

Cancer Prevention

UPMC HILLMAN CANCER CENTER
OFFICE OF COMMUNITY OUTREACH AND ENGAGEMENT

T.A.L.K.

Teach. Advocate. Listen & Know

May 2025

May is WOMEN'S HEALTH Month



May is Women's Health Month. Take time this Mother's Day – or any day this month – to check in on the women in your life. Talk to them to learn more about your family health. This information is important when talking with your health care provider to decide when you should get screened for certain cancers. Then, schedule those appointments. Remember, knowledge is power! The more you know about cancer and what you can do to reduce your risk can help save your life or that of someone you love.

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:

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WEBSITE: hillmanresearch.upmc.edu/outreach/



1 in 8 women develop BREAST CANCER

RISK FACTORS: Increasing age, family history, genetic mutation, drinking alcohol, being overweight, not being physically active

SCREENING METHOD: Mammogram starting at age 40

1 in 17 women develop LUNG CANCER

RISK FACTORS: Smoking causes about 80% of all lung cancer deaths; exposure to secondhand smoke, radon, and asbestos

SCREENING METHOD: Low-dose CT scan for women age 50-80 with no symptoms

1 in 26 women develop COLORECTAL CANCER

RISK FACTORS: Being overweight, not being physically active, smoking and drinking alcohol, a diet high in red

SCREENING METHOD: Colonoscopy (age 45 and older)

1 in 100 women develop CERVICAL CANCER

RISK FACTORS: Infection from the human papillomavirus (HPV); other factors include smoking, weakened immune system and sexual history

SCREENING METHOD: HPV test every 5 years or Pap test every 3 years beginning at age 25

What's Inside This Issue?

- Skin Cancer Awareness Month
- Meet Your Community Health Worker
- Save the Date! Upcoming Health Events
- May Word Search
- Take the UPMC Hillman Cancer Center Cancer Needs Assessment!

DID YOU KNOW? Skin Cancer is the most common type of cancer.

May is Skin Cancer Awareness Month.

Anyone can get skin cancer, even if you have darker skin. While you cannot avoid sunlight completely, you can take steps to make sure you are not getting too much sun.



- Stay in the shade. One of the best ways to avoid ultraviolet exposure (UV rays) is to find shade during the midday hours.
- Protect your skin by wearing protective clothing.
- Wear a wide-brimmed hat to protect your head, face, neck, and ears.
- Wear sunglasses labeled "100% UV protection" to block ultraviolet rays.
- Use sunscreen. Protect your skin that isn't covered in clothing with an SPF of at least 30. Don't forget to reapply at least every 2 hours. If you are sweating or swimming, you will need to reapply more often.
- Avoid indoor tanning devices.



"As a cancer survivor, I feel blessed that I have a job that I can share my testimony and educate people with information and tools to prevent and screen for cancer."

Meet Your Community Health Worker for Allegheny County, Shira Barron

We know that there are many barriers in our communities that individuals face every day and that these barriers may feel especially difficult to overcome if you or a loved one is facing cancer. As a result, the Office of Community Outreach and Engagement at UPMC Hillman Cancer Center has hired Community Health Workers to help.

Our Community Health Workers, like Shira Barron, meet individuals in the communities they serve, learn what barriers are preventing them from getting the care they need, and then link them to resources and services to help.

Community Health Workers help bridge the gap between community members and health care providers. This leads to better treatment and outcomes.

Save the Dates!



May 15: McKees Rocks Community Resource Fair, The Shoppes at Chartiers, 114 Chartiers Ave, McKees Rocks from 3–6:00 p.m.

May 16: Brewing Awareness About Cancer, RGB Coffee, 30 N Washington St, Waynesburg, PA from 9:00 a.m. - 1:00 p.m.

May 17: Latino Health Fair, presented by UPMC Magee Women's Hospital, UPMC Health Plan Neighborhood Center at the Village at Eastside, 6401 Penn Ave, East Liberty from 11:00 a.m. - 3:00 p.m.

May 17-18: Rush to Crush Cancer, South Shore Riverfront Park. Visit us in the Riders Village! Sat, May 17, 6–9:00 p.m. Sun, May 18, 9:00 a.m. – 1:00 p.m.

June 1: First Fridays, North Main Street, Washington PA from 3–9:00 p.m.

June 7: Healthy Habits, Best of the Batch Clubhouse, 2000 West St, Homestead from 8 – 11:30 a.m.

May: Word Search

Q C I L U J Q P W O V S U Q M N M I Q E C G L V
S R O Y O T W G W B P O R L A S W W I E U H I D
Y E P L C Y I V I T R Q Z T U E R F Y E Q H R D
L M B V O U X N Y G A V K S I C V W B C T T Y H
K X U S C R S R E W O L F R Y D V Z N B F C I P
R S P U P C E H Z X V E E T X A C M G V T O A X
D D J B E R K C P Z U C T Y T X Q D D S D K B U
A E U G F Q X R T Z N U K L H E U Z M G L B D L
P N Y F V F M Z Y A P P O I N T M E N T S S M V
T Q F M R A Y L C Z L Y S K I N C H E C K I L G
C W N P S T C L D V D C Y E U W O L W A J U X N
O K N R G B A G O F J T A K H Q J S P K P D P I
R Z M P N C C M S T V O G N Z A E E M P D F X N
D X G W I Z F N Y N H K Q S C C G Y X U E A N E
V R G V N L W D Y J R H R R U E D N K H M X E D
Q N R U E M B Z C R V E V E G B R L I W B E S R
L E B A E H Y X T U U D T C J D M I R E B X E A
C V A H R T Z O Y J R S H N I B U P Q T I E E G
F S Y C C L V R S K I N C A N C E R U Y W R B H
D Z C Z S A S Y A R V U F C S D F Y M Q C C F V
M G S M J E N X L T E J H G T A U D G F B I F E
W I B U R H E O A K X N U N D J A X X K V S M P
W Q Q S X A F D H M X T E U X O A I J E A E G J
R E C N A C T S A E R B C L X P O D I A J F Q K

Can you find all the hidden words for the month of May?

- Lung Cancer
- Exercise
- Skin Check
- Appointments
- Health
- Screenings
- Cervical Cancer
- Gardening
- Flowers
- Colorectal Cancer
- Breast Cancer
- UV Rays
- Skin Cancer

Office of Community Outreach and Engagement

UPMC Hillman Cancer Center

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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