

COMMUNITY CONNECTIONS

KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

From the Director's Desk

Issue 21, January 2022

CERVICAL CANCER AWARENESS MONTH

Happy New Year! We finished 2021 on a high note, and have made it to 2022 with all the promise that it carries.

January is Cervical Cancer Awareness Month, and is the perfect time to talk about how human papillomavirus (HPV) vaccines can help prevent cancers. Cervical cancer is among the most preventable cancers, thanks to cervical cancer screening and the HPV vaccine.

The HPV vaccine protects against the virus that causes cervical cancer, and it is also effective against other HPV-related cancers in both men and women.

Encouraging those in our communities to maintain a healthy



weight is another part of our work to achieve health equity. A healthy diet, combined with regular exercise, reduces the likelihood of obesity, which is a risk factor for some chronic diseases and for several kinds of cancer.

Let's make it a goal to achieve and

maintain a healthy diet, a healthy exercise routine and a healthy weight.

May this year bring new happiness, new goals and new achievements for each of us.

Claudia

O'NEAL COMPREHENSIVE
CANCER CENTER
UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

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TAKE THE CERVICAL CANCER QUIZ:

TEST YOUR KNOWLEDGE FROM THE AMERICAN CANCER SOCIETY:

1. The human papillomavirus (HPV) causes cervical cancer. **True or False?**
2. Cervical cancer can often be prevented? **True or False?**
3. People with a cervix should get a Pap test every year to check for cervical cancer. **True or False?**
4. Cervical cancer usually doesn't cause symptoms right away. **True or False?**
5. If you have had any type of hysterectomy, you can't get cervical cancer and don't need to be tested for it. **True or False?**

COMMUNITY PROFILE: JEANETTE ANGLIN

COMMUNITY COORDINATOR GETS CREATIVE TO SPREAD MESSAGES OF HEALTH, CERVICAL CANCER AWARENESS IN BARBOUR COUNTY



Left to right: Jeanette Anglin is the Barbour County, Alabama, community coordinator for the Office of Community Outreach & Engagement. Right, Anglin stands in the center with Ola Penn and granddaughters TE'Andrea Penn and Trinity Penn at Anglin's booth where she discusses cervical cancer and HPV awareness and prevention.

Jeanette Anglin is always looking for opportunities to talk to her neighbors about cancer awareness and screening options. Her directory of community partners, residents and former colleagues seems endless.

So when Anglin was given the task to enroll women in a program to increase cervical cancer screening and human papillomavirus, or HPV, testing, the Barbour County, Alabama, community outreach coordinator for the Office of Community Outreach & Engagement at the O'Neal Comprehensive

Cancer Center at UAB turned to her established list, in addition to some savvy research, to find participants.

Anglin scanned unemployment rolls and visited restaurants and small businesses to reach women who would benefit from the program.

Anglin is also a retired industrial nurse at Keystone Foods, a major employer in Barbour County, Alabama, that is now part of Tyson Foods. Her 19 years there introduced her to the bulk of the company's employees, many of whom she still knew after her retirement.

"People had to come to me to be hired, so I knew a lot of people in the community," Anglin said. "That enabled me to reach out and contact some of those people that I knew, along with their families and their friends, who needed the

service. That's where much of my navigation came from."

The Family Planning Division at the Alabama Department of Public Health partnered with OCOE last year to conduct a pilot to test the feasibility of using community health workers like Anglin to educate people in their communities about services provided at the local health department, especially around cervical cancer screening (i.e. Pap Tests and HPV Screening/vaccinations)

Anglin surpassed her goal and reached a total of 80 women in her community.

Anglin, who retired as a nurse five years ago, understood that service

workers and part-time workers had no insurance or limited insurance, which made them prime candidates for the free screening program.

She visited dollar stores, talking to employees and shoppers about services. Anglin even contacted temporary employment agencies to reach out to their workers.

“I was really surprised that so many women did not have insurance, and they were so excited to be able to get a free screening,” Anglin recalled. “They were so grateful that someone offered them the opportunity.”

Anglin’s relationships run throughout her community.

To reach a younger population, Anglin joined forces with YouthBuild, a youth education and trades program.

YouthBuild, a service of the Eufaula, Alabama Housing Authority, serves students 16 to 24 years old and provides services such as GED classes and hands-on construction training.

Anglin is a well-known figure at YouthBuild, where she delivered messages about health and cancer awareness, including cervical cancer and HPV screening information.

Her messages fit well with the overall mission of the agency which seeks to empower its students to live productive and healthy lives, said YouthBuild Executive Director Melanie Little.

“Understanding your own self-value and self-respect also has to do with taking care of yourself and your health,” Little explained. “Ms. Anglin followed up



Jeanette Anglin, left, stands with Melanie Little, Executive Director of YouthBuild in Eufaula, Alabama. Anglin partners with the group to present cancer awareness information.

with the students who have showed an interest in what she had to offer. She’s been a great contact.”

Additionally, as a member of Old Mt. Silla Baptist Church in Clayton, Alabama, where she is president of the Women’s Missionary Society, Anglin has found Sunday mornings to be a prime time for outreach.

“A lot of my education was done in the churches where I did a 10-minute education session,” she said.

While the ADPH pilot program officially ended in March 2021, Anglin’s role as a health educator,

advocate and navigator remains strong around Barbour County. Her calendar continues to be filled with activities and opportunities to spread crucial health messages on behalf of the Office of Community Outreach & Engagement.

“I’ve always had a passion for people and been concerned for people’s well-being,” Anglin said. “When I learned, through the medical field, about the importance of prevention, it saddened me when people came down with late-stage cancer that could have been prevented. I make it my goal every month to reach as many people as I can.”

THE RESEARCH CORNER

OUTREACH & ENGAGEMENT ASSISTS IN STUDIES TO IMPROVE HEALTH OF CANCER SURVIVORS, CERVICAL CANCER SCREENING ACCESSIBILITY

The Office of Community Outreach & Engagement at the O’Neal Comprehensive Cancer Center at UAB continues to provide community-engaged research and support for multiple projects that seek to better understand and enhance cancer prevention, treatment and survivorship.

The office is currently assisting two new community-engaged research projects.

At-Home Cervical Cancer Screening Study

OCOE recently began a collaboration with the At-Home Cervical Cancer Screening Study to assess the feasibility of a home-based, self-collected HPV testing kit. The long-term goal of the study is to improve cervical cancer screening among medically under-served women in Alabama.

Currently, Pap testing and human papillomavirus, or HPV, testing are the two most common methods to screen for cervical cancer.

Researchers are seeking to recruit African American women and women living in rural areas of Alabama to participate in the study, which is led by Van Nghiem Ph.D., a scientist at the O’Neal Comprehensive Cancer Center and an assistant professor in the UAB School of Public Health.

Women who participate in the study will have an HPV test kit mailed to their homes.

Researchers hope to demonstrate that home based testing is a

Participants needed for the Home-Based Cervical Cancer Screening Study

Are you?

- ◆ An Alabama resident? *and*
- ◆ Between the ages 30-64? *and*
- ◆ No Pap test or other cervical cancer screening in the last 3.5 years? *and*
- ◆ African American *or* live in a rural area?

**You may be eligible for this study!
Enrollment is open for Fall 2021**

This study uses a human papillomavirus (HPV) testing kit to screen for cervical cancer. The kit will be delivered to your home for free. The test is similar to inserting a tampon, and only takes a few minutes.

A short questionnaire about the test kit and related health topics is included.

Participants will receive a \$25 giftcard for answering the questionnaire and a \$25 giftcard for completing the testing kit.

For more information. please contact our team

(205) 490-5767 *M-F 12pm to 4pm*
sites.uab.edu/hpvstudy
GRP-HPVstudy@uab365.onmicrosoft.com

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practical option for women in Alabama.

OCOE community coordinators will seek participants in Alabama’s Barbour, Butler and Macon counties.

The study is open to African American women and women living in rural areas of Alabama who:

- Are between the ages of 30 and 64 years
- Have not had a Pap test in at least 3.5 years
- Are not pregnant
- Have not had a hysterectomy

EMBRACE

OCOE is also assisting researchers in recruiting participants for an exercise study for survivors of breast cancer.

The study involves 10 weeks of exercise under the supervision of an exercise specialist and 12 weeks of a standard, health diet under the guidance of a registered dietitian.

The study, Exercise, Gut Microbiome, and Breast Cancer: Increasing Reach to Underserved Populations, or EMBRACE, seeks to understand whether home exercise regimens impact the human gut microbiome.

The data will be gathered virtually by a wearable exercise-tracking device.

EMBRACE is led by Dr. Laura Rogers, co-Program Leader for the Cancer Control and Population Sciences Research Program at the O'Neal Comprehensive Cancer Center.

The study is funded by the Breast Cancer Research Foundation of Alabama in collaboration with the O'Neal Comprehensive Cancer Center.

AMPLIFY

Sponsored by the National Cancer Institute, the Aim Plan and Act on Lifestyles, or AMPLIFY, research study aims to help cancer survivors eat healthy foods and get sufficient exercise.

Cancer survivors are at higher risk for developing heart disease, diabetes, broken bones and additional cancer diagnosis. Exercising, improving your diet and maintaining a healthy weight may help some cancer survivors avoid health issues, according to researchers with AMPLIFY.

AMPLIFY seeks to learn more about how healthy eating and exercise can be used to improve

health.

"Truly, this diet and exercise program is a great way to start the

new year," said Wendy

Demark-Wahnefried, Ph.D., R.D., associate director for Cancer Prevention & Control at the O'Neal Cancer Center, who is leading the AMPLIFY project.

The AMPLIFY project will continue over the next three years and will also continue to recruit participants until next fall. Participants will be enrolled in one of two yearlong lifestyle programs to learn to eat better, exercise more and achieve a healthy weight.

Previous research, including that by AMPLIFY team members, shows that quality of life for cancer survivors can be improved by being physically active and eating well, as well as by losing weight for

EMBRACE

Exercise, Gut Microbiome, and Breast Cancer:
Increasing Reach to Underserved Populations

Would you like to start exercising and take part in a virtual research study for survivors of breast cancer?



13 week study duration
Virtual exercise sessions with an exercise specialist
A healthy menu plan by a registered dietitian
All study materials shipped to you
3 assessments done at home- No visits to UAB



The University of Alabama at Birmingham

Contact the Cancer Lifestyle Team:

Email: moveforward@uab.edu

Call: 205-975-2249

those who are overweight. Other benefits of these lifestyle changes include slowing down the aging process, helping survivors remain stronger and reducing rates of depression.

AMPLIFY is open to women and men who:

- Are age 50 and older
- Have had breast cancer, colorectal cancer, prostate cancer, ovarian cancer, endometrial (uterine) cancer, thyroid cancer, Non-Hodgkin's lymphoma or multiple myeloma
- Are at least one year post-diagnosis
- Have a Body Mass Index (BMI) greater than 25 but less than 50

To participate in AMPLIFY, call (833) 535-7934 or email amplify@uabmc.edu.

CERVICAL CANCER QUIZ ANSWERS:

1. The human papillomavirus (HPV) causes cervical cancer.
True. The most important risk factor for cervical cancer is being infected with the human papillomavirus (HPV). Infection with HPV is common. The body can clear the infection by itself for most people. But sometimes the infection can cause certain cancers over time, including cervical cancer.
2. Cervical cancer can often be prevented.
True. The two ways to help prevent cervical cancer are getting a human papillomavirus (HPV) vaccine and getting regular screening tests. Vaccines are available that can help prevent infection by certain types of HPV, including the types most strongly linked to cervical cancer. Getting regular screening tests with the HPV test or the Pap test can find pre-cancers before they can turn into cancer.
3. People with a cervix need to get a Pap test every year to check for cervical cancer.
False. For decades people have been told to get a Pap test once a year, but research has shown that this isn't needed. We now know that yearly Pap tests offer very little if any benefit compared to getting screened every three years. The American Cancer Society recommends that all individuals with a cervix at average risk should begin cervical cancer screening at age 25. Those aged 25 to 65 should get a primary HPV test every 5 years.
4. Cervical cancer usually doesn't cause symptoms right away.
True. Early cervical cancers and pre-cancers hardly ever cause changes that a woman would notice. As the cancer grows and spreads into nearby tissues, it may cause physical problems. Regular screening tests and pelvic exams are important because many times there are no symptoms of this cancer.
5. If you have had any type of hysterectomy, you can't get cervical cancer and don't need to be tested for it.
False. However, women who have had a total hysterectomy, which includes taking out the uterus and cervix, no longer have a cervix and can stop screening, unless the hysterectomy was done to treat cervical pre-cancer or cancer. Women who have had a hysterectomy without removal of the cervix should continue cervical cancer screening according to the recommended American Cancer Society guidelines.

HERRING'S STORY OF SURVIVAL AND ADVOCACY FEATURED IN NATIONAL INITIATIVE

Loretta Herring, a Jefferson County, Alabama, Community Health Advisor and a longtime community partner, was recently featured in a story published in Bristol Myers Squibb's web column, Survivorship Today: What It's Like to Live with Cancer.

In her story, "How my family's history of cancer inspired me to support others," Herring discusses how her family history of cancer and personal survivorship journey

inspired her to create local workshops and provide telehealth services for seniors in her community.

The Survivorship Today initiative onbms.com shares stories of people across the country who have been affected by cancer.

The stories are intended to call attention to personal triumphs and challenges and enhance understanding of the reality of living with cancer.



Loretta Herring

OFFICE OF COMMUNITY OUTREACH & ENGAGEMENT CONTINUES PARTNERSHIP WITH ALABAMA COMPREHENSIVE CANCER CONTROL COALITION IN DRAFTING LATEST ACTION PLAN

Efforts to educate communities about cancer and ensure access to screening and treatment options are cooperative efforts among hundreds of individuals and agencies across Alabama.

The Office of Community Outreach & Engagement at the O’Neal Comprehensive Cancer Center at UAB is a founding member organization of the Alabama Comprehensive Cancer Control Coalition.

The Coalition focuses on lung, skin, breast, prostate and cervical cancers, in addition to advocating for HPV vaccination.

The Coalition’s mission directly complements the goals of the Office of Outreach & Engagement, explained Lakita Hawes, Public Health Educator at the Alabama Department of Public Health.

“It lines up perfectly. We are two agencies searching for the same goal,” Hawes said. “That is why the partnership is strong, because we are united in a single goal to fight cancer.”

The Coalition is a stand-alone program that receives operational assistance from the Alabama Department of Public Health Comprehensive Cancer Control Program. The statewide network includes doctors, organizations, medical groups, cancer patients and cancer survivors.

The chairperson is Dr. Dina Avery, Assistant Professor at the UAB School of Health Professions and Associate Scientist for the UAB

Minority Health & Health Disparities Research Center. As chair, Avery leads the executive committee.

“Despite what we have experienced with the recent pandemic, the entire Coalition has worked tirelessly with finalizing our latest action plan for the years 2022-2027,” Avery said. “We focused on a grassroots approach with developing needed goals and strategies to ease the cancer burden for the State of Alabama.”

OCOE plays an integral role every five years in writing the statewide plan. Both Program Director Claudia Hardy and Health Initiatives Manager Rochelle Wallace are active in drafting the new long-term plan.

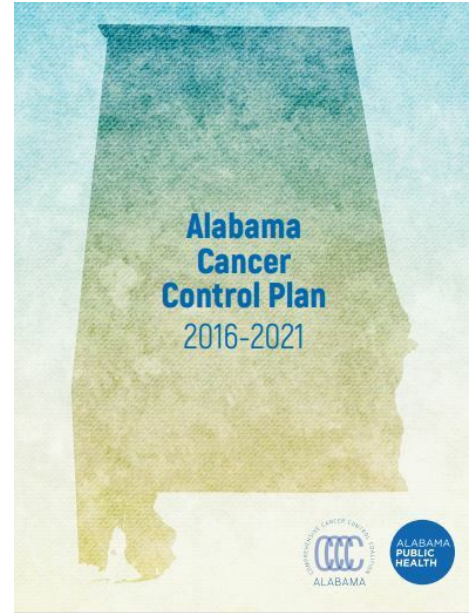
Wallace also serves as vice chair of the coalition’s prevention committee.

Other committees focus on access to care, early detection, prevention, and survivorship & palliative care.

Dr. John Waterbor, a professor and scientist at the O’Neal Comprehensive Cancer Center, serves as chair of the prevention committee.

The Coalition in 2022 will also work to increase HPV cultural competency among with pediatricians and family medicine providers to increase vaccinations.

“If you educate your providers, they are more influential in promoting and educating parents on why it is important to provide



Dr. Dina Avery

this vaccination for their children,” Hawes said.

For more information about the Coalition and the cancer control plan, visit:

alabamapublichealth.gov/about/strategic-plan.html

SNAPSHOTS: TAKING A LOOK AT WHAT'S BEEN GOING ON IN OUR COMMUNITIES



Residents of Panola County, Mississippi participated in White Sunday at Cistern Hill Missionary Baptist Church for Lung Cancer Awareness Month in November.



OCOE staff and Community Advisory Board members from Miss. gathered Dec. 10 in Grenada to celebrate and plan during the Year-End meeting.



South and Central Alabama OCOE Coordinators held their year-end Dec. 8 in Montgomery. Rochelle Wallace led a skill-building activity with some holiday cheer.



Sumter County, Alabama Community Health Advisors Catherine Shelton, left, and Victoria Lacey, right, enjoyed the sights and sounds during the Annual York Christmas Parade on Dec. 12.