

MINORITY HEALTH Matters

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WE LISTEN. WE ACT. WE CARE.

Welcome to the Winter 2023 edition of Minority Health Matters, a newsletter designed to bring you the latest Office of Minority Health and Health Disparities Research News and health care information affecting your community. Your health is important to us, and we want you to know what you can do to keep yourself, your family, and your community healthy—today and in the future.








DID YOU KNOW? February is Black History and National Cancer Prevention Month

Black History Month is a time for reflection and action regarding health disparities in our community. In recognition of National Cancer Prevention Month and Black History Month, we aim to raise awareness for cancer, highlight the importance of early detection, and encourage individuals in our community to receive regular screenings and adopt healthy habits to prevent the possible development of cancer in the future. This month, we want to emphasize ways to improve your health by focusing on diet, exercise, and cancer screenings to prevent cancer development.



More Colors for Your Health!

At least 18% of all cancers diagnosed in the US are related to excess body weight, physical inactivity, excess alcohol consumption, and/or poor nutrition, which is preventable. The American Cancer Society (ACS) has established the Guidelines for Diet and Physical Activity for Cancer Prevention, which include consuming a variety of vegetables — dark green, red, and orange, fiber-rich legumes (beans and peas), other vegetables — and fruits, preferably whole. Colors in your fruits and vegetables are associated with various vitamins, minerals, antioxidants (substances that may prevent or delay some types of cell damage), and phytochemicals (substances found in plants that protect cells and DNA from damage). The American Institute of Cancer Research (AICR) recommends 2-3 cups of vegetables and 1.5-2 cups of fruits daily. The more colors on your plate, the better for your health!

Fruits 4 servings per day	Vegetables 5 servings per day
<p>One Medium Fruit</p>  = About the size of your fist	<p>Raw Leafy Vegetable</p>  = 1 cup
<p>Fresh, Frozen or Canned</p>  = 1/2 cup	<p>Fresh, Frozen or Canned</p>  = 1/2 cup
<p>Dried Fruit</p>  = 1/4 cup	<p>Vegetable Juice</p>  = 1/2 cup
<p>Fruit Juice</p>  = 1/4 cup	<p><small>*based on 2000 calorie eating pattern*</small></p>

Cancer Prevention Tip: Physical Activity

African Americans have the highest rates of physical inactivity compared to other groups. Physical inactivity can lead to several chronic diseases, including cancer. According to the current Physical Activity Guidelines for Americans, adults need at least 150 minutes of moderate-intensity physical activity each week and 2 days of muscle-strengthening activity. We know 150 minutes of physical activity each week sounds like a lot, but you don't have to do it all at once. It could be 30 minutes a day, 5 days a week. You can spread your activity out during the week and break it into even smaller chunks.



How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Tight on time this week? Start with just 5 minutes. It all adds up!

Tips to Get Started:

- Walk instead of driving whenever you can
- Take the stairs instead of the escalator or elevator
- Take a family walk after dinner
- Garden or make home repairs
- Join an exercise group
- Use an exercise video if the weather is bad
- Choose activities you enjoy



How Can You Help Prevent Cancer?: Cancer Screening



Breast Cancer Screening

Your doctor can recommend screening options based on your family history or other risk factors. For women at average risk, The American Cancer Society (ACS) recommends:

- Women between 40 and 44 can start screening with a yearly mammogram.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year or choose to continue yearly mammograms.



Colorectal Cancer Screening

The ACS guideline for colorectal cancer screening recommends that average-risk adults aged 45 years and older undergo regular screening with either a high-sensitivity stool-based test or a structural (visual) exam based on personal preferences and test availability.



Prostate Cancer Screening

The discussion about screening should occur at:

- Age 50 for men at average risk of prostate cancer and are expected to live at least 10 more years.
- Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).



Lung Cancer Screening

Lung cancer screening is recommended for adults who smoke now or have quit within the past 15 years, are between 50 and 80 years old, and have a 20-pack-year or more smoking history (This is the number of packs of cigarettes per day multiplied by the number of years smoked. For example, someone who smoked 2 packs a day for 10 years [$2 \times 10 = 20$] has 20 pack-years of smoking, as does a person who smoked 1 pack a day for 20 years [$1 \times 20 = 20$]).

UPCOMING EVENTS



ATTEND OUR EVENTS

Giant Foods Eating Healthy

- Learn to create simple recipes using fresh ingredients.
- Wellness Center: 1535 Alabama Ave SE, Washington, DC 20032
- March 1st, 2023 from 1:00-3:00pm

Muslim Health Consortium Nutrition and Hypertension

- Join Dr. Mireille Bright in a virtual event to learn how the DASH diet can help you create a heart-healthy eating plan.
- March 5th, 2023 at 2:30pm



PARTICIPATE IN EVENTS

Registration for BellRinger 2023 is Live!



Last year, Georgetown Lombardi Comprehensive Cancer Center launched the BellRinger, a bike ride and community movement to support cancer prevention, detection, and treatment. Not only were riders able to raise over \$1.4 million for Georgetown Lombardi Comprehensive Cancer Center, but it brought a community together that shared a common interest; ringing the bell on cancer. It is customary that when a patient completes their final cancer treatment,

they ring a bell in celebration; the mission of BellRinger is to fight and eliminate all cancer, ringing the bell on cancer for the final time.

Unite with the BellRinger community to end cancer as we know it. The Ride will take place October 20-21, 2023. For those who wish to ride, BellRinger will take participants from Higgins Plaza at Georgetown through Montgomery and Frederick Counties in Maryland on 25, 50 or 100-mile routes. For those who do not wish to ride, there is more than one way to participate!:

- 1) Register to ride in person
- 2) Virtual Ride
- 3) Volunteer

