

MINORITY HEALTH Matters

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WE LISTEN. WE ACT. WE CARE.

Welcome to the Spring 2023 edition of Minority Health Matters, a newsletter designed to bring you the latest 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.

June is National Men's Health Month

Prostate Cancer Awareness Event



In honor of National Men's Health Month, which aims to encourage men to prioritize their health, the Ralph Lauren Center for Cancer Prevention invited community members to a free event for prostate cancer. There was a film viewing of the award-winning Terrance-Afer Anderson film, *The Black Walnut*, centered around prostate cancer awareness and its impact on black men, followed by an interactive panel of doctors and survivors including, Derrick Butts, Dr. Richard Kennedy, Dr. Paul Leger, and Dr. Mohit Gupta. The panelists emphasized the importance of early detection.

The Ralph Lauren Center for Cancer Prevention partnered with Alpha Phi Alpha Fraternity, Inc Pi Upsilon Lambda Charitable Foundation in conjunction with the Pi Upsilon Lambda Chapter for the 2023 Men's Health Forum in Prince George's County. This year's forum focused on recommendations from the 2016 Community Health Needs Assessment published by the Prince Georges County Public Health Department: (1) increase community-specific outreach and education and (2) specific education about the available resources and how to utilize and navigate them.

The Men's Health Forum consisted of moderated panels discussing health implications for boys and young men of color, young to Middle-Aged Adult Males and Health Concerns, and Aging and Health Concerns. Panelists from our center included Chiranjeev Dash, MBBS, Ph.D., MPH director of cancer screening, Aisha Choudhri, MPH, CHES community health educator, and Mireille Bright, Ph.D., RDN public health nutritionist.

Men's Health Forum Event



COMMUNITY OUTREACH & ENGAGEMENT

Pride Month

Research Highlight: LGBTQ+ Needs Assessment Survey

June is Pride Month, and to better serve the health needs of our community members, we plan to conduct a needs assessment survey to understand gaps within the LGBTQ+ community regarding their health care and health education needs, particularly for cancer-related care. We wish to understand the role that sexual orientation and or gender identity plays in LGBTQ+ people's health-seeking behaviors.



Rainbow Families 20th Annual Conference & Gathering

We are delighted to expand our outreach among historically-underserved communities through our partnership with Rainbow Families: a grassroots non-profit organization dedicated to serving the needs of all LGBTQ+ families and those considering parenthood. At the Rainbow Families' 20th Annual Family Conference & Gathering, the Ralph Lauren Center for Cancer Prevention was able to share our dedication to navigating the LGBTQ+ community to culturally affirming cancer screening services and discuss our LGBTQ+-focused research projects, encouraging participation among community members.



Introducing the Cancer LAW (Legal Assistance & Well-being) Project



Did you know that for some cancer patients, seeing a doctor is not enough to help them fight their disease? Sometimes patients also need a lawyer to help them deal with ways cancer can change their daily lives. The Ralph Lauren Center for Cancer Prevention is helping support the Cancer Legal Assistance & Well-being (Cancer LAW) Project so that MedStar providers can now "prescribe" connections to no-cost lawyers for their patients.

Cancer LAW helps patients with cancer-related legal issues, like Social Security benefits, employment discrimination and other problems at work, unstable or substandard housing, consumer debt, and healthcare and estate planning needs

In one instance, a patient's oncologist discovered she was missing appointments because she was busy fighting an eviction threat; when referred to Cancer LAW, the lawyer learned she was more than six months behind on rent. The patient explained that due to the side effects of chemotherapy, she couldn't work. She applied for Social Security disability benefits and had waited over five months for a decision. The patient couldn't afford a lawyer so she attended court alone and felt pressured to enter a payment plan. However with Cancer LAW's support, she immediately filed a court motion for more time and worked with her lawyer and medical team to provide the documentation she needed for her Social Security claim. With a new Social Security award, she was able to pay her rent and stay in her home.

Cancer LAW helps patients access public benefits, makes sure they submit strong applications, and that they get expedited review where appropriate. For patients already behind on rent, Cancer LAW can help with eviction defenses and strategies so they can stay housed and in treatment. Cancer LAW is changing the cancer care experience to one where patients expect and understand that their medical team cares about all of the concerns on their "list"—not just their cancer.

World Lung Cancer Day

Research Highlight: Quit N Fit 2

In recognition of World Lung Cancer Day, we are highlighting our Quit N Fit 2 study which focuses on replacing an unhealthy habit like smoking with a healthy habit like exercise.

We are looking for African American women to join a 6-week study looking at how to quit smoking and help prevent weight gain through exercise. If eligible, you will be part of the study for 6 weeks and be able to earn up to \$50 in gift cards.

You may be eligible if you are a woman:

- 18-69 years old
- Currently smoke at least 5 cigarettes per day
- Smoke daily for the past year
- Physically able to exercise

To find out if you are eligible, please call 202-687-5367



Upcoming Events

Cancer Prevention Event

- August 8th, 2023
- 11:00 AM-1:00 PM
- Giant Wellness Center: 1535 Alabama Ave SE, Washington, DC 20032
- Cancer prevention, screening information, and tips

Breast Education Session

- August 16th, 2023
- 8:00 AM- 8:30 AM
- CASA de Maryland: 734 University Blvd E, Silver Spring, MD 20903

Virtual Education Session for Prostate Cancer

- August 19th & August 26th, 2023
- 9:00 AM
- In honor of Prostate Cancer Awareness Month in September, we are hosting two educational sessions to educate the community about prostate cancer and the importance of screening.
- [Click Here for the Zoom Link](#)

Harvest Day Health Fair

- September 9th, 2023
- 10:00 AM-2:00PM
- The Well at Oxon: 300 Valley Ave. SE, Washington, DC 20032

Men's Cancer Screening Event

- September 9th, 2023
- 12:00 PM - 5:00 PM
- 11400 Glenn Dale Blvd, Glenn Dale, MD 20769
- Join us for our men's prostate cancer screening event to honor prostate cancer month in September. Learn about cancer prevention and screening, talk to urologists and medical residents about your medical concerns, and receive a free prostate-specific antigen (PSA) blood test!
- [Click Here to Register for the event](#)



RALPH LAUREN CENTER FOR CANCER PREVENTION

Georgetown Lombardi Comprehensive Cancer Center

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