

Cancer Prevention

T.A.L.K.

Teach, Advocate, Listen & Know

FEBRUARY 2024

How To Reduce Your Cancer Risk

February is National Cancer Prevention Month. With a new year underway, we hope you'll consider adding these healthy tips in 2024 and beyond to reduce your risk of cancer.

- 1 SCHEDULE YOUR CANCER SCREENINGS:** Detecting cancer early saves lives! Talk to your health care provider about which screenings are right for you.
- 2 BE ACTIVE:** Do 30 minutes of physical activity five days a week. Choose an activity that is right for you and your fitness level. Some examples include walking, yoga (including seated yoga), gardening, dancing, or riding a bike.
- 3 EAT A BALANCED DIET:** A diet high in fruits, vegetables, whole grains, and beans has many health benefits, including reducing your risk for cancer.
- 4 LIMIT ALCOHOL:** It is best not to drink alcohol. Alcohol intake can increase the risk for several types of cancer including breast, colorectal, esophagus, liver, mouth, throat, and voice box.
- 5 AVOID TOBACCO USE:** There is no safe form of tobacco use — smoking, vaping, and/or chewing tobacco can increase your risk of cancer. Secondhand smoke can also cause cancer.
- 6 GET VACCINATED:** Vaccines are available to prevent some types of cancers. For example, the HPV vaccine can prevent several types of cancers including cervical, head and neck, and genital cancers. The Hepatitis B vaccine can prevent long-term illness that leads to liver cancer.
- 7 PROTECT YOUR SKIN:** Limiting exposure to ultraviolet radiation, also called UV rays, can lower your risk of skin cancer. Sunscreen, protective clothing, and shade helps protect all people, even if you have darker skin.

Source: American Cancer Society (cancer.org)



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



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Welcome to Cancer Prevention T.A.L.K.

Welcome to the first newsletter from UPMC Hillman Cancer Center's Office of Community Outreach and Engagement (COE)! As the program director for outreach and education in the Office of COE, it is my pleasure to introduce you to this newsletter. Each month, we will provide information about how you and your loved ones can lower your risk for cancer and access important cancer screenings. We will tell you more about what we are doing here at UPMC Hillman Cancer Center and events we'll be attending. We also want to hear from you!

UPMC Hillman Cancer Center is recognized as a comprehensive cancer center by the National Cancer Institute because of our excellence

in cancer research, patient care, education, and community outreach. Our educators, researchers, clinicians, and other staff are working every day to end cancer as we know it, starting right here in western Pennsylvania. Did you know that cancer is the second leading cause of death in the United States, just behind heart disease? The bottom line is you can start today to reduce your risk of many kinds of cancer.

February is National Cancer Prevention Month. In this first newsletter, we focus on tips you can use in 2024 and beyond so you can be the best you can be. Your health begins with you! Take a step by adding one or more of our seven healthy tips to your daily routine to lower your cancer risk.



I've included a checklist to help you begin. Prioritize the journey to becoming a healthier you and share the information with a loved one.

Sincerely,

Susan Radio

Susan Radio
Program Director
Oncology Outreach and Education

7-day Checklist



Making just one healthy change to your diet, activity level, or routine can lower your risk for cancer. Use this checklist to build one or many new healthy habits. See what fits your lifestyle best—fill in your goal and check how many times you can complete your chosen task(s) in a week!

Drink more water: ____ glasses

S	M	T	W	Th	F	S

Move for ____ minutes

S	M	T	W	Th	F	S

Eat ____ fruits

S	M	T	W	Th	F	S

Take a step to quit smoking

S	M	T	W	Th	F	S

Protect the skin you're in

S	M	T	W	Th	F	S

Eat ____ vegetables

S	M	T	W	Th	F	S

Schedule a cancer screening

S	M	T	W	Th	F	S

Other: _____

S	M	T	W	Th	F	S

Other: _____

S	M	T	W	Th	F	S



Join Our Community Advisory Board



**JOIN THE COMMUNITY ADVISORY BOARD FOR UPMC HILLMAN CANCER CENTER
BE AN ACTIVE VOICE IN YOUR COMMUNITY!**

CAB MEMBERSHIP

The Office of Community Outreach and Engagement (COE) is re-launching a Community Advisory Board (CAB) for UPMC Hillman Cancer Center. We are looking for community members with diverse voices who are dedicated and passionate about lowering cancer risk and improving cancer care across western PA. Applications being accepted immediately! Members will be compensated for their participation, if selected.

Contact COE for more information or questions:

- Scan the QR code to apply!
- Email: Susan Radio radio@upmc.edu
- Call: 412-647-1809
- You **DO NOT** have to be a UPMC patient or UPMC insurance member to apply.

BE A LEADER
—————
PROVIDE ADVICE
—————
BE AN AMBASSADOR
—————
PROVIDE FEEDBACK
ON CANCER RESEARCH
—————
PARTICIPATE
AND/OR HOST
COMMUNITY
OUTREACH
ACTIVITIES IN YOUR
LOCAL AREA

Schedule an Event with Us

UPMC Hillman Cancer Center's Office of Community Outreach and Engagement works to educate community members on cancer prevention, screening, and treatment by coordinating with community leaders, schools, researchers, and more through a variety of programs and events.

What we offer:

- Cancer screening information
- *Healthy Choices for Students* programming for schools
- Informal classes and seminars for cancer awareness
- Informational displays at your next walk or event

To invite us to your next event, contact us:
EMAIL: HCC-COE@upmc.edu
PHONE: 412-647-1809

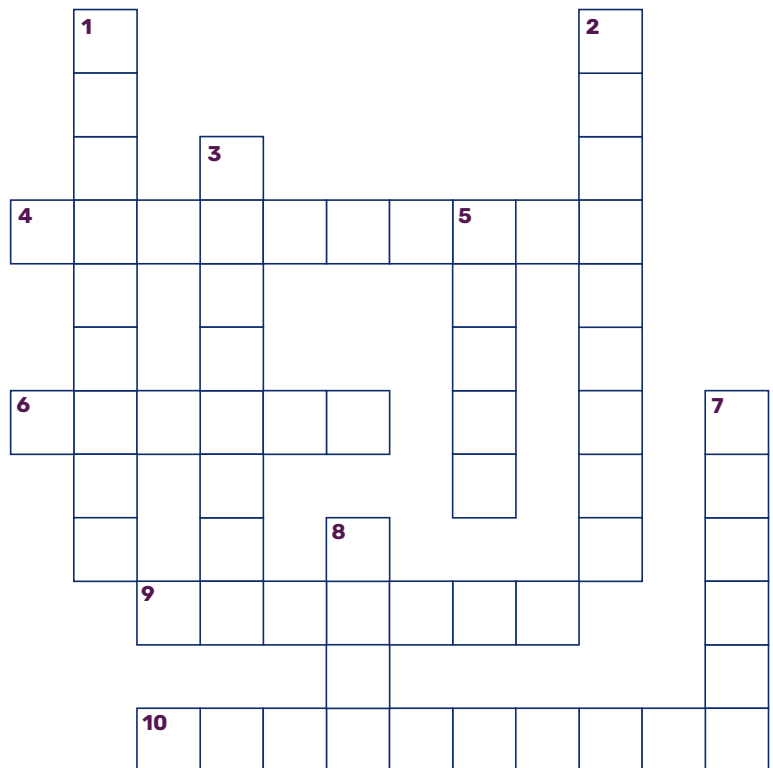
Reducing Cancer Risk

Down

1. Schedule this appointment with your doctor to check for cancer
2. Applying this on your skin when you go outside can help protect your skin
3. Getting the HPV vaccine can prevent this type of cancer
5. The Hepatitis B vaccine can prevent illnesses that lead to ___ cancer
7. Eating more of these healthy foods, like strawberries, bananas, and oranges can reduce cancer risk
8. A type of exercise focusing on breathing, mindfulness, and body movements

Across

4. Eating more of these healthy foods, like lettuce, broccoli, and cauliflower can reduce cancer risk
6. Pennsylvania is full of parks and mountains in which you can do this healthy activity
9. Drinking less of this can decrease your risk of multiple types of cancer
10. Smoking these is linked to an increased risk of lung cancer



Answers DOWN 1: screening, 2: sunscreen, 3: cervical, 5: liver, 7: fruits, 8: yoga ACROSS 4: vegetables, 6: hiking, 9: alcohol, 10: cigarettes

Office of Community Outreach and Engagement
UPMC Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Recipe of the month

Smothered greens

Total time: 50 minutes

Recipe courtesy of National Institutes of Health, nhlbi.nia



Nutritional Information

Makes 5 servings
Serving size: 1 cup

Each serving provides:

Calories 80
Total fat 2g
Saturated fat: less than 1g
Cholesterol: 16 mg
Sodium: 378mg
Carbohydrates: 9g
Dietary fiber: 4g
Protein: 9g
Potassium: 472mg

Ingredients

- 2 pounds greens (collard, mustard, turnip, kale, or mixture)
- 3 cups water
- ¼ pound smoked, skinless turkey breast
- 1 tablespoon hot pepper, freshly chopped
- ¼ teaspoon cayenne pepper
- 1 teaspoon ground cloves
- 2 cloves of garlic, crushed (or 1 tablespoon minced)
- ½ teaspoon thyme
- 1 stalk scallion, chopped
- 1 teaspoon ginger, chopped
- ¼ cup onion, chopped

Directions

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice leaves of greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens to saucepan with turkey stock. Cook 20-30 minutes until tender.