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Summer Newsletter

UMGCCO Office of Community Outreach
and Engagement



Summer is here!

As the heat ramps up and schools out for the summer, 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 umgccco.e@umd.edu. _____

What Have We Been Up To?

Cancer Health Ambassador (CHA)
Training



Congratulations to all of our new Cancer Health Ambassadors! We thank you all for taking the time to become informed. As you spread the word with your friends, families, and communities, remember that we are still here to support you through that journey. If you would like access to the slides from the trainings as well as more specific cancer outreach materials, please reach out to us at [umgcc.coe@umd.edu!](mailto:umgcc.coe@umd.edu)

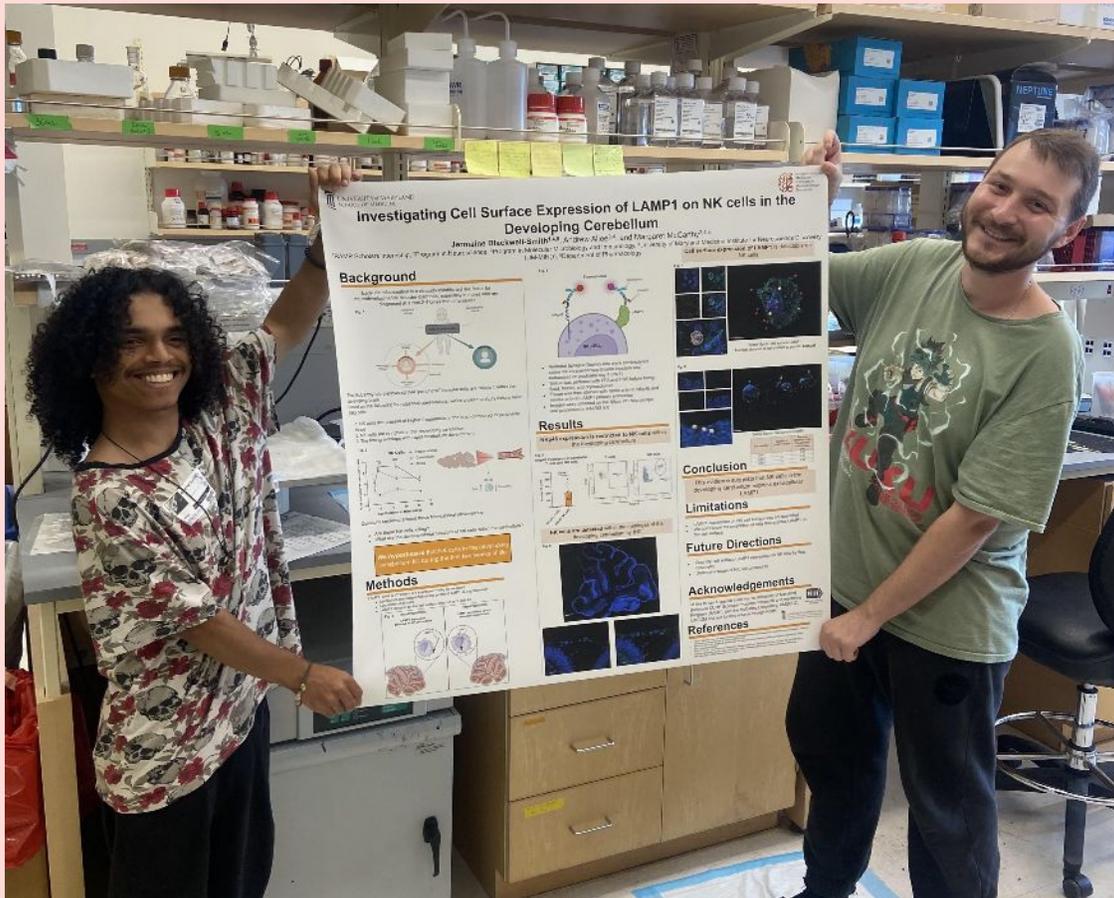
As we officially wrap up this fiscal year's set of sessions, we also want to thank everyone who shared our sign-up links about our sessions to their communities. You played a big role in spreading awareness and contributing to all the CHAs trained. We could not have done it without your support!

Missed this year's set of sessions but are interested in signing up in the future?

[Click here to be put on our waitlist and be the first to know when new sessions open up!](#)

Interested in a Spanish Language CHA training session? [Click here to join the waitlist for when a new set of dates is available!](#)

The Future of Cancer Research is Looking Bright as Young Scientists in Baltimore Take Center Stage



The University of Maryland Marlene & Stewart Greenbaum Comprehensive Cancer Center's (UMGCCC) Research and Mentoring Program (RAMP). RAMP is a two-year program designed to provide students from Baltimore City high schools with an introduction to research (Year 1) and to prepare them for a mentored summer research experience in UMGCCC faculty labs (Year 2). Jermaine, a current RAMP scholar, describes his experience as "eye-opening," and "life-changing," noting that he "learned so much from immunology, to histology, and had so much hands-on lab work experience, all centered around studying the developing brain." He adds, "I've been blessed to be able to present this research to younger STEM students and my other mentors as well." Through RAMP, Jermaine has grown both personally and professionally, and we are hopeful that these skills will serve him well throughout his career in STEM.



To read more about Jermaine's story and his research journey through RAMP, click [here!](#)

Summer Health

Hydration! It's sweeping the nation!



Hydration, hydration, hydration! With the hustle and bustle of daily life, drinking water can sometimes be forgotten. But with the additional loss of fluid due to sweating in the summer heat, being purposeful with our hydration becomes even more important!

While remembering to drink water throughout the day can be daunting, it's important to remember that fluid intake doesn't have to come strictly from water.

Fruits and vegetables with high water content like watermelons, honeydew, cantaloupe, strawberries, celery, cucumbers, and bell peppers are all important parts of reaching our daily fluid intake goals!

It is important to be aware of signs of dehydration to know what to look for in yourself and your family and family this summer! Signs of dehydration can include:

- Fatigue
- Dizziness
- Confusion
- Less-frequent urination
- Extreme thirst
- Darker urine

A lack of fluids and dehydration can greatly impact your body's sodium levels, increasing your risk of hypovolemic shock and even seizures. So be sure to keep an eye out for the symptoms and a hand around your water bottle this summer!

To learn more about the benefits of staying hydrated and some tricks to get more water in your diet this summer, check out some [recommendations from the CDC here!](#)

SHARE for CURES

Calling those who have been affected by breast cancer.

The Susan G. Komen foundation is requesting you to

help researchers collect crucial data.

This data will be focused on you and the circumstances around your breast cancer diagnosis and treatment.

[Click here to register today!](#)

If you would like to learn more about the program before you sign up or are just interested in diving deeper, ShareForCures will host a series of online information sessions! Click on the date of the session to sign up for the Zoom session.

- [Thursday, August 14 @1 pm](#)
- [Thursday, September 11 @1 pm](#)



Run or Walk For a Purpose at the Maryland Half Marathon & 5K



Thank you to everyone who joined us at the 17th Annual Maryland Half

Marathon & 5k!

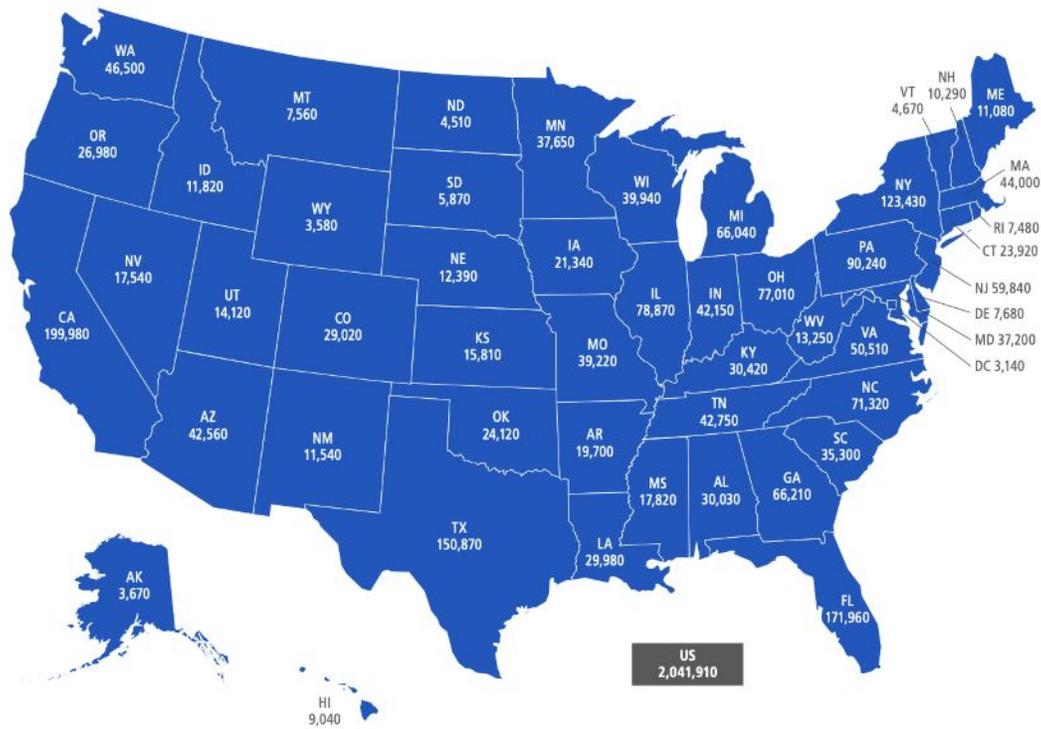
We had a blast getting to meet you all and reconnect for a great cause! Whether you ran with us on the Office of Outreach and Engagement team or with your own friends and family, we are honored that you took the time to support the Cancer Center's work and contribute to the over \$100,000 raised to support cancer research.

Ran the race and are interested in the results? Click [here to see the final times](#) and [videos of you crossing the finish line!](#)

If you want to learn more about the research conducted by the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center, click [here!](#)

ACS Facts and Figures Report

2025



The 2025 American Cancer Society Facts and Figures Report has been released!
The report provides:

- Estimated numbers of new cancer cases and deaths in 2025 by cancer site and US state
- Current cancer incidence, mortality, and survival statistics
- Information on cancer symptoms, risk factors, early detection, and treatment

[To read the report in its entirety, you can click here!](#)

Engage with Community Health

July is Sarcoma Awareness Month!



Race to Cure Sarcoma

Sarcoma Foundation of America

The Sarcoma Foundation of America is hosting their series of races to raise money for Sarcoma research. Hosted in cities across the country and with a virtual option to run wherever you are, the race hopes to “increase awareness about sarcoma and create lasting, supportive connections.”

Interested in running? [Click here](#) to see which races are coming to a city near you!

World Breastfeeding Week is August 1 - 7



World Breastfeeding Week (WBW)

In the first week of August, the World Alliance for Breastfeeding Action spearheads World Breastfeeding Week to raise awareness on the challenges facing new

The World Health Organization's campaign focuses on four main points: _____

- 1- Normalizing breastfeeding so women feel safe and comfortable feeding their baby whenever they need to
- 2- Fighting for better maternity leave and policies to promote women in the workforce and with their families
- 3- Working to help train health professionals who can provide breastfeeding support and promote these services
- 4- Protecting against exploitative practices in accessibility and cost of breastmilk substitutes

To learn more about the World Health Organization's commitment to World _____
[Breastfeeding Week](#), click here. _____

To become more involved, click [here](#) to learn about ways the World Alliance for _____
[Breastfeeding Action \(WABA\)](#) advises you to take action _____

Summer is here! As are some of your favorite fruits and vegetables!

Cool down from the heat with these refreshing summer recipes sure to bring a
smile to your face!



TOMATO AND WATERMELON SALAD

Combine two summer classics into one sweet and cooling salad! With just three easy steps, you'll be shocked by how quickly it comes together!

Alongside potassium and Vitamin B, tomatoes are packed with lycopene! Along with giving tomatoes their signature red color, lycopene strengthens your immune system by acting as an antioxidant and even helps prevent gum disease!

Watermelon also packs a nutrient punch while using its high water content to keep you hydrated in the summer heat!



EGGPLANT ZUCCHINI LASAGNA

What's better than a new take on an Italian classic using one of our favorite vegetables? A new take using TWO of our favorite vegetables!

Still filled with the cheesy, gooeyness that makes lasagna special, this recipe _____ utilizes two of the summer's most in-demand produce! The eggplant is an _____ immune system powerhouse, showing benefits in treating inflammatory _____ conditions like arthritis and gastritis. Meanwhile, the zucchini is a great source of _____ fiber and key player in helping support gut health, preventing bloating and _____ constipation.

Try it out and see if a new recipe makes it into your classic rotation!

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!](#)

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 July and August:

July is Sarcoma Awareness Month

Click here to learn more about new research innovations for detecting and treating sarcoma as well as how you can show your support for the cause.



**JULY IS
SARCOMA
AWARENESS
MONTH**

Upcoming Events and Important Links

American Cancer Society Screening Guidelines

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