Office of Community Outreach and Engagement

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. The aims of COE are to:

1. Describe the UMGCCC catchment area using a data-driven approach
2. Conduct evidence-based and impactful cancer control activities serving those in the catchment area
3. Apply COE strategies to inform research and support integration of COE throughout UMGCCC Programs

To learn more about UMGCCC COE, please visit https://www.umms.org/umgccc/community.

MAR 2023
CAB MEMBER SPOTLIGHT

Raneitra Grover is a doctoral candidate in the School of Community Health and Policy at Morgan State University. Her research is examining the role of transportation in food access. Serving on the Community Advisory Board has equipped her with greater depth in understanding health disparities and how to reach and do research alongside the community to bring about health equity.

CLINICAL RESEARCH SPOTLIGHT

Dr. Tonya J. Webb is a tenured Associate Professor at the Department of Microbiology and Immunology at the University of Maryland School of Medicine (UMSOM). She earned her B.S. in Biology/Chemistry at Prairie View A&M University. She completed a doctoral degree in Microbiology and Immunology at Indiana University, with studies focused on investigating the role of CD1d1 molecules and NKT cells in antiviral immunity. Her post graduate work includes postdoctoral fellowships at Indiana University School of Medicine and at Johns Hopkins School of Medicine.

She has received numerous honors and awards throughout her career, including those from the NIH, AACR, and a host of professional and academic societies. She founded a biotech company, WebbCures, LLC in 2016. Dr. Webb also contributes significant time to local and national service to increase diversity and equity in academic medicine and healthcare. She enjoys mentoring and sharing her experiences with STEM scholars and aspiring scientists.
WOMEN'S HISTORY MONTH

Women’s History Month is a celebration of women’s contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. Women’s History Month 2023 will take place from Wednesday, March 1 - Friday, March 31, 2023.

The National Women’s History Alliance designates a yearly theme for Women’s History Month. The 2023 theme is "Celebrating Women Who Tell Our Stories." This theme recognizes "women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, news, and social media."

Source: https://www.history.com/topics/holidays/womens-history-month

CANCER DISPARITIES IN THE BLACK COMMUNITY

Leading cancers reported in the Black community are prostate, female breast, lung, colon and rectum cancer. Cancer death rates are more than double in Black men then every other racial and ethnic group, along with having higher death rates and lower rates of survival from lung cancers. Many members of the Black community often report experiencing racial discrimination at a health provider visit and having concerns dismissed.

How can you play a role in improving cancer disparities in your community? You can join or create a community health advisory board to represent the Black community, share resources like low cost or free community resources with others, support and create opportunities for Black physicians and public health workers, and much more.
MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control, sometimes it is called colon cancer for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best.

Source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention

WHEN SHOULD I BEGIN TO GET SCREENED FOR COLORECTAL CANCER?

Most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regular intervals. However, you may need to be tested earlier than 45, or more often than other people, if you have—

- Inflammatory bowel disease such as Crohn’s disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Speak with your doctor about—

- When to begin screening
- Which test is right for you
- How often to get tested
CERVICAL CANCER PREVENTION

HPV is a common virus that can cause cancers later in life. Genital human papillomavirus (HPV) is the most common sexually transmitted infection in the United States. More than 40 HPV types can infect the genital areas of men and women, including the skin of the penis, vulva (area outside the vagina), and anus, and the linings of the vagina, cervix, and rectum.

Most HPV infections (9 out of 10) go away by themselves within 2 years. But sometimes, HPV infections will last longer and can cause some cancers. HPV infections can cause cancers of the:
- Cervix, vagina, and vulva in women
- Penis in men
- Anus in both women and men
- Back of the throat (called oropharyngeal cancer), including the base of the tongue and tonsils, in both men and women

Every year in the United States, HPV causes about 36,000 cases of cancer in men and women.

Source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention

HPV VACCINE

Vaccines protect against the types of human papillomavirus (HPV) that most often cause cervical, vaginal, vulvar, penile, and anal precancers and cancers, as well as the types of HPV that cause most oropharyngeal cancers. The vaccine used in the U.S. also protects against the HPV types that cause most genital warts.

- HPV vaccination protects against the types of HPV that cause 90% of cervical cancers, as well as several other cancers and diseases
- The HPV vaccine is approved for girls, boys, women and men between the ages of 9-45 years old
  - Vaccination is a covered insurance benefit through 26 years old
  - Over 95% of insurances cover for adults 26-45
- Recommendation is for the vaccine to be given between the ages of 11-12 (can initiate at 9) prior to the initiation of sexual activity

Source: https://www.cdc.gov/vaccines/imz-managers/coverage/teenvaxview/data-reports/index.html
Peach Cobbler Recipe

Ingredients

1. Canned or fresh peaches
2. Salted butter
3. Granulated sugar
4. Ground cinnamon
5. Nutmeg
6. Pure vanilla extract
7. All-purpose flour

- For the pie crust, you can use salted or unsalted butter.
- For the peaches, you can use fresh peaches or canned peaches in syrup.
- For the cinnamon, you can use apple pie spice or pumpkin pie spice.
- For the nutmeg, you can use allspice or ground cloves.

For the Filling:
- 3 can peaches in lite syrup (if using fresh peaches- see notes above in post) 29 ounces each
- ½ cup salted butter 1 stick
- 1 cup granulated sugar
- ½ teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 1 tablespoon pure vanilla extract
- 3 teaspoons all-purpose flour

For the Pie Crust:
- 2 ½ cups all-purpose flour
- 2 teaspoons granulated sugar
- 1 teaspoon salt
- 1 cup very cold unsalted butter, cut in cubes 2 sticks
- ½-¾ cup very cold water
- 1 egg beaten with 1 teaspoon of water.
- Ground cinnamon for garnish

Instructions

For the Filling:
1. Drain two of the cans of peaches and add just peaches to a large pot. Add the remaining can of peaches with lite syrup along with butter to a large pot over medium heat and allow everything to melt together.
2. Once butter completely melts, stir in sugar, cinnamon, nutmeg, and vanilla and allow peaches to come to a boil.
3. Once boiling, remove 3 tablespoons of peach syrup from large pot and place in a small bowl. Whisk flour into small bowl of peach syrup until completely combined creating a slurry then stir into the pot of peaches.
4. Cook an additional 30-40 minutes or until syrup thickens and coats the back of a spoon then remove from heat and allow to cool down and further thicken while you make pie crust.

For the Pie Crust:
- In a medium sized bowl, add flour, sugar and salt and whisk together to combine.
- Next add your butter cubes to flour and using your pastry cutter, cut the butter into the flour mixture until various sized crumbs appear.
- Slowly add the cold water into the flour until a ball of dough forms. Start with ½ cup and add more water if you need it. Knead the dough quickly to bring it together. Don’t worry if there is any flour left in the bowl.
- Remove the dough from the bowl, cut into 2 sections and round into balls. Cover each ball tightly with plastic wrap and place in the refrigerator for 35-45 minutes to rest.
Peach Cobbler Recipe

Instructions cont.

To assemble:
- Preheat oven to 375 degrees.
- Remove dough from fridge and add a bit of flour to a working surface or clean counter and place dough on it. Unwrap one ball of dough. Using a rolling pin, quickly roll dough out to about ¼ inch thickness and place on the bottom and up sides of a 9x13 inch baking pan.
- Using a slotted spoon, remove just the peaches from the pot and spoon on top of dough. Next pour the remaining syrup to the peaches (if you like less syrup you can use less. Totally up to you but I wouldn’t use less than 2/3s since it will continue to thicken when baked).
- Roll out the final dough ball and decorate the top of the peach cobbler how you see fit with the dough.
- Brush the top of the dough with egg wash then sprinkle slightly with ground cinnamon.
- Bake for 40-45 minutes or until crust is beautifully golden brown. Cool down and serve.

NUTRITION
We Offer **CANCER SCREENINGS** at **NO COST** to You!

**BREAST CANCER SCREENING**
Clinical Breast Exam & Mammogram
- For women between the ages of 40-64, or over 65 and do not have Medicare Part B
- Women between the ages of 30-39 can receive a mammogram at no cost, if you have a DOCTOR’S REFERRAL

**CERVICAL CANCER SCREENING**
PAP and HPV Tests
- PAP ONLY - Women between the ages of 21-29
- PAP & HPV - Women between the ages of 30-64, or over 65 and do not have Medicare Part B

**COLORECTAL CANCER SCREENING**
Colonoscopy
- Men and women age 50 or older without personal or family risk factors or symptoms that suggest colorectal cancer,
- Men and women age 21 or older with a personal or family history of colorectal cancer or a personal history of polyps and/or inflammatory bowel disease
- Men and women age 21 or older with signs or symptoms suggestive of colorectal cancer

**REQUIREMENTS:**
Meet age and income requirements
Maryland Resident
Uninsured/underinsured

**TO ENROLL PLEASE CALL US AT:**
410-328-4673

**FOR MORE INFO, VISIT:**
umm.edu/hope

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