 23, 2025, we also recognize Prostate Cancer Awareness Month, a time dedicated to educating and empowering men about their health. Prostate cancer is the most common cancer in men (excluding skin cancer).

As autumn paints the world in vibrant reds and golds, October also brings a different kind of color—pink. It's the hue of hope, strength, and solidarity during Breast Cancer Awareness Month.

Breast cancer is the most common cancer among women in the United States (excluding skin cancer) and remains the second-leading cause of cancer death after lung cancer. It can begin in any part of one or both breasts, and it doesn't always show visible signs. That's why early detection is key.

This fall, take time to pay tribute to those who have fought and those who continue to fight cancer by taking a proactive step: get screened. Early detection can make all the difference.

If you're unsure where to begin or need help finding a screening location, reach out to us—we're here to guide you.

Wishing you a happy and healthy fall,

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:

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What's Inside This Issue?

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Research Spotlight: Dr. Quoc-Dien Trinh

With September being Prostate Cancer Awareness Month, we sat down with Quoc-Dien Trinh, MD, MBA, Chair of the Department of Urology at the University of Pittsburgh and at UPMC.



Dr. Trinh grew up in Canada and is passionate about spending time in the community to get to know people in the area and to ultimately help to serve them better. He has been joining our COE efforts to make sure that men in our area are educated about prostate cancer.

Here's what he wants you to know:

- The main risks for prostate cancer are age, race, and family history. African American men are 70% more likely to get prostate cancer and twice as likely to die from it compared to other racial groups.
- Men should talk to their primary care provider to determine when they should be screened.

Prostate Cancer Risk

Prostate Cancer Awareness Month is a vital time dedicated to educating, supporting, and empowering men to take charge of their health.

Prostate cancer is a malignant (cancerous) tumor of the prostate gland. The prostate is a walnut-sized organ located in front of a man's rectum and below the bladder.

Anyone with a prostate gland is at risk for prostate cancer, certain factors can increase that risk.

Risk factors include:

- Age (risk increases significantly after age 50)
- Race and ethnicity (higher risk in African American)
- Family history of prostate cancer

By staying informed and thinking ahead, men can take important steps toward protecting their health.

Breast Cancer Risk

Breast Cancer Awareness Month a powerful reminder for women to prioritize their health. While breast cancer is most commonly associated with women, it is important to remember that men can develop it too.

Breast cancer is a malignant tumor that begins as a growth in the breast tissue. It is important to understand that most breast lumps are benign and not cancer. Any breast lump or change needs to be checked by a health care professional.

Risk factors include:

- Age
- Family history of breast cancer
- Personal history of breast cancer
- Lifestyle factors such as alcohol use, obesity, and lack of physical activity

Learning about your risk and getting regular screenings can make a huge difference in your health.

Together we can raise awareness, support research, and help more men and women lead healthy, informed lives.

Save the Dates - Come See Us!



September 11: Dunkard Township Food Pantry, Shannopin Civic Building (Bobtown) 10AM - 12PM

September 13: Health and Hygiene Fair, Washington Estates 1000 Henderson Ave (Washington) 11AM - 4PM

September 17: Farmer's Market, Waynesburg Borough Parking Lot (Waynesburg) 9AM - 1 PM

September 18: Farmer's Market, The Block Northway (Pittsburgh) 3PM - 7PM

September 20: Fall Festival Hardy Field, Tuscarawas Road (Beaver) 11AM - 6PM

September 21: "We Pace Against Prostate Cancer", Allegheny Commons East Park (Pittsburgh) 7AM -12PM

September 23: Lawrenceville Farmers Market (Pittsburgh) 3PM - 7PM

October 11: Veterans Breakfast, Moose Lodge (Waynesburg) 8AM - 10 AM

October 16: Roots of Faith, Breast Cancer Awareness Month Activity (Sharpsburg) 5PM - 7PM

SCHOOL CHECK IN: A healthy start sets the tone for a successful school year!

Now's the perfect time to check in on your child's health. Schedule yearly checkups, make sure vaccinations are up to date, and establish healthy routines at home.



Get enough sleep - kids need 8-10 hours



Eat regular, balanced meals - don't skip breakfast!



Stay active - daily movement supports body and brain



Wash hands often - and stay home when feeling sick



Talk about feelings - mental health matters too

Let's work together to keep our students healthy, happy, and ready to learn! When adults model healthy habits, kids are more likely to follow. Together, we can create a supportive environment where everyone succeeds—thinking, moving and feeling well.



Office of Community Outreach and Engagement

UPMC Hillman Cancer Center

5150 Centre Avenue

Pittsburgh, PA 15232

RECIPE OF THE MONTH: Grilled Caprese Quesadillas

Source: Taste of Home



1 quesadilla: 535 calories, 25g fat (13g saturated fat), 67mg cholesterol, 665mg sodium, 52g carbohydrate (5g sugars, 8g fiber), 25g protein.

Prep/Total Time: 20 min

Ingredients

- 4 whole wheat tortillas (8 inches)
- 6 ounces fresh mozzarella cheese, sliced
- 2 medium tomatoes, sliced and patted dry
- 1/3 cup fresh basil
- 1/4 cup pitted Greek olives, chopped
- Freshly ground pepper to taste

Directions

1. Layer half of each tortilla with cheese and tomatoes; sprinkle with basil, olives (optional) and pepper to taste. Fold tortillas to close.
2. Grill (or cook in a frying pan), cover, over medium-high heat until lightly browned and cheese is melted, 2-3 minutes per side.
3. Cut and enjoy!

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.