

Cancer Prevention

T.A.L.K.

Teach, Advocate, Listen & Know

AUGUST 2024

August is Back-to-School Month!

Are the children in your life ready for school?

Not only might they need school supplies,
but they also need to protect their health with
the proper vaccinations. Let's talk vaccines!

The summer seems to fly by every year! I know in my house, my kids can't wait until summertime and in the blink of an eye, we receive the email to start preparing for the new school year. One thing that some parents/guardians don't realize is that you don't need to just prepare for the new school year with supplies, but also with a plan for your children's health.

Schools require certain vaccinations before children can begin the academic year. This is to protect children attending school against potential outbreaks of vaccine preventable diseases. Whether it is a tetanus, pertussis or MMR (measles, mumps and rubella) vaccine, it is required to protect them from getting the disease.

So, let's talk about cancer and what steps you can take to lower their risk now. I know as a mother how it can be difficult to plan for your children. We want what is best for them and for them to live happy, long lives. I also know how it feels to lose someone to cancer. We can protect our children from six types of cancer that we know of today. Why wouldn't we protect them? Did you know that the HPV vaccine can protect your child's future because it helps to prevent six types of



cancer later in life? Yes, six. The HPV vaccine works best when given to boys and girls between the ages 9 and 12. Prevention does matter.

HPV cannot be treated, but the vaccine can prevent it. It is safe, effective, and long-lasting. It is best when given at a younger age, but that doesn't mean your teen can't still get it. Remember it can prevent six types of cancer. Join me in spreading awareness about HPV and how your community can prevent six types of cancer.

The Office of Community Outreach and Engagement at UPMC Hillman Cancer Center offers programming for all ages. Learn more about the Healthy Choices for Students program that can visit your neighborhood school, community center or other organization to educate children and adults about healthy lifestyles with a focus on cancer prevention.

Susan Radio

Source: American Cancer Society, CDC

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

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The Healthy Choices for Students Program

The Healthy Choices for Students program strives to provide schools and organizations with programming that focuses on health education specific to cancer awareness. If children and teens understand why and how healthy habits might benefit them early in life, they're more likely to make healthier decisions at a younger age.

Jennifer Barry, outreach specialist for COE, had the opportunity to visit several schools through the 2023-24 school year to educate students and staff across Western Pennsylvania. One of the many schools that she attended was New Outlook Academy. We want to share the feedback that was received from the academy's clinical supervisor, Nicole Laudato.

"Our goal at New Outlook Academy and throughout The Academy Schools is to provide trauma-informed treatment and care through a wide range of holistic, residential substance abuse and outpatient mental health services for at-risk adolescent females between the ages of 13-17.

We aim to enhance our student's self-efficacy by providing motivational strategies through relationship building, holistic activities and psychoeducation. The Office of Community Outreach and Engagement (COE) at UPMC Hillman Cancer Center provides our



Photo by Shamus Fatzinger

students a unique educational opportunity through informative presentations, positive interactions, and powerful engagement with their staff. Many of our students have not had access to such valuable learning experiences prior to coming to New Outlook. We appreciate the support we receive from COE; their staff is extremely knowledgeable and incredibly kind which has created a safe and trusting environment within each session. This is a critical component for our ladies to thrive and maximize the outcomes observed through this partnership. Ultimately, each young lady will utilize what they are learning to make healthier, safer life choices now and in the future," said Laudato.



Photo by Nicole Laudato



Save the Date!

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

Join the **African American Self-Help Cancer Support Group** Meets 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 if you have any questions.

SEPTEMBER 12
Beaver County YMCA Event

SEPTEMBER 22
SAVE THE DATE! Blackout PCa Event: "We Pace Against Prostate Cancer" Walk, Details to follow.



August Puzzle

Back-To-School Word Search

- Checklist
- Supplies
- Vaccination
- Choices
- Educate
- Teens
- Healthy
- Children
- School
- HPV Vaccine
- Conversation
- Cookout

X T E E O A G I I R S G L D L M D Z R U C L C F
H G I D Q A U I M C Z M E F I X Q M V Q Q Y E M
O K K U V A J O H I H E E U G A C X T Y H R V Z
C F N C V X G O A Q K E T X N A O O N S O G V B
K U R A E O O M U O Q I A S S V Q O D T X U L A
H E P T B L U J L I L W D L I H U Q L E N R E R
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G O T G R D H T L T V F D E X T Q G I H P C U J
Y H S P N Y L Z I E E N Z A U W U F E F C Y T P
N P P N C L V I R U O E A O X N H Q X U V G V G
H Q T Y I F Y S H I B H K F I K X K F I B K O V
O F H K D U A B T C Z O W P E I J B U P H R S U
A A J W C T P A G B O X A U E N I C C A V V P H
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Office of Community Outreach and Engagement

UPMC Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Recipe of the month

Berry Yogurt Popsicles

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



Nutritional Information

Makes 12 servings

Serving size: 1 popsicle

Each serving provides:

Calories (per serving): 70

Total fat: 0g

Saturated fat: 0g, Trans fat: 0g

Cholesterol: 0mg

Sodium: 20mg

Carbohydrates: 11g

Dietary fiber: 1g

Protein: 5g

Total sugars: 10g
includes 1g added sugars

Ingredients

- 1 1/2 cup pitted fresh or frozen cherries (or any fruit of your choice)
- 1/2 cup fresh or frozen blackberries
- 1 Tbsp. honey
- 24 oz. vanilla Greek yogurt
- 12 (3 oz.) paper cups and 12 popsicle sticks (or just in a cup)

Directions

1. In small mixing bowl mash cherries and blackberries. Drizzle on honey and mix together.
2. In paper cups, layer alternating spoonfuls of yogurt and fruit until full. Place popsicle stick or plastic spoon in each cup. Freeze.
3. When ready to serve, tear paper cup off popsicle and enjoy.