

Cancer Prevention

T.A.L.K.

Teach, Advocate, Listen & Know

OCTOBER 2024



October is a time of year that we see a lot of fall colors in addition to different shades of pink mixed in. It is when we celebrate Breast Cancer Awareness Month. For women in the United States, breast cancer is the most common cancer (after skin cancer) and the second-leading cause of cancer death (after lung cancer).

Breast cancer can start in any part of one or both breasts. It is not always something that you notice by looking or feeling. We should take the time to talk and encourage each other to get a clinical breast exam (by a health care professional) and mammogram (x-ray of the breast). These exams can detect breast cancer early and we know that early detection can save lives. Knowing your family history and your breast health is also very important to include in a conversation with your health care provider.

I am sure you have heard of or know someone who has been impacted by breast cancer. October is also a month that many of us are reminded of loved ones that we honor, support, and comfort as we see pink and think of breast cancer. I lost my mother to breast cancer when

I was in college and have also helped other family members who have been diagnosed through the journey. It has shaped my career to educate others to understand their risk for cancer and which screening (a process used to look for cancer in people who have no symptoms) they might qualify for when they celebrate a birthday. Take the time to talk about your health. There is not a day that goes by that I don't think about my mom. I have had many milestones since she passed that I wish I could celebrate with her. Make that appointment!

Let's honor those who have fought and those that are still fighting by getting screened. If you are not sure of the first step or where to go, contact us and we can assist you. Screening saves lives!

Susan Radio

I look forward to hearing from you!

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

- Research Spotlight
- Breast Cancer 101
- Save the Date
- Breast Cancer Screening Guidelines
- October Word Search
- Recipe of the Month

Research Spotlight

We always hear that there are many benefits to exercise. For some, it might come easy, and for others, it might be the last thing on their mind—especially for someone who has been diagnosed with cancer.

We sat down with one of our experts at UPMC Hillman Cancer Center to learn more about the impact of exercise for those with cancer.

Dr. Kathryn “Katie” Schmitz has been studying exercise and cancer for over two decades and has recently been selected by the President’s Council on Sports, Fitness & Nutrition to receive a 2024 Lifetime Impact Award. Her research has helped to transform the standard of care in cancer to include exercise. She says exercise can help to combat many of the side effects

of cancer treatments and improve poor sleep, appetite, and anxiety.

She encourages cancer patients to “Get up and move!” Just getting up and moving around however you can is important!

Dr. Schmitz founded the Moving Through Cancer Program for people living with and beyond cancer—from the point of diagnosis and beyond. If you or someone you know is interested in learning more about **Moving Through Cancer**, please contact: mtchcc@upmc.edu.



Dr. Kathryn “Katie” Schmitz

BREAST CANCER 101:

WHAT YOU NEED TO KNOW



- 1 Breast cancer is the second leading cause of cancer death in women. It occurs when cells grow out of control in the breast area. It is most common in women, but men can get it, too.
- 2 Early detection is possible by seeking clinical breast exams and getting regular screenings done by a health care provider.
- 3 Knowing what your breasts normally look and feel like can help you to detect any changes, signs, or symptoms related to breast cancer. You should notify a health care provider if you notice any changes in size or shape or experience unusual pain in your breasts.
- 4 It is possible to lower the risk of breast cancer by maintaining a healthy weight, being physically active, and avoiding or limiting alcohol consumption.
- 5 Women are considered to be at normal risk if they do not have a personal history or a strong family history of breast cancer. Women are considered to be at high-risk if they have a personal history or a strong family history of breast cancer.



Breast Cancer Screening Guidelines

Age 40-44 Women ages 40 - 44 have the choice to start yearly breast cancer screening with a mammogram (an x-ray of the breast).

Age 45-54 Women ages 45 - 54 should get a mammogram every year.

Age 55+ Women age 55 and older can switch to a mammogram every two years or can continue yearly screening. Screening should continue if a woman is in good health and is expected to live at least 10 more years.

Screening MRI and screening mammograms are recommended for certain women at high risk of breast cancer. Talk to a health care provider for more information.

Save the Date!

Mark your calendar for upcoming events that the office of COE will be hosting or participating in:

Join the **African American Self-Help Cancer Support Group**, 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 or for any questions.

SEPTEMBER 12

"Moving Through Cancer," 6-8 p.m., Beaver County YMCA, 2236 Third Ave., New Brighton, PA, 15066; Kathryn Schmitz, PhD, MPH, will speak about the importance of exercise for cancer patients and survivors.

OCTOBER 21 AT 7 P.M. AND OCTOBER 22 AT 12 P.M.

The **Low Cost Monitoring Project (LCMP)** is a free program that uses low-cost monitoring devices to address indoor air quality. Borrow air quality monitors from ROCIS and attend virtual meetings to help interpret your data and improve your air.



October Puzzle

Breast Cancer Awareness Word Search

- Strong
- October
- Breast
- Power
- Knowledge
- Outreach
- Exercise
- Support
- Early Detection
- Screening
- Women
- Mammogram
- Treatment
- Pink
- Men

X Q M I J Q W T J J U X E J R V Z L M T G A H X
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Office of Community Outreach and Engagement

UPMC Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Recipe of the month Cranberry Flax Pumpkin Bread

Recipe courtesy of American Institute for Cancer Research, aicr.org



Nutritional Information

Total Time: 55 Minutes
Serving size: 87g

Each serving provides:

Calories (per serving): 200
Total fat: 7g
Saturated fat: 0.5g, Trans fat: 0g
Cholesterol: 30mg
Sodium: 220mg
Carbohydrates: 32g
Dietary fiber: 3g
Protein: 3g
Total sugars: 21g
includes 12g added sugars

Ingredients

- Canola oil spray
- 1/2 cup whole-wheat pastry flour
- 1/2 cup unbleached all-purpose flour
- 1/2 cup ground flaxseed
- 2/3 cup packed light brown sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 large eggs
- 1 cup canned pumpkin
- 1/4 cup canola oil
- 1/2 cup unsweetened applesauce
- 1/4 cup 100 percent apple juice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1 cup dried cranberries

Directions

1. Preheat oven to 350 degrees F. Lightly coat 8 x 4-inch loaf pan with canola oil spray and set aside.
2. In large bowl, combine whole-wheat pastry flour, all-purpose flour, flaxseed, sugar, baking soda and salt and set aside. In a medium bowl, lightly beat eggs. Whisk in pumpkin, canola oil, applesauce, apple juice, cinnamon, ginger and nutmeg. Stir in dried cranberries. Add wet ingredients to dry ingredients, mixing until all dry ingredients are incorporated into batter. Do not beat or overmix. Pour batter into prepared pan.
3. Bake for 50-60 minutes, until wooden toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan and continue cooling on rack.