

**Cancer  
Prevention**

**T.A.L.K.**

Teach, Advocate, Listen & Know

MARCH 2025

March is

# COLORECTAL CANCER

## Awareness Month

Spring is here, and so is Colorectal Cancer Awareness Month. Colorectal cancer remains the third-leading cause of cancer-related deaths in men and the fourth-leading cause in women in the United States. Did you know that 1 in 24 men and 1 in 26 women have a lifetime risk for colorectal cancer? Cancer screenings save lives! This is especially true with colorectal cancer since screening tests can be done by either looking for signs of cancer in a person's stool or with an exam that looks at the colon and the rectum. The best screening tool for colorectal cancer is the one that gets done!

As we begin to enjoy the nicer weather, I challenge you to make one small change to be a healthier you this month. Eat more fruits and vegetables, walk for 30 minutes a day, or check with your health care provider to see if you qualify for a colonoscopy or FIT test (see page 2).

Getting regular colorectal cancer screenings is one of the most powerful ways for prevention.

Proper nutrition may help protect your body from many types of cancer, especially cancer of the colon and the rectum.

Hillman Cancer Center's Office of Community Outreach and Engagement educates and participates in outreach events for people to gain knowledge about cancer, cancer risk factors, and screenings. Is there a reason holding you back from getting your cancer screenings or talking to your health care provider? If so, we are here to help!

Happy Spring!

*Susan Radio*

**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](mailto:HCC-COE@upmc.edu)

**WEBSITE:** [hillmanresearch.upmc.edu/outreach/](http://hillmanresearch.upmc.edu/outreach/)



## What's Inside

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# Colorectal Cancer: There's More to Know

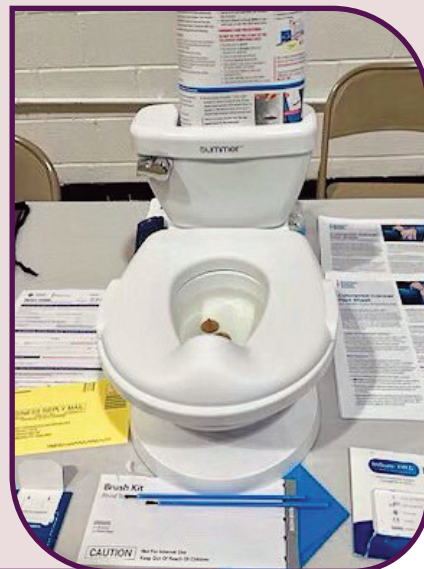
**In the United States, colorectal cancer is the second most common cause of cancer deaths when numbers for men and women are combined.**

Did you know that most colorectal cancers start as a small growth in the lining of the colon or rectum, known as a polyp? Not all polyps develop into cancer. Finding and removing polyps early can prevent colorectal cancer. A screening colonoscopy is a procedure done by a doctor to view the inside of the rectum and entire colon. If polyps are found, oftentimes they can be removed before they develop into cancer.

The office of Community Outreach and Engagement strives to provide information about early detection and screening for cancers, including colorectal cancer. Joanne M. Boyd, MSN, RN, ACM-RN, is program director

of Community-Based Cancer Prevention for the office. The Community-Based Prevention team helps the community access cancer screenings and world-class care to reduce the risk of cancer by providing information on colorectal screening and the free Fecal Immunochemical Test (FIT) KIT. The FIT Kit (pictured with demonstration toilet) is a stool-based colorectal cancer screening test that can be done at home. The Community-Based Prevention team is available to educate and inform people about colorectal cancer screening, whether it is a colonoscopy or FIT Kit.

**If you are not sure where to start, contact the Community-Based Cancer Prevention team today!**



## Risk Factors

**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.

Average risk people should start regular screening at age 45. Average risk means that the person does not have a personal or family history of colorectal cancer, certain types of polyps, or a personal history of inflammatory bowel disease. If you are in good health, you should continue regular screening through age 75.

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.

Speak with your health care provider about your history. Some people should be screened sooner.

**Not all colorectal cancers can be prevented, however, you can lower your risk by doing the following:**



**Be active. Choose an activity that is right for you and your fitness level.**



**Eat a balanced diet that is high in fruits, vegetables, whole grains, and beans.**



**Limit your alcohol intake.**



**Avoid using tobacco.**



**Schedule your colorectal cancer screening.**



## Save the Date!

### MARCH 15

**Bridge Ministry 4th Annual Prayer Breakfast**, 10 a.m. at Clark Memorial Baptist Church, 1301 Glenn St., Homestead, PA 15120. We welcome cancer patients, caregivers and survivors. For more information and to RSVP by March 9, please contact evangelist Laurice Carr at 716-444-6351.

### MAY 17

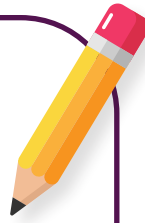
**3rd Annual Latin American Health Fair**, 11 a.m. until 3 p.m. at the UPMC Neighborhood Center, 6401 Penn Ave., Pittsburgh PA

### MAY 18

Learn more and contact us [HCC-COE@upmc.edu](mailto:HCC-COE@upmc.edu) for your congregation to participate in **No Menthol Sunday!**

**African American Self-Help Support Group** meets on the third Friday of each month from noon to 1:30 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 with any questions.

## Some things to consider about colorectal cancer:



- How old are you?  
\_\_\_\_\_
- Have you had a colonoscopy?  
\_\_\_\_\_
- What is holding you back from having one?  
\_\_\_\_\_
- Do you have a family history of colon cancer?  
\_\_\_\_\_

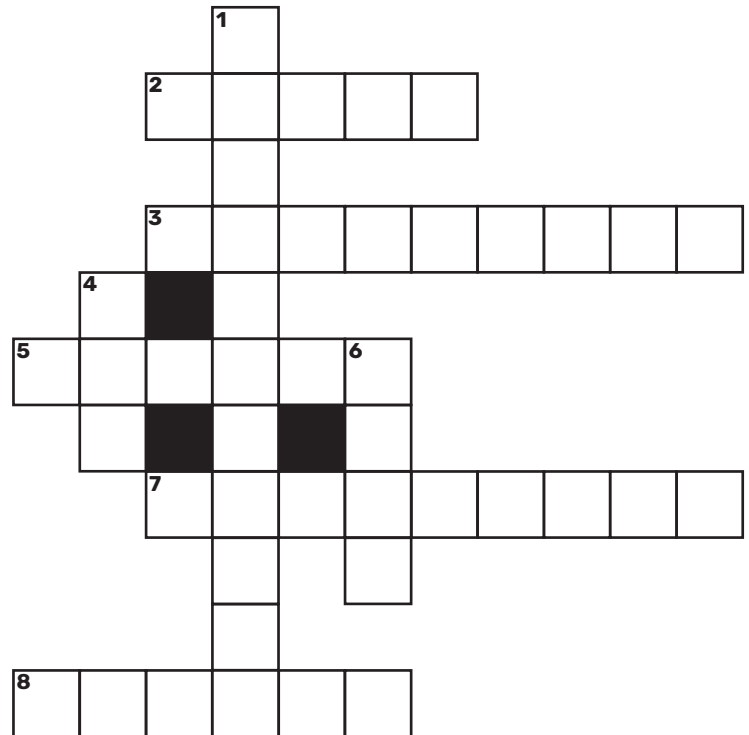
## March Puzzle

### Down

1. This type of screening checks for polyps.
4. 1 in 24 \_\_\_\_\_ have a lifetime risk of colorectal cancer.
6. Eating a balanced \_\_\_\_\_ that is high in fruits, vegetables, whole grains, and beans can lower your risk for colorectal cancer.

### Across

2. 1 in 26 \_\_\_\_\_ have a lifetime risk for colorectal cancer.
3. Age you should start getting screened for colorectal cancer
5. In the United States, colorectal cancer is the \_\_\_\_\_ most common cause of cancer death when numbers for men and women are combined.
7. \_\_\_\_\_ Saves Lives!
8. Colorectal cancer can sometimes start as these small growths known as \_\_\_\_\_.



**ACROSS** 2. WOMEN, 3. FORTY-FIVE, 5. SECOND, 7. SCREENING, 8. POLYPS  
**DOWN** 1. COLONOSCOPY, 4. MEN, 6. DIET

**Office of Community Outreach and Engagement**

UPMC Hillman Cancer Center  
5150 Centre Avenue  
Pittsburgh, PA 15232

## Recipe of the month

# Hummus

Recipe courtesy of: American Cancer Society



### Nutritional Information

Serving size: 10 servings,  
1/4 cup per serving

#### Each serving provides:

Calories: 100  
Fat: 6 g  
Saturated Fat: 1 g  
Trans Fat: 0 g  
Cholesterol: 0 mg  
Sodium: 100 mg  
Carbohydrate: 8 g  
Dietary Fiber: 2 g  
Sugars: 1 g  
Added Sugar: 0g  
Protein: 3 g

### Ingredients

- 2 cans (15-oz.) no-salt-added chickpeas, drained, liquid reserved
- 5 garlic cloves, minced
- 1/3 cup tahini
- 5 Tbsp. freshly squeezed lemon juice
- 2 Tbsp. reserved chickpea liquid
- 1 Tbsp. extra-virgin olive oil
- Salt to taste
- Paprika or parsley sprigs for garnish, optional

### Directions

1. Place all ingredients except salt and optional garnish in food processor.
2. Process until mixture is coarsely puréed. Add salt to taste.
3. Garnish with a dash of olive-oil, paprika, olive or parsley sprigs. Serve at room temperature or chilled.