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UM GREENEBAUM
COMPREHENSIVE
CANCER CENTER



Fall Newsletter

UMGCCC Office of Community Outreach and Engagement

WELCOME TO FALL!

As the wind picks up and the leaves begin to change color, we are happy to be coming to you with new announcements on what our office has been up to!

If you have any feedback or would like to have your next event highlighted in our upcoming newsletter, please feel free to share it with us at umgcc.coe@umd.edu. _____

COE UPDATES

Welcoming Our New Team Members

We're excited to welcome three new leaders to the COE team. Dr. Devlon Jackson joins us as Faculty Director of Implementation and Outreach, Dr. Laundette Jones as Faculty Director of Bidirectional Research Engagement, and Dr. Evelyn King-Marshall as Faculty Director of Administrative Operations. Each brings a wealth of experience and passion for advancing community engagement and health equity



Dr. Devlon Jackson



Dr. Laundette Jones



Dr. Evelyn King-
Marshall

An Updated COE Website is On the Way!

This season, the COE team is partnering with UMMS to launch an updated website! The new site will feature a variety of resources for patients, community members, medical providers, and researchers including county-level cancer infographics and other helpful tools. Stay tuned for updates!

Use Your Voice to Shape Community Interaction



YOUR VOICE MATTERS!

The University of Maryland Greenebaum Comprehensive Cancer Center is currently conducting a community health survey so that we can better understand the needs of the community. This survey will allow us to better develop plans for outreach, cancer education, and future research activities.

To fill out the survey, the only requirements is living or residing in Maryland and being 18 years or older. The survey will only take 10 minutes to complete and the first 50 participants will win a \$15 gift card!

Interested in sharing this survey with your own community so they can share their input? You can access a flier [here!](#)_____

Click here to complete the Needs Assessment Survey and share with your community.

Congratulations to the Black Nurses
Association of Southern Maryland for a
Wonderful Event!



Our office had the opportunity to collaborate with the Black Nurses Association of Southern Maryland (BNSMD) at their annual health fair and 5K walk/run. We were honored to be included in the organizations and groups committed to promoting health screening. We want to thank the BNSMD, a chapter of the National Black Nurses Association, for inviting us! To learn more about their dedication to community health advocacy and education, [click here!](#)

Cancer Health Ambassador (CHA)

Training



We are excited to announce that a new year of our Cancer Health Ambassador Trainings is coming soon! We will be arming members of the community with information on breast, colorectal, lung, and prostate cancer as well as the importance of clinical trials. Be on the look out for an upcoming email from our office about dates for the 2025-2026 year!

CANCER NEWS

October is Breast Cancer Awareness Month

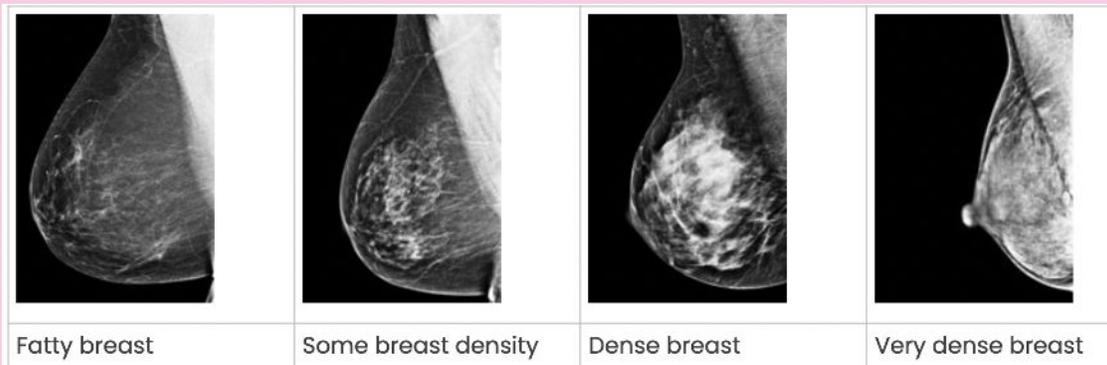
[1 in 8 women.](#) It is a statistic we see quite often, but its impact is always harrowing. 1 in 8 women will be diagnosed with breast cancer in their lifetimes.

skills, and from the American Cancer Society, when breast cancer is caught in its localized (stage 1) state, the 5-year survival rate is 99%. Early

screening and subsequent early detection are key to fighting breast cancer. For

Mammograms, which are x-rays of the breast taken with low dose radiation, are recommended once a year for women 45-54 and are recommended once or at least every other year for women older than 55. Women between 40-44 and women with a familial history of breast cancer should have conversations with their doctors about starting yearly mammograms sooner.

A common occurrence from a mammogram is receiving results that the scan was inconclusive due to dense breast tissue. According to the [Mayo Clinic](#), "On a _____ mammogram image, the fatty breast tissue is transparent. It's easy to see through to look for anything concerning. The dense breast tissue looks solid white on the mammogram image. It's hard to see through. Breast cancer, which also looks solid white on a mammogram, could be missed." The below image showcases how dense breast tissue can appear on a mammogram. Additional testing may be requested by your doctor to rule out potential cancer. To read more about other screening methods and what dense breast tissue might mean for you, read more from the Mayo Clinic [here](#). _____

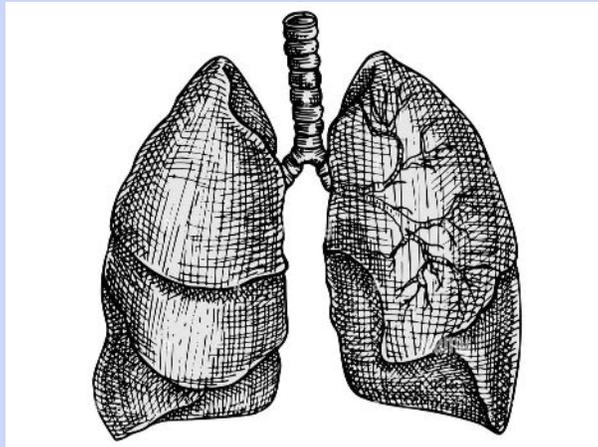


If you want to share accurate information on breast cancer, the Maryland Department of Health has released their Breast Cancer Prevention and Education Resource Toolkit. The toolkit brings together print and video resources in one location to make creation of additional resources easier. The toolkit includes:

- Various breast cancer fact sheets
- Resource and information guides to prepare patients for mammograms
- Sample “call to action” messages for screening promotions
- Social media campaign toolkit

[To access and share the resource toolkit, click here!](#)

November is Lung Cancer Awareness Month



Did you know lung cancer is the leading cause of death in the United States? It is important to be up to date on the symptoms and screening options for the cancer responsible for 124,730 deaths in the United States in 2025 alone.

While not all lung cancer patients show symptoms, it is important to be aware of the most common symptoms of lung cancer, particularly since they can easily be considered signs of respiratory illnesses instead, delaying treatment. According to the [University of Texas' MD Anderson Cancer Center](#), signs of lung cancer can include:

- Cough that does not go away and gets worse over time
- Shortness of breath
- Wheezing

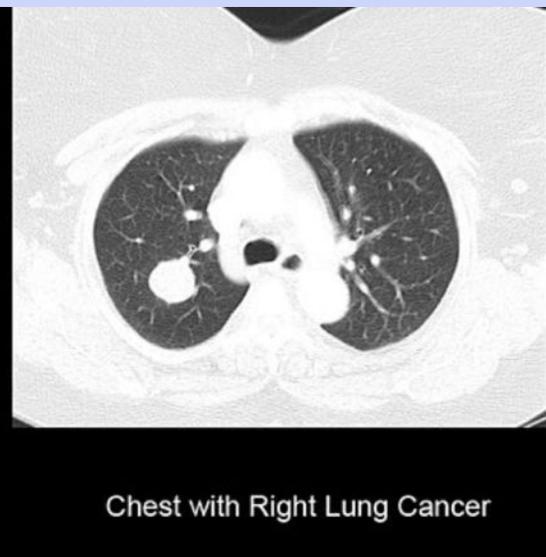
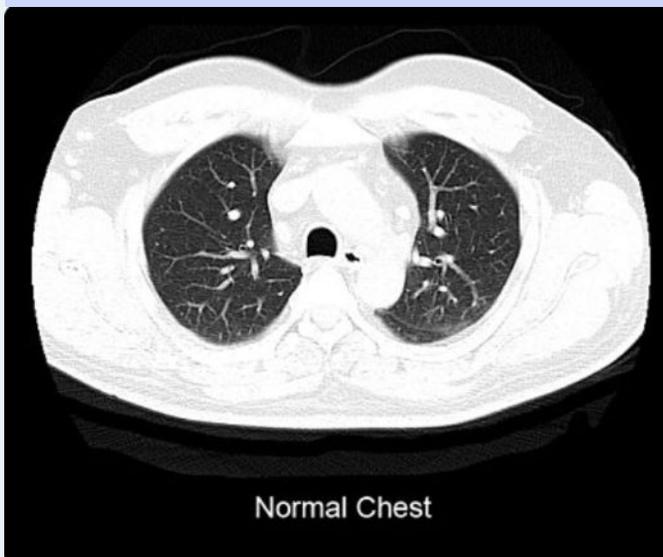
- Hoarseness
 - Infections like pneumonia or bronchitis that do not go away or come back often
 - Loss of appetite and/or weight loss
- breathing, coughing or laughing
- Coughing up blood or rust-colored phlegm

- Hoarseness
- Infections like pneumonia or

- Hoarseness
- Infections like pneumonia or bronchitis that do not go away or come back often
- Loss of appetite and/or weight loss

Lung cancer screening is recommended for people who are high risk:

- Ages 50-80
- Individuals who have smoked a pack a day for 20 years and either
- Current smokers or those who have quit within the last 15 years
- If you meet any of these qualifications, it is recommended that you receive an annual low-dose computed tomography (CT) screening, where an image of your lungs is taken using a low dose of radiation. You can learn more about the screening method and screening guidelines, [here](#).



[Low dose CT screening image example normal vs cancerous lung, University of Florida Health System](#)

Scientists are [currently researching](#) methods towards early detection. These methods include using advanced machine learning to improve rates of detection from CT scans and investigating if there are lung tumor biomarkers that can be detected in blood and sputum samples.

This November, let's all work towards raising awareness for lung cancer. The American Lung Association is hosting a series of walks and runs in order to raise money for lung cancer research. To find a walk near you, you can click [here](#)!

National Cancer Institute's Message on the HPV Vaccine

HPV vaccination protects against more than

90%

of HPV-related cancers



Safe



Effective



Long-lasting
protection

The National Cancer Institute (NCI) Designated Cancer Centers, sixty-two centers around the country, have released a joint statement to promote the importance of a safe and effective HPV vaccine.

Key highlights from the statement include:

- Six types of cancers and precancers (oropharyngeal, cervical, anal, vaginal, vulvar, and penile) can be almost entirely prevented with timely HPV vaccines
- The United States is behind the Healthy People 2030 goal of having 80% of children vaccinated for HPV. Currently, the National Immunization Survey-

- The NCI-Designated Cancer Centers are pushing back-to-school season as the best time to promote HPV vaccination
- Ideally, children are vaccinated from ages 9-12. Children can receive catch-up versions of the vaccine ideally from 13-17, but they are recommended through the age of 26.

To access the complete statement, *Leading Cancer Research Centers Reinforce Importance of Safe and Effective HPV Vaccination to Prevent Cancer*, please [click here.](#)

To learn more about the CDC's HPV Vaccine, click [here.](#)

Awareness Months: Moments to Remember and Plan for the Future

Awareness months keep us informed and vigilant. Taking the time to learn about various symptoms and signs keep us all informed and ready to have informed and open discussions.

Raising awareness and continuing to talk about these cancers leads to increased funding into research for treatment and prevention options while taking the time to honor and remember all those who have been effected.

Here are some awareness months coming up in October and November:

OCTOBER



BER

BREAST CANCER AWARENESS MONTH

[Click here to learn more about current research into breast cancer screening and new clinical trial treatment studies including innovations in hormonal and monoclonal antibody based therapies.](#)

OCTOBER IS

LIVER

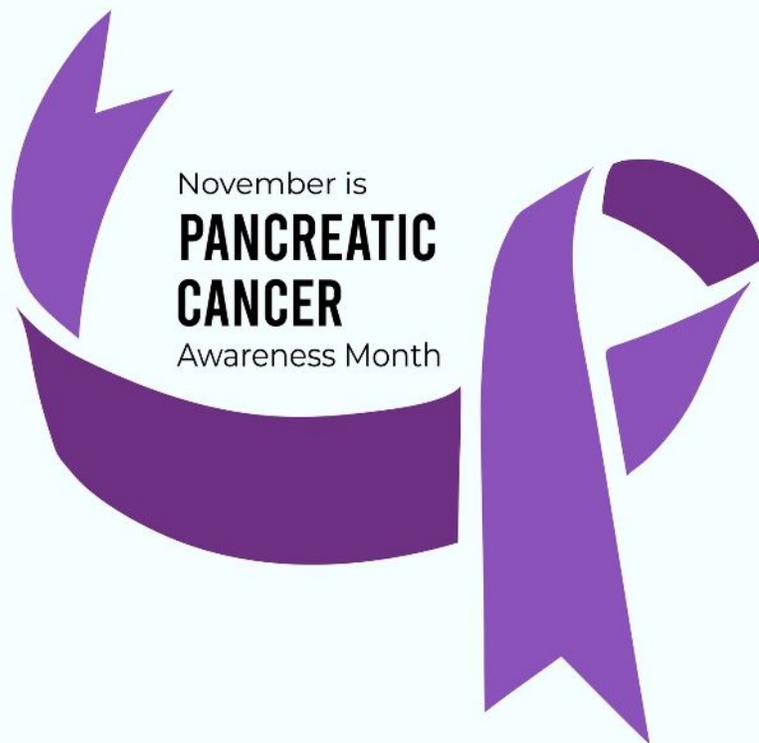
CANCER

AWARENESS

MONTH



[Click here to learn more about current research into liver cancer. Research is currently looking into potential biomarkers for new screening options and better understanding the links between Hepatitis, Cirrhosis and liver cancer.](#)



[Click here to learn more about current research into pancreatic cancer. Researchers are currently trying to create a screening method to detect pancreatic cancer before the onset of symptoms and even looking into the development of a pancreatic cancer vaccine.](#)

LUNG CANCER AWARENESS

HOPE



[Click here to learn more about current research into lung cancer. New studies are exploring the use of biomarkers in blood and sputum for early detection, and various studies into targeted protein inhibitors as treatment options are running.](#)

NOVEMBER IS
**STOMACH
CANCER**
AWARENESS
MONTH



[Click here to learn more about stomach cancer, which is commonly referred to as gastric cancer, its risk factors, symptoms, and current](#)

RECIPE CORNER

The leaves might be falling but autumn fruits
and vegetables are here to stay!

Try these amazing recipes to bring you into the fall season!



Warm Apple Crisp

Who said a delicious apple crisp cannot come with some health benefits? Gluten free, vegan, and naturally sweetened, [this recipe brings fall flavors to life!](#)

[Recent studies](#) have found that apples can help reduce risk of cardiovascular disease, asthma, and diabetes as well as helping to lower cholesterol and increase antioxidant activity.

Additionally, the pecan and walnut in the recipe offer a great source of protein, alongside a much needed crunch!



Frizzled Green Beans, Mushrooms, and Onions Stir-Fry

[This recipe](#) hits the trifecta of fall produce: onions, green beans, and mushrooms!

The American Cancer Association says that green beans are bring a host of health benefits to the holiday spread. The beans are full of protein, vitamin C, and even potassium to help with manage blood pressure. This recipe even skips the step of boiling the green beans, keeping the nutrients locked in the green beans.

This recipe is perfect to try out for the holiday season, bringing a new twist to the family's classic green bean dish!

Curious about what other produce is in season?

[Keep track of what fruits and veggies are best for each season of the year by clicking here!](#)

Important Links

American Cancer Society Screening Guidelines

[Click here to access current ACS guidelines and recommendations for screening](#) →

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[Afrikaans](#)

[беларуская мова](#)

[български](#)

[català](#)

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[中文 \(繁體\)](#)

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