COVID-19 and Evusheld

Evusheld is a medicine developed to help prevent people who are immunocompromised from getting COVID-19. Evusheld can help cancer patients who are considered moderately to severely immunocompromised. This means that their immune system is not working well. Evusheld is given to people who do not have COVID-19 and have not recently been exposed to COVID-19. Evusheld contains antibodies to the COVID-19 virus. Antibodies are what protect us from viruses.

If you have been vaccinated for COVID-19, your doctor will wait at least two weeks to give you Evusheld. Evusheld can be given to adults and to children 12 and older. It is a series of two injections given in the arm at the same appointment.

People who are not able to take the COVID-19 vaccines are also eligible for Evusheld. People who are not able to get the COVID-19 vaccines include people who are allergic to them and people who have had a severe reaction to an ingredient that is in the COVID-19 vaccines.

To get Evusheld, talk to your doctor. If Evusheld can help you, your doctor will write a prescription for it. Evusheld is available at some hospitals, doctor’s offices, and clinics.
June Is Cancer Survivor Month!

The National Cancer Institute (NCI) estimates that almost 17 million cancer survivors are living in the United States today. That number is about 5% of the population. A person is considered a survivor from the point of diagnosis through the balance of their life. The NCI Office of Cancer Survivorship “works to enhance the quality and length of survival of all persons diagnosed with cancer and to prevent, minimize, or manage adverse effects of cancer and its treatment.” This office has a webpage of resources for survivors and caregivers that you can access at the following link: https://cancercontrol.cancer.gov/ocs/resources/survivors. Links on this webpage include information about diet, mental health, care plans, support for caregivers, treatment effects, follow-up medical care, palliative care, and other support resources.

The University of Maryland Greenebaum Comprehensive Cancer Center has support groups for cancer survivors. Currently, a group for survivors of breast cancer meets in person once a month. A group for those receiving bone marrow transplants meets each month on Zoom. The webpage for these groups is here: https://www.umms.org/umgccc/patients-visitors/for-patients/support-groups.

Since 1991, rates of survival from cancer have been increasing. From 1991 to 2019, the death rate from cancer has fallen 32%! During the 1990s, the death rate from cancer decreased about 1% each year. But from 2015 to 2019, the death rate from cancer fell about 2% each year. This improvement is due to several factors, including:

- Fewer people smoking
- The use of chemotherapy after surgery for colorectal cancer and breast cancer
- Combinations of treatments for many cancers
- Early detection of cancers
- Prevention of cancers, including cervical and colorectal, through pap smears and colonoscopies

Let us celebrate together these improvements in our nation’s health! Through a combination of education, treatment, and research, workers in public health and medicine have made a big difference to millions of Americans and their families.
May was Bladder Cancer Awareness Month. The bladder is an organ in the abdomen that holds urine before it leaves the body. In the United States every year, about 67,000 people will get bladder cancer. In Maryland, 1,117 people were diagnosed with bladder cancer in 2018. About 23% of people with bladder cancer will die from it.

A history of smoking is one of the main risk factors for bladder cancer. Although bladder cancer cannot always be prevented, not smoking or quitting smoking will protect you from this cancer.

Another cause of bladder cancer is work exposure to certain chemicals. People who work in jobs that involve dyes, fabrics, rubbers, paints, plastics, or leather tanning are more likely to get bladder cancer. In addition, people who drive diesel vehicles all day are more likely to get bladder cancer.

Other causes of bladder cancer include the chemotherapy drugs cisplatin and cyclophosphamide. Radiation treatment of a previous cancer near the bladder, such as colorectal cancer, can also cause bladder cancer.

Symptoms of bladder cancer include:
- Blood in the urine (pee)
- Having to urinate often
- Having pain while urinating
- Pain in the back
- Pain in the pelvis

If you have any of these symptoms, it does not mean you have cancer, but it is important to talk to a doctor to understand what is going on. Remember, when cancer is caught early, it is easier to treat.
Skin Cancer

Since summer is almost here, it's the right time to protect your skin from the sun. Skin cancer is the most common type of cancer in the United States. It affects about five million people every year. Even if you have never had a sunburn, you can get skin cancer. Most skin cancers are not considered deadly because they do not spread. There are three major types of skin cancers. Basal cell skin cancer and squamous cell skin cancer are common and do not typically result in death.

Melanoma is the third major type of skin cancer. It can be very dangerous because it can spread beyond the skin to other parts of the body. In Maryland, there were about 1,700 new cases of melanoma in 2018. Melanoma is much more common in white people but can also affect people of color. Because melanoma can be more difficult to see on darker skin, it is often noticed later in people of color. If melanoma is caught early, it is easier to treat.

You can check yourself for signs of skin cancer. Signs of skin cancer include:

- A new growth on your skin
- A sore that does not heal
- A mole that changes size or shape
- A dark streak around or under a toenail or fingernail
- A patch of scaly skin

It is a good idea to carefully check your feet for signs of skin cancer, because our feet are often exposed to the sun in the summer. However, even parts of the body that are not exposed to sun can get skin cancer, so check the bottoms of your feet, the palms of your hands, and the inside of your mouth. Use a mirror to check parts of your body that you cannot see easily.

If you find something you think could be skin cancer, go to a dermatologist. Dermatologists are doctors who take care of skin and treat skin cancers. Remember that if skin cancer is caught early, it is easier to treat.
Cancer Presentation at Catonsville Senior Center

On April 7, one of our Cancer Health Ambassadors, Nicole Digilio, had the opportunity to present to a group of Baltimore County residents at the Catonsville Senior Center. The group included residents who were cancer survivors themselves, as well as family members of survivors, and curious members of the community who were interested in learning more.

Nicole led a presentation that covered the basics on breast, lung, colorectal, and prostate cancer. The participants were able to learn about risk factors, early detection, and preventive steps they could take to reduce their risk as it related to each cancer. The group was eager to learn and had plenty of insightful questions as well as moving stories of their own experiences to share.

Participants were also given resource materials and educational handouts to help remember and share the valuable information they learned that day. And they’re excited for more presentations in the future!
Super Simple Sheet Pan Chicken & Veggies

Servings: 4

Ingredients
1 pound boneless, skinless chicken breasts
2 large heads of broccoli
2 medium red peppers
5 large carrots, peeled and cut into small pieces
Pinch of salt
¼ teaspoon pepper
¼ cup low-sodium soy sauce
1 tablespoon sweet chili sauce
2 tablespoons honey
2 teaspoons minced garlic
1 teaspoon ginger (grated, powder, or in a squeezable container)

Directions:
Preheat oven to 400 degrees. Chop chicken breasts into small cubes. Wash and chop all vegetables.
In a small pan over medium heat, combine soy sauce, sweet chili sauce, honey, garlic, and ginger. Bring sauce to a boil, then turn down heat and stir occasionally. Once sauce is thick and bubbly, remove pan from heat.
Spread chicken and vegetables on a baking sheet and season with salt and pepper. Drizzle half the sauce over the chicken and vegetables. Bake in the oven for 20 minutes.
Drizzle the remaining sauce over the chicken and vegetables and serve with your favorite whole-grain side dish!
Note: If you would like to make your sauce thicker, mix 1 tablespoon of cornstarch with 1 tablespoon of water and add it to your sauce.

Nutrition Facts:
Per serving: Calories: 298 cal, Protein: 26 g, Fat: 2 g, Sodium: 400 mg

Recipe adapted from: https://www.eatyourselfskinny.com/sheet-pan-sesame-chicken-and-veggies/
Is your organization in need of cancer-related materials or in search of speakers to present to your community? The UMGCCC Community Outreach and Engagement team can help!

**Our Goal**

Our goal is to apply COE strategies to inform UMGCCC research and make an impact along the cancer continuum in the catchment area, with a particular focus on eliminating cancer disparities.

**Our Team**

- Helps get the word out about how to find cancer early
- Provides trusted education about cancer to community members and groups
- Serves as a trusted resource to meet community cancer needs

**Our Services**

- Provide support for health fairs and other community health events
- Provide cancer educational workshops
- Lead cancer presentations for audiences of all sizes
- Provide cancer education materials
- Train community members as Community Health Advisors
- Provide resources for no-cost cancer screening services

For questions about medications, appointments, or other non-emergency concerns, call the UMGCCC Patient Assistance Line: 410-328-7609