

THE NEWSLETTER

COMMUNITY OUTREACH AND ENGAGEMENT
JUNE 2021

ALL ABOUT SKIN CANCER

As warmer days move in and we start to spend more time outside, remember to keep your skin safe! This includes people of color as well! There are different types of skin cancer, basal cell carcinoma, squamous cell carcinoma, melanoma, merkel, lymphoma of the skin, kaposi sarcoma.

Call your doctor if you notice any of the following:

- Any new spots or a spot that doesn't look like others on your body
- Any sore that doesn't heal
- Redness or new swelling beyond the border of a mole
- Color that spreads from the border of a spot into surrounding skin
- Itching, pain, or tenderness in an area that doesn't go away or goes away then comes back
- Changes in the surface of a mole: oozing, scaliness, bleeding, or the appearance of a lump or bump

<https://www.cancer.org/latest-news/how-to-spot-skin-cancer.html>

Keep these prevention tips in mind from the American Cancer Society:

- Wear sunscreen with an SPF of at least 30
- Cover up, using a hat, sunglasses, and clothing that covers your skin (preferably sun-protective clothes with a UV rating of at least 15)
- Seek shade when possible, especially during the hours of 10am-4pm, when UV rays are most intense

**For more information and resources on skin cancer and cancer in skin of color, go to page 4*

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Community Outreach Engagement Activity



Grant Vitek
Cancer Health
Ambassador

Grant organized the first Project HEAL (Health through Early Awareness and Learning) student Community Health Advisor training. It was an enriching experience for all! Our COE team

trained students on breast, lung, colorectal, and prostate cancer. We also discussed concrete ways for the students to take this information and host community cancer awareness talks and events of their own. If you are connected with a student organization and are interested in scheduling a Community Health Advisor Training, connect with us at umgccc-outreach@som.umaryland.edu



Cheryl Knott, PhD
Associate Director

Dr. Knott organized our first UMGCCC Community Forum, on dietary supplements and cancer. This meeting provided a safe space for community members to help UMGCCC researchers

develop research that is meaningful to the community we serve. You do not need any expertise in topic or cancer to participate. It is an opportunity to participate in a conversation and answer questions about your opinion on the topic. Our team wants to learn from you and better understand community members thoughts! You will also receive an incentive for participating. If you are a community member and you're interested in being added to our list for an upcoming Community Forum, send an email request to umgccc-outreach@som.umaryland.edu



Nicole Digilio
Cancer Health
Ambassador

Nicole had the exciting opportunity to present a webinar to a group of local seniors in Baltimore County. The topic was colorectal cancer and they were able to explore some of the risk factors, early warning signs, and

preventive measures one can take in helping to reduce the risk of developing colorectal cancer, including the importance of early detection through regular screenings. The presentation led to insightful conversations and questions from the group, allowing for a fun and educational chat for all!



Diana Wilson
Cancer Health
Ambassador

Diana led two presentations, one about vaping for youth and the other about colorectal cancer for the King David Chapter #1 organization. The organization had this to say about Diana's

presentation, "The presentation was great and easy to understand. It was presented in a way that was effective. There was authentic engagement and the feedback I received from the group members after the meeting were all very positive. What was surprising to me was right at the end of the presentation, some of the brothers were asking for more presentations. That showed that they enjoyed it. We are looking forward to the April presentation and scheduling prostate and breast cancer presentations."



National Black Family Cancer Awareness Week #BlackFamCan

The US Food and Drug Administration, Oncology Center of Excellence, Project Community has announced a new community-based initiative, **National Black Family Cancer Awareness Week**, scheduled for June 17 through June 23, 2021.

Purpose

"To increase cancer awareness in one of the most vulnerable segments of the US population. National Black Family Cancer Awareness Week aims to marshal community-based stakeholders to build knowledge surrounding cancer clinical trial participation and minority population specimen donations to national genetic databases for cancer research."

How you can participate

- Register for the FDA-hosted public panel discussion "Conversation on Cancer" happening on Thursday, June 17th from 2-3:30pm EST.
- Use the social media kit available at the website below and the hashtag #blackfamcan
- Lead discussions with community health and wellness leaders in your community about prostate, breast, colorectal, and lung cancer awareness
- Work on a family health history project

For more information, visit: <https://www.fda.gov/about-fda/oncology-center-excellence/national-black-family-cancer-awareness-week-blackfamcan>



RESOURCES

Skin Cancer



<https://www.youtube.com/watch?v=qImDerOyX5Y&t=5s>

Watch as Dr. Zaineb Makhzoumi, MD discusses the signs and symptoms of skin cancer. The UMGCCC's team of skin cancer specialists choose treatment options based on the cancer's stage, location, type and aggressiveness, and the patient's overall health and other conditions.

For more information, visit:

<https://www.umms.org/umgccc/cancer-services/cancer-types/skin>



<https://www.youtube.com/watch?v=CTTMG7QN7sU&t=5s>

The American Academy of Dermatology Association made a video about skin cancer in people of color that describes prevention and detection of skin cancer in skin of color.

For more information, visit:

<https://www.aad.org/public/diseases/skin-cancer/types/common/melanoma/skin-color>

Cancer Awareness Presentations

Is your organization in need of cancer-related materials or in search of speakers to present to your community? The UMGCCC Office of Community Outreach and Engagement (COE) can help!

Our Goal

Ensure that community cancer views and priorities inform the work that we do at the Cancer Center in cancer outreach, education, screening, treatment, and research.

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

- *Support for health fairs and other community health events
- *Provide cancer educational workshops
- *Lead cancer-relevant 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

Complete a request by clicking the link: <https://bit.ly/umgccc-outreachrequest>

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



UNIVERSITY of MARYLAND
MEDICAL CENTER
MIDTOWN CAMPUS

University of Maryland Medical Center Midtown Campus

Tobacco Health Program

Novel Pathway to Nicotine/Tobacco Liberation:

- ✔ Tired of struggling with smoking/vaping?
- ✔ Are you looking for support in a judgment-free setting?
- ✔ Interested in manageable and affordable treatment options to stop smoking?

To learn more or schedule a virtual or in-person appointment, please call **410-328-8141**.

"The team really listened to me, understood my smoking history and developed a plan with me, not just for me. I am smoke-free for over a year —thanks to the Tobacco Health Program!"

- Patient Testimonial 2021