

Cancer Prevention

T.A.L.K.

Teach. Advocate. Listen & Know

April is CANCER CONTROL Awareness Month

Source: American Cancer Society



Did you know that 1 in 3 people in the United States will be diagnosed with cancer in their lifetime? Chances are you or someone you know has been affected by cancer.

So, what is cancer? We have trillions of cells in our bodies that grow and divide throughout our lifetime. Sometimes these cells are not normal or get old and usually die. Cancer is when something goes wrong in this process and your cells keep making new cells and the old or abnormal ones don't die when they should. Everyone has a chance of getting cancer because they have cells.

Lifestyle habits, genes you get from your parents, and being exposed to cancer-causing agents in the environment can all play a role in whether someone gets cancer.

The good news is that there are behaviors that help lower your risk of getting cancer.

- Don't use tobacco
- Eat healthy foods (fruits and vegetables)
- Be physically active
- Protect yourself from the sun
- Get vaccinated (HPV and Hepatitis B)
- Get regular medical care

Cancer control programs like ours are here to help people: reduce their cancer risk, detect cancer early, and improve their quality of life before, during and after cancer. We hope you'll take a moment to let us know about what you need when it comes to cancer by taking the brief survey found on the back of this newsletter.

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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Research Spotlight

Marci Nilsen: Pioneering Breakthroughs in Head and Neck Cancer Research & Care

April is also Head and Neck Cancer Awareness Month, and so this month, we want to spotlight the work of one of our research clinicians in this area, Marci Nilsen, PhD, RN.



Head and neck cancer accounts for approximately 4% of cancer cases in the U.S. — affecting more than 60,000 people each year. The majority of those diagnosed are over the age of 50, but younger patients are being diagnosed more and more and living longer with the side effects of their cancer and complex treatment.

After noticing her patients had a variety of side effects that affected their everyday lives even after their cancer was treated, Dr. Nilsen worked with her colleague, Jonas Johnson, MD, to create a survivorship clinic

What is Head and Neck Cancer?

The most common type of head and neck cancer starts in “squamous cells” which line the surface of the mouth, throat, and voice box. This type of cancer is squamous cell carcinoma of the head and neck, and it can affect how we breathe, speak and look. Head and neck cancer can also begin in the glands where saliva is produced, our sinuses, or muscles or nerves, but these types of head and neck cancer are not as common.

“We wanted to bring together a team with different backgrounds, all working toward the same goal—taking care of our patients' complex needs,” Dr. Nilsen says. “We can really get a more collaborative care approach to helping these patients address their symptoms and side effects.”

The Head and Neck Cancer Survivorship Clinic, established in 2016, addresses the many issues that head and neck cancer survivors face, including swallowing, dental health, hearing loss, and physical therapy.

Dr. Nilsen's recent research examines the factors that impact her patients' health and well-being over time, enabling her to help patients receive the best possible care. She has found that when people better understand how to be involved in their recovery, their outcomes improve. That's why she has developed both research and clinical care that partners with patients to guide them through their unique challenges.

No Menthol SUNDAY

On Sunday, May 18, we highlight the harmful impact tobacco can have on our communities.

Menthol cigarettes are not safer than unflavored cigarettes. In fact, they could be even more dangerous. Menthol cigarettes tend to be “easier” to smoke and lessen the cough reflex. This allows smokers to inhale more deeply and breathe in more nicotine, creating a stronger addiction.

It’s important to note the tobacco industry often targets people to increase the sale of tobacco, especially menthol cigarettes. But, **there is no safe form of tobacco.** Staying tobacco free is the best way to protect your health. (Source: ACS, No Menthol Sunday)

For materials to discuss No Menthol Sunday with your organization, please contact the Office of Community Outreach & Engagement at 412-647-1809.

Coming Events



April 5: Free Senior Wellness Program
Best of the Batch Clubhouse, 2000 West St.
Homestead, PA 15120, 8:30am – 11:30am.

April 12: AMES Churches Women’s Health Walk and Wellness Event – Saturday, April 12 @ 9:30am. St. James AMES Church 444 Lincoln Ave, East Liberty.

May 17: Latino Health Fair, presented by UPMC Magee Women’s Hospital, UPMC Health Plan Neighborhood Center – East Liberty from 11:00am-3:00pm.

May 17-18: Rush to Crush Cancer is a community-based cycling fundraiser. 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.

Recipe of the Month: Blueberry Muffins*

Courtesy of Weight Watchers.

Delight your taste buds with these delectable no-sugar-added blueberry muffins! Perfect for a quick breakfast or a delicious snack any time of the day!

Ingredients

- 1 small, ripe Banana
- ½ cup Unsweetened applesauce
- 2 large Eggs
- 2 Tbsp Canola oil
- 2 cups Self-rising flour
- 1½ cups Blueberries

Directions

1. Preheat the oven to 375°F. Line a 12-cup muffin pan with paper liners.
2. Peel the banana, break it into pieces, and add to a blender or food processor. Add the applesauce and pulse until completely smooth. Add eggs and oil and pulse until well combined.
3. In a medium bowl, combine the flour and banana mixture. Fold in the berries. (Toss the berries in a bit of flour to keep them from sinking.)
4. Divide the batter among the prepared muffin cups. Bake until a tester inserted into the centers comes out clean, about 15 minutes.

Note: These may look paler than others you’ve made before—because the batter is low in sugar and fat, they won’t brown much in the oven.

Prep 10 min

Cook 15 min

Serves 12

Difficulty Easy

Nutrition per Muffin

Calories: 132

Total fat: 9.3g

Saturated fat: 0.9g

Cholesterol: 31mg

Sodium: 12mg

Carbohydrates: 10.5g

Dietary fiber: 0.7g

Total sugars: 2.8g

Protein: 2.1g



Office of Community Outreach and Engagement

UPMC Hillman Cancer Center

5150 Centre Avenue

Pittsburgh, PA 15232

UPMC Hillman Cancer Center Needs Assessment Survey

**How does
CANCER
affect you
and your
community?**



PARTICIPATION IS VOLUNTARY

A \$15 gift card will be provided to the first 1,500 people who respond to the survey.

The Cancer Needs Assessment Survey is an anonymous 15-minute questionnaire that asks about cancer risk factors, which are things that increase the chances of getting cancer.

SCAN ME !



412-623-6418

Who can participate?

Anyone between 18-75 years of age who lives in one of the 29 counties in Western Pennsylvania served by the UPMC Hillman Cancer Center