



NYSCC E-BLAST

June/July 2023



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Do you or your organization have any cancer-related webinars, trainings or events planned? How about suggestions for health promotion articles and funding opportunities? If so, let us know! We'll be happy to include them in our upcoming e-blasts. [Send us an email](#) today

CONSORTIUM NEWS/UPDATES

Quarterly Member Meeting Series: *The Consortium in Action*



Did you miss the June 9th NYS HPV Coalition Presentation?

[Click here](#) to watch the recording of *Taking a Jab at Cancer Prevention: Closing the HPV Vaccination Gap in New York State*

Upcoming Consortium in Action Events

- **September 27, 2023**
The Lung Cancer Screening Action Team
[Register Here](#)
- **December 14, 2023**
The Survivorship and Lifestyle Behaviors Action Teams
[Register Here](#)
- **March 12, 2024**
The Environmental Carcinogen Action Team
[Register Here](#)

Revisit our March 14th session titled “*Addressing the Cancer Burden in LGBTQ+ Communities: A Training from the National LGBT Cancer Network*”

The National LGBT Cancer Network provided a training for Consortium members on best and promising practices to foster inclusive cancer education, prevention, and screening in LGBTQIA+ communities. Topics included terminology, identities, and population trends, cancer related health disparities impacting LGBTQIA+ communities, and facilitators and barriers to cancer prevention, education, and screening.

[Click here for the recording and presentation.](#)



Celebrate National Pride Month

LGBTQIA+ New Yorkers continue to face discrimination and barriers not only in their personal lives but in healthcare settings. This is unacceptable. And this is why the Consortium is committed to addressing and eliminating the health disparities that LGBTQIA+ New Yorkers continue to face.

To help address one barrier to care, the [National LGBT Cancer Network](#) has developed a resource to help LGBTQIA+ New Yorkers [to find medical professionals](#) who are culturally competent in the care of LGBTQIA+ individuals. The [NYS LGBT Health and Human Services Network](#) is another great resource.



National Cancer Survivor Month

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June 1 marks the beginning of Cancer Survivors Month. In NYS, there are more than 1 million people alive after a cancer diagnosis. It's critical to meet survivors where they are in their cancer journey. The experience of each person that has ever been diagnosed with cancer is unique and varies by the type of cancer, age, stage of diagnosis, and treatment. People who have had cancer face physical and mental health-related quality of life challenges and have a higher risk for additional cancer diagnoses compared to adults without cancer.

The CDC has helpful resources for those who have or have had cancer and their caregivers including the [Guides to Healthy Living](#), the [Talk to Someone](#) virtual simulation, [stories from cancer survivors](#) and other [resources to share](#), including [new social media posts and images](#).

Lifestyle Matters in Young-Onset Colorectal Cancer

Several lifestyle factors are significantly associated with the incidence of and mortality from colorectal cancer in adolescents and young adults, according to an analysis of a national database.

Clinicians can help their young patients address modifiable risk factors that contribute to the increasing incidence of colorectal cancer.

[Click here to learn more](#)



The National Cancer Survey



BIPOC REPORT
FEBRUARY 2022



No one should feel scared about being treated differently because of who's holding their hand as they wait for the doctor to arrive.

In 2020, The National LGBT Cancer Network launched OUT: The National Cancer Survey. One of the largest-ever studies of LGBTQIA+ people with cancer. This month the network shared their Black and Indigenous Persons of Color (BIPOC) report.

[Click to learn more about this survey.](#)

What is Cancer Survivorship?



A person who has had a cancer diagnosis is oftentimes called a "cancer survivor." When people talk about "survivorship," they are usually referring to navigating their life experiences and challenges resulting from their cancer diagnosis. The phrase cancer survivor can mean different things to different people. It is often used as a general term describing someone who has had a diagnosis of cancer. This means that cancer survivorship starts at the time of diagnosis.

[Learn more about cancer survivorship and what it means.](#)



Coping with Cancer Survivorship

There are millions of adults and children in the United States who are cancer survivors. Many say that although they were relieved when it ended, it was hard to transition to a new way of life. The National

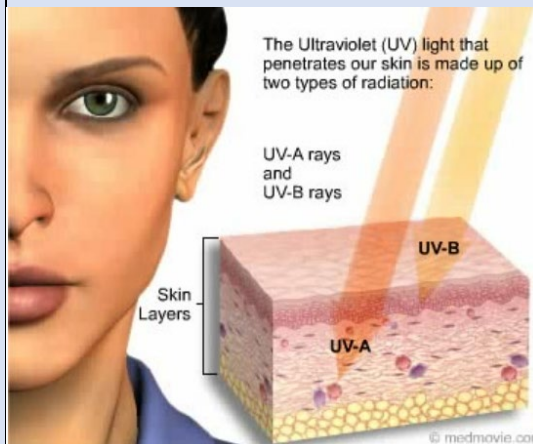
	<p>Cancer Institute provides several resources to help survivors cope and adjust to life changes they may endure.</p> <p>Click here to view resources from the National Cancer Institute</p>
<p>Caring for LGBTQ+ Individuals</p> 	<p>The National Institutes of Health has adopted the term “sexual and gender minorities” (SGM) to be inclusive of the diverse lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other populations (LGBTQIA+) that do not identify as heterosexual and cisgender.</p> <p>Persons who identify as SGM experience unique challenges at each stage of the cancer continuum, may face greater risk of developing cancer, and may be diagnosed with cancer at a younger age and a later stage, than their heterosexual/cisgender counterparts.</p> <p>Click here for resources related to improving cancer care for SGM individuals from the American Society of Clinical Oncology</p>
<p>July is UV Safety Month</p>	<p>top</p>

What You Need to Know about Types of UV Rays

Ultraviolet (UV) rays are a form of non-ionizing radiation that comes from the sun and artificial sources like tanning beds. There are three main types of UV rays: UVA, UVB, UVC. UVA and UVB rays can lead to skin cancers. Here's what you need to know:

UVC rays are absorbed by the Earth's ozone layer, so we mostly encounter UVA and a small amount of UVB rays. UVA rays reach the middle layer of your skin (dermis) whereas UVB rays mostly reach the outer layer of your skin (the epidermis). Think of UVA, A for Aging and UVB, B for Burns! Both UVA and UVB can damage your skin, so it's important to protect your skin from both!

[Learn more about types of UV radiation from the FDA here!](#)



Check the UV Index

The UV index scale was made by the World Health Organization. You can go to the application for weather on your phone and it will show you the UV index.

UV index can tell you the level of danger you are in because of the sun's rays!

[Learn more about the UV index here](#)

Exposure Category	Index Number	Sun Protection Messages
LOW	<2	You can safely enjoy being outside. Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 15+ . In winter, reflection off snow can nearly double UV strength.
MODERATE	3-5	Take precautions if you will be outside, such as wearing a hat and sunglasses and using sunscreen SPF 30+ . Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
HIGH	6-7	Protection against sun damage is needed. Wear a wide-brimmed hat and sunglasses, use sunscreen SPF 30+ and wear a long-sleeved shirt and pants when practical. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
VERY HIGH	8-10	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade. Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.
EXTREME	11+	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade. Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.

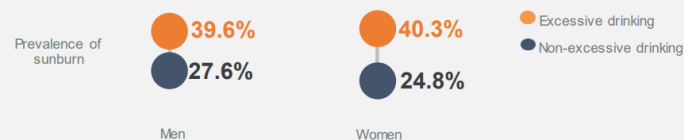
Resources and Data of Interest

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New Yorkers who Report Excessive Drinking are Significantly more Likely to Report Sunburn

Excessive drinking is associated with higher rates of sunburn among American adults. Research shows when people excessively drink, they are less likely to use sunscreen. Drinking alcohol also reduces the amount of time a person can spend in the sun before their skin burns. The New York State (NYS) Department of Health (DOH) has released an Information for Action (IFA) report '[New Yorkers who Report Excessive Drinking are Significantly more Likely to Report](#)

Figure 1: Age-adjusted prevalence of at least one sunburn* in the past year among adults who report excessive drinking vs. adults who do not report excessive drinking, by sex



<p>Sunburn’ in support of Melanoma and Skin Cancer Awareness Month.</p> <p>Click here to read the report</p>	
<p>Smoking, vaping linked to higher symptom burden among cancer survivors</p> <p>Current smoking and vaping appeared associated with higher symptom burden among adult cancer survivors, according to data published in <i>Cancer</i>. Key takeaways of the study include:</p> <ul style="list-style-type: none"> • Current smoking appeared associated with greater fatigue, pain and emotional problems, as well as worse quality of life. • Symptom burden had no relationship with survivors’ desire or plans to quit smoking. • It is critically important for oncology providers to assess tobacco use, offer tobacco-cessation support and take ownership of the delivery of tobacco treatment to patients with cancer. <p>Click here to read the article</p>	
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<p>Community Conversations with the American Indian Cancer Foundation</p>	
	<p>The American Indian Cancer Foundation (AICAF) is hosting a series of “Community Conversations” throughout the month of June. Each session will feature an Indigenous Cancer survivor.</p> <p>Register Here</p>

CELEBRATE INDIGENOUS LIFE COMMUNITY CONVERSATIONS

American Indian Cancer Foundation (AICAF) is hosting a series of Community Conversations throughout the month of June. We invite providers, navigators, and advocates to join us. For each session, we will be hosting an Indigenous cancer survivor who will share their story. AICAF will also debut a new Indigenous cancer survivorship resource developed through community input.

Dates

Wednesdays from 12-12:45 CST

7th



Kimberly Land
CEO of Poudre

14th



Stephanie Williams
Director of Cancer Control and Prevention
South Dakota & Three Affiliated
Indian Tribes, Sioux Falls, SD

21st



Mariella Gustafson
Director of Cancer Control and Prevention
La Poudre Basin of Lake Superior
Chippewa Indians

28th



Rick

Registration

<https://bit.ly/CILComConvo>



American Indian
Cancer Foundation

“Benefits of Healthy Behaviors for Cancer Survivors” Video Series is now in Spanish!

This informative video series from the American Cancer Society describes the benefits of healthy behaviors during and after treatment for people with cancer and cancer survivors. Five animated videos provide critical messages about healthy diets, physical activity, healthy body weight, and alcohol consumption. The last video covers special topics of interest to cancer survivors, including dietary supplements, special diets, intermittent fasting, cannabis, stress, sleep, and emotional and mental health. [Check them out!](#)

June 28: The second sessions of the [2023 Prevent Cancer Dialogue](#) will build on the themes of innovations and health equity in cancer prevention and early detection. Experts in the field will give relevant and enlightening presentations on related topics and the Q&A sessions and peer-to-peer conversations will provide productive dialogue among participants. [Registration](#) is free of charge

2023 PREVENT CANCER DIALOGUE
PREVENTION • SCREENING • ACTION

VIRTUAL SUMMIT SERIES



WEDNESDAY, JUNE 28

*Harnessing the Power of Innovation to Improve
Cancer Prevention and Early Detection*

Free Upcoming CancerCare Connect® Education Workshops

CancerCare workshops take place over the telephone or as a webcast online.
www.cancercare.org/connect

CancerCare offers free workshops on a variety of cancer-related topics. For details and to register for a workshop, call 1-800-813-HOPE, or visit the **CancerCare** website at www.cancercare.org/connect.

- 6/16 – [Addressing the LGBTQI+ Health Disparities Gap](#) (teleconference/webcast)
- 6/23 – [Diverse Populations Living with Non-Small Cell Lung Cancer](#) (teleconference/webcast)
- 6/26 – [Advances in the Treatment of Colorectal Cancer](#) (teleconference/webcast)
- 6/26 – [Understanding Diagnostic Technologies and Biomarkers](#) (teleconference/webcast)
- 6/27 – [Update on CAR T-Cell Therapies](#) (teleconference/webcast)
- 6/28 – [Diverse Populations Participating in Decisions About Your Care With Your Health Care Team, Part II of How Health Care Disparities May Influence Your Cancer Treatment and Care](#) (teleconference/webcast)
- 6/28 – [What's New in Precision Medicine](#) (teleconference/webcast)
- 6/30 – [Early Stage Breast Cancer: New Treatment Approaches](#) (teleconference/webcast)

Information in this blast is provided as a resource to members of the NYS Cancer Consortium on topics related to the NYS Comprehensive Cancer Control Plan. The views, opinions, and content included in this e-mail are those of the authors or event hosts and do not necessarily reflect the official policy or position of the New York State Department of Health or the New York State Cancer Consortium.