

COMMUNITY CONNECTIONS

KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

ISSUE 33, JUNE 2023

Welcome, Dr. Nolan!

The O'Neal Comprehensive Cancer Center at UAB is pleased to announce that Timiya S. Nolan, Ph.D., APRN-CNP, ANP-BC, has been named Associate Director for Community Outreach & Engagement effective July 1, 2023. Dr. Nolan will be responsible for overseeing the Office of Community Outreach & Engagement. Nolan will also join the Division of Preventive Medicine in the UAB Heersink School of Medicine's Department of Medicine as an Associate Professor.

Nolan is a native of Brewton, AL, and a three-time graduate of the UAB School of Nursing and former Instructor of Nursing. She completed postdoctoral training in cancer prevention and health disparities at The Ohio State University and has been on faculty at The Ohio State University School of Nursing since 2018. Nolan holds certifications as an adult nurse practitioner and teacher of nursing.

"I can think of nobody better suited than Dr. Nolan to take on the role of Associate Director for Community Outreach & Engagement," said Director Barry Sleckman, M.D., Ph.D. "Her

innovative, community-based research program coupled with her strong ties to the underserved communities of our state position her well to make impactful changes in cancer care disparities in Alabama. We look forward to working with her in the coming years to achieve this important goal."



"I am proud to return home to UAB and partner with Alabamians to create avenues to promote better health."

— Dr. Nolan

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CANCER CENTER
UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

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EDITORIAL



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Let's Prevent It, not Fix It

June is National Men's Health Awareness Month. This month is an important time to think about all the steps men can take to prevent and reduce their risk of developing cancer. Why is cancer prevention so important? Think about it like you consider other forms of prevention in your life. We ensure that routine maintenance is done for our cars (tire rotation, oil changes), our homes (replacing roofs), lawns (mowing, fertilizing), and other things. We do this maintenance because we know that it is easier to prevent a problem than to fix a problem. So, while our bodies are far more complex than our cars, homes or lawns, it is still easier to prevent cancer rather than trying to fix or treat it.

Because prostate, lung and colorectal cancers are commonly diagnosed cancers in men, reducing cancer risk is particularly important among men. More than half of cancer deaths could be prevented through healthy choices, screening and vaccinations.

All men should get regular cancer screenings. Talk with your health care provider about what is right for you. Early detection saves lives!

- Men should discuss prostate cancer screening with their health care providers beginning at age 50. African American men and men with a family history of prostate cancer should discuss prostate cancer screening with their doctor as early as age 40.
- Colorectal cancer screening should begin at age 45. This may need to begin even earlier for men with a family history of colon cancer.
- Lung cancer screening for current or former smokers starts at age 50 with a low-dose CT scan. A doctor's referral is required.

We encourage men to take action and reduce cancer risk one step at a time. You do not have to do this alone. You can work with other male family members or friends to ensure that everyone takes steps toward healthier lives. Whether that means quitting smoking, exercising more often, or eating a better diet, support from family and friends is always helpful. Reducing your cancer risk can be an unpleasant thought or topic to discuss with others and your health care provider, but having those conversations can put you on the road toward better health.

So, the next time you are changing the oil in your car or fertilizing your lawn, think about maintenance for your body. Cars come and go. Sometimes we move from one house to another. However, we only get one body, and we have to keep up with the maintenance schedule. Come up with a plan for preventing cancer and reducing your cancer risk with your health care provider. Remember: Let's prevent it, not fix it.

**DID
YOU
KNOW?**

More than half of cancer deaths could be prevented through healthy choices, screening, and vaccinations.

STAFF HIGHLIGHT: DALE BELL



Dale Bell
County Coordinator
Dallas County, Alabama

Dale Bell is the program coordinator for the Office of Community Outreach & Engagement in Dallas County, Alabama. Bell is a resident of Selma and began working part-time for UAB in 2015. "I became interested in cancer treatment and prevention after my aunt was diagnosed and died from breast cancer. After seeing some of the struggles and barriers she had to overcome to get proper and quality treatment, I was intrigued to become more active in the fight against cancer," said Bell.

Bell's full-time role as Bullock Community and Recreation Center's director provides him an opportunity to share cancer prevention information, advise on screening options, refer to cancer services, and sometimes, to simply lend a compassionate ear to all who visit the center.

Bell feels his role as Dallas County coordinator is very important because the work being done is lifesaving. "In my role as coordinator, I focus on providing information on quality health care and cancer prevention."

"My primary goal is to break down barriers and ensure that everyone in the community has access to accurate and reliable information on cancer prevention and treatment. Working closely with local health care providers,

organizations and advocacy groups to identify the specific needs and concerns of the community is critical to ensuring my goals are met," he said.

Bell feels that one key challenge in his line of work is breaking down the barriers that prevent people from accessing health care services and information. This may include language barriers, cultural barriers, financial barriers or even fear and mistrust of the medical system. To address these issues, Bell develops targeted outreach that is designed to reach specific groups within the community. This may involve working with local media outlets to promote public health messages, disseminating educational materials or collaborating with community leaders and trusted figures to build trust and promote awareness.

"By working together and breaking down barriers, we can help ensure that everyone in the community has the best possible chance at living a healthy and fulfilling life," he said.

KNOW THE FACTS

- Men have higher rates of cancer than women.
- Prostate, colorectal, lung and skin cancers are cancers that most often affect men.
- Older men, African American men and men with a family history of prostate cancer have a higher risk of developing prostate cancer.
- Men can get breast cancer too. In fact, it was estimated in 2022 there would be 2,710 men diagnosed with breast cancer and 530 men would die from breast cancer.

Sources: Center for Disease Control and Prevention
American Cancer Society

Save the Date

The 2023 Community Dissemination Institute

"Academic & Community Partners Working Together to Improve
Health Equity in Cancer Education, Screening and Treatment"

August 21 - 23

Auburn Marriott Opelika Resort & Spa at Grand National

Registration information will be sent by June 15th



Arugula, Kiwi & Strawberry Salad

**HEALTHY
RECIPE**

Ingredients

- 1/2 cup orange juice
- 2 Tbsp. honey
- 1 fresh lime juice (lemon may be substituted)
- 1/4 tsp. paprika
- 2 Tbsp. extra virgin olive oil
- Zest of one large orange
- 1 Tbsp. cilantro, finely chopped
- 4 cups baby or regular arugula
- 4 green onions, sliced thin, including green stems
- 4 kiwis, peeled and thinly sliced
- 2 cups strawberries, halved
- 1/3 cup coarsely chopped, toasted pecans
- Salt and freshly ground black pepper, to taste

Directions

1. In small mixing bowl, whisk together orange juice, honey, lime juice and paprika. When well combined slowly add oil and continue whisking until mixture is smooth. Stir in zest and cilantro. Season to taste with salt and pepper. Set aside and allow dressing to stand for a minimum of 10 minutes for flavors to mingle.
2. On large serving platter or in large salad bowl, spread arugula and sprinkle with green onions. Arrange kiwi and strawberry slices on top.
3. Just before serving drizzle salad with dressing and garnish with pecans.

Source: American Institute for Cancer Research