

Cancer Prevention

UPMC HILLMAN CANCER CENTER
OFFICE OF COMMUNITY OUTREACH AND ENGAGEMENT

T.A.L.K.

Teach. Advocate. Listen & Know

July/August 2025

MAKE A DIFFERENCE

Community members play a vital role in supporting organizations by sharing important information, local knowledge, and real-time feedback. This helps us improve services and strengthen engagement where it matters most.

Have you or someone you love faced cancer? We need your help. The Community Outreach and Engagement team is dedicated to informing the public about cancer, its risk factors, and the importance of screening. To truly serve you, we want to hear from you- about your experiences, your needs, and your ideas. Your insight can help shape how we reach and support others in the community. Together, we can work toward a healthier future.

We ask that you take time to fill out the survey on the back of this newsletter by scanning the QR code to provide the insight we need.

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:



PHONE: 412-647-1809

EMAIL: HCC-COE@upmc.edu

WEBSITE: hillmanresearch.upmc.edu/outreach/

Your Voice Matters!



I also want to take this opportunity to inform you of a change with the T.A.L.K. newsletter. We will be transitioning to a new schedule: the T.A.L.K. newsletter will now be sent out every other month instead of monthly.

We remain committed to providing our community with cancer-related information and resources needed to live healthy, informed lives.

Sincerely,

Susan Radio

What's Inside This Issue?

- Research Spotlight: Patricia Opresko, PhD.
- 2025 Community Advisory Board Meeting
- Save the Date - Come see us!
- Recipe of the Month
- Take the UPMC Hillman Cancer Center Cancer Needs Assessment!

Research Spotlight

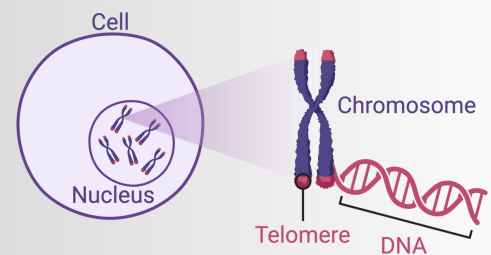
This summer, and every day, it's important to protect your skin from ultraviolet (UV) rays. UV rays naturally come from the sun and can damage cells and cause cancer.

UPMC Hillman researcher, Patricia Opresko, PhD, works to better understand how this damage to cells impacts their ability to pass along their genetic information. In particular, she focuses on **telomeres**, which like the plastic tips on the ends of shoelaces, act as protective caps at the ends of your **chromosomes** to prevent fraying and damage. When telomere caps are damaged, they can no longer protect the vital genetic information and DNA contained within the chromosomes. This can cause genetic changes that promote aging or cancer. Dr. Opresko's work is providing insight that could eventually lead to new ways to prevent and treat cancer.

Chromosome: thread-like structure that carries your DNA, or hereditary information.

DNA: the genetic information needed for a person to develop and grow.

Telomere: end of a chromosome that acts as a protective cap to protect DNA.



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Community Advisory Board: First Meeting of 2025



We held our first Community Advisory Board (CAB) meeting of 2025 this April. Our CAB members came together to collaborate, connect, and chart the course for COE work across western Pennsylvania.

Their insights and commitment continue to shape how we serve our communities. Several CAB members are active in local events, proudly representing our mission and sharing vital cancer information with the people who need it most.

We're excited for what lies ahead and grateful to work alongside such dedicated and trustworthy partners as we continue reaching all members of our community with cancer information.

We are still recruiting CAB members outside of Allegheny County.

Save the Dates - Come See Us!



August 1: Washington County First Fridays, North Main Street, Washington, PA 15301

August 2: Life Builders, Community Day, visit their website (mylifebuilders.org) for location and time.

August 4 - 10: Greene County Fair, 107 Fairgrounds Road, Waynesburg, PA 15370

August 11 - 16: Washington County Fair, 2151 N Main Street, Washington, PA 15301

August 14-17: Bloomfield Little Italy Days, 4728 Liberty Avenue, Pittsburgh, PA 15224

August 18-23: 2025 Hookstown Fair, 1198 PA-168, Hookstown, PA 15050

August 23: 2025 Black Men's Wellness Day from 7AM to 12PM, Westinghouse Park, 7051 Thomas Boulevard, Pittsburgh, PA 15208

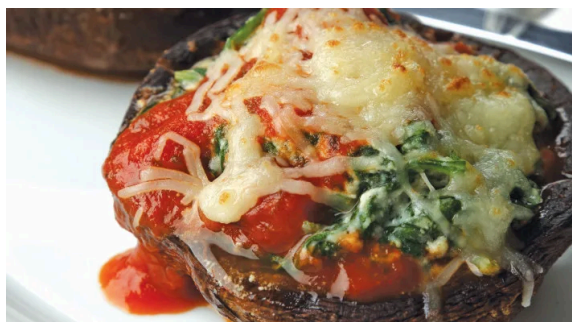
September 21: Blackout PCa, "We Pace Against Prostate Cancer" walk starting at 7:00am, Allegheny Commons East Park, Pittsburgh, PA 15212

RECIPE OF THE MONTH: Spinach-Ricotta Stuffed Portobello Caps

Dig into a savory plate of stuffed mushrooms packed with fresh spinach, ricotta cheese, and marinara sauce, topped with fresh basil and a blend of Italian cheeses.

Ingredients

- 8 portobello mushroom caps, wiped clean with a damp cloth
- 2 tablespoons water
- 1 (5-ounce) package fresh baby spinach
- 1/2 cup part-skim ricotta cheese
- 1/3 cup chopped fresh basil, divided use
- Salt and freshly ground black pepper
- 1 cup reduced-sodium marinara sauce, divided use
- 3/4 cup shredded Italian-blend cheese



Source: American Cancer Society

Directions (Serving Size 4)

1. Preheat oven to 425 degrees. Coat both sides of the mushroom caps with cooking spray and place, stem side down, on a foil-lined baking sheet. Bake 10 minutes, turn, and bake 5 minutes or until tender.
2. In a large skillet, add water and place over medium-high heat. Add spinach and cook, stirring carefully, 1 to 2 minutes, or until wilted.
3. Remove from heat and stir in the ricotta cheese and 1/4 cup of the basil.
4. Season with salt and pepper.
5. Spoon half of the marinara sauce on top of the mushroom caps (1 tablespoon per mushroom).
6. Top with equal amounts of the spinach mixture, spoon remaining marinara sauce overall, and sprinkle with the Italian-blend cheese.
7. Bake 10 minutes or until heated through and cheese is melted. Sprinkle with the remaining basil.

Per Serving: Calories: 190 Fat: 11 g Saturated fat: 5 g Cholesterol: 25 mg Sodium: 360 mg Carbohydrate: 14 g Dietary fiber: 2 g Sugars: 6 g Protein: 14 g

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