



**13TH ANNUAL ABUNDANT LIFE HEALTH MINISTRIES SYMPOSIUM ONLINE
THE “GATHERING” FOR FAITH, HEALTH & COMMUNITY
SEPTEMBER 12, 2020**

AGENDA

8:40 AM Login & AV Check

8:45 AM Remarks & Introductions

Michelle Moseley, Program Development Lead, Annual “Gathering” Symposium and Health Education Team Lead
UCSF Helen Diller Family Comprehensive Cancer Center, Office of Community Engagement

PRAYER & WORDS OF INSPIRATION

Reverend Babatunde Onadele, Senior Pastor, Ebenezer Community Church, Oakley

WELCOME & SYMPOSIUM OVERVIEW

Wilma Batiste, Chair, Faith Communities Committee, Abundant Life Health Ministries Network
UCSF Helen Diller Family Comprehensive Cancer Center (HDFCCC)
Health Ministry Coordinator, Neighborhood Baptist Church, San Francisco

9:10 AM UCSF OFFICE OF COMMUNITY ENGAGEMENT UPDATE

Kim Rhoads, MD, MS, MPH, Associate Professor of Epidemiology & Biostatistics, Director, Office of Community Engagement and Associate Director, Community Outreach and Engagement, UCSF HDFCCC

9:30 AM COVID19 Update

Malcolm John, MD, MPH, Professor and Infectious Disease Specialist, Director of the HIV/AIDS Program, UCSF School of Medicine

9:50 AM MULTIPLE MYELOMA OVERVIEW

Manali Patel, MD, MPH, MS, Assistant Professor of Medicine (Oncology), Stanford Cancer Center and Palo Alto Veterans Affairs Healthcare System

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- 10:15 AM PROSTATE CANCER ACTION NETWORK (PCAN), SAN FRANCISCO (SF) CANCER INITIATIVE**
 Nynikka Palmer, DrPH, MPH, Assistant Professor, UCSF Department of Medicine at
 Zuckerberg San Francisco General Hospital
 James McCray, Jr., D.Min, Chair, Prostate Cancer Action Network and Executive Director,
 Tabernacle Community Development Corporation
 Brian Cody & Charles Lewis, Cornerstone Missionary Baptist Church, San Francisco and
 Prostate Cancer Action Network
- 10:50 AM SELF-CARE TIPS & DRAWING/PRIZE ACTIVITY**
- 11:00 AM COLORECTAL CANCER DISPARITIES, DIET & GUT MICROBIOME**
 Sorbarikor Piawah, MD, MPH, Assistant Professor, UCSF-Division of Hematology/Oncology
- 11:30 AM TOBACCO END GAME AND STRESS/BRAIN STATES**
 Valerie Yerger, ND, LM, MA, Professor, Health Policy, UCSF Department of Social and
 Behavioral Sciences and in the Center for Tobacco Control Research
- 12:05 PM HEALTH MINISTRIES CAPACITY STUDY FINDINGS & NEXT STEPS**
 Monica Allen, DrPH, Assistant Professor of Public Health and Director, Master of Public Health
 Program, Department of Health Science and Recreation, San Jose State University
- 12:25 PM HEALTH MINISTRIES IN ACTION PANEL PRESENTATION**
 Marion Harris, RN, BSN, MSN, MEd, FCN, Co-Chair, UCSF HDFCCC Faith Communities
 Committee and Health Ministry Leader, Glad Tidings International, Hayward and Director of
 the Nurses/Health & Wellness Ministry for the Northern California Ecclesiastical Jurisdiction
 Katora Campbell, DrPH, MSN, BSN, CHES, FCN, Executive Director, Westberg Institute for
 Faith Community Nursing (a ministry of Church Health)
 Fayette Davis, MBA, Oakland District Health Ministry Director CME Church
 Reverend Ulysses Ve'e, Pastor, Congregational Christian Church of American Samoa, Oakland
- 1:05 PM WRAP-UP REMARKS, EVALUATION, DRAWING/PRIZE ACTIVITY**
 Michelle Moseley, UCSF HDFCCC
- 1:15 PM CLOSING PRAYER & BLESSING**
 Reverend Babatunde Onadele, Senior Pastor, Ebenezer Community Church, Oakley

3 Continuing education hours may be earned at this educational symposium for registered nurses.
 Continuing education units (CEs) are provided by the Bay Area Black Nurses Association BRN # CEP 9053

2020 “Gathering” Meeting the Speakers



Monica D. Allen, DrPH, MPH

Dr. Allen completed her Bachelor of Science degree in Health Sciences and Master of Public Health in Health Promotion and Education at Loma Linda University. She also received a California State Secondary School Teaching Credential in Health Science at the Loma Linda University School of Education. In 2005, she was awarded the Chancellor’s Fellowship to study for a Doctor of Public Health Degree at the University of California, Berkeley School of Public Health. In addition to the degree, awarded in 2014, she completed the requirements for the Multicultural Specialty Certification. Dr. Allen has experience in a variety of public health agencies, medical center and health plan. Dr. Allen joined the American Cancer Society (ACS) in 2002 as the National Planner, her primary role being to assist in the development, distribution and implementation of the Statewide Comprehensive Cancer Control Plan. She also served as a Mission Delivery Director in the California Division, evaluating Mission Delivery programs and services, coordinating activities of the State Cancer Plan, and serving as lead staff for the Division’s Clinical Trials recruitment projects. She is currently an Assistant Professor of Public Health and the Master of Public Health Program Director in the Department of Health Science and Recreation at San Jose State University. Dr. Allen’s research focuses on disparities in health status and outcomes. She has served as Co-Investigator at the Kaiser Permanente Division of Research on an NIH funded project *Increasing Participation in Cancer Clinical Trials* and as a Senior Clinical Research Coordinator at the Helen Diller Family Comprehensive Cancer Center, University of California, San Francisco. She is currently the PI of Health Intervention for Minority Males, exploring the role of social support in the health promoting behaviors of men of color.



Wilma R. Batiste

Mrs. Wilma R. Batiste is a member of Neighborhood Baptist Church (NBC) in San Francisco since 1965, serving in many leadership ministries. Wilma is presently serving as Neighborhood Baptist Church’s Health Ministry Leader/Coordinator (2007-present) and has facilitated many health events, activities: including grant writer while in this capacity. As an active member of the UCSF Helen Diller Family Comprehensive Cancer Center Community Advisory Board (CAB), Joint Advisory Committee, Regional Liaison for SF County, and Chair of the UCSF Helen Diller Family Comprehensive Cancer Center Faith Communities Committee/Abundant Life Health Ministries Network (2009-present). SF CAN Task Force for the Prostate Cancer Initiative, Prostate Education (SF PCAN). Mrs. Batiste serves as a California Legislative Ambassador for American Cancer Society Cancer Action Network (ACS CAN), Certified Master Trainer for American Diabetes Association (ADA). Before her retirement from University of California, San Francisco she served as a Clinical Research Coordinator in the Department of Urology Oncology responsible for coordinating eight clinical trials in prostate and kidney cancer; Clinical Research Coordinator & Phlebotomist in the UCSF Cardiovascular Research Institute, School of Medicine coordinating numerous clinical trials and responsible for the Lipid Clinic Lab ten years. Currently, MMI Rater (Multi Mini Interview) for Stanford University School of Medicine MD Program, member of the San Francisco Interfaith Council Executive Board and Reviewer for the National Institute of Health (NIH) All of Us Institutional Review Board (IRB). Mrs. Batiste serves as a Community Advocate in San Francisco and six other Bay Area Counties serving as grant reviewer for UCSF University Community Partnership (large-medium-small) grants, San Francisco Affiliate Susan G. Komen, and San Francisco Foundation. She is currently a member of San Francisco Foundation Leadership Council, San Francisco Department of Elections Network, Ambassador for the BCAA Women’s Conference, Stanford

Cancer Institute and Administrator for San Francisco Department of Public Health (DPH) two grants (Culture of Health and Tobacco Free Project).



Katora Pettigrew Campbell, DrPH, MSN, BSN, CHES, FCN

Dr. Katora Pettigrew Campbell is the Executive Director of Westberg Institute for Faith Community Nursing, a ministry of Church Health in Memphis TN. She is a board-certified faith community nurse and a Certified Health Education Specialist. She received her Doctorate in Public Health and a master's in nursing science from the University of South Carolina. In addition, she has a bachelor's in nursing from Clemson University. She has 30 years of professional nursing and over 22 years of progressive leadership in managing faith community nursing programs and community health initiatives focused on health promotion and education, faith-based health programming, and research. She has a daughter, Lauren, and lives in Memphis, TN with her 2 cats, Scruffy and Calico.



Brian I Cody

Brother Cody is a faithful member of Cornerstone Missionary Baptist Church in San Francisco, aka "The Stone." He is a deacon at Cornerstone, is active in the men's ministry and participates in various other ministries both inside and outside the church. Brian is the servant leader for the health ministry at Cornerstone, who along with his ministry health team, have helped educate its membership in the specific areas of breast cancer, prostate cancer and diabetes while also addressing high blood pressure and healthy eating and maintaining an active lifestyle. He also is an active participant with UCSF Abundant Life, PCAN, the San Francisco African American Faith-based Coalition and many other organizations helping to address health disparities within the Black/African American community. Having the opportunity to work with the leadership of PCAN and its community network has enabled Brian to provide educational workshops and onsite testing on prostate cancer at Cornerstone, where African American can learn and discuss, without judgement, this cancer and its impact on African American men.



Fayette Davis, MBA, BS

Mrs. Davis is Abundant Life Health Ministry Liaison (Alameda County) and Oakland District Health Ministry Director as well as a business entrepreneur, community leader, and health ministry advocate with years of experience implementing federal, state and local grants in excess of \$2 million. A proven career success liaising with stakeholders in strategic management, community engagement, and program development within unique, culturally diverse environments. Fayette cultivates a passion of *"Empowering and Impacting the Lives of God's People"* and partners with various community and faith-based organizations to develop sustainable ministries to promote, improve and educate the community about health disparities and total well-being. Affiliations include: Abundant Life Health Ministry Community Partner, The LOOP Leadership Development Fellows Graduate, Alameda County Tobacco Coalition, Liaise for staff and the Office of the Chancellor at California State University Summer Algebra Institute, Member of the Christian Methodist Episcopal Church (CME), Northern California Region Ministers' Spouses, Widows and Widowers Department President (CME Church), National Social Concerns Committee Member (CME Church) and Amos Temple CME Church Health Ministry Coordinator and Director of Sponsored Programs



Marion Harris, RN, BSN, MSN, MEd, FCN

A registered nurse for more than 40 years, Mrs. Harris has earned a B.S. in nursing and a public health nursing certificate and a Master's degree in Nursing Administration and Education. For the past decade Mrs. Harris has focused her professional and ministry life on the development of health and wellness programs in faith communities in the San Francisco Bay Area. She is active in many professional organizations on the national and local level. Mrs. Harris is a long-time member of Glad Tidings International Church of God in Christ (COGIC) in Hayward and serves as director of the Nurses and Health & Wellness Ministry for the Northern California Ecclesiastical Jurisdiction COGIC. She has worked for John Muir Health in Concord and St. Rose Hospital in Hayward developing health ministry programs in local faith communities. She was responsible for developing health promotion and prevention programs to address the health disparities through faith communities and community based organizations. These programs include best practice models of culturally competency and compassionate engagement of African Americans and Latinos. Mrs. Harris is formerly research outreach director for UCSF Office of Community Engagement Breast Cancer Second Opinion study. She is currently a university professor and co-chair of the UCSF Faith Communities Committee-Abundant Life Health Ministries Network.



Ka'Ryn Holder-Jackson, PhD, MBA

Dr. Holder-Jackson is the Executive Director of ACCEL San Mateo, a coalition of regional education, training, business, and industry partners bridging the gap between employer demand for an educated and skilled workforce and the supply of workers with the necessary skills for a 21st century labor market. Dr. Ka'Ryn is also the President and CEO of A'Ryze Consulting. A'Ryze offers services such as: Key Note Speaking, Workshops, Seminars; Facilitated Mastermind Groups; Individual and Group Coaching, Comprehensive Leadership Assessment; Leadership Development & Training; and Disc Behavioral Analysis. Ka'Ryn earned a Bachelor's of Science in Psychology from San Francisco State University, a Master's of Science in Business Administration with a concentration in marketing and finance, University of Phoenix, and a Doctorate of Philosophy in Human Services from Capella University. She is a Certified Speaker, Trainer, Facilitator, Strategic Coach, Disc Behavioral Analysis Consultant/Trainer, and Personal Fitness Trainer.



Malcolm John, MD, MPH

Dr. Malcolm John, an expert in infectious diseases, is director of the UCSF HIV/AIDS Program, one of the most comprehensive HIV and AIDS treatment programs in the country. In addition to his work at UCSF, John is an HIV consultant for Larkin Street Youth Services in San Francisco. John's research addresses molecular and immunologic components of diseases associated with the human papillomavirus (HPV) in HIV-infected patients, particularly among African Americans. He also studies differences in HIV care and outcomes among African Americans. John earned his medical degree at Harvard University and a master's degree in public health at the University of California, Berkeley. He completed a residency and fellowship in internal medicine at Massachusetts General Hospital. He completed a fellowship in infectious diseases with the UCSF Center for AIDS Prevention Studies. John has received numerous honors, including an award from the Robert Wood Johnson Foundation's Harold Amos Medical Faculty Development Program. <https://www.ucsfhealth.org/providers/dr-malcolm-john>



Charles Lewis

Deacon Charles Lewis is a Chicago native who has lived in the Bay Area for over 40 years. He’s been a member of Cornerstone Missionary Baptist Church for 12 years where he’s served as Deacon for the last ten years. He retired from PGE where he worked as a customer service consultant & senior business analyst for the Solar Department. He has been married for 44 years and has one daughter, two sons, two grandsons and a granddaughter. In his spare time, he enjoys playing golf and cooking. Deacon Lewis has been involved with the Prostate Cancer Action Network since its inception in 2017.



James McCray, Jr., D.Min.

Semi-retired after 38 years of service in the local church and to the surrounding community; and now joyously living as a son, husband, father and grandfather in his beloved San Francisco. Dr. McCray is married to Gail Jackson McCray, a practicing Attorney in San Francisco. He now oversees the development of affordable housing and the building of a development corporation as Executive Director of Tabernacle Community Development Corporation (TCDC). McCray is also a clergy advisor to the UCSF Helen Diller Family

Comprehensive Cancer Center’s Faith Communities Committee and assists with building relationships with ministers and pastors, teaching and educating about faith and theology as well as advising on UCSF’s community engagement programs. He is also Chair of the San Francisco Cancer Initiative Prostate Cancer Action Network.

Vonda Nolan RN, BA, MSN, FCN

Ms. Nolan has practiced as a registered nurse for over 35 years. Her goal is to promote healthy behaviors of a family and community by addressing the whole person and environment. She is the Health Ministry Leader at First Baptist Church in Pittsburg, leader of the Contra Costa Health Ministries Network, UCSF Abundant Life Health Ministries Network advisor and Regional Liaison for Contra Costa County and an adjunct nursing professor at Samuel Merritt University.



Babatunde “Tony” Onadele, Sr. is a licensed and ordained minister and the Pastor of Ebenezer Community Church, Oakley, CA. The church name means, "the Lord has helped us", our purpose is community, our mission is derived from Acts 2:42 - 47, and overall we have a deep love for people, a great desire to follow God’s blueprint to reach the lost, and that we’re striving to make the church a house of prayer. He is also a Computer Systems Analysis by trade, pastorate by calling and an instructor on cardio physical activities (Turbo Kick) at Company Fitness Center.



Nynikka Palmer, DrPH, MPH

Dr. Nynikka Palmer received her undergraduate training from Morgan State University, where she earned a degree in community health education with honors. She earned a master’s degree in public health from Emory University’s Rollins School of Public Health and subsequently worked for the American Cancer Society in Atlanta, Georgia collaborating with community organizations on cancer education and early detection in minority and underserved communities. Dr. Palmer went on to earn a doctorate in public health, in behavioral sciences and health promotion from the University of Texas, School of Public Health in Houston. During her doctoral program, she was a pre-doctoral fellow on a National Cancer Institute (NCI) sponsored cancer prevention and control training program. She extended her training in cancer with a focus on cancer

survivorship and health disparities as a postdoctoral fellow on an NCI-sponsored training award at Wake Forest School of Medicine. Dr. Palmer was recruited to the University of California San Francisco in 2013 to further her research career in prostate cancer disparities. Currently, she is an Assistant Professor in the Division of General Internal Medicine at Zuckerberg San Francisco General Hospital (ZSFG), with a secondary appointment in the Department of Urology, and she is an Associate member of the UCSF Helen Diller Family Comprehensive Cancer Center and an Associate Faculty member of the Center for Vulnerable Populations at ZSFG. In 2016, Dr. Palmer was awarded the Helen Diller Family Chair in Community Education and Outreach for Urologic Cancer (an endowed chair), and received a National Cancer Institute K01 career development award to advance her research agenda in late 2017. <https://profiles.ucsf.edu/nynikka.palmer>



Manali Patel, MD, MPH, MS

Assistant Professor of Medicine (Oncology)
Palo Alto Veterans Affairs Healthcare System
Stanford Cancer Institute

<https://stanfordhealthcare.org/doctors/p/manali-patel.html>

<https://profiles.stanford.edu/manali-patel?tab=bio>



Sorbarikor (Sor) Piawah, MD, MPH

Dr. Piawah is a gastrointestinal oncologist with a particular interest in colorectal cancer. Piawah has a background in public health research, particularly in health care disparities among racial and ethnic minorities and low-income patients with cancer. Her current research is focused on understanding the roles that the gut microbiome (the population of microorganisms living in the intestinal tract), diet and lifestyle play in disparities among those with colorectal cancer and on designing therapies that target these factors. Piawah

earned her medical degree at Harvard Medical School and a master of public health degree at the Harvard T.H. Chan School of Public Health. She completed a residency in internal medicine at Brigham and Women's Hospital, one of Harvard's teaching hospitals. She completed a fellowship in hematology and oncology at UCSF. Piawah belongs to the American Society of Clinical Oncology. She has received awards for her research from the UCSF Osher Center for Integrative Medicine and UCSF Center for Aging in Diverse Communities.

<https://www.ucsfhealth.org/providers/dr-sorbarikor-piawah>



Kim Rhoads, MD, MS, MPH

Dr. Rhoads' background and scholarly work crosses the full cancer continuum from basic science (endothelial cell regulation and angiogenesis); to clinical care as a colorectal surgeon; through health services research in cancer disparities; and training in health policy (as a California Endowment Scholar in Health Policy at Harvard (2005-2006), and as the inaugural UCSF Philip R. Lee Fellow in Health Policy (2007-2008)). She has formal training in community organizing at the Center for Third World Organizing in Oakland, California; and Community Based Participatory Research as a member of the first cohort of academic-

community partnership teams trained by the California Breast Cancer Research Program. Before joining the faculty at UCSF, Rhoads founded the Community Outreach and Engagement program for the Stanford Cancer Institute. Rhoads views community engagement and institutional partnerships as substantive pathways to promote health equity and eliminate disparities. http://cancer.ucsf.edu/people/profiles/rhoads_kim



Reverend Ulysses Ve'e

Pastor of Congregational Christian Church of American Samoa in Oakland (CCCAS) for 21 years. Reverend Ve'e has 29 years in the ministry as Pastor. Born in San Francisco, grew up in Sunnyvale, CA and graduated from Kanana Fou Theological Seminary in American Samoa in 1991.



Valerie B. Yerger, N.D., L.M., M.A.

Dr. Yerger is a Professor in Health Policy in the Department of Social & Behavioral Sciences and in the Center for Tobacco Control Research & Education (CTCRE) at the University of California, San Francisco (UCSF). She is also Project Director, The LOOP and Faculty Equity Advisor UCSF School of Nursing. Dr. Yerger, who is trained in naturopathic medicine and licensed in California as a naturopathic doctor, brings to the CTCRE a novel focus on tobacco usage as a social justice issue that disproportionately affects marginalized communities. Dr. Yerger incorporates tobacco industry documents research into her work.

She has years of experience researching and analyzing tobacco documents, examining specifically the tobacco industry's relationships with African American leadership groups and the tobacco companies' marketing of menthol cigarettes in inner-city communities. Since 2004, Dr. Yerger has coordinated the CTCRE annual tobacco documents workshop. Since 2007, Dr. Yerger has successfully secured funding to offer diversity scholarships to tobacco control advocates from the generally under-represented communities, so they may travel to San Francisco to attend the workshop. Dr. Yerger initiated the research on melanin's potential role in nicotine exposure, nicotine dependence, and smoking behavior. Melanin is the primary determinant of skin color in human beings, and tissues containing melanin have been shown to accumulate nicotine. This is exciting research that has led to collaboration with other national and international investigators. Dr. Yerger's research interests also include investigating ways African Americans may increase their ability to quit smoking and remain tobacco-free by reframing tobacco and tobacco industry targeted marketing as social justice issues and utilizing a community-based participatory research (CBPR) approach. Dr. Yerger is part of the UCSF team invited by the Food and Drug Administration (FDA) to search the Legacy tobacco documents archives for tobacco industry research on menthol cigarettes, leading to a number of publications in a special supplement of a leading specialty journal. Dr. Yerger provided expert testimony of the findings from this research to the Tobacco Products Scientific Advisory Committee (TPSAC), who then provided guidance to the FDA on the regulation of menthol in tobacco products. "Walking in faith keeps me in a place of joy. Being joyful keeps me from secreting stress hormones, which then allows me to share more easily my light and love with others."

<https://profiles.ucsf.edu/valerie.yerger>

Abundant Life Health Ministries Network

UCSF Helen Diller Family
Comprehensive
Cancer Center



A program of UCSF Helen Diller Family Comprehensive Cancer Center
Office of Community Engagement
<http://cancer.ucsf.edu/community-engagement/>

UCSF Faith Communities Committee Abundant Life Health Ministries Highlights

- ▶ Reached and served: over 150 churches or communities of faith across 7 greater Bay Area counties
- ▶ Pastors & Ministers preach & teach about health & connect faith and health
- ▶ Churches have healthy food & beverage practices & policies; environmental changes
- ▶ Health ministries conduct cancer education
- ▶ Assist with community engagement for COVID19 information & testing
- ▶ Congregations identify and mobilize assets for partners, planning & sustainability
- ▶ Participate in research studies and advise investigators on study aims
- ▶ Helped develop Men's Health Committee Alameda County & SF Prostate Cancer Action Network
- ▶ Received UCSF Excellence in Partnership Award
- ▶ Presented at local, regional, state & national conferences
- ▶ Recipient of Special Recognition from U.S. Congress, California State Assembly, Alameda County Board of Supervisors Proclamation and San Francisco City & County Proclamation

ACKNOWLEDGEMENTS - Health ministry, faith & community partners

Amos Temple CME
Antioch Church Family
Bethlehem MBC
Bible Fellowship
Church of Christ
Cornerstone MBC
Ebenezer Community
First AME Community Church
First Baptist
Glad Tidings International COGIC
Grace Bible Fellowship
Jones Memorial UMC
Missionary Temple CME
Neighborhood Baptist
The House of Prayer Everywhere
St. Andrew MBC
St. Columba Catholic
St. John MBC
St. Phillip MBC

St. Paul of the Shipwreck Catholic
Third Baptist
True Hope
Oakland Congregational Christian Church American Samoa
Acts Full Gospel COGIC
Church by the Side of the Road
Mount Calvary
Parks Chapel AME
San Francisco Christian Center
Providence Baptist
Allen Temple Baptist
Contra Costa Health Ministries Network
Northern California Ecclesiastical Jurisdiction COGIC
Nurses/Health & Wellness Ministry and Women's Dept.
American Heart Association
Tabernacle Community Development Corporation
Commissioner/SF Faith-base Coord., Dr. Carolyn Scott

VIRTUAL MARKETPLACE OF RESOURCES FOR A HEALTHIER LIFE

The following resources are available to support the work of health ministry programs. Consider using the 18 resource pages to raise awareness and incorporate into education, communication and social media activities. Reach out and make contact using the information provided for more information.

American Heart Association
Donor Network West
UCSF Office of Community Engagement -Screen to Save
& Clinical Trials Education
UCSF Campus Life Daily Stretching
The Office of the Minority Health

SFCAN Prostate Cancer Action Network & Men's Health
Committee Prostate Health Support Groups
UCSF Athena Breast Health Network/WISDOM Study
UCSF RESPOND Prostate Cancer Study
Friends of Frank COVID19
Office of Women's Health

Health Observances -special causes to raise awareness & promote; feature testimonials from health ministry members, congregants and/or community partners. Also, they are an excellent opportunity to connect with the virtual marketplace resources to partner for speakers, referrals and resources.

- January – Cervical Health Month <https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>
- February
 - World Cancer Day <https://www.worldcancerday.org/>
 - Black History Month <https://www.cdc.gov/healthequity/features/african-american-history/index.html#:~:text=Each%20year%2C%20the%20U.S.%20President,of%20death%20for%20African%20Americans> <https://africanamericanhistorymonth.gov/>
- March – Colorectal Cancer Month - Colorectal Cancer screening saves lives! Colorectal cancer info <https://www.cancer.gov/types/colorectal> Colorectal Cancer Quiz <https://www.cdc.gov/cancer/colorectal/quiz/>
- April – National Minority Health Month <https://minorityhealth.hhs.gov/default.aspx>
<https://www.nimhd.nih.gov/programs/edu-training/nmhm/>
- May
 - National Women's Health Week <https://www.womenshealth.gov/nwhw>
 - World No Tobacco Day <https://www.womenshealth.gov/nwhw> (tobacco is linked to several cancers)
 - Asian & Pacific Islander Heritage Month Learn more from the NCI & CDC:
<https://www.cancer.gov/about-cancer/understanding/disparities#q12>
<https://www.cdc.gov/knowhepatitisb/> <https://asianpacificheritage.gov/about/>
- June
 - National Cancer Survivorship Day <https://www.ncsd.org/>
 - Men's Health <http://www.menshealthmonth.org/>
- September – Latino/Hispanic Heritage Month <https://www.hispanicheritagemonth.gov/about/>
- October - Breast Cancer Awareness <https://www.nationalbreastcancer.org/breast-cancer-awareness-month>
<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>
- November - Family Caregivers Month <https://caregiveraction.org/national-family-caregivers-month-theme/>
- Thanksgiving is National Family History Day. Learn about family history of cancer and chronic conditions and talk to your healthcare provider. <https://www.cdc.gov/genomics/famhistory/index.htm>

Daily Stretching Exercises

1. Relax into each stretch 2. Do not bounce 3. Hold each stretch for 30 seconds



Back



Front Bend: Feel stretch in lower back & legs
 • Bend forward at waist
 • Keep hands on thighs
 • Relax head, neck, and shoulders



Standing Knee to Chest: Feel stretch in upper leg
 • Use wall or chair for support
 • Raise knee toward chest
 • Hold knee with free hand(s)



Standing Hip Flexor: Feel stretch in hips
 • Slide one leg behind you; knee bent, heel raised
 • Bend front knee
 • Push hips forward



Standing Hamstring: Feel stretch in back of leg
 • Stand with one leg in front, toes flexed
 • Place weight on back leg
 • Rest palms on rear leg to support body weight
 • Bend forward at waist

Neck & Shoulders



Head Side Bend: Feel stretch along side of neck
 • Bend neck gently to one side
 • Relax shoulders
 • Use light support from hand, if needed



Head Front Bend: Feel stretch in back of neck
 • Let your head hang forward, toward chest
 • Relax shoulders
 • Use light support from hand, if needed



Chest Opener: Feel stretch in chest & shoulders
 • Place both hands gently behind head
 • Stretch elbows wide to each side
 • Pull shoulder blades together



Side Bend: Feel stretch along side of the body
 • Raise hands overhead
 • Interlace fingers, if possible
 • Slowly lean to one side

Hips & Legs



Hip Circles: Feel increased movement in hips
 • Place hands on hips
 • Slowly make 10 circles in one direction
 • Repeat 10 circles in opposite direction



Cross Over: Feel stretch along side of leg & hip
 • Cross one foot in front of the other
 • Slowly lean toward the rear foot
 • Press hips to the side
 • Switch feet to repeat on opposite side



Quad Stretch: Feel stretch in front of bent leg
 • Use a wall or chair for support, if needed
 • Stand on one foot and bend other leg back
 • Grasp top of ankle or forefoot with hand
 • Gently pull heel towards body



Side Lunge: Feel stretch in inner thigh
 • Take a wide step to one side
 • Shift your weight by bending one knee
 • Keep other leg straight, and feet flat on the ground

Arms & Hands



Wrist Flexion/Extension: Feel stretch in wrist & forearm
 • Extend arm at length
 • Turn palm downward
 • Apply light pressure with opposite hand
 • Can be repeated with palm facing upward



Shoulder Circles: Feel increased movement in back & shoulders
 • Let arms relax at sides
 • Slowly make 10 large circles by pulling shoulders up, back, and down



Shoulder Cross Over: Feel stretch in shoulder & upper arm
 • Lengthen arm in front of chest
 • Use free hand to gently press arm closer to body
 • Keep shoulders relaxed
 • Repeat on opposite side



Extended Arm Stretch: Feel stretch in upper back & arms
 • Interlace fingers and reach arms in front of body
 • Palms should be facing forward
 • Keep shoulders relaxed and even

Clinical Trials Participation: Why Diversity Is Important

Clinical trials are studies that test new ways to prevent, find, and treat disease. They also help to make sure that new medicines and treatments are safe and effective.



Minority Participation in Clinical Trials Is Low

Fewer than 1 in 20 adults with cancer enroll in clinical trials. Minorities are even less likely to participate in clinical trials, and their enrollment has been dropping since 2011.¹

● Non-Hispanic White	83%
● African American	6%
● Asian/Pacific Islander	5%
● Hispanic/Latino	3%
● Other	2%
● American Indian/Alaska Native	<1%

66%
OF CANCER DRUG TRIALS
REPORTED ZERO AMERICAN INDIAN/ALASKA NATIVE PARTICIPANTS³



Why We Need More Diversity

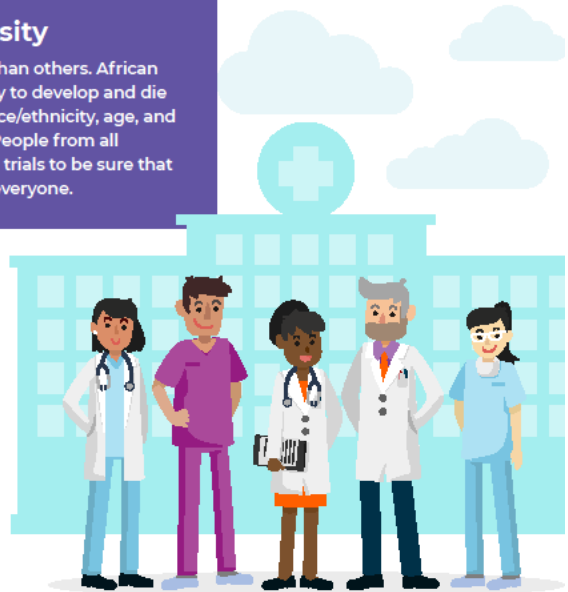
Some groups have higher rates of cancer than others. African American men, for example, are more likely to develop and die from cancer than any other group. Plus, race/ethnicity, age, and sex can affect the response to treatment. People from all backgrounds need to participate in clinical trials to be sure that new treatments are safe and effective for everyone.

- Clinical trials have rules to protect the rights, health, and safety of participants.
- If the treatment being studied is better than the standard treatment, participants may be among the first to benefit.
- Clinical trials may help scientists learn more about cancer and help people in the future.



Did you know?

All FDA drug approvals are based on clinical trial results.



How to Take Action



Talk to a health care provider about clinical trials participation



Call 1-800-4-CANCER to speak to a cancer information specialist



Find NCI-supported clinical trials at cancer.gov

1. Unger JM et al (2016). DOI: 10.14694/EDBK_156686

2. Duma N et al (2018). DOI: 10.1200/JOP.2017.025288

3. Chen C & Wong R: Black patients miss out on promising cancer drugs. Propublica, 2018.

Colorectal Cancer Screening: When, How & Who?

WHEN

Tests that find growths in the colon can actually prevent cancer if the growths are found early and removed before they become cancerous.

Screening should happen at age

50-75

For most people, colorectal cancer screening should begin at age 50 and should continue until age 75. Always talk to your doctor about the right age for you.

HOW

Talk to your doctor about getting screened and which method is best for you.

3

WAYS TO SCREEN



Home Stool Tests
Provide a stool sample to be examined for tiny amounts of blood and DNA biomarkers.



Sigmoidoscopy
A doctor will look in the rectum and lower colon for polyps and signs of cancer. Requires simple preparation and no sedation.



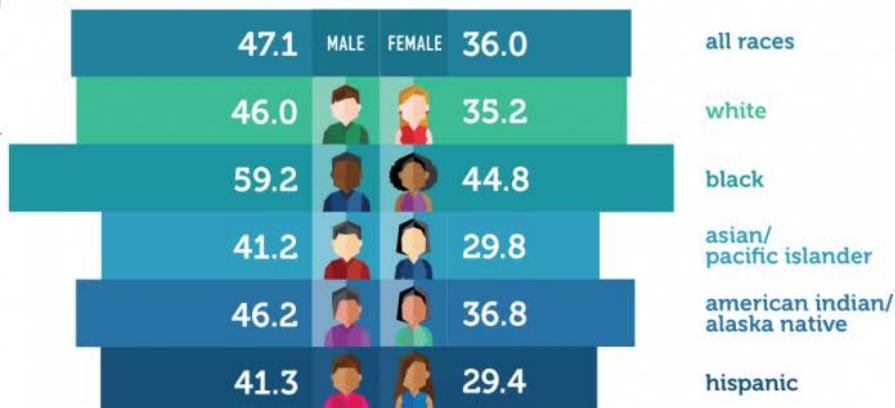
Colonoscopy
A specialist will look in the rectum and entire colon for polyps and signs of cancer. Requires preparation and sedation.

WHO

Colorectal cancer is the 4th most common cancer in the United States and is more common among certain racial/ethnic minorities.

People age 50 and older from racially and ethnically diverse communities have lower rates of screening than the general population.

Number of New Cases per 100,000 Persons by Race/Ethnicity & Sex:
Colon and Rectum Cancer



SEER 18 2009-2013. Age-Adjusted

Risk Factors for Colorectal Cancer



Personal or family history of CRC or polyps



History of inflammatory bowel disease (Crohn's or ulcerative colitis)



Certain genetic conditions



Smoking/tobacco use



Lack of physical activity



Heavy alcohol consumption



Obesity



The Center to Reduce Cancer Health Disparities invites you to get involved with Screen to Save. Help increase colorectal screening rates among men and women age 50 and older from diverse communities. Learn more at cancer.gov/screen-to-save

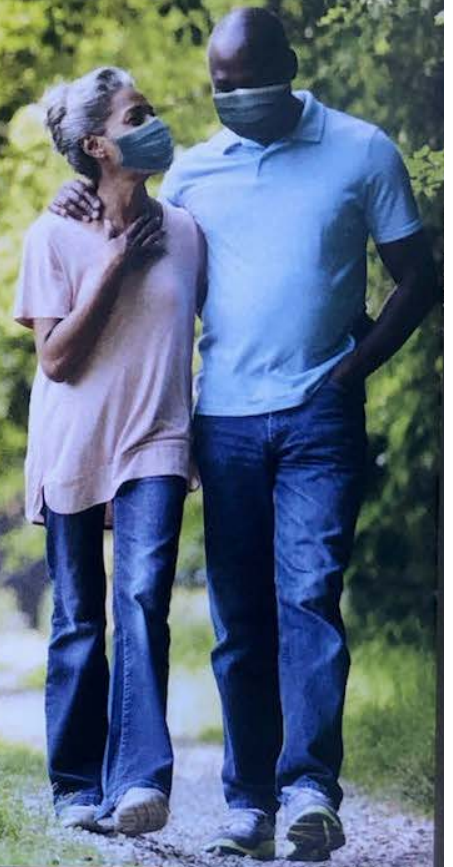
Don't wait. Get screened. Learn more about colorectal cancer and screening. colon.cancer.gov

For more information and/or to arrange a colorectal cancer education session, e-mail: Michelle.Moseley@ucsf.edu

BROTHERS & SISTERS

Team Up & Fight COVID

**Cover your face, wash
Your hands
As much as you can**



BROTHERS & SISTERS

THE TIME HAS COME

Deuteronomy 30:19: Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live!



UCSF Helen Diller Family
Comprehensive
Cancer Center

SAMUEL
MERRITT
Ethnic Health Institute





The WISDOM Study, designed by doctors at the University of California, is a nation-wide study to improve breast cancer screening for all women. Today's screening guidelines take a one-size-fits-all approach and are based on data from over 30 years ago. The goal of WISDOM is to apply modern medical science to determine the safest and most accurate way to screen, while reducing the number of false alarms for women who do not have breast cancer.

By comparing two safe and accepted screening approaches, The WISDOM Study will determine what's best: routine annual mammography or a personalized approach to screening that includes genetic testing for breast cancer risk. Participation is easy, free, and can be done from home. There's no need to change where you get your mammogram or go to extra clinic visits. To join WISDOM, or get more information visit www.thewisdomstudy.org or call 855-729-2844 .

JOIN THE WISDOM STUDY

This Study Involves:

- Online questionnaires
- Following study-recommended mammogram screening schedule
- Optional genetic testing saliva "spit" kit sent to your home, for some

Recruiting For:

- Women aged 40 to 74
- Who have not had breast cancer or ductal carcinoma in situ (DCIS)

**AN OPPORTUNITY
FOR YOU TO HELP
IMPROVE THE HEALTH OF
YOUR SISTERS,
MOTHERS,
DAUGHTERS,
& FRIENDS**

**WHILE LEARNING ABOUT
YOUR PERSONAL RISK
FOR BREAST CANCER.**

**To join WISDOM
or get more information visit
www.thewisdomstudy.org
or call 855-729-2844**



Our Mission

The Office of Minority Health is dedicated to improving the health of racial and ethnic minority populations through the development of health policies and programs that will help eliminate health disparities.

Our Work

Key strategies of the Office of Minority Health mission include:

- Developing and promoting policies, programs and practices to achieve health equity
- Funding demonstration programs at the regional, state and local level that can contribute to health policy and the effectiveness of strategies for improving health
- Improving data collection, reporting and sharing for ethnic and racial minority populations
- Fostering research and evaluation
- Establishing and strengthening networks, coalitions and partnerships to identify and solve health problems

Our Resources

The Office of Minority Health supports health equity through:

- The [Office of Minority Health Resource Center \(OMHRC\)](#) is a source for minority health literature, research, and referrals for consumers, community organizations and health professionals. OMHRC also offers capacity building and technical assistance services designed to increase the strength and competence of health care agencies and programs.
- The [National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care \(The National CLAS Standards\)](#) help organizations provide culturally and linguistically appropriate services to better serve our nation's increasingly diverse communities.
- [Think Cultural Health](#) is dedicated to advancing health equity at every point of contact. This website features information, continuing education opportunities, resources, and more for health and health care professionals to learn about culturally and linguistically appropriate services, or CLAS. Launched in 2004, Think Cultural Health is sponsored by the Office of Minority Health.

Our History

The Office of Minority Health was created in 1986 as one of the most significant outcomes of the [Secretary's Task Force Report on Black and Minority Health \(Heckler Report\)](#). This landmark report marked the first convening of a group of health experts by the U.S. government to conduct a comprehensive study of racial and ethnic minority health.

Contact Us

Sheila James

Regional Minority Health Analyst

Phone: (415) 437-8075

Email: sheila.james@hhs.gov

<https://www.minorityhealth.hhs.gov/>





The mission of the U.S. Department of Health & Human Services (HHS) Office on Women's Health (OWH) is to provide national leadership and coordination to improve the health of women and girls through policy, education, and innovative programs. OWH was established in 1991 as part of the Office of the Assistant Secretary for Health within HHS. Today, OWH focuses on emerging women's health priorities to meet the needs of women and girls. Working collaboratively with federal agencies and partners, OWH supports a variety of campaigns, programs, and policies around health disparities, violence against women, HIV and AIDS, trauma-informed care, health across the lifespan, and the provision of health care. OWH supports women and girls through our policies, programs and educational initiatives to improve health. Our activities directly support our goals to:

- **Inform and influence policies** – ensure that policies at all levels address women's and girls' health needs across the lifespan
- **Educate consumers** – provide reliable, up-to-date, plain language health information in English and Spanish for women and girls through mobile-friendly websites, social media, email, print publications and a toll-free helpline
- **Educate health care professionals** – provide continuing education, lectures webinars, case studies and online curriculum about women's and girls' unique health needs
- **Support innovative programs** – develop innovative, evidence-based programs that incorporate the unique determinants of health for women and girls

The OWH website (www.womenshealth.gov) includes:

- ✓ **The OWH Help Line** (1-800-994-9662), a free resource line available to the public from 9am to 6pm Eastern Monday-Friday to help you find the information or services you need.
- ✓ **OWH Updates** – subscribe to this news update to stay informed on the latest in women's health.
- ✓ **Current easy-to-understand information on health topics from A to Z.** For example, to find out what steps you can take to stay healthy at any age, go to www.womenshealth.gov/healthy-living-age.
- ✓ **Information on OWH campaigns and initiatives** such as National Women's Health Week and National Women & Girls HIV/AIDS Awareness Day. Learn how you can support these efforts in your community.
- ✓ **Social media - Follow us!**
 - ✚ www.facebook.com/HHSOWH
 - ✚ www.twitter.com/WomensHealth - www.twitter.com/GirlsHealth - www.twitter.com/SaludDLaMujer
 - ✚ www.youtube.com/WomensHealthgov
 - ✚ www.pinterest.com/womenshealth

For more information, contact

Kay A. Strawder, JD, MSW, Regional Women's Health Analyst at kay.strawder@hhs.gov

BAY AREA COMMUNITY IMPACT



OUR MISSION: To be a relentless force for a world of longer, healthier lives.

The American Heart Association will catalyze transformative change in the Bay Area. We will provide leadership guided by our science, to maximize resources and convene partners in building an equitable foundation of health for all. We are the relentless force in the Bay Area for a healthier community.

LEADING PRIORITIES AREAS



Policy, System, and Environment Change

- Leading and partnering with key community stakeholders in SHAPE UP SF, OAKLAND THRIVES Leadership Council, and more coalitions.
- Helped pass Proposition E and stop Proposition C in San Francisco, ending the sale of flavored tobacco products.
- Advocate for the allocation of local soda tax revenue to increase healthy food access, quality of school meals, access to parks and recreation.



Clinic Support for Chronic Disease Management

- Support healthcare systems through engagement and recruitment in quality improvement blood pressure, cholesterol, and diabetes programs.
- Placement of corporate and community blood pressure kiosks with partners like Roots Community Clinic.
- Work with community partners to equitably address the social factors that will improve health outcomes for historically under-resourced communities.



Youth & Schools

- Improving nutrition in schools and worksites through partnerships with districts and organizations like RevUp Foods.
- Partner with teachers and career pathway schools to provide resources surrounding STEM, career development and youth advocacy training.
- Assemble the Youth Health Equity Council, a cohort of diverse high school students exploring health equity issues, working to address disparities in local populations through advocacy and leadership opportunities.



Corporate Health

- BetterU: A cohort of individuals who participate in a series of classes focusing on improving their overall health and wellbeing.
- Organizational Health Policies: We work with top employers to develop their organizational policies such as nutrition standards for foods/drinks served and smoke-free campuses.
- Evidence-based chronic management programs utilize self-monitoring so participants take ownership of their cardiovascular health.

Contact
Vicki Williams at
vicki.williams@heart.org
for more information.



COVID-19 IN THE BLACK COMMUNITY

COVID-19 is an pandemic that is disproportionately impacting the Black community. This health crisis has already claimed over 30,000 Black lives and climbing, due to the legacy of discrimination and healthcare inequalities.



DID YOU KNOW?

FALSE: Only Black people with health conditions get it.

TRUTH: Healthy Black people have gotten the disease!

FALSE: Black children and youth cannot die from it.

TRUTH: Black children as young as 6-years-old have died!

FALSE: If you don't feel sick, you don't have the disease.

TRUTH: You can have it and not feel sick, and unknowingly spread it to others!

HOW IT SPREADS?

- Breathing in airborne droplets through your mucus membranes, such as nose, mouth and eyes
- Touching surfaces and then touching your face



PROTECT YOURSELF AND LOVED ONES

Help slow the spread

- Wash your hands often
- Wear a face mask in public
- Avoid in-person contact
- Maintain social distancing
- Stay active
- Boost your immune system by eating fruits and vegetables



SYMPTOMS OF INFECTIONS

- Low energy
- Body aches & pain
- Chills and feeling feverish
- A new cough
- Shortness of breath or tightness of chest
- Some individuals may be asymptomatic

IF YOU'RE SICK

- Seek medical attention
- Get tested contact your County Public Health Department for test locations - or - Contact Roots Community Health Center at www.rootsclinic.org



WWW.COVID19BLACK.ORG



Let's get businesses OPEN

The Coronavirus spreads when people breathe close to each other. Masks and distance cut the spread.

When there is less spread, businesses can reopen.

The economy depends on every person to do their part.

No masks = fewer jobs!

Did you know?

- Vaping and smoking make Covid worse
- Plain soap and water kills the Coronavirus. Frequent hand-washing is better than rubber gloves.
- Face shields add helpful eye protection. They can be worn with masks but *cannot replace them*.
- Cloth masks are excellent. They must be washed daily.
- Touching your face or the front of your mask can expose you to the virus.

What is RISKY? What is SAFE?

Even with masks, few activities are completely safe.

SAFER

- Staying home as much as possible with members of your household
- Walk or exercise outdoors alone or with household members
- Eating outdoors – at least 6 feet away from non-household members
- Eating take-out or delivered food

Low-Medium Risk

- Playing sports "distanced" outside
- Grocery shopping
- Shopping in retail stores

Higher Risk

- Spending time indoors with groups of non-household people such as churches, movie theaters, museums
- Eating or drinking indoors at bars and restaurants
- Taking a taxi or ride-sharing
- Medical or dental office visits

COVID risk is all about the air around us because the virus can stay in indoor air for hours. The more people in a closed space, the greater the danger.

Stay up to date on COVID-19

- COVID-19 is a new virus. Doctors and scientists are learning more every day
- But myths and misinformation are everywhere. Here are *trustworthy, credible* source of information:

How to protect yourself/what to do if you're sick
<https://www.cdc.gov/coronavirus/2019-ncov/>

COVID-19 Fact Checker - Wide ranging useful information by UCSF medical students
<https://www.covid19factcheck.com/en/>

SF Dept of Public Health – COVID
<https://www.sfdph.org/dph/alerts/coronavirus.asp>

African Americans are hit harder by COVID than many other groups.

So when it becomes available --

GET THE VACCINE !!!!!

SF CAN San Francisco Cancer Initiative

Prostate Cancer Action Network

www.SFCancer.org



Masks Save Lives !

... and jobs



What difference does a mask make?



No Mask – when people talk with no masks on, they are fully exposed to each other's breathand germs!

One Mask – one person's mask reduces exposure somewhat.

Two Masks – if all people wear masks, there is almost no exposure at all!

Everyone is safer with masks

BUT...

- To be effective, your mask must **COVER NOSE AND MOUTH** because the Coronavirus is particularly attracted to the inside of the nose
- Masks with valves are not safe. In some places they are against the law.

Masks with valves are not allowed

These kinds of masks do not protect others.



Face Covering Do's and Don'ts:

DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus

How do I join?

Your participation is critical in understanding why African American men are more greatly affected by prostate cancer. To join, complete the enclosed survey by mail or online by going to our website:

www.RESPONDStudy.org

Then click on the blue box at the top:

Have a survey ID?
CLICK HERE TO TAKE SURVEY

Participation is voluntary. All information that you provide will be kept confidential.

Participants will receive \$30 for completing the survey, \$30 for providing a saliva sample, and \$20 for giving permission to access stored prostate tissue samples.

Questions?

833-432-2050
RESPONDStudy@ucsf.edu



The RESPOND study needs African American men with prostate cancer from all over the country.



Participating sites:

California
University of Southern California (coordinating center)
University of California, San Francisco
Public Health Institute

Georgia
Emory University

Louisiana
Louisiana State University Health Sciences Center

Maryland
Johns Hopkins University

Michigan (Detroit metropolitan area)
Wayne State University

New Jersey
New Jersey Department of Health
Rutgers University

Texas
Baylor College of Medicine

And other locations throughout the USA

This study is funded by the National Cancer Institute and the National Institute on Minority Health and Health Disparities under Grant#U19CA214253 and additional funding by the Prostate Cancer Foundation.



RESPOND

African American
Prostate Cancer Study



Too many African Americans are getting prostate cancer.

With your help, we can change this for future generations.

Why does this matter to me?

African American men are more likely to get prostate cancer than any other group.

1 in 6 African American men will get prostate cancer.



How is it different for African Americans?

Prostate cancer is more aggressive in African Americans and is twice as likely to lead to death compared to White men.

It can occur at a younger age in African Americans than in other groups.

Together we can change this.



What is RESPOND?

RESPOND is the largest research study ever to look for answers to the prostate cancer problem for African American men.

RESPOND is working with African American community leaders to make sure the community's voice is heard.

RESPOND needs 10,000 African American men with prostate cancer to complete a survey. We hope many of these men will also give saliva or cancer tissue samples.

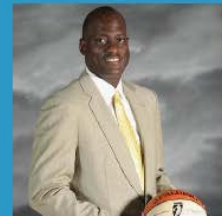


Photo courtesy of the African Dream, WNBA

"As a cancer survivor, I've had to hear the words 'You have cancer' and I've had to face the fears and challenges that go along with being a cancer patient."

"African American men have not been included in enough research studies in the past. This is our opportunity to take part in a study that has real promise to help our community."

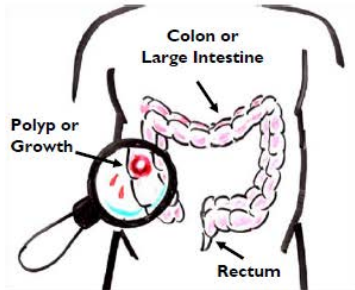
-Michael Cooper,
former Los Angeles Laker and
five-time NBA champion

Your participation will help:

- Develop better treatments
- Catch aggressive cancer before it grows and spreads
- Save lives

What are the colon and the rectum?

- The colon (or large intestine) and rectum are some of the many organs within the digestive system.
- The digestive system is a group of organs that turns the food we eat into fuel for our bodies.
- The colon absorbs water and nutrients from the food you eat and passes waste (stool) to be stored in the rectum until it passes out through the anus.



What is colorectal cancer?

- Colorectal cancer is cancer of the colon or rectum. It usually starts as small polyps or growths. They can become cancer over time.
- It is the second-leading cause of cancer death among adults in the United States.
- **About 1 in 20 people** will be diagnosed with colorectal cancer, but it **can be prevented or caught early with regular screening!**



Are there any other ways to prevent colorectal cancer?

Routine colorectal cancer screening is the most effective way to prevent colorectal cancer deaths. Other activities you can do, **in addition to screening**, to lower the risk of colorectal cancer include:

- Avoid fat. eat a healthy diet high in fruits and vegetables, low in red meats, processed meats, and meats cooked at high temperatures (frying, broiling, or grilling)
- Do not smoke cigarettes
- Minimize alcohol
- Exercise



How do I get screened?

Talk to your provider about colorectal cancer screening and find out what tests are right for you. Do not wait until you have symptoms!

You have the power to help stop colorectal cancer before it starts.

Patient Story - Joseph Chen:

My physician reminded me it was time for my first colonoscopy. I thought I'd always lived a pretty healthy lifestyle. There is no history of colon cancer in my family... I didn't think it was an urgent matter needed to be done right away. So I put it on hold.

I finally got around to getting it two years later and was stunned my doctor told me I had early-stage colon cancer. I never expected it could happen to me. I had surgery and because of the early detection, the cancer had not spread and I didn't need chemo or radiation. My cancer was considered cured. I hope my experience will demonstrate to others the importance of early detection. It is the key to survival.

When should I start screening?

Most people should start screening by age 50, but some should start screening earlier. You should speak with your provider about when to start screening, especially if you have had:

- A previous polyp
- Previous colorectal cancer
- Or have a family history of colorectal cancer.

Many people with colorectal cancer are healthy and do not have any symptoms or family history, so **it is important to screen regularly**. Usually, cancers detected early are more easily treated and cured. Not only does screening detect cancers early, but it **can prevent a growth from turning into cancer**.

What are the symptoms of colorectal cancer?

Symptoms include:

- Stomach pain, aches, or cramps that do not go away
- Blood in the stool that you can see
- A feeling that your bowel does not empty completely
- Changes in bowel habits or consistency

But many people with colorectal cancer have no symptoms, which is why it is important to get screened.

Besides getting myself screened, what else can I do?

If you have family members or friends who are age 50 and older, tell them about the importance of screening for colorectal cancer.

To learn more information about colorectal cancer, visit San Francisco Cancer Initiative's Colorectal Cancer Task Force's website or contact us via email:

www.sfcancrc.org/colorectal-cancer

SFCANCRC@ucsf.edu

About SF CAN Colorectal Cancer Task Force

We are a collaborative partnership with health care systems, government, and community groups in San Francisco that focuses on reducing colorectal cancer through education and screening.

Partners:

- American Cancer Society
- San Francisco Community Clinic Consortium
- San Francisco Department of Public Health
- San Francisco Health Plan
- University of California, San Francisco
- Zuckerberg San Francisco General Hospital and Trauma Center
- Colorectal Cancer Coalition — Get Your Rear in Gear, San Francisco
- Operation Access
- Kaiser Permanente — Diversity, Inclusion, and Equity Steering Committee

"Colon Screening" by Mark Wooding is licensed under UCSF
"Red Apple" and "Green Peas" from Pixabay is licensed under CC0
"Cancer logo" from PNGing.com is licensed under CC 4.0 BY-NC

What kind of screening tests are available?

No matter what screening test you choose, the most important thing is to get screened. The most common tests to screen for colorectal cancer are:

Stool Tests:

- The stool test is simple and can be done at home at your own convenience.
- **It looks for hidden blood in your stool.**
- You collect a small sample of your stool using a testing kit given to you by your provider.
- If the result is normal, you will need to repeat the test in a year.
- If the result is abnormal, it does not necessarily mean you have cancer. However, it is important to get another test called a colonoscopy.



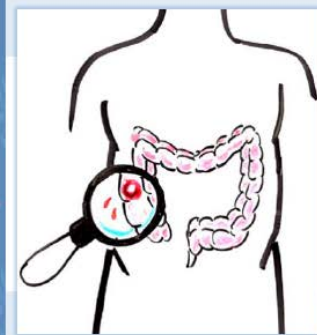
Colonoscopy:

- A thin flexible tube with a camera is inserted into the anus to examine your colon and rectum.
- During a colonoscopy, the doctor can remove polyps (growths) to prevent cancers and look for other causes of blood in your stool.
- If nothing abnormal is found during the colonoscopy, then you will only need to repeat screening after 10 years.



Don't Get Left Behind:

Colorectal Cancer Screening is easy and could save your life!



SF CAN San Francisco Cancer Initiative

A community partnership to fight cancer



A link to a video that has different testimonies from individuals from a multi-cultural background discussing their experience with donation. Featured on the video is Pastor Raynaud Hillis from Double Rock Baptist Church in Bay View.

[National Minority Donor Awareness Testimonies](https://www.youtube.com/watch?v=glNEDGz5Xe0&feature=youtu.be)
<https://www.youtube.com/watch?v=glNEDGz5Xe0&feature=youtu.be>

Theresita Gonzalez
Community Development Liaison II
12667 Alcosta Blvd., Suite 500
San Ramon, CA 94583
925.393.6189

DONORNETWORKWEST.org



Prostate Health Support Group for African American Men

Oakland & San Francisco



Our mission is to provide a safe and supportive place where men can come together for dialogue and education.

In honor of Dr. Frank E. Stagers, Sr.

(Founding Chair of the UCSF HDFCCC Community Advisory Board)

Who: This group is open to any man who is concerned about prostate cancer, at any stage in their journey.

There is no cost for participation.

When: Meetings are held the 1st and 3rd Tuesday of the month, from 6:30pm to 8:30pm during the COVID19 outbreak, group will meet via zoom

 Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

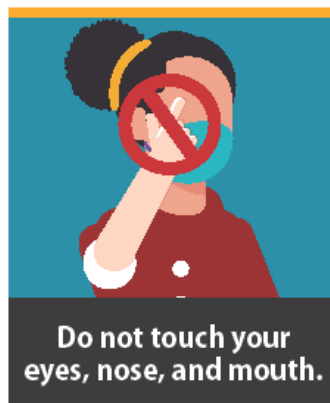
SF CAN San Francisco
Cancer Initiative

 Helen Diller Family
Comprehensive
Cancer Center

Space is limited, so please register by contacting:
Ghilamichael Andemeskel at 510-606-8361 or
ghilamichael.andemeskel@ucsf.edu

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

316917C May 13, 2020 11:03 AM



LLS Online and Virtual Support during the COVID-19 Outbreak

Resources listed below can be found at www.lls.org

The Leukemia & Lymphoma Society (LLS) is here for you!

Speak one-on-one with an Information Specialist who can assist you through cancer treatment, financial and social challenges and give accurate, up-to-date disease, treatment and support information. Our Information Specialists are master's level oncology social workers, nurses and health educators.

How to Contact an [Information Specialist](#):

- **Call:** (800) 955-4572 (Monday to Friday, 9 a.m. to 9 p.m. ET)
- **Leave a message 24/7 and we'll call back.** Call (800) 955-4572 to use the automated response system 24 hours a day, seven days a week. An Information Specialist will return your call the next business day. You can also listen to recorded information about LLS and our programs.
- **Chat live online:** [Click here to chat](#) (Monday to Friday, 10 a.m. to 7 p.m. ET)
- **Email:** [Click Here](#) All email messages are answered within one business day.

LLS Online and Virtual Support during the COVID-19 Outbreak

The following resources are always available on LLS.org, but may be particularly helpful to blood cancer patients, caregivers and healthcare professionals during the COVID-19 outbreak.

For updates from LLS about Coronavirus, please check this page regularly [CORONAVIRUS: RESOURCES & WHAT YOU SHOULD KNOW](#).

[The LLS Blog](#) - A place where patients and caregivers can read about survivorship, research, fundraising and advocacy.

Recent COVID-19 entries include:

- [4 Things Cancer Patients Need to Know about the Coronavirus](#)
By Gwen Nichols, MD, LLS Chief Medical Officer | March, 2020
- [Helping Blood Cancer Patients Adjust to the New Normal](#)
By Gwen Nichols, MD, LLS Chief Medical Officer | March, 2020



[LLS Community](#) - An online support forum to get connected with other patients and caregivers and stay up-to-date on the latest diagnosis and treatment news.

[Weekly Online Chats](#) - Live, weekly online chats moderated by an oncology social worker that provide a friendly forum to share experiences and chat with others about anything from the initial phase of diagnosis to treatment and survivorship.

[Patti Robinson Kaufmann First Connection program](#) - Peer to peer support to connect with other patients and caregivers who have gone through similar experiences.

BEATING CANCER IS IN OUR BLOOD.



LLS Online and Virtual Support during the COVID-19 Outbreak

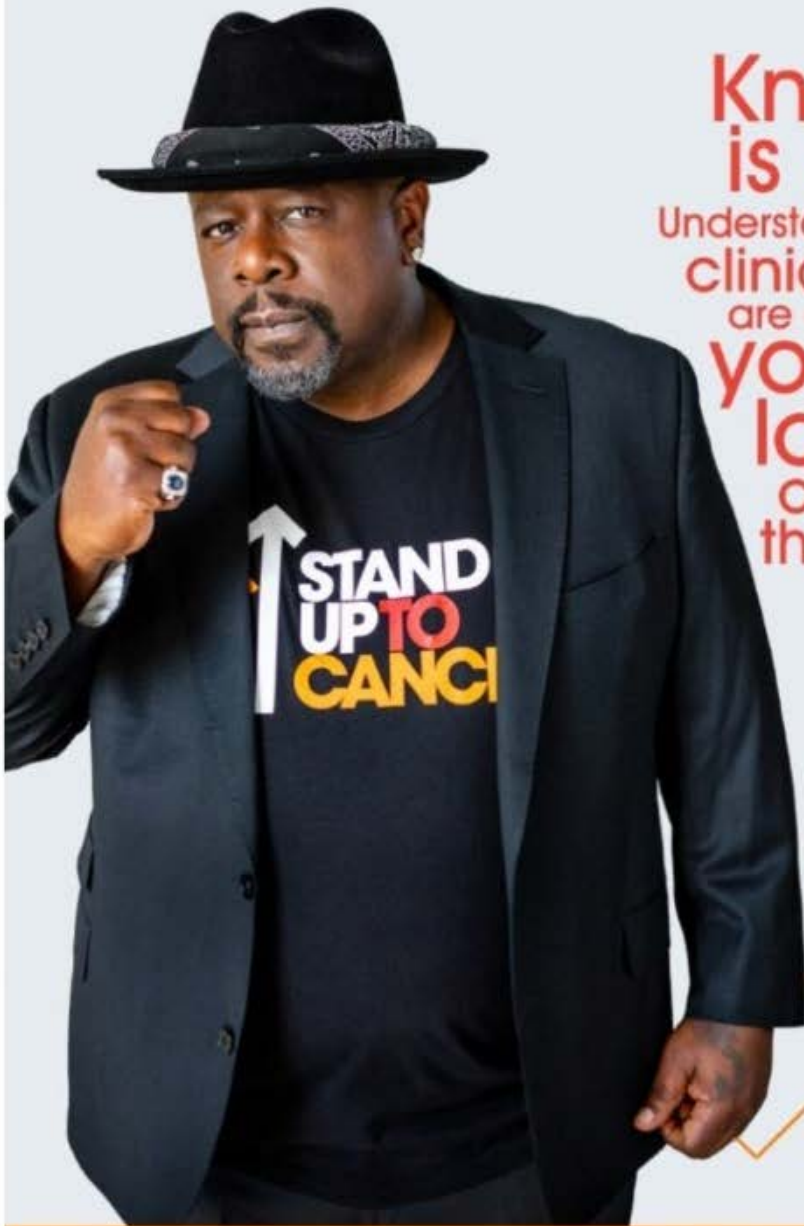
Resources listed below can be found at www.lls.org

[The Bloodline with LLS Podcast](#) - Disease-specific and general survivorship episodes for download that remind you there is hope after a diagnosis. Listen in as experts and patients guide listeners in understanding diagnosis, treatment, and resources available to blood cancer patients.

[Caregiver support resources](#) - Online chats, webcasts and resources including the *Caregiver Workbook* with worksheets to help you stay organized, and information and resources to use throughout the caregiving journey.

[One-On-One Nutrition Consultations](#) - Patients and caregivers may receive free one-on-one phone and email consultations with a registered dietitian with expertise in oncology nutrition.





Knowledge
is power.

Understanding what cancer
clinical trial options
are available to
**you and your
loved ones**
can make all
the difference.

CEDRIC THE ENTERTAINER
Stand Up To Cancer Ambassador



Photo By
JEFF KAZZ

**WATCHING MY MOTHER GO THROUGH HER CANCER DIAGNOSIS
TAUGHT ME THE IMPORTANCE OF CLINICAL TRIALS.**

When my mom was diagnosed with uterine cancer, I knew that I wanted her to have access to the best treatments available. The journey taught me about the importance of learning all that you can about the options available to you. I want all people diagnosed with cancer to have access to the treatments that can help them become long-term survivors.

Cancer clinical trials may be the right option for you or a loved one. The more information you have about clinical trials, the more empowered you will be to seek out your best treatments.

Learn more at StandUpToCancer.org/ClinicalTrials



Stand Up To Cancer is a division of The Entertainment Industry Foundation (EIF), a 501(c)(29) charitable organization.

Save the Dates & Join Us!

Upcoming webinars requested by health ministries:

(E-mail: GatheringHealthSymposium@ucsf.edu to request the zoom/login for each webinar)

Virtual Health Fair & Cooking Demo, Nutrition Tips & Recipes sponsored by Cornerstone Missionary Baptist Church in partnership with UCSF Abundant Life Health Ministries Network
Saturday, October 10, 2020, 11:45am-12:30pm PT

Fundamental Tips & Tools for Health Ministries: Let's Be Safe & Equipped for all Circumstances
Monday, October 12, 6-7pm PT

Physical Activity Session, November 9, 2020, 5:30-6:30 pm PT

This session will consist of recommendations for free or low cost Physical Activity: Exercise Video's [The Firm Cardio Weight System] and websites such as: Collage Video and Beachbody, as well as recommendations for notifying your doctor before engaging in any exercise program.

“Recipe” for Healthier Life - Body & Soul

1 mustard seed of faith

2 TBSPs patience

1 oz. prevention is better than one pound of cure

2 cups personal responsibility – health is part of our wealth, well-being & stewardship

1 cup outside time daily (with right precautions – face coverings, physical distancing, handwashing)

3 cups deep/belly breathing throughout the day; meditate, mindfulness; prayer

4 cups find something joyful, smile, and laugh; joyful heart is good medicine – a proverb

1 cup of enough sleep (6-8 hours/day)

30 minutes physical activity most days of the week

½ dozen good friends & family

5-9 servings' fruits & vegetables daily for healthier eating

No smoking; avoid being around others while they smoke

6-8 cups water per day instead of sugary, sweetened or caffeinated beverages; limit drinking alcohol

Therefore choose life, that you and your descendants may live. Deuteronomy 30:19b (AMP)

The screenshot shows the website for 1-800-NO-BUTTS. At the top, there is a search bar and a cart icon. Below that, the text reads "FREE PRINTED & DOWNLOADABLE MATERIALS AND RESOURCES". A navigation menu includes "Tobacco Users", "Vape Users", "Friends & Family", "Health Care Providers", "Behavioral Health Professionals", and "More". The main content area is titled "FREE MATERIALS" and features a large heading "For General Audiences and Special Populations". Below this heading are five thumbnail images representing different materials: "You Can Quit Smoking. We Can Help!" (English), "You Can Quit Chew. We Can Help!" (English), "Usted Puede Dejar de Fumar (Nosotros Podemos Ayudar)" (Spanish), "You Can Quit Smoking. We Can Help!" (Spanish), and "You Can Quit Smoking. We Can Help!" (Spanish). Each thumbnail includes the 1-800-NO-BUTTS logo and a phone number: 1-800-NO-BUTTS, 1-800-844-CHEW, 1-800-45-NO-FUME, 1-800-NO-BUTTS, and 1-800-NO-BUTTS.

Proclamation

Health Ministries Month

September 2020

WHEREAS, churches and other faith-based organizations can play an effective role in reducing or eliminating health disparities in our communities; and

WHEREAS, Health Ministries take a proactive approach to promote, maintain, and improve the health of the whole person, mind, body and spirit integrating faith and health to support and equip communities of faith and the surrounding communities they serve to live healthier lives; and

WHEREAS, Health Ministries contribute to advancing Healthy People 2030, U.S. Department of Health and Human Services, National Health Objectives to improve the health status of individuals and communities, enhance quality of life for all people, prevent premature illness, disability and death and foster greater health equity; and

WHEREAS, there are Health Ministries are at work in every U.S. state. Health Ministries can be adapted to any community – small, medium, large, urban, rural or suburban and age groups; and

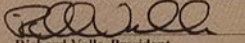
WHEREAS, Health Ministries plan, implement, monitor, advocate and evaluate health programs for healthier practices and policies and environmental changes; and

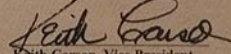
WHEREAS, Health Ministry activities contribute to reducing the costs spent on healthcare and medical treatment by offering knowledge, skills, tools, screenings, referrals and navigation to assist in linking the uninsured with health insurance options available in their counties and states; and

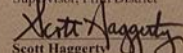
WHEREAS, Health Ministries collaborate with local, state and/or national level faith-based organizations, government entities, elected and appointed officials, academic institutions, community-based organizations, health care providers & systems, public health, individuals and businesses to disseminate quality health information and related services emphasizing prevention; and

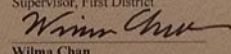
WHEREAS, the University of California San Francisco Helen Diller Family Comprehensive Cancer Center Office of Community Engagement builds collaborative partnerships with Health Ministries through the Faith Communities Committee - Health Ministries Network for Abundant Life to reduce cancer health disparities and inequities through capacity building approaches that strengthen Health Ministries toward greater sustainability of health promotion; and

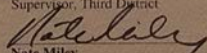
NOW, THEREFORE, this Board of Supervisors, County of Alameda, State of California does hereby proclaim September 2020 as Health Ministries Month and thanks the individuals who participate in Health Ministries for the betterment of our community.


Richard Valle, President
Supervisor, Second District


Keith Carson, Vice President
Supervisor, Fifth District


Scott Haggerty
Supervisor, First District


Wilma Chan
Supervisor, Third District


Nate Milley
Supervisor, Fourth District



Proclamation

City and County of San Francisco

WHEREAS, the University of California San Francisco Helen Diller Family Comprehensive Cancer Center's Office of Community Engagement builds collaborative partnerships with Health Ministries through the Faith Communities Committee - Health Ministries Network for Abundant Life to reduce cancer health disparities and inequities through capacity building approaches that strengthen Health Ministries toward greater sustainability of health promotion; and

WHEREAS, Health Ministries collaborate with local, state and/or national level faith-based organizations, government organizations, elected and public officials, academic institutions, community-based organizations, health care providers and systems, individuals and businesses to disseminate vital health information and related services with the emphasis on prevention; and

WHEREAS, Health Ministry activities contribute to reducing the costs spent on health care and medical treatments by offering knowledge, skills, tools, screenings, referrals and navigations to assist in connecting uninsured community members with health care options available in their counties and states; and

WHEREAS, Health Ministries plan, implement, monitor, advocate and evaluate health programs for healthier practices and policies; and

WHEREAS, there are Health Ministries at work in every state of the nation, Health Ministries can be adapted to diverse communities to provide suitable and culturally-competent services; and

WHEREAS, Health Ministries contribute to the advancement of Healthy People which provides 10-year, science-based, and measurable national objectives identify public health priorities to help individuals, organizations, and communities across the nation improve health and well-being; and

WHEREAS, Health Ministries take a proactive approach to promote, maintain, and improve the health of the whole person, mind, body and spirit integrating faith and health to support communities of faith and the surrounding communities they serve to live healthier lives; now

WHEREAS, churches and faith-based organizations can play a vital role in promoting greater health care access and resources; and

THEREFORE BE IT RESOLVED, that, I, London N. Breed, Mayor of the City and County of San Francisco, do hereby proclaim September, 2020 as...

HEALTH MINISTRIES MONTH

in San Francisco!



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City and County of San Francisco to be affixed.


London N. Breed
Mayor

CALIFORNIA LEGISLATURE

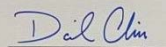
Assembly

CERTIFICATE OF RECOGNITION

*Abundant Life Health Ministries
Network*
13th Anniversary

This certificate is presented to the Abundant Life Health Ministries Network in recognition of your 13th Anniversary. The California Legislature applauds your unwavering commitment to San Francisco. Health Ministries improve health and equip communities of faith and the surrounding communities they serve to live healthier lives and connect with resources, services and collaborators.




Assemblymember David Chiu
17th Assembly District

September 12, 2020



A program of UCSF Helen Diller Family Comprehensive Cancer Center
Office of Community Engagement
http://ucsf.edu/communityengagement

2020 Abundant Life Health Ministries Network Public Service Message & Poster Contest

The 2020 Public Service Message & Poster Contest provides a forum to showcase health ministry public health messages, recognize faith communities for their great work, partnerships and foster working together across generations. The contest is sponsored by UCSF Abundant Life Health Ministries Network, a program of the Office of Community Engagement at UCSF Helen Diller Family Comprehensive Cancer Center.

**Entries will be
accepted between
August 12, 2020
and September 30,
2020, 6pm PT**

Carefully read all of the contest information & rules.

<https://is.gd/2020ContestEntryForm>

Contact: GatheringHealthSymposium@ucsf.edu