

COMMUNITY CONNECTIONS

KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

From the Director of Community Outreach & Education

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Come on in the room, Fall! Cooler temperatures and gorgeous colors make this my favorite time of year. October is Breast Cancer Awareness Month — a time to encourage each other to get our clinical breast exams and mammograms so we can live our best lives.

I am sure that breast cancer has touched most people reading this newsletter. My mother is a two-time breast cancer survivor, one of my aunts is a breast cancer survivor, and I lost an aunt to

breast cancer when I was in college. My family members and their breast cancer journeys inspired me to work in cancer prevention and control most of my career.

Thank you to everyone who joined our first health equity webinar that was focused on breast cancer in July. We had a great panel that responded to questions directly from community members and stakeholders. Below is a solution-based word cloud that shows what the community and

our partners believe it will take to ensure that everyone has the opportunity to achieve optimal health when it comes to breast cancer.

Let's honor and celebrate all breast cancer survivors and those who have completed their journeys by getting our annual cancer screenings and encouraging those in our village to get screened. Early detection saves lives!

Be well!

Francine

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What words come to mind when you think about ensuring health equity as it relates to breast cancer?



Welcoming Sisters Network Inc. to Alabama



Affiliate Chapter of Sisters Network Inc.

Sisters Network® Inc. (SNI), the largest and only national Black breast cancer survivor-run organization, launched Sisters Network® Inc. Montgomery, Alabama (SNMA) Affiliate Chapter in March 2022. The new affiliate chapter will help increase breast cancer awareness in the Black community and provide support and sisterhood to Black women battling breast cancer in Montgomery and surrounding areas.

For nearly three decades, SNI has continued to amplify and expand its voice and footprint as the national leader in the Black breast cancer movement while providing support to black breast cancer survivors in local communities through its extensive national network of survivor-run affiliate chapters.

"The national office of Sisters Network® Inc. is proud to launch

our first affiliate chapter in the state of Alabama," said Karen E. Jackson, founder and CEO of Sisters Network Inc. "We have a dynamic group of survivors in Montgomery who are energized and ready to educate Black women about the importance of breast health, breast cancer awareness, and early detection and support survivors."

According to the American Cancer Society, breast cancer is the most common cancer among Black women. Black women under the age of 35 are two times more likely to be diagnosed with breast cancer as compared to white women and die at three times the rate.

The SNMA Affiliate Chapter executive leadership team includes Lathesia McClenney, president, Sonja Val McCarden, vice president, and Patina Moss, secretary.

"We are excited to launch a Sisters Network Inc. Affiliate Chapter and have a presence in Montgomery and surrounding areas," said Lathesia McClenney, president of the Sisters Network Montgomery Affiliate Chapter. "As a Black woman, and a two-time breast cancer survivor, I was purpose driven and felt obligated to help establish an organization for women of color."

"Statistics show that the survival rate of breast cancer has increased significantly over the

last three decades. However, there is a persistent mortality gap between Black women and white women," added McClenney. "Our mission is to address the underlying conditions associated with the mortality gap as it relates to Black women diagnosed with breast cancer. Our focus is to educate the community, address health care disparities, provide supportive services, and help women on their journey to fighting breast cancer."



Lathesia McClenney, President

To join or get more information on the Sisters Network Montgomery, Alabama chapter, please email MontgomeryAL@sistersnetworkinc.org or call (334) 300-0625.

The national headquarters for SNI is in Houston, Texas.

For more information about SNI, please visit www.sistersnetworkinc.org, call (866) 781-1808 or follow the organization on social media.



Under the direction of Founder and CEO Karen Eubanks Jackson, a visionary and 16-year breast cancer survivor, SNI continues to develop new chapters and expand national outreach through its strong affiliate chapter base

Wisdom

The WISDOM Study is a national study testing a personalized, risk-based approach to breast cancer screening and risk assessment. WISDOM's goal is to promote breast health and a safe return to breast screening by ensuring that women at highest risk of breast cancer get the care they need. The study evaluates two approaches to breast cancer detection: standard annual mammography versus a personalized approach that takes multiple risk factors into consideration, including genetic markers and breast density, to make a recommendation about

when to start or stop and how often to screen for breast cancer, and what type of imaging to use. WISDOM added UAB as a recruitment site to better identify women at the highest risk and partnered with the O'Neal Comprehensive Cancer Center Office for Community Outreach & Engagement.

Since April 2021, WISDOM has more than tripled enrollment numbers. WISDOM and COE have participated in community events such as Fiesta 2021, the Selma Jubilee bridge crossing, and other activities in the city of Birmingham. The study engages a diverse group of women through the efforts of the COE's Community Health Advisors.

WISDOM has more than 1,000

women enrolled and active in the study and is looking to continue enrollment in the study over the next few years. The goal for enrollment in Alabama is 5,000 women.

To join WISDOM or to learn more, visit www.thewisdomstudy.org/UAB or call 855-729-2844.



Healthy Corner: Sheet Pan Salmon with Roasted Fall Vegetables



Photo By: Sonja Goedkoop MSPH, RD

This delicious one-pan meal is a great staple recipe that comes together quickly, and it's packed with cancer-fighting ingredients. The salmon is rich in heart-healthy omega-3 fatty acids, while also being low in saturated fat. Butternut squash and Brussels sprouts add color and flavor to the meal along with a hearty dose of cancer-protective fiber. Soy sauce, ginger and a touch of maple syrup tie in the flavors for this one-pan meal.

DIRECTIONS

Preheat oven to 425°F.

In baking dish, stir together soy sauce, sesame oil, maple syrup, lime juice, red pepper flakes, 1 clove minced garlic and ginger. Place salmon in skin side up.

Place squash and Brussels sprouts in a single layer on baking sheet. Add olive oil and pepper and toss to coat. Place smashed garlic cloves among the vegetables. Roast vegetables for 15 minutes.

Remove from oven and stir, pushing vegetables aside in 4 spots to leave openings for each salmon filet. Place salmon on pan skin side down in the open spaces. Pour any remaining marinade over salmon and return pan to oven for another 12 minutes or until salmon flakes easily with a fork.

Garnish with sesame seeds and serve.

INGREDIENTS

2 Tbsp. low sodium soy sauce

1 Tbsp. sesame oil

1 Tbsp. maple syrup

1 Tbsp. fresh lime juice

¼ tsp. red pepper flakes

1 clove garlic, minced plus 3 whole cloves, smashed

2 Tbsp. freshly grated ginger

4 5 oz. skin-on salmon filets

1 small butternut squash, peeled and cubed (around 2 lbs.)

1 lb. Brussels sprouts, ends trimmed and halved (or quartered, if large)

1 Tbsp. extra-virgin olive oil

¼ tsp. freshly ground black pepper

1 tsp. sesame seeds, for garnish

REAL CONVERSATIONS

CREATING OPPORTUNITIES FOR ALL



A Health Equity Series

TUESDAY, NOV. 15, 5:30 PM

The Office of Community Outreach & Engagement at the O'Neal Comprehensive Cancer Center at UAB and Genentech present a series of four health equity webinars.

WEBINAR 3: LUNG CANCER

A diverse panel responds to questions and perspectives from the community and other stakeholders.

GOAL: To develop recommendations driven by the community to ensure that everyone has the opportunity to achieve optimal health.



REGISTER:
go.uab.edu/heslung

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