

Cancer Prevention

T.A.L.K.

Teach, Advocate, Listen & Know

MARCH 2024

SPRING INTO ACTION:

Cancer Screening Saves Lives!

It's official! Spring is right around the corner! Whether you believe Punxsutawney Phil's forecast or not, we can all agree that warmer weather and seeing the trees green and flowers bloom can help get us outside and active again.

March is a time when we observe Colorectal Cancer Awareness Month and Multiple Myeloma Awareness Month. In this edition, we put focus on colorectal cancer as it is the second-leading cause of cancer death in the U.S. among adults,

and as an expert in cancer education, I want you to know that screening saves lives.

I'm pleased to introduce you to Joanne Boyd, the Office of Community Outreach and Engagement's Program Director for Community-based Cancer Prevention. She will fill you in on how important colorectal screenings are, when you should get them, and what options you have for screening.

Susan Radio



COLORECTAL CANCER FACTS

- Of all cancer deaths in people under the age of 50 in the U.S., colorectal cancer is #1 in men and #2 in women.
- People who know they have a family history of this disease should begin colorectal cancer screening before age 45.
- American Indian and Alaska Native people have the highest rates of colorectal cancer in the U.S, followed by African American men and women.



MULTIPLE MYELOMA FACTS

- Multiple myeloma is a blood cancer that develops in the bone marrow, the soft spongy tissue found in the center of many bones where blood cells are produced.
- Multiple myeloma affects the bones, blood, and kidneys.
- African Americans are twice as likely to develop multiple myeloma than white people.

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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EMAIL: HCC-COE@upmc.edu

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What's Inside

- What to Know about Colorectal Cancer
- Upcoming Events
- Crossword Puzzle
- Recipe of the Month

What to Know about Colorectal Cancer

As the program director for community-based cancer prevention in the Office of Community Outreach and Engagement (COE), it is my pleasure to share some insights for this month's featured topic, colorectal cancer. The goal of our work in COE is to provide people with educational resources for early detection and screening for cancers, including colorectal cancer.

Most colorectal cancer starts as a small growth on the lining of the colon or rectum, known as a polyp. Most polyps are harmless, but, over time, some polyps can develop into cancer. Finding and removing polyps early can prevent colorectal cancer.

Over half of colorectal cancers are connected to risk factors that **can** be changed. These risk factors include being overweight, decreased physical activity, smoking, drinking alcohol, eating excessive amounts of red or

processed meats, and not eating enough fruits, vegetables, and whole grains. Other risk factors that **cannot** be changed include age, having a history of inflammatory bowel disease or type 2 diabetes, family history, race, and ethnicity.

Screening for Colorectal Cancer Saves Lives!

Screening looks for cancer even if people do not have symptoms. Some screening tests look for signs of cancer in a person's stool, and can be done at home, and other tests such as a colonoscopy, help to find things such as polyps, and are done by a health care professional. No matter what test you choose, the most important thing is to get screened! Talk with your doctor about which screening is right for you. In COE, we collaborate with multiple clinics located in Allegheny and surrounding counties to provide free Fecal Immunochemical Test (FIT)

Kits to uninsured or underinsured clients and patients. The FIT Kit is a stool-based colorectal cancer screening test that looks for signs of cancer in a person's stool and can be done at home. We also provide colorectal cancer screening educational resources at community outreach events and provider in-services.

Sincerely,

Joanne Boyd
MSN, RN, ACM-RN



✓ LOWER YOUR RISK Checklist

Not all colorectal cancers can be prevented. However, you can lower your risk by:

- ✓ Being active, choosing an activity that is right for you and your fitness level
- ✓ Eating a balanced diet that is high in fruits, vegetables, whole grains, and beans
- ✓ Limiting alcohol intake
- ✓ Avoiding tobacco
- ✓ Scheduling your colorectal cancer screenings.

Save the Date!

MARK YOUR CALENDAR FOR THESE UPCOMING EVENTS FROM UPMC HILLMAN CANCER CENTER:



**RUSH TO CRUSH
CANCER**
Benefitting UPMC Hillman Cancer Center

MAY 19:

Rush to Crush Cancer is a community-based cycling event that raises vital funds for cancer research. 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.



JUNE 19:

Hit men's health out of the park! Join us at the UPMC Health Plan Neighborhood Center (East Liberty) from 3:00pm – 6:00pm. We'll be offering health educational materials, free health screenings, food, and more.

Want to 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

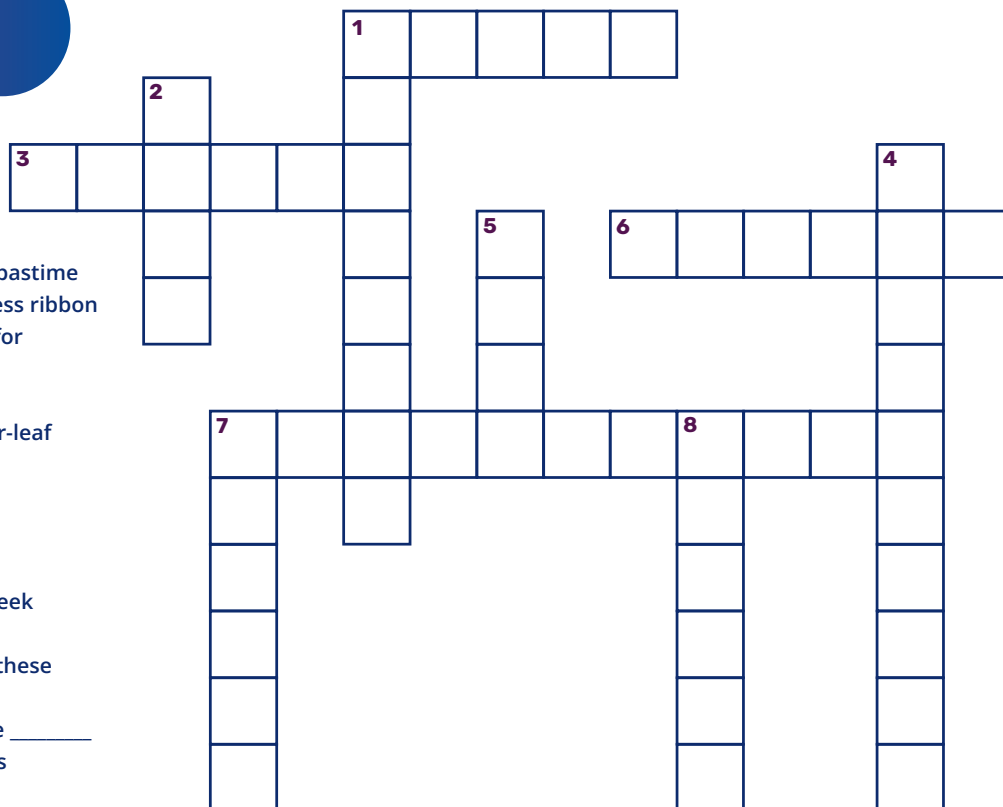
Spring Puzzle

Down

1. Spring marks the start of this national pastime
2. Color of the Colorectal Cancer Awareness ribbon
4. Age you should start getting screened for colorectal cancer
5. Out like a _____, in like a lamb
7. It's considered good luck to get the four-leaf version of this small plant
8. Turn these forward on March 10

Across

1. Some students get off school up to a week for spring _____
3. Colorectal cancer sometimes starts as these small growths
6. Multiple Myeloma develops in the bone _____
7. This type of screening checks for polyps



Answers

DOWN 1. baseball, 2. blue, 4. forty-five, 5. lion, 7. clover, 8. clocks
ACROSS 1. break, 3. polyps, 6. marrow, 7. colonoscopy

Office of Community Outreach and Engagement

UPMC Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Recipe of the month

Quick 8-Vegetable Soup

Total time: 25 minutes

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



Nutritional Information

Makes 4 servings
Serving size: 1 1/3 cup

Each serving provides:

Calories: 250
Total fat: 8g
Saturated fat: 2g, Trans fat: 0g
Cholesterol: 5 mg
Sodium: 410mg
Carbohydrates: 32g
Dietary fiber: 9g
Protein: 10g
Sugar: 472mg, Added sugar: 0g

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 chopped onion
- 4 cups low-sodium vegetable broth
- 1/2 cup frozen baby lima beans
- 1 (15 oz.) can no salt added black, Great Northern, or navy beans
- 1 cup frozen mixed vegetables
- 1/2 cup frozen tri-colored bell peppers
- 2 teaspoon dried oregano or thyme
- Pinch of dried red pepper flakes
- 1 cup frozen broccoli florets
- Salt, to taste
- 1/4 cup grated Parmesan cheese

Directions

1. In a large saucepan, heat oil over medium-high heat. Add onion and cook for about 5 minutes, stirring occasionally. Add broth and bring liquid to boil. Add lima beans, reduce heat and simmer covered for 5 minutes.
2. Add canned beans, mixed vegetables, peppers, oregano and pepper flakes and simmer covered for 5 minutes. Add broccoli, cover, and cook for 5 minutes. Add salt to taste.
3. To serve, divide soup among deep bowls and top each serving with 1 tablespoon of Parmesan cheese. This soup keeps covered in refrigerator for 3 days.