

Cancer Prevention



SEPTEMBER 2024



Soon we will hopefully have a break in the hot summer temperatures that we've had in Western Pennsylvania this year. Fall is quickly approaching as school begins, football stadiums become packed, and we dive into the pumpkin flavors some of us truly live for.

September 22, 2024, marks the first day of autumn. September also marks Prostate Cancer Awareness Month. Prostate cancer is the most common cancer in men, and it is the second-leading cause of death from cancer in the United States of America. The Office of Community Outreach and Engagement (COE) remains on the ground, working with our partners to reach men in the communities we serve by educating, screening, and navigating them to resources related to prostate health.

We are also excited to share the community spotlight this month with you. I had the pleasure, along with our Communications Specialist Yanira Cintora Lopez, to interview an advocate for men's health, a prostate cancer survivor, and local actor from Pittsburgh, Pennsylvania. He is an inspiration to men's health and spreading the word!

This month also begins the celebration of Hispanic Heritage Month! Every year, Americans celebrate National Hispanic Heritage Month from September 15 to October 15. It is during this time that we honor the cultures and contributions of both Hispanic and Latino Americans. In this month's edition of Cancer T.A.L.K, we've included some cancer facts for Hispanic and Latino people, along with a healthy and delicious Mexican recipe.

As we continue to work across Western Pennsylvania to lower the cancer burden, we have a bright future in outreach and engagement. Our diverse staff brings experience and expertise to assist community members by reducing the burdens they might face. We are here to TEACH you, ADVOCATE for you, LISTEN to you and KNOW what you need. Cancer T.A.L.K is how you can reach us. Let's connect!

Susan Radio

I look forward to hearing from you!

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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Prostate Cancer Awareness Facts



Prostate cancer is when cells in the prostate gland start to grow out of control. A prostate is a gland found only in males. It is a part of the male reproductive system. Generally, all men are at risk of developing prostate cancer, but certain factors can increase the risk. One risk factor is age. The likelihood of getting prostate cancer increases after the age of 50.

Another risk factor is race/ethnicity. Compared to men of other races, African American and Caribbean men of African ancestry are more likely to develop prostate cancer. It is also important to consider family history when determining who is at a higher risk of developing prostate cancer. Be the one to start the conversation in your family. In some cases, prostate cancer seems to run in families, suggesting that genes or genetic factors may play a role. It should be noted, however, that prostate cancer can still occur in men without a family history. Screening and early detection are key to treatment and recovery.

Pittsburgh Actor and Advocate for Men's Health Talks About His Journey With Prostate Cancer

Charles Timbers, a nurse practitioner, health advocate, and local actor in Pittsburgh shared his journey with the office of COE to help bring awareness to the communities we serve.

He is a prostate cancer survivor, committed to raising awareness about the disease and encourages men to have the conversation not only with their health care provider, but their family members. Learning about your family's health history is important. He uses his personal experience to educate patients, friends, family and community members on cancer risks, screenings and support. Additionally, he uses his acting career to address men's health issues and encourages men to speak openly about their health.

His journey with prostate cancer began when he noticed unusual symptoms. As a nurse practitioner, he knew these symptoms were concerning. After an initial prostate-specific antigen (PSA) test showed normal results but on the high side, he asked for a follow-up test, which his doctor initially denied. Taking matters into his own hands, Charles had a repeat test with another provider. When the results were abnormal, he sought a urologist who performed a biopsy and confirmed he had prostate cancer. The diagnosis was shocking, as he was not aware of any family member who had prostate cancer. It was not until after his diagnosis that he learned that three of his uncles had in fact been diagnosed with prostate cancer, and one

had sadly passed away from it. This experience has shaped his outlook and made him a strong advocate for understanding family medical history, which he believes is essential for better health. As he stated, "Early detection is the key. We have a responsibility to spread the word and prevent cancer."

After undergoing surgery and 36 radiation treatments, Charles is thankful to be able to share his story as a survivor. He actively participates in his church, where he talks about men's health and encourages others to share their experiences. He has also produced TV shows focused on men's health issues and has worked with former NFL players to reach a wider audience.

When asked for advice for those diagnosed with cancer or supporting a loved one with cancer, Charles stressed the importance of joining support groups, staying close to family and friends and connecting with others who have faced similar challenges. He aims to raise awareness about prostate cancer, particularly within the African American community, believing that being informed can save lives.

We would like to thank Charles for sharing his story with us! There are multiple courses of treatment related to prostate cancer. Anyone with concerns or a diagnosis should seek a health care provider to review all options and select the best treatment for their situation.



Charles Timbers



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.

SEPTEMBER 17

Join a virtual conversation via Zoom, Noon-12:45 p.m., with UPMC Urologist Dr. Russell Owens to learn and ask questions about prostate health.



SEPTEMBER 22

Blackout PCa's 1st Annual Prostate Cancer Walk and Community Health Fair. 7 a.m.-Noon, Allegheny Commons Park, Pittsburgh 15212



Cancer Facts for Hispanic and Latino People



In recognition of the growing Hispanic and Latino population in the United States, it is important to be aware of the significant health issues, such as cancer, that are affecting this population.

Here are some cancer facts for Hispanic and Latino people:

- Cancer is the leading cause of death among Hispanic and Latino people.
- Hispanic men and women are less likely to be diagnosed with the most common cancers: lung, colorectal, breast, and prostate.
- Hispanic men and women are more likely to develop liver, stomach, and cervical cancers. These cancers are linked to HPV. HPV is short for human papillomavirus, a common virus that causes 6 types of cancer in some people.

Take a moment to learn about these facts and share them with your loved ones!

Source: American Cancer Society

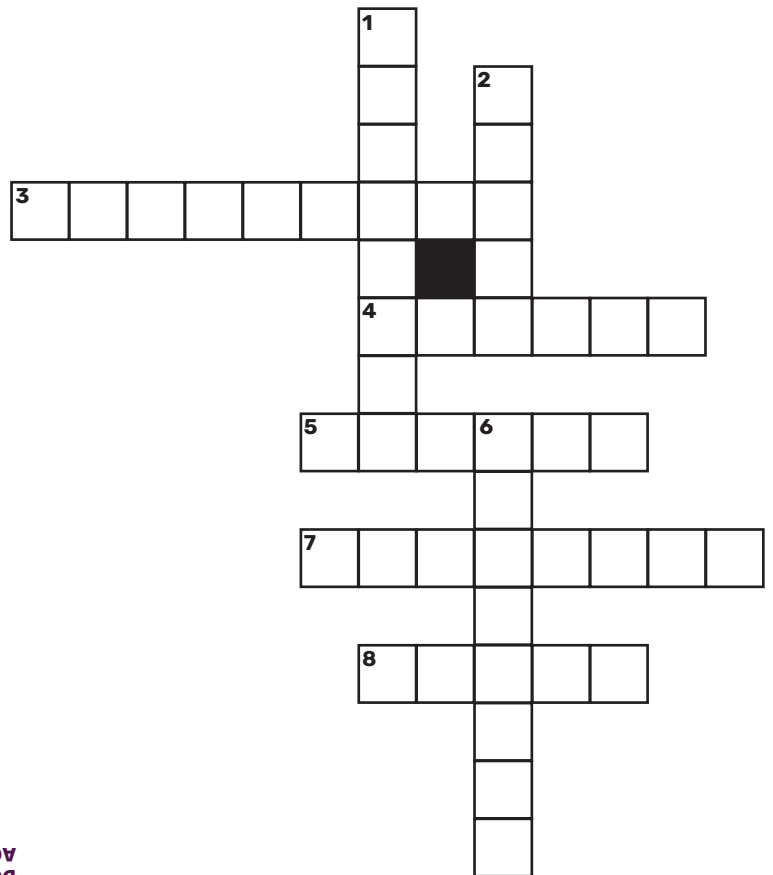
September Puzzle

Down

1. September is Hispanic _____ Month.
2. One in _____ men will be diagnosed with it in their lifetime.
6. Cancer is the leading cause of death among _____ and Latino people.

Across

3. For some men at higher risk, prostate _____ may need to begin as early as age 40.
4. September 22 is the first day of _____.
5. A PSA is one option of a screening _____ for prostate cancer.
7. This type of cancer is the most common cancer in men.
8. Prostate cancer happens more often in _____ men than in men of other races and ethnicities.



DOWN 1. HERITAGE 2. EIGHT 6. HISPANIC
ACROSS 3. CANCER 4. AUTUMN 5. METHOD 7. PROSTATE 8. BLACK

Office of Community Outreach and Engagement

UPMC Hillman Cancer Center
5150 Centre Avenue
Pittsburgh, PA 15232

Recipe of the month

Chilaquiles with Beans and Corn

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



Nutritional Information

Total Time: 55 Minutes
Serving size: 345g

Each serving provides:

Calories (per serving): 280
Total fat: 8g
Saturated fat: 2.5g, Trans fat: 0g
Cholesterol: 10mg
Sodium: 810mg
Carbohydrates: 41g
Dietary fiber: 7g
Protein: 13g
Total sugars: 10g
includes 0g added sugars

Ingredients

- Canola oil cooking spray
- 1 large ear fresh corn or 1 ½ cups frozen corn, defrosted
- 1 Tbsp. Canola oil
- ¾ cup chopped red onion
- 1 pkg. (10 oz.) frozen spinach, defrosted, squeezed dry
- 1 can (15 oz.) no-salt-added pinto beans, drained and rinsed
- 1 tsp. ground cumin
- 1 can (14.5 oz.) no-salt-added diced tomatoes, partially drained
- 6 yellow corn tortillas
- 1 can (15 oz.) mild or medium red enchilada sauce, divided
- 1 cup shredded, reduced-fat Mexican cheese blend, divided

Directions

1. Preheat oven to 400 degrees. Coat with canola oil spray and set aside.
2. If using fresh corn, cut kernels from cob; there should be 1-1½ cups. Set aside.
3. In medium skillet, heat oil. Add onion and cook until translucent, 4 minutes. Add spinach, pulling it apart. Add beans and cumin and cook until cumin is fragrant, stirring often. Add tomatoes and corn and cook until mixture is heated through, about 5 minutes. Set vegetable and bean filling aside.
4. Arrange 2 tortillas on bottom of prepared pan. Cut 2 other tortillas in half and add 2 halves to cover bottom of pan. Spoon half the filling over tortillas. Pour on ¾ cup enchilada sauce. Sprinkle on half the cheese. Repeat, using remaining tortillas, filling, sauce and cheese. Cover pan with foil.
5. Bake chilaquiles for 15 minutes. Uncover and then bake for 10 minutes.