

Cancer  
Prevention

T.A.L.K.

Teach, Advocate, Listen & Know

NOVEMBER 2024

The office of COE Wishes you a  
*Happy Thanksgiving*

November is a month of crisp air, and all the fall feels as we celebrate Thanksgiving with family and friends. It also brings awareness to lung cancer. The Office of Community Outreach and Engagement educates and informs our communities that lung cancer is the leading cause of cancer death in the United States. We educate about the lifestyle behaviors that can cause lung cancer, what screening you might qualify for and what preventative measures you can take to lower your risk for lung cancer.

Did you know that cigarette smoking is by far the most common cause of lung cancer in the United States, and radon is the second leading cause. Smoking is not a new term, but radon might be for you. Radon is the leading cause of lung cancer in non-smokers. It is a gas that forms naturally from the soil and rocks breaking down throughout the ground. We cannot see or smell this gas. It is often found at higher levels in the air in houses and other buildings, and in water from underground sources, such as well water but you can test for it. Know what is in the air you breathe!

On page 2, you will meet one of our Community Advisory Board Members, Jackie Nixon. Jackie is a force within the community to educate and navigate individuals on how to get their place of residence tested, among other things.

We'd also like to let our communities know that on November 21, the OCOE celebrates a day to make a plan to quit smoking. Mark your calendar for the Great American Smokeout and spread the word. Make a plan or be a support for someone you know that smokes. No matter your age or how long you've been smoking, quitting improves your health both immediately and over time. Start by creating a plan and connect with those who might be on the journey to quit with you as your support.

Have a Happy Thanksgiving!

*Susan Radio*

Source: American Cancer Society

**PROGRAM DIRECTOR:** Susan Radio

**COMMUNICATIONS SPECIALIST:** Yanira Cintora Lopez

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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## What's Inside

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## Survivor Spotlight

Meet Jackie Nixon, a lung cancer survivor and a representative from LiveLung, an organization dedicated to improving lung cancer education, early detection, and support for patients. Jackie's involvement with LiveLung began after she was diagnosed with lung cancer.

Jackie learned she had lung cancer while getting treatment for shingles. When her doctor asked if she had any other concerns, she mentioned that she could no longer sing like she used to. This led her doctor to order more tests, including a chest x-ray, which unexpectedly showed lung cancer. Jackie was shocked and confused, as she had no symptoms and no family history of the disease.

Seven months after her lung removal surgery, she learned about radon gas and decided to test her apartment building. As a result, she found that radon levels were very high, similar to smoking a pack of cigarettes every day despite never smoking.

Determined to make a difference, Jackie shifted her focus to raising awareness. She believes her survival is due to early detection and emphasizes the importance of being aware and testing for radon. Through LiveLung, she has been able to share her story, support others on their cancer journeys, and provide valuable resources.

Looking ahead, Jackie is excited to collaborate with UPMC Hillman Cancer Center to develop initiatives aimed at helping community members and other cancer patients. She is particularly passionate about reaching African American communities and areas with high smoking rates.



## Lung Cancer Risk Factors

**Lung cancer** is the second most common cancer in the United States. Understanding what type of risk factors may increase your chance of developing it can help you stay safe.



**Smoking:** The leading cause of lung cancer is smoking.



**Secondhand Smoke:** Being around others who smoke and breathing in the smoke from their tobacco product is secondhand smoke. It is the third most common cause of lung cancer in the United States.



**Radon:** Radon is a gas that comes from the ground. You can't see, taste or smell it. It is the second-leading cause of lung cancer in the United States, and it's the leading cause among people who don't smoke.



**Air Pollution:** In cities, air pollution from car fumes can cause a slight risk. This risk is far less than the risk caused by smoking.



**Personal or Family History:** If you have had lung cancer, you have a higher risk of developing another lung cancer. If you are a blood relative of a brother, sister, and child of someone who has had lung cancer, you may have a slightly higher risk of lung cancer, especially if the relative was diagnosed at a younger age.

*Source: American Cancer Society*

# 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.

## NOVEMBER 21

### The Great American Smokeout 2024

Visit Great American Smokeout | American Cancer Society for details.

## NOVEMBER 23, FROM 8 A.M. TO 4 P.M.

### 2024 Annual Thanksgiving Distribution

David L Lawrence Convention Center, 1000 Fort Duquesne Blvd., Pittsburgh PA 15222

## NOVEMBER 30, AT 5 P.M.

**Fashion Show/Concert**, Emmanuel Christian Church  
1427 Davis Ave., Pittsburgh PA 15212



# ARE YOU AT RISK FOR RADON EXPOSURE?



Radon is a colorless, odorless gas that comes from the ground and can enter buildings through cracks. Long-term exposure can raise lung cancer risk.

## Know Your Risk:

1. Test your home for radon. Hire a professional or buy a test kit at a hardware store or online.
2. For a free test kit, contact our department for more information.

## If You've Been Exposed:

1. Have a conversation with a health care provider about health risks and potential health screenings related to radon exposure.
2. Contact a professional to install a radon mitigation system.

Source: American Cancer Society

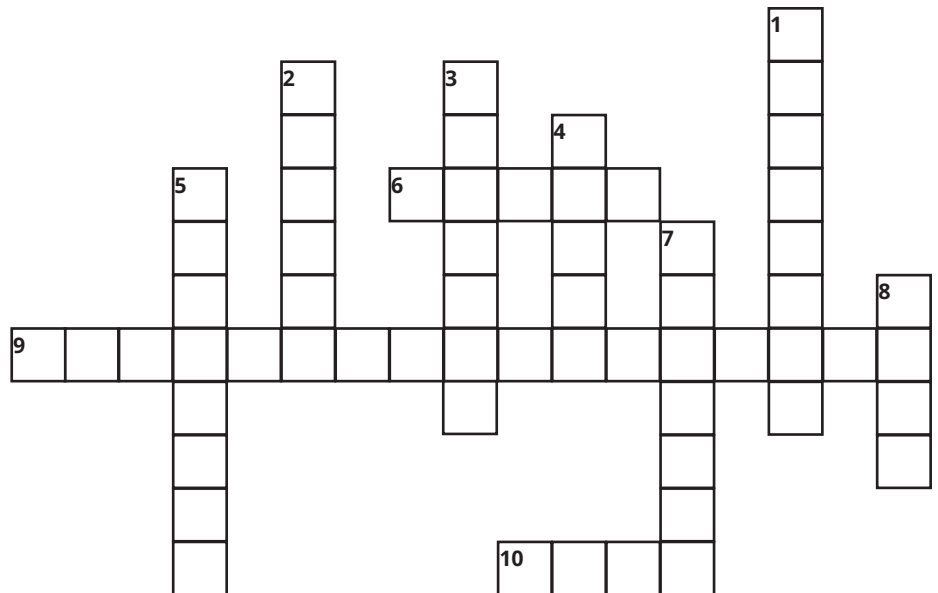
# November Puzzle

## Down

1. \_\_\_\_\_ have a higher risk for radon exposure because of their developing lungs and growing bodies.
2. Lung cancer is the \_\_\_\_\_ most common cancer in the United States.
3. Lung cancer is the \_\_\_\_\_ cause of death from cancer.
4. People are exposed to radon in their \_\_\_\_\_, offices, schools, and other buildings.
5. Reduce your \_\_\_\_\_ to radon by having your house tested and treated, if needed.
7. \_\_\_\_\_ is by far the leading risk factor for lung cancer.
8. A \_\_\_\_\_ factor is anything that increases a person's chance for getting cancer.

## Across

6. This is a naturally occurring, colorless, odorless gas.
9. When someone breathes in the smoke around them, they are known as \_\_\_\_\_.
10. The best way to reduce \_\_\_\_\_ cancer is to not smoke and avoid breathing in people's smoke.



DOWN 1. CHILDREN 2. SECOND 3. LEADING 4. HOMES 5. EXPOSURE 7. SMOKING 8. RISK  
ACROSS 6. RADON 9. SECONDHAND SMOKERS 10. LUNG

**Office of Community Outreach and Engagement**

UPMC Hillman Cancer Center  
5150 Centre Avenue  
Pittsburgh, PA 15232

## Recipe of the month

# Cranberry Apple Hazelnut Crumble

Recipe courtesy of American Institute for Cancer Research, [aicr.org](http://aicr.org)



### Nutritional Information

Total Time: 45-55 Minutes  
Serving size: 151g

**Each serving provides:**

Calories (per serving): 240  
Total fat: 11g  
Saturated fat: 1.5g, Trans fat: 0g  
Cholesterol: 0mg  
Sodium: 0mg  
Carbohydrates: 35g  
Dietary fiber: 5g  
Protein: 3g  
Total sugars: 19g  
includes 9g added sugars

### Ingredients

#### Fruit Filling

- 10 oz. fresh or frozen cranberries, unsweetened
- 3 medium apples, peeled, sliced
- 1 orange, zest and juice
- 1/2 cup brown sugar

#### Whole Grain Crumble Topping:

- 1 cup old-fashioned oats
- 1/3 cup whole-wheat flour
- 1/3 cup hazelnuts (substitutue if needed), coarsely chopped
- 1 tsp. cinnamon
- 1 tsp. cardamom
- 1/2 tsp. ground ginger
- Pinch salt (optional)
- 1/4 cup vegetable oil

### Directions

1. Preheat oven to 375 F
2. Place cranberries and apples in 9-inch pie dish or baking pan. Add zest, orange juice and brown sugar. Toss well
3. In small bowl, combine oats, flour, hazelnuts, cinnamon, cardamom, ginger and salt, if using. Stir in oil with fork to make a crumbly mixture
4. Sprinkle crumb topping over cranberry-apple filling and bake uncovered for 45-55 minutes, until golden brown