

COMMUNITY CONNECTIONS

KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

ISSUE 48, MAY 2026

DIRECTOR'S NOTE

May feels especially meaningful this year. As I celebrate my 40th birthday, I'm reflecting on what it truly means to prioritize health not just as a professional responsibility but as a personal commitment. As a woman, this moment aligns powerfully with Women's Health Month, and I am taking action by scheduling my own mammogram. It's a simple step but one that reflects something I often say and deeply believe: prevention and early detection save lives.

In our work across Alabama, we see every day how access to screening and timely care can change outcomes for individuals, families, and communities. Through our continued focus on evidence, education, and empowerment, we are working to ensure that more people, especially women, have the information and support they need to make informed health decisions.

May is also Brain Cancer Awareness Month, a time to recognize those impacted by brain tumors and recommit to advancing awareness, research, and connection to care. Our efforts to strengthen partnerships between communities and researchers are critical to ensuring that no one faces a diagnosis without access to information, resources, and opportunity.

Turning 40 is my reminder that health journeys are ongoing. This month, I encourage each of you to take one step. Schedule a screening! Check in with your provider! Support someone you love to do the same!

There is power in people, and there is power in the choices we make every day.

Onward and upward,

- Dr. Nolan



WHAT'S INSIDE:

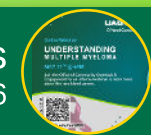
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O'Neal Cancer Center

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Brain Tumors - What to Know!



— MAY IS —
BRAIN CANCER
— AWARENESS MONTH —

Understanding Brain Tumors: Awareness, Symptoms, and Advances in Care

Brain tumors are a serious but relatively rare type of cancer that affect the brain or spinal cord. According to the American Cancer Society, they make up about 1% of all cancers in the United States. While uncommon, there is growing progress in how we detect, treat, and understand these tumors, offering hope to patients and families.

Unlike some cancers, there are no routine screening tests for brain tumors in people without symptoms. However, being aware of changes in your body can make a difference. Symptoms such as ongoing headaches, seizures, vision problems, or changes in behavior are important signals to check in with a healthcare provider. Early attention can lead to faster diagnosis and better outcomes.

Today, diagnosis and treatment options are

more advanced than ever. Tools like MRI scans and specialized testing help doctors better understand each tumor. Treatment plans may include surgery, radiation therapy, or chemotherapy, often tailored to each patient's needs. In Alabama, the UAB O'Neal Cancer Center provides cutting-edge care, access to clinical trials, and a team of experts dedicated to improving lives.

While brain tumors cannot always be prevented, the Centers for Disease Control and Prevention highlights the importance of healthy habits like staying active, avoiding tobacco, and keeping up with regular checkups to support overall wellness.

With continued research, strong healthcare partnerships, and increased awareness, there is real momentum in the fight against brain tumors. Staying informed, listening to your body, and seeking care when needed are powerful steps toward better brain health.

Women's Health Corner

Prioritizing Women's Health: Awareness, Prevention, and Empowerment

Women's health plays a key role in building strong families and communities. From preventive care to managing chronic conditions, taking care of your health at every stage of life can make a lasting impact. At the UAB O'Neal Cancer Center Office of Community Outreach & Engagement, we are committed to providing education, resources, and support that help women make informed health decisions.

Women face unique health challenges, including breast and cervical cancer, heart disease, and reproductive health concerns. According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death among women. The American Cancer Society also emphasizes that early detection is critical in improving outcomes for cancers like breast and cervical cancer.

Regular screenings and checkups are some of the most effective ways to protect your health. Important screenings include mammograms, Pap tests, and HPV screenings, as well as routine checks for blood pressure and cholesterol. These visits can help identify health concerns early, when treatment is often more effective.

In addition to screenings, it is important to listen to your body. Symptoms such as unusual fatigue, unexplained weight changes, abnormal bleeding, or ongoing pain should not be

ignored. Seeking care early can lead to quicker diagnosis and better outcomes.

Healthy habits also play a major role in long-term wellness. Staying active, eating a balanced diet, avoiding tobacco, managing stress, and keeping up with medical appointments can reduce risk and improve overall health.

Access to trusted care and information is essential. Through community partnerships and outreach efforts, the O'Neal Cancer Center connects women to education, screenings, and clinical trials that bring the latest research into the community.

Improving women's health takes a collective effort. Staying informed and taking small, consistent steps can lead to a healthier future for women across Alabama and beyond.



UPCOMING EVENTS!

UAB MEDICINE
O'Neal Cancer Center

Online Webinar

UNDERSTANDING MULTIPLE MYELOMA

MAY 11TH @ 6PM

Join the Office of Community Outreach & Engagement for an informal webinar to learn more about this rare blood cancer.



With Elizabeth E. Brown, PhD MPH

REGISTER



go.uab.edu/mm2026

DALLAS COUNTY REGIONAL WELLNESS DAY

Saturday, June 13, 2026
10:00AM - 2:00PM



Get Screenings & Information

<ul style="list-style-type: none">• Breast mammograms<ul style="list-style-type: none">◦ Free for uninsured• Cervical exam• Prostate exam (blood work)	<ul style="list-style-type: none">• On site referrals for colorectal screenings• Biometric Screenings:<ul style="list-style-type: none">◦ Weight◦ Cholesterol◦ Blood Pressure◦ Blood Sugar
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Edmunite Mission | 1428 Broad Street | Selma, AL 36701

UAB MEDICINE
O'Neal Cancer Center

SAVE THE DATE

COMMUNITY DISSEMINATION INSTITUTE 2026

AUG. 23 - 25



Renaissance Birmingham Ross Bridge Golf Resort & Spa

For More Information: 205-975-0003 or coeinfo@uab.edu

Support Our Patient Assistance Fund: Your Donation Makes a Difference

We invite you to join us in supporting the Patient Assistance Fund through the Office of Community Outreach & Engagement at the UAB O'Neal Cancer Center. Your generous donation will provide critical resources to patients facing financial hardships, helping them access essential cancer care, medications and transportation services.

Every contribution, no matter the size, makes a tangible impact on the lives of those in need. Together, we can ease the burden for patients and their families during their cancer journey.

To donate or learn more, please scan the code below or contact our office directly.

Thank you for your support!

