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UM GREENEBAUM
COMPREHENSIVE
CANCER CENTER



Welcome to Winter!

We hope everyone is staying warm and enjoying the beauty of the recent snowfall! We are happy to be coming to you with updates from our office and our community partners.

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.

Cancer Health Ambassador Trainings Are Back

University of Maryland Marlene & Stewart Greenebaum Comprehensive Cancer Center
Office of Community Outreach and Engagement

Become a Cancer Health Ambassador (CHA) Make a Difference in Your Community!



Are you an adult living in one of these Maryland counties?

- Anne Arundel County
- Carroll County
- Charles County
- Frederick County
- Harford County
- Howard County
- Washington County

What is a Cancer Health Ambassador (CHA)?

A certified Cancer Health Ambassador is a vital community leader who shares crucial, life-saving information about cancer screening for breast cancer, prostate cancer, colorectal cancer, and lung cancer.

Receive up to \$200 gift card for attending trainings and become certified to help save lives in your community!

Virtual trainings will be hosted from February to March!

Ready to sign up?

Scan the QR code below to register today!



<https://shorturl.at/BISpV>

Questions: Please email umgcc.coe@umd.edu

Returning CHAs Welcome!

The \$200 incentive is intended for first-time participants. Returning participants are always welcome to join us again for a refresher session.

We are excited to announce that we are beginning our Cancer Health Ambassador trainings for the 2026. The program hopes to inform community members on the science behind cancer as well as risk factors, screening methods, and treatment options for prostate, lung, breast, and colorectal cancers.

We are currently recruiting for community members living in Anne Arundel,

Carroll, Charles, Frederick, Harford, Howard, and Washington counties. This is so that we can extend our reach to parts of our catchment area that we currently have less representation within.

[Click here to register for an upcoming session!](#)

Interested in informing you community about upcoming sessions? Click [here](#) to access a sharable version of our flier!

Use Your Voice to Shape Community Interaction



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 being 18 years or older and living or residing in Maryland counties EXCEPT for Anne Arundel, Howard, Montgomery,

The survey will only take 10 minutes to complete and for a limited time, participants who fill out the survey will receive 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!](#)_____

If you have any questions, please email us at marylandhealthsurvey@umd.edu. _____

[Click here to complete the Needs Assessment Survey and share with your _____ community. _](#)

Join UMGCCC at the Annual Maryland Half Marathon & 5K



2009-2026

18TH

**THE MARYLAND
Half Marathon & 5K**

JUNE 6, 2026

BENEFITING

UM GREENEBAUM
COMPREHENSIVE
CANCER CENTER

UNIVERSITY
of MARYLAND
MEDICAL
SYSTEM

mdhalfmarathon5k.org

QR code for registration information.

The signature fundraising event for the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center is back on Saturday, June 6, 2026. Join us in the race against cancer by participating in the half marathon or 5k run/walk. This will

There are many different ways of contributing to this fundraiser:

- If you are interested in running or walking, you can sign up as an individual runner, start or join a team.
- If you are unable to attend in person, register as a virtual participant
- Or, help raise money without directly participating in the race. The fundraiser-only option will provide you with a space to track all donations you have collected for the cancer center!

When: June 6th, 2026

Where: Maple Lawn, Fulton, MD

More Information: Register to run, walk or donate by clicking [here!](#)

CANCER NEWS

The 2026 American Cancer Society Facts and Figures Has Been Released

This annual report from the ACS provides updated statistics on the estimated numbers of expected new cancer cases and deaths for 2026 by state and cancer type as well as new information on current cancer incidence, mortality, and survival statistics. The report also shares new information on cancer risk factors, symptoms, early detection, and treatment.

The American Cancer Society also provides this data in tables and graphs that can be shared

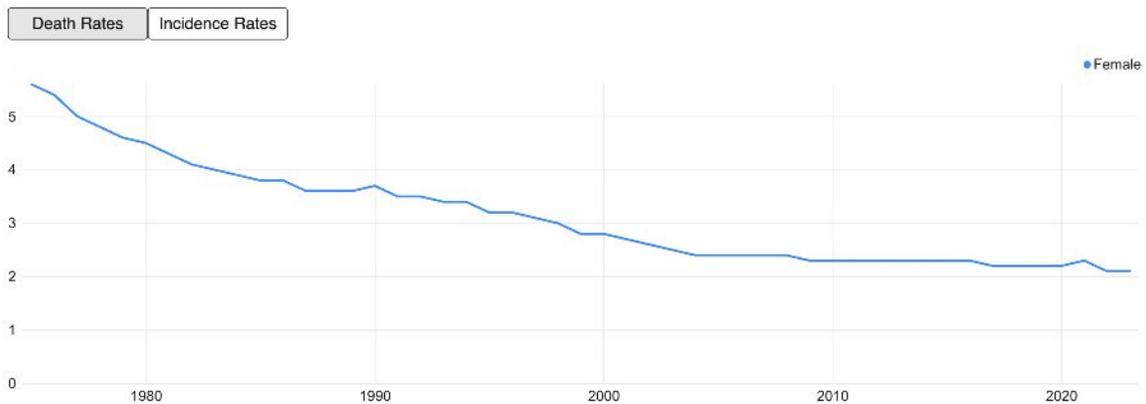


[Click here to access the 2026 report!](#) _____

January was Cervical Cancer Awareness Month

[According to the American Cancer Society](#), the mortality rate of cervical cancer has been steadily decreasing since 1975. A large portion of this decrease is due to the rise of cervical cancer screening methods.

Incidence and Mortality Rates for Cervix Cancer Over Time



©American Cancer Society, 2026
Data Sources: National Center for Health Statistics, Centers for Disease Control and Prevention, 2025
Average annual rate per 100,000, age-adjusted to the 2000 US standard population. Incidence is adjusted for delays when possible.

According to the American Cancer Society those with a cervix should begin to have screenings at age 25 until at least age 65. The two main screening methods for cervical cancer are HPV screening and pap smears. [Recommendations for their frequency](#) are:

- Primary HPV testing by your healthcare provider every 5 years
- Self-collected HPV testing (ordered by your PCP) every 3 years
- Pap smear every 3 years
- Co-test (Pap smear w/ sample collection for HPV testing) every 5 years

Click [here](#) to learn more about the HPV test.

Interested in a 3D model explaining the cervical screening? The American Cancer Society provides an interactive display that you can access [here](#)! _____

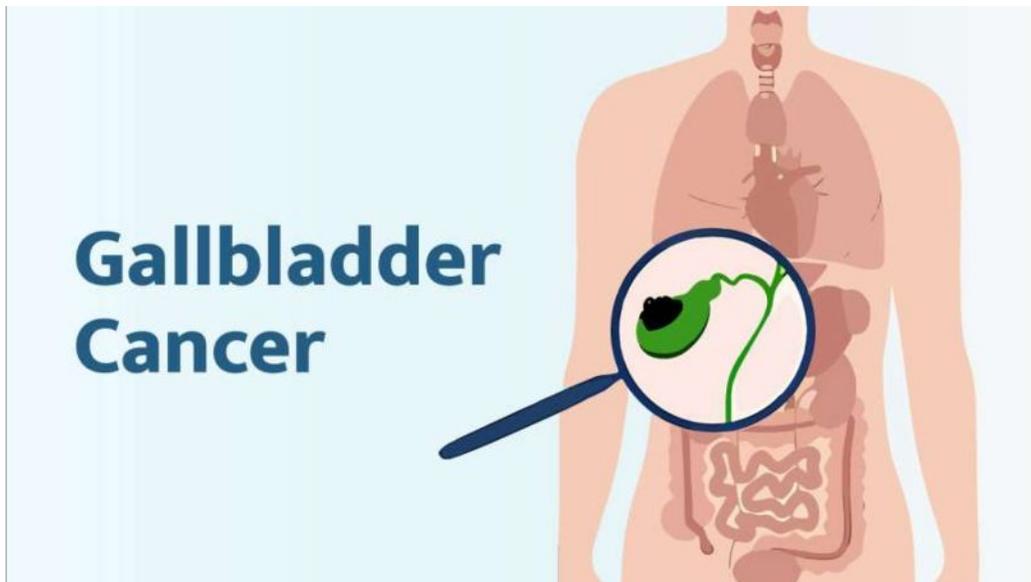
Cervical Cancer Prevention and Education Resource Toolkit January 2026



To help spread the word about cervical cancer awareness month the Maryland Department of Health has created a Cervical Cancer Prevention and Education Resource Toolkit. The toolkit includes various print-outs, videos, and interactive websites that can be utilized to encourage cervical cancer screenings, answer frequently asked questions about screening methods, and provide information on the correlation between HPV and cervical cancer.

Click [here](#) to access and share the resource toolkit.

Awareness Month



Your gallbladder is a small organ in your body responsible for collecting and storing bile, the digestive fluid responsible for helping break down fat, and your bile ducts help bring the bile to the gallbladder from its production center in the liver.

Gallbladder cancer is difficult to detect in its earlier stages, because of its deeper placement in the body, making it hard to find lumps during a routine physical exam ([American Cancer Society](#)). Currently there are no blood tests that can accurately detect the cancer before symptoms begin to show.

[Typical symptoms of gallbladder cancer](#) can include:

- Pain and/or cramping in the upper right part of the belly
- Nausea and/or vomiting
- Yellowing of the eyes, skin, gums, and inner lips (i.e. jaundice)
- Lumps felt on the belly

Note that gallbladder cancer is rare and these symptoms might be due to other causes. That is why its important to take symptoms seriously and talk with your doctor about additional testing.

While there is no current known way of preventing gallbladder cancer, the [American Cancer Association](#) notes that certain lifestyle factors can help decrease your risk:

- Being physically active and maintaining a healthy weight
- Limiting alcohol consumption

- Increasing intake of fruits, whole grains, and vegetables
- Limiting intake of red meat and heavily processed foods

March is Colorectal Cancer Awareness Month

For many Americans, the thought of scheduling your next colonoscopy always looms in the back of your mind. Many dread it with the American Cancer Society finding that [less than 20% of Americans ages 45 to 49 were getting their colonoscopies](#). With _____ the importance of colorectal cancer screening, we understand that bowel prep and the recovery time of a colonoscopy may be looming on your mind. It is important to remember that there are other forms of screening available for colorectal cancer that might be more accessible for your timeline.

1- Stool-based sample testing _____



How often should they be repeated: Every year

How to get it done: These tests involve your doctor prescribing you a testing kit to collect your own sample.

that it is. The most common type of testing are FIT (fecal immunochemical tests) or iFOBT (immunochemical fecal occult blood tests) tests. The tests check for the

presence of blood in the stool sample. If detected, these tests will require an investigative colonoscopy to determine if the blood is from a potential cancer.

Preparation required: These tests do not require any dietary restriction or preparation. There are additional forms of stool sample testing that analyze different components of the stool sample and require various forms of preparation.

More information: You can learn more about other options by clicking [here](#).

2- Sigmoidoscopy . .



How often should they be repeated: every 5 years

How to get it done: Ask your primary care provider or gastroenterologist about scheduling your sigmoidoscopy

What it is: During the 10-20 minute procedure, a camera known as a sigmoidoscope is inserted to view your rectum and the lower part of your intestines. If any abnormalities are visible, there is a possibility that can be removed during your sigmoidoscopy but an additional colonoscopy may be needed to fully remove the abnormality. The main difference between a sigmoidoscopy and a colonoscopy is that a sigmoidoscopy only sees 1/3 of the colon and has the potential to miss more internal abnormalities.

Additionally, patients undergoing a sigmoidoscopy will likely not be sedated allowing for a quicker recovery

and a less likely need for the patient to be assisted home.

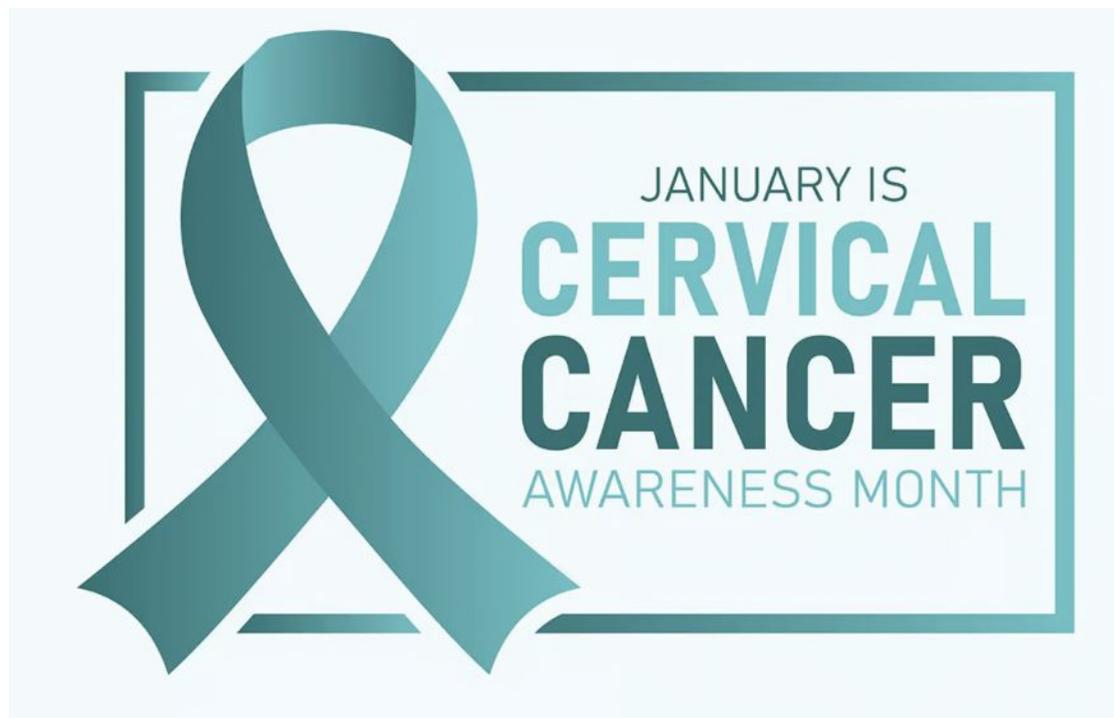
More Information: To learn more about all potential options and how they compare to a colonoscopy, click [here!](#)

Awareness Months: Moments to Remember and Plan for the Future

Awareness Months are designated campaigns to increase knowledge, increase funding for treatment and prevention research, and allow us time to honor and remember family and friends who have been impacted by cancer.

To stay informed and ready to have open and informed discussions with your health care provider take some time to learn about different symptoms and signs.

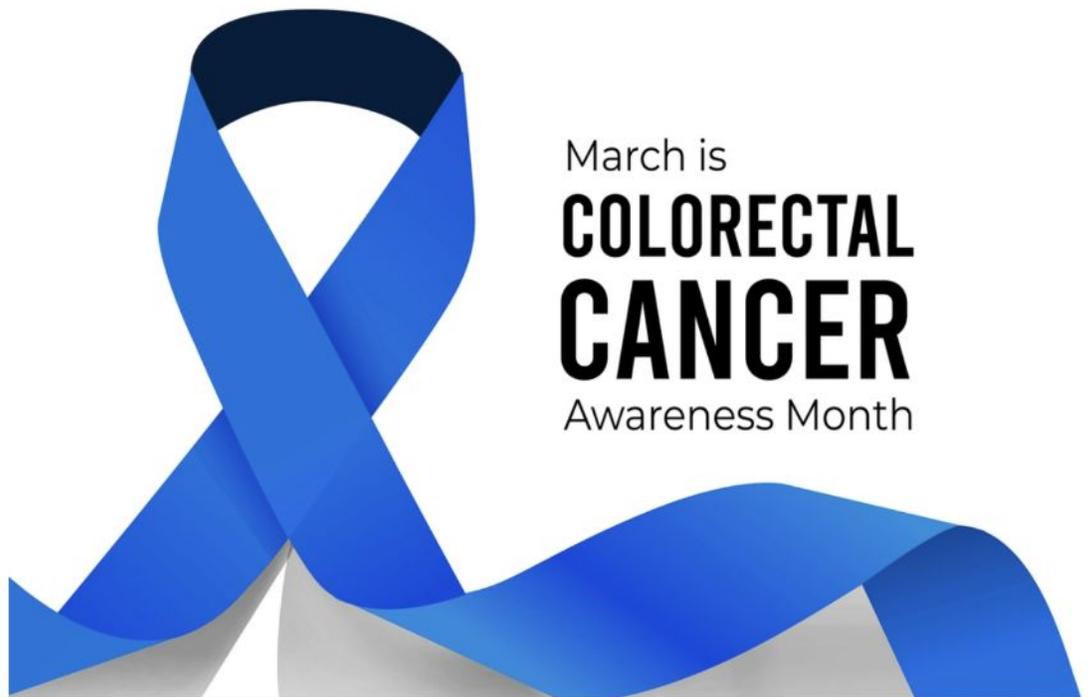
Here are some awareness months for January, February, and March:



[Click here to learn more about current cervical cancer screening guidelines and what to expect at your next screening.](#)



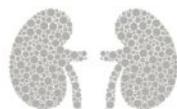
[Click here to learn more about the risk factors of gallbladder and bile duct cancer and current methods of treatment.](#)



[research.](#)

MARCH KIDNEY CANCER

AWARENESS MONTH



[Click here to learn more new kidney cancer research in treatment and](#)
[prevention.](#)



MARCH IS
**MULTIPLE
MYELOMA**
AWARENESS MONTH

WHAT YOU NEED TO KNOW

[Multiple myeloma is cancer that begins in plasma cells, the white blood cells essential for supporting your immune system. Click here to learn more and read stories from multiple myeloma survivors.](#)

RECIPE CORNER

These new recipes will help keep you warm and toasty while providing a nutritious kick!

Creamy Roasted Carrot Soup

This [hearty soup recipe](#) packs a punch with carrots and plenty of warm spices.

The American Institute for Cancer Research notes that research has



lung, and colorectal cancers
Dress it up to you and your family's liking with the additional of Thai spices or a ginger kick to make the most out of this delicious recipe.

Slow Cooker Mulled Cider



Who says your slow cooker is just for meals? Drinks have entered the arena!

This [recipe](#) combines in-season apples and oranges to bring the taste of the holidays year round.

The American Institute for Cancer Research says [antioxidant and fiber rich oranges](#) and that [fiber-filled and polyphenol compound having apples](#) could help decrease the risk for colorectal cancer.

No slow-cooker? No problem! This recipe can be done on the stovetop as well!

Curious about what other produce is in season?

[here!](#)

UPCOMING COMMUNITY EVENTS



The poster features a red background with a blue ribbon icon in the top right corner. On the left, there are two circular images: one showing a diverse group of people in profile, and another showing a large, modern hospital building. The text is white and pink, providing event details. A yellow 'REGISTER NOW' button with a hand icon is positioned on the right side. Logos for the University of Maryland Comprehensive Cancer Center, the University of Maryland Medical System, and No Stomach for Cancer are at the bottom.

Spotlight on Stomach Cancer

Friday, May 15, 2026

8:30 a.m. to 3:30 p.m.
University of Maryland
School of Medicine
in-person or virtual

REGISTER NOW

UM GREENEBAUM
COMPREHENSIVE
CANCER CENTER

UNIVERSITY
of MARYLAND
MEDICAL
SYSTEM

NO STOMACH
FOR CANCER®
Supporting Research. Empowering Families.

The University of Maryland Medical System is hosting a 'Spotlight on Stomach Cancer'. This symposium will bring experts in stomach cancer treatment, patients, caregivers, and advocates together for a day of learning and connection. The event is also a space to share experiences and have meaningful conversations with others impacted by stomach cancer. With a mixture of expert presentations and group discussions, the symposium hopes to provide practical insights on stomach cancer risk, care, and emerging research.

Attend: In-person at the University of Maryland School of Medicine or virtually.

When: Friday, March 15 from 8:30 am to 3:30 pm

Where: In person at MSTF Leadership Hall, University of Maryland School of Medicine,

685 W. Baltimore Street, Baltimore, MD 21201 or virtually through Zoom

More Information: To learn more about the event and to sign-up, click [here!](#)

Upcoming Community Health Fair with Coaching Salud Holistica

Coaching Salud Holistica is hosting a community health fair on March 4. The fair will include booths from health initiatives and social services for community members to speak to. If you have any questions about the event or would like to sign your organization up to work at the fair, please reach out to Jhoselyn Rodriguez at jhoselyn@coachingsaludholistica.org.

When: March 4, 2026 from 5 to 7 pm

Where: Berwyn Heights Elementary School

6200 Pontiac St, Berwyn Heights, MD 20740

More Information: email

jhoselyn@coachingsaludholistica.org.



University of Maryland School of Public Health is
Hosting Their Prevention Research Center
Speaker Series

Prevention Research Center Speaker Series

Articulate and apply the latest prevention science findings in substance use, mental health, violence prevention, and sexual and reproductive health as related to social work practice, program development, research, and/or policy.

Learn about the latest in prevention research by UMD-PRC faculty affiliates.

When: March 13, from 12 pm to 2 pm

Where: Virtual Zoom Meeting Space

Upon request, the event can also be utilized as two CEU credits for \$25.

More information: To learn more about the event and to sign up, please click [here!](#)

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[Afrikaans](#)

[беларуская мова](#)

[български](#)

[català](#)

[中文 \(简体\)](#)

[中文 \(繁體\)](#)

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