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MTP CCR

Minority Training Program in Cancer Control Research

Volume 3, Issue 1

Spring 2009

Special 10th Anniversary Issue

Hello Dear MTPCCR Alums,

I am writing this the day after our new **PRESIDENT** was sworn in, and I am so filled with hope and joy and the wish that 2009 will bring each and every one of you health, happiness, and fulfillment.

While we in Public Health will undoubtedly enjoy strong support from the new Obama Administration, the shaky economy will have its adverse effects as well. More than ever I feel the importance of the MTPCCR and its promise to strengthen the voice of underserved communities through YOU, their champions in research, policy, and practice! We must work to perfect the quality and efficiency of our interventions and to ensure that they reach those most in need.

YES WE CAN!!!!

Rena Pasick

Rena J. Pasick, Dr.PH
Principal Investigator
UCSF Helen Diller Family Comprehensive Cancer Center



Dear Alums,

I too want to support the mantra of "Yes We Can" and emphasize "Yes You Are!" As I go through the pages of this newsletter put together by Sherry, Denise, Minelle, Kathy, and Annalyn, I see the faces and the stories of all of you who have gone through MTPCCR and now comprise a powerful league of leaders. You have traveled far and wide, and your voices and your passion, energy and training are making a huge impact on addressing the disparities of underserved communities and truly improving the health and well-being of hundreds of thousands of individuals who, without you, would not benefit from your knowledge and efforts. I salute each and everyone of you! Go MPTCCR Alums for you are our future!

Marjorie Kagawa-Singer

Marjorie Kagawa-Singer, Ph.D.
Co-Investigator
UCLA School of Public Health



WANTED! WANTED! WANTED!

2008-2009 Online Alumni Survey

WE REALLY NEED YOUR HELP!

Our annual alumni survey data are the heart of our evidence that this program IS working and that all alums continue to take part in some way. Your help will make all the difference for the continued success of the MTPCCR. Please take a moment to paste this link into your browser and fill out the survey.

<http://www.zoomerang.com/Survey/survey-intro.cgi?p=WTB228FLT19MIX>

Thank you!



2007 DASA Awardees

Doctoral Application Support Awards (DASA) of up to \$2,000 are awarded annually to program alumni who apply to a doctoral program that could lead to a career in cancer control research. Alumni from both sites are eligible to apply. Congratulations to the following awardees:

Rosana Leos (UCLA - 2003)
Minal Patel (UCLA - 2005)

Sabrina Smiley (UCLA - 2006)
Analilia Garcia (UCSF - 2007)
Jeneva Gularate (UCSF - 2007)

LaShanta Rice (UCLA - 2007)
Suzy Shimasaki (UCLA - 2007)



*Heartfelt thanks to Linda Rosenstock MD, MPH, Dean of the UCLA School of Public Health,
Judy Gasson, Ph.D., Director UCLA Jonsson Comprehensive Cancer Center &
Robert Hiatt, MD, Ph.D., UCSF Helen Diller Family Comprehensive Cancer Center for sponsoring this award.*

2008 APHA Alumni Dinner

The American Public Health Association (APHA) annual meeting was held in San Diego, CA, October 25-29, 2008. MTPCCR staff and alumni met at Zanzibar Cafe for dinner on Oct. 26th to reminisce and talk about the program. We had nearly 50 people celebrate the evening with us, making it the most attended dinner ever! San Diego, the warm weather, delicious food, and fun company made it such an unforgettable gathering! Hopefully, you enjoyed yourself and plan to join us again next year in Philadelphia, PA!

Thanks to Andrea A., Annalyn V., Anne R., Carol A., Chikarlo L., Courtney J., Deanna L., Emily G., Eureka K., Gaya W., Gregory M., Jesus B., Irene U., Janice T., Jennifer T., Jenny B., Jenny M., Jorge C., Kia D., Kim G., Kim N., LaShanta R., Linda P., Linda X., Lorraine A., Lourdes B., Mai Mai C., Marina A., Mario B., Mary N., Melanie S., Melissa G., Minal P., Ndidi A., Pankaj A., Paula A., Rosana L., Sharon M., Sula H., Ruth P., & Stephanie J. for attending.



JOINING the RANKS: NEW DOCTORAL STUDENTS



Donna-Marie Palakiko, RN, MS (UCSF-2001) is currently enrolled in a PhD program at the University of Hawaii at Manoa, School of Nursing. She continues to work full time at Ke Ola Mamo, Native Hawaiian Health Care System on O'ahu as the Programs Administrator and is the Community Director for the PILI Ohana Project, a CBPR project with the Department of Native Hawaiian Health at John A. Burns School of Medicine.



Annalyn Valdez Dadia, MPH (UCSF-2001) is currently in the second year of her DrPH program in Health Services at UCLA. She continues to work with Dr. Marjorie Kagawa-Singer on projects dealing with cancer survivorship and with Cambodian patients with Type II diabetes. Annalyn is recently married and expecting her first child, a baby boy, in June 2009! Congratulations, Annalyn!



Adebiyi Adesina, MPH (UCSF-2003) is pursuing a DrPH at UC Berkeley. His dissertation will focus on supply chain management and the availability of antiretrovirals in Mexico.



Claudia Aguado Loi, MPH (UCSF-2004) completed the first year of the PhD program at University of South Florida (Community and Family Health - Health Disparities/Health Education). She recently married Fabrizio Loi, Director of Engineering at Lazzara Yachts. She is a co-investigator on two studies to prevent weight loss in children with cancer. She is also president of a non-profit organization called LUNA (Latinos Unidos por un Nuevo Amanecer), which provides education and support for Hispanics with cancer and their families.

Karen Hill, MSN (UCSF-2004) is a second year PhD student in the Community Health Systems nursing program at UCSF. Her research will focus on low wage workers and health promotion.



Jennifer Tsui, MPH (UCLA-2004) is currently in the second year of her PhD program in the Department of Health Services at UCLA. She continues to work in the area of cancer prevention and health disparities as the project coordinator for the Community Research in Cancer (CORICA) project at the UCLA Division of Cancer Prevention and Control Research. She is also a 2008-2009 ARHQ pre-doctoral traineeship recipient. Jennifer is enjoying being back in sunny southern California for her doctorate!



Jo Kay Ghosh, MPH (UCSF-2005) completed her first year of the PhD program in Epidemiology at UCLA. She is studying the health effects of air pollution in Los Angeles. She and Prognyan got married in 2006 and welcomed their baby boy, Rowan, into the world on January 8, 2009!



Minal Patel, MPH (UCLA-2005) successfully applied for admission to the DrPH program in Health Services at UCLA and is currently in the first year of her doctoral studies. She enjoyed seeing you at APHA this year where she presented the research she conducted with Dr. William McCarthy, her preceptor for the MTPCCR program. On a personal note, 2008 has been a very exciting year for Minal. She got engaged and is looking forward to starting this exciting new phase of her life. Minal writes, "I am eternally grateful to MTPCCR and happy to share such exciting news with you!"



Jammie Hopkins, MS (UCLA-2006) says, "I am very happy to call myself an MTPCCR success story!" He is currently in his second year of the DrPH program in Health Services at the UCLA School of Public Health. He says "the program is undoubtedly demanding, but absolutely rewarding." Jammie is currently working with Dr. Toni Yancey on an organizational-based physical activity and nutrition promotion project aptly titled "WORKING", and leading the charge to develop new versions of the "Lift Off!" activity breaks. Life is BUSY, but good for Jammie!



Peninah Kaniu, MPH(c) (UCSF-2006) is an EdD student in Organization and Leadership at University of San Francisco. In July 2008, she presented a poster on "Understanding African Youth Health Development" at the 20th Biennial Meeting of the International Society for the Study of Behavioural Development in Germany at the University of Wurzburg.



Sabrina Smiley, MPH (UCLA-2006) is currently in her first year of the Sociology PhD program at Howard University in Washington, DC. She is concentrating in Medical Sociology/Social Inequality: Race/Ethnicity, Class and Gender Relations. She is happy to say that she secured a National Science Foundation Graduate Research Fellowship award to financially support her education and research.

Congratulations to all of our new doctoral students!!

JOINING the RANKS: NEW DOCTORAL STUDENTS



Ndidi Amutah, MPH (UCLA-2007) is in the 2nd year of her PhD program at the Univ. of Maryland. Her focus is on Maternal and Child Health—Department of Family Science in SPH. Ndidi also traveled to Jamaica last year to teach an undergraduate course on Sexual and Reproductive Health among Caribbean youth. Ndidi is engaged and plans to marry on August 1st, 2009. Ndidi says, “God is truly working over here!”



Mona AuYoung, MPH, MS (UCLA-2007) is in the PhD program in Health Services at UCLA and is hoping to do a cognate (minor) in management, but she's testing the classes first to see how she likes it. She is interested in obesity prevention, physical activity promotion, and diabetes prevention, particularly among minority groups such as Asian Americans. She is also interested in the partnering of professional sports (and other philanthropic organizations) with public health programs to create mutual benefits (consistent source of funding for the programs, better community relations for the professional organizations).



DeAnnah Byrd, MS (UCLA-2007) is currently a full-time PhD student at UCLA in the Department of Community Health Sciences. Her academic interests continue to be on racial/ethnic disparities in the birth outcomes of African-American women. She also works with the Department of Student Development and Health Education. Specifically, DeAnnah is looking at the mental health landscape of UCLA students and what factors predict better or worse mental health outcomes. She extends her greetings to the class of 2007!



Heather Cole-Lewis, MPH (UCSF-2007) is currently enrolled in the Chronic Disease Epidemiology PhD program at Yale University. Her research focus is on chronic disease epidemiology among African-American and Latina adolescents.



Eva Durazo, MPH (UCLA-2007) completed the MPH in Community Health Science at UCLA and began the PhD in CHS Fall 2008. Eva's research interests include examining social and cultural factors that influence access to care and health behaviors of Latinos; cancer control among Latinos and immigrant populations.



Marjannie Eloi, MS (UCLA-2007) is in the first year of her PhD program in Immunology at UC Davis. During the summer of 2008, she participated in the Alliances for Graduate Education in the Professoriate (AGEP) Summer Scholars Program at UC Davis, in addition to working in Dr. Nicole Baumgarth's research laboratory where she is establishing an *in vitro* culture for B cell differentiation.



Analilia Garcia, MPH (UCSF-2007) is a first year DrPH student at UC Berkeley. She's confident that this degree will prepare her to work in the best interest of Latino communities and will guide her professional and educational development, placing her in a position to effectively address public health problems.



Jeneva Gularde, MSN (UCSF-2007) is currently enrolled in the nursing PhD student at University of California, San Francisco. Her research focus will be on cardiovascular disease in underrepresented populations.



Vahe Shahnazarian, MS (UCLA-2007) started the medical program at Ross University in December. He writes that Ross is a foreign medical school, which is one of only a few that is licensed in all 50 states and is considered to be one of the top two foreign medical schools in the world.



Sula Hood, MPH (UCLA-2008) is currently working on her PhD in Health Promotion at the University of Louisville School of Public Health and Information Sciences. She researches colorectal cancer in African Americans in the St. Louis Metropolitan area. Her paper on African American self-report screening patterns is currently under review.



Chikarlo Leak, MS (UCLA-2008) is in his first year of the DrPH program at UCLA Health Services. Chikarlo is also a member of Kappa Alpha Psi fraternity Inc.

Congratulations to all of our new doctoral students!!

NEWS YOU CAN USE



REDES Award Recipients

CONGRATULATIONS!!!

**Andrea Aguirre
Jorge Castaneda
Martha Solorzano**



Recipients of *Redes En Acción*: The National Latino Cancer Research Network Sponsorship!

Andrea, Jorge, and Martha were awarded the Redes sponsorship to facilitate their attendance at the 2008 Summer Institute. On behalf of the MTPCCR team, we would like to give a HUGE thank you to **Dr. Amelie G. Ramirez**, Principal Investigator for Redes En Accion Institute for Health Promotion Research, for giving these deserving alums this wonderful opportunity!



Cancer Radio Talk Shows



The Group Room is the nation's only call-in cancer talk show. Join them every Sunday at 4pm ET/3pm CT/1pm PT as they discuss topics of great interest:

<http://www.vitaloptions.org/index.html>

The Stupid Cancer Show is a new interactive talk radio broadcast giving voice to more than 1 million young adults affected by cancer. Join them every Monday night at 9pm ET/6pm PT as they poke a stick at stupid cancer, make it hip to be a survivor and talk openly about their "crapness."

<http://www.blogtalkradio.com/stations/>



Resume tips

<http://career-advice.monster.com/resumes-cover-letters/careers.aspx>



Breast Cancer Facts

Definition of breast cancer: Cancer that forms in tissue of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although breast cancer in men is rare.

Estimated new cases and deaths from breast cancer in the U.S. in 2008:

New Cases: 182,460 (female); 1,990 (male)
Deaths: 40,480 (female); 450 (male)

It takes only 15 minutes to perform a breast self-exam, and it can save your life! See your healthcare professional for a yearly breast exam, mammogram and pap test.

For more information, visit:

<http://www.cancer.gov/cancertopics/wyntk/breast>

Upcoming Events

EIF Revlon Run/Walk for Women

May 2, 2009—New York, NY

May 9, 2009—Los Angeles, CA

<http://www.revlonrunwalk.com/>

American Public Health Association Annual Conference

November 7-11, 2009 Philadelphia, PA

<http://www.apha.org>

Join us on Facebook!!! It's free to join, and you can find us by typing "MTPCCR" into the search box. You'll be able to keep in touch with other alumni, view photos of MTPCCR Summer Institutes and reunions, and share news and announcements!

CANCER QUIZ



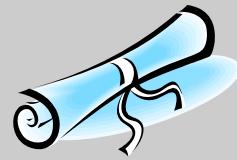
True or False

1. Today, more than half of all people diagnosed with cancer are cured.
2. There are no warning signs with cancer; illness tends to come on suddenly.
3. Most cancers are hereditary.
4. Standard treatments for cancer include surgery, radiation, and chemotherapy.
5. People undergoing cancer treatment have fewer side effects when they eat a well-balanced diet.

How did you do? (Answers on page 15)

Source: WebMD

RECENT GRADUATES



Whitney Robinson (UCSF-2002) received her PhD in epidemiology from the University of North Carolina, Chapel Hill in 2008. Her dissertation research investigated why young Black women are much more likely than young Black men to be obese, despite having been raised in similar families and neighborhoods. Currently, she is in her first year of a two-year post-doc as a Robert Wood Johnson Health & Society Scholar at the University of Michigan's Department of Epidemiology.

Congratulations, Dr. Robinson!

Sang Leng Trieu (UCSF-2004) graduated in June, 2008 with her DrPH in Health Education from Loma Linda University, School of Public Health. Her dissertation was on partner communication and factors associated with the decision to obtain an HIV test among Chinese/Chinese American community college students in Northern California. One of her manuscripts was recently accepted in the Californian Journal of Health Promotion.

Congratulations, Dr. Trieu!



WHAT NOW? (AFTER YOU GET YOUR DOCTORATE)



Nadine Chan, Ph.D., MPH, was the first Goodman-Koskie cancer prevention post-doctoral scholar at the University of California, San Francisco (UCSF) Helen Diller Family Comprehensive Cancer Center. Her research focused on reducing cancer discrepancies in the health of underserved populations, primarily Asian Americans. We recently caught up with her to ask questions about her professional career after completing her post doc in 2008. Here's what she had to say...

Nadine's Top 5 Tips

to surviving the transition from student life to the world of professional public health

Tip #1: Market yourself

- ◆ Send out a **huge** announcement that you've completed your doctorate and are ready for the job invitations to come rolling in (Evite **everyone**, even those who can't make it, to your dissertation defense or post-defense party.)
- ◆ Put your master CV together
- ◆ Create a 30 second and 2 minute "elevator" description for yourself identifying what your general area of interest is (Ex: Hi, my name is Nadine Chan and I recently completed my PhD work on cancer prevention at the University of Washington...)
- ◆ Use your elevator speech everywhere (Ex: As a prelude to a question you want to ask in a conference.)

Tip #2: Make money and be productive while figuring out your next step

- ◆ Work as a consultant on research projects
- ◆ Apply for mini-grants from, with, or for your community
- ◆ Get a post-doc appointment (to wrap up publications, explore career options, join on-going research, write new manuscripts, and build your network)
- ◆ Set aside a block of time each day to write

Tip #3: If no money is rolling in yet, volunteer wisely

- ◆ Take a leadership role in a national network (ex: APHA caucus leader)

Tip #4: Apply for the NIH Loan Repayment Program (to reduce your student debt)

Tip #5: Keep in touch with MTPCCR!!!

SPOTLIGHT: Alums in Cancer Control

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Research Scientist Goes Global



Ernesto M. Sebrié, MD, MPH (UCSF-2003) has crafted a career that spans continents. Over the last five years he has focused his research interests on tobacco control policies and on the tobacco industry's strategies to block the adoption of effective policies in Latin America and the Caribbean. In 2007, he was awarded the Global Smoke-free Partnership Award on behalf of Roswell Park Cancer Institute at the 1st Latin American Tobacco Control Conference held in Rio de Janeiro.

Dr. Sebrié is a medical doctor and specialist in epidemiology from the National University of Rosario, Argentina. He obtained an MPH at UC Berkeley and he finished a 3-year postdoctoral research fellowship at the Center for Tobacco Control Research and Education, UC San Francisco. Currently, he works as a Research Scientist in the Department of Health Behavior at Roswell Park Cancer Institute in Buffalo, New York. He is also a Regional Consultant in Tobacco Control for Latin America and the Caribbean with the Inter American Heart Foundation. Over the last five years he

has focused his research interests on tobacco control policies and tobacco industry strategies to block the adoption of effective policies in Latin America and the Caribbean.

Currently, Dr Sebrié is working on a research project evaluating the impact of comprehensive smoke-free policies on cardiovascular events as well as public beliefs, attitudes, and behaviors related to the policy in Latin American countries. In addition, he is working on a project to evaluate the effectiveness of pictorial-based health warning labels in Caribbean countries. Finally, he is collaborating on the International Tobacco Control Policy Evaluation Project (ITC Project), an international research collaboration to rigorously evaluate the psychosocial and behavioral effects of national-level tobacco control policies throughout the world, with the aim of contributing to the evidence base for the strong implementation of the WHO Framework Convention on Tobacco Control.

Dreams of MD to PhD



Ricardo Lopez, MPH (UCLA-2006) came into the MTPCCR Summer Institute focused on becoming a doctor, but his heart was open for other possibilities. Here is his story...

A patient comes into the emergency room with a gun shot wound, a semi-conscious man gasps for another breath of fresh air, a toddler cries as blood is drawn from her femoral artery. I had a front-row seat to some of the most basic and most complex emergency procedures during a nine month internship at major hospital emergency room. This was what I had been waiting for! It's the reason I majored in Molecular, Cell and Developmental biology at UCLA. It's the reason I decided to complete a master's in Public Health so that I could get a macro perspective of health in the US. It's why I gained acceptance to a post-baccalaureate program in Medicine for first time applicants. But after a year of bio classes and intense days in the ER I had what I call a "PhD epiphany." Someone asked me a simple question: Are you passionate about patient care? I had a blank stare. That question triggered weeks of uncertainty and self-evaluation.

Then, my immigrant status improved. It was as if someone finally offered me a glass of water after walking through the dessert. I started to think more clearly about my life's goals. I spoke to my wife Ana, my family, mentors and most importantly to myself. Despite my previous drive, my answer was NO. Everything was seemingly perfect - the GPA, the experience, the right connections - I was just an MCAT away from med school. But I was missing the passion for medicine that would have made a career as a medical doctor more fulfilling.

What am I passionate about? Mentoring, teaching (I love challenging and guiding students), cancer prevention, preventative health, research, being a catalyst in the community, and my family. All of that spells **PhD** in public health and a career as a professor. My decision was further corroborated by two public health publications; both manuscripts were published with me as the leading author. Currently I'm joyously married and working in higher education (and continuing to do research) with plans of applying to several doctoral programs in the next year.

My decision leaves no regrets. I think I should have listened to my heart from the beginning. Thank you MTCPPR for showing me PhD love even though I was "cheating" on you. Thank you Dr. Sora Tanjasiri for asking the right question!

WHERE ARE THEY NOW?



Iona Cheng, Ph.D. (UCSF-2000) recently joined the faculty at the Cancer Research Center of Hawaii at the University of Hawaii. She is working in the Epidemiology program on identifying genetic and environmental risk factors for cancer in multiethnic populations. Iona writes, "Aloha! Please drop me a line if you are ever visiting the island."



Mary Choi, MPH (UCSF-2000), formerly Mary Kim, lives in the Bay Area and continues to work for Kaiser, now in a new position as Guideline Project Manager. She writes, "My son turned 2 on November 14, 2008, so we're trying to brace ourselves for the terrible twos!"



Paul Leung, MPH (UCSF-2000) finished his MPH in infectious diseases. He now works for the Contra Costa Public Health in the Communicable Disease Program. Paul is married, a homeowner, and the proud parent of an 18-month old son "who is 1000X better than me in everything." He writes, "Along the way, I've learned important skills and met lots of inspirational individuals (kind of like those at MTPCCR). I wish everyone the best and look forward to our paths crossing again in the future!"

Elsa Mendoza, MPH (UCSF-2000) is the proud mother of a baby girl named Arianna, born on September 25, 2008. Elsa currently works as a Management Analyst III for Monterey County Health Department.

Healthy Recipe

Fancy French Toast (Serves 6)

6 slices of sourdough bread
 1/3 cup plain low-fat yogurt
 1/3 cup non-fat milk
 1 egg white, slightly beaten
 1 tsp. cinnamon
 1/4 cup frozen unsweetened orange juice concentrate



Mix all ingredients together well. Soak bread in liquid. Lay out on cookie sheet sprayed with non-stick spray. Bake 10 minutes on each side.

Per serving— Calories: 114; Fat: 1 gram; Percentage of calories from fat 9%.



Denise Nguyen, MPH (UCSF-2000) is the MTPCCR Program Coordinator at UCSF Helen Diller Family Comprehensive Cancer Center. After receiving her MPH from San Jose State University, she moved out to the Nation's Capitol to work and experience life in the East Coast! In Denise's words, "It's nice to be back in the Bay Area, work for Rena, and reconnect with the amazing MTPCCR family!" Aside from being a health educator, she loves being a research scientist in the kitchen!



Jenny Pham McNeill, MPH (UCSF-2000) is currently employed at SRI International in the Computer Science Laboratory as a Senior Project Consultant. In honor of her father and all individuals battling blood cancers, she'll be participating in the Lava Man Triathlon on March 29, 2009 in Kona as a member of the Leukemia and Lymphoma Society's (LLS) Team in Training.



Liane Quirk, MPH (UCSF-2000) is currently not working directly in the field of cancer control, but rather against cancer's #1 enemy: tobacco! She has been working with HealthWays, QuitNet.com since 2001 doing tobacco cessation. Liane writes, "I got married (2003), had a baby girl (2006), and was diagnosed with thyroid cancer (2006). I am living strong and remind myself of this motto: I have cancer; but cancer doesn't have me!"



June Stolan, MPH (UCSF-2000) continues to work as a registered nurse at Santa Clara Valley Medical Center. In October 2007, after gaining teaching experience at SJSU's Health Science Program, she also started a new position as a Staff Developer, teaching and training providers and clinical staff on the use of an electronic medical records/documentation program. June writes, "As a wife and mother of three school-aged children now ranging from junior high to college, I continue to find my life to be full and rich. It has been a most wonderful ride!"



Keisha Tyler-Nzewi, MPH (UCSF-2000) works at the American Heart Association and recently became the Advocacy Director for the Bay Area. She got married in 2005 and welcomed her daughter to the world on May 16, 2008. You can visit her family webpage at: <http://keishanzewi.googlepages.com>

WHERE ARE THEY NOW?



Kaela Kang Hwang, MPH (UCSF-2001) graduated from Palmer College of Chiropractic West in 2008. She opened a holistic chiropractic clinic called Mindflow Chiropractic and Wellness Center (www.mindflowchiropractic.com) in Sunnyvale. She loves helping patients balance their structure with their emotions and biochemistry (nutrition). She hopes to extend her practice to include helping those who desperately need but cannot afford chiropractic services. She and her husband Beno (Bernard) Hwang celebrated their fifth anniversary in July. They live in Santa Clara with their sweet & too-smart dog.

Nynikka Palmer, MPH (UCSF-2001) is currently a 4th year DrPH student and Doctoral Candidate at the University of Texas Health Science Center at Houston, in Health Promotion Behavioral Sciences. She is also an NCI Cancer Prevention and Control Pre-doctoral Fellow, as of September 2007. She is in the process of collecting data for her dissertation, which will be about colorectal cancer survivors who have recently completed treatment, assessing their experiences, behaviors and goals for their health.



Monica R. McLemore, MPH, PhDc (UCSF-2002) is in the 6th and final year of her PhD program at UCSF. She has published her work in Biological Research for Nursing: McLemore MR & Aouizerat BE. (2005) Apr;6(4):262-7; and in the Oncology Nursing Forum: McLemore MR, Miaskowski C, Aouizerat BE, Chen LM, Dodd M. (2008) May;35(3):403-9.



Lydia DeLaRosa, MS (UCLA-2003) is currently working in Grand Junction, Colorado as a Community Programs Manager with a non-profit, Latin Anglo Alliance Foundation (LAAF). Lydia and a colleague wrote a couple of small proposals, got funded, then wrote a proposal for Women's Wellness Connection through the Colorado Dept. of Health and Environmental Services. They were awarded a four-year grant! They will soon hire two bilingual part-time navigators to recruit Latinas for free breast and cervical cancer screening. Lydia celebrated her 4-year anniversary in December as a **breast cancer survivor!** She says, "God put me in a place that I can help other Latinas."



Kayan Olivia Ho, MS, RD (UCSF-2003) has been sharing the great news of MTPCCR with her colleagues! As the Associate Director of San Francisco Health Academy Initiative (SFHAI) in partnership with San Francisco Unified School District, she would also like to inspire her students at Galileo High about the importance of cancer research in minority communities.



Barbara Baquero, MPH (UCLA-2004) received a two-year CDC/ASPH Minority Dissertation Fellowship in August 2008. She has completed her second year in the joint doctoral program in health behavior at SDSU/UCSD and is in the process of advancing to candidacy. Barbara's dissertation work is titled "Social, Cultural and Ecological influences on obesity-related health indicators among Mexicans/Mexican-Americans along the US-Mexico border in Southern California."



Natasha Blakeney, MPH (UCLA - 2004) serves as the Training Director for the Education Network to Advance Cancer Clinical Trials (ENACCT). ENACCT is a non-profit organization with a mission to identify, implement and validate community centered approaches to cancer clinical trials education.



Yussif Mijirah Dokurugu, MA, MPH, DrPH(s) (UCLA-2004) is an Adjunct faculty at Florida A&M University's Department of Sociology and Criminal Justice. This summer, he took 13 students to Ghana for 2 months, working on the Minority Health International Research Training project.



Jennifer Kue, MA, PhDc (UCSF-2004) is the proud mother of two children, a five-year old boy and a baby girl named Stella Blu. It has been a tough balancing-act with the little ones, but she continues at Oregon State University, working on her doctoral dissertation about hepatitis B and SE Asian immigrants, and hopes to finish by Fall 2009 or Winter 2010.



Yinpei Hsieh is an MPH student in the UCLA Community Health Sciences department and an alumna of the 2008 MTPCCR UCLA Summer Institute. During the summer institute, she was diagnosed with Precursor T Lymphoblastic Lymphoma (a type of non-Hodgkin lymphoma in which too many T-cell lymphoblasts (immature white blood cells) are found in the lymph nodes and spleen) and is currently undergoing treatment in Taiwan. If you would like to read updates about Yinpei, make a donation to assist with her care, or send her an encouraging message, please visit: <http://antonio.bol.ucla.edu/>. Yinpei, you're always in our thoughts, and we send you all our best wishes!

Much love, from your MTPCCR family!

WHERE ARE THEY NOW?



James Martinez, MPH (UCSF-2004) completed his MPH in Epidemiology at San Diego State University in 2005. He pursued another Masters in Health Education and was recently accepted into the doctorate program in Health Education through the Department of Health and Behavioral Studies at Teachers College, Columbia University. He is currently employed at the Los Angeles County Department of Public Health and has been involved in many research projects and social marketing campaigns. James and his wife are planning to start a non-profit using health education and social marketing principles to teach underserved communities how eat healthily without having to change too much of their cultural diets. They are expecting a baby girl March 10, 2009. James writes, "We are excited and looking forward to all the fun activities associated with raising a child."



Chomchai Mukai, MPH (UCLA - 2004), formerly Chomchay Siboliban, got married in December 2008 and recently started working at Cedars-Sinai Health System. She is still contemplating a doctoral program.



Desree de la Torre, MPH (UCSF-2005) is learning about the challenges many people experience in our health care system. She is currently an administrative fellow with Johns Hopkins Medicine in Baltimore, improving access to care, quality, and safety. She also decided to continue her education by earning an MBA in medical services management at Johns Hopkins. Desree writes, "I hope my big ol' jet airliner carries me home to California someday where I can use my skills and experiences to become an effective health care leader."



Savita Malik, MPH (UCSF-2005) got married one year ago and graduated with her MPH from San Francisco State University in May, 2007.



Sarah-Truclinh Tran, MPH (UCSF-2005) is currently posted as an English Resource at an NGO in Hanoi, Vietnam, where she volunteers with Volunteers in Asia (www.VIAprograms.org). She teaches English to the staff and manages and teaches free English classes to underprivileged kids in a rural town outside of Hanoi. In addition, Sarah is a recipient of the VIA/Ford Foundation Vietnam fellowship award where she will perform a community-based project relating to environmental and occupational health. Her assignment ends in July 2009, and she is enjoying her time in Vietnam. Sarah recently got engaged to her boyfriend of 5 years.



Roshanthi Weerasinghe, MPH (UCSF-2005) writes, "I was the pregnant one! My daughter Anjali is 3 years old now and no longer a baby." Roshanthi took some time off to parent but now continues to work in cancer control. She is currently at Oregon Health & Science University and works on a national melanoma research project. She is analyzing regional data to develop a staging system for a rare form of skin cancer. In the fall of 2005 she was awarded a CDC conference grant to bring together statewide stakeholders to start an action-based dialogue on cancer disparities. This collaboration with the state cancer control program was a great success that led to further partnerships.



Kathy Akagha, MPH (UCLA—2006) received a promotion this year! She works for a medical device company in Irvine that develops products to cure or lessen the morbidity of stroke and aneurysms. She is now the Project Manager. She works in the Clinical department and helps design and execute studies. Kathy shared that, "Though my schedule can be crazy at times, I really enjoy the work." Congrats, Kathy!



Tekeshe Mekonnen, MS (UCSF-2006) has been a project coordinator at the Division of General Internal medicine at UCSF since July 2008. She works with Dr. Kirsten Bibbins-Domingo on several projects relating to Chronic Kidney Disease and Cardiovascular Risk in Black and White Young Adults. She is currently working with other PIs in planning a proposal to establish a Center of Excellence in "Global Strategies for the Prevention and Treatment of Non-Communicable Diseases." Tekeshe is organizing a workshop that will bring together multidisciplinary faculty from across the UC campuses to discuss the content of the letter of intent. She writes, "I'll keep you posted on our progress. Other than that, life goes on!"

MTPCCR FUN FACTS

THERE ARE 369 ALUMS

- 64 ARE CURRENTLY IN DOCTORAL PROGRAMS
- 13 GRADUATED WITH THEIR PH.D/DR.PH;
 - 8 ARE POST. DOCS
 - 5 ARE FACULTY

WHERE ARE THEY NOW?



Ying Han, MPH (UCSF-2006) graduated from her MPH program and is now working at Oregon Department of Health Services in the heart disease and stroke prevention program.



Tiffany Ng Chen, MPH (UCLA-2006) married in January 2009. She and her husband Anderson are happy honeymooners! She has started her second year in an accelerated master of nursing program at California State University, Fullerton. Tiffany

wanted to share with us that her husband has a brain tumor and they are looking across the US and the world for new and radical treatment options. If ANYONE has contacts or suggestions, please let us know at mtpccr@ph.ucla.edu.



Lorena Porras, MPH (UCLA-2006) and her husband Miguel had a beautiful baby girl named Miranda in August 2007.



Candace Webb, MPH (UCLA- 2006) is now working at the National Women's Law Center (NWLC) in Washington, D.C. as the Outreach Manager for Health and Reproductive Rights. In this position, she is responsible for planning and implementing NWLC's outreach, advocacy, partnership development, and grassroots mobilization around U.S. domestic policy, legislative issues, and court decisions related to women's health and reproductive rights.



Romina Yepiz, MPH (UCLA-2006) graduated from California State University, Fullerton in May. She's taking a break from school for a year and then she will look into pursuing her doctorate. Also, she and her sister are featured in a publication. They were selected to be highlighted on the back cover of the fall schedule for Mount San Antonio Community College! The publication was sent out to 45,000 households around the community.

7 Tips to Boost Energy



- **Eat a balanced diet** - A nutritional breakfast is necessary to sustain energy levels throughout the morning, followed with a high protein lunch containing only a small amount of good quality carbohydrates. Foods high in simple carbs, like white bread or pasta, produce sleep-inducing hormones which can cause lethargy and bloating in the afternoons.
- **Fresh air** - Stale air encourages stagnation, so work and sleep in a room where you can open the window. If this is not possible, take short breaks throughout the day and walk outside. Take deep breaths of fresh air to rejuvenate your body and mind.
- **Exercise** - To feel instantly revived, march on the spot, run up and down stairs, skip or dance for a minute or two. Your circulation will increase oxygen to the brain.
- **Turn down the heat** - Your brain slows down when it gets too warm and in turn promotes tiredness.
- **Replace sugary snacks with lean protein** - Sugary drinks or snacks will only provide short term energy boosts, but within an hour you will feel even more tired. Try yogurt, nuts, seeds and fresh fruit instead.
- **Drink lots of fluids** - Water is best. Both mental and physical performance are affected when the brain is only 3% dehydrated.
- **NAP! Take a short break!** - Research has shown that many people who take a 5 minute nap or shut-eye during the early afternoon perform better for the rest of the day than those who don't. Get sufficient sleep at night, too!

Source: Danette Hibberd, Wellness Coach

<http://ezinearticles.com/28-Tips-to-Boost-Energy-and-Banish-Tiredness&id=665189>



Sandra Arellano, Master of Health Advocacy (UCSF-2007) accepted a position in March 2008 as the "Breast Care Navigator" for Lovelace Women's Hospital in Albuquerque, NM.



Ifeoma Nwankwor, MPH (UCLA-2007) or Ify, as she is known, and her husband had their bundle of joy...a beautiful baby girl on July 24, 2008. Her name is Kambili Ugochukwu. The proud parents and baby are doing wonderfully.

A FEW NEW FACES FROM THE 2008 CLASS



Sharee Anzaldo, MS (UCLA-2008) graduated in June 2008 from the UCSF Masters Entry Program in Nursing (MEPN) with an MS in Nursing and minor in Education. Currently, she is a mentee for the National Coalition of Ethnic Minority Nurse Associations (NCEMNA) Research Training and Mentoring (RTM) program. She has relocated from San Francisco to Los Angeles to begin the Versant RN Residency in Pediatrics at Children's Hospital Los Angeles in September 2008. As a nurse resident, she will work in the pediatric acute medical-surgical/rehabilitation unit.



Mario Browne, MPH (UCLA - 2008) participated in an interesting bike ride called The Underground Railroad Bicycle Route: Exploring African-American History by Bicycle. This event is intended to increase physical activity among African-Americans and to diversify the cycling community. The 2,100 mile route stretches from Mobile, Alabama to Owen Sound, Ontario. This project combines history, culture and education to celebrate the courage and determination of freedom-seekers and to engage people of all walks of life in physical activity. Hundreds of cyclists of all ethnicities and ages have cycled all or portions of the bike route since 2007.



Kia Davis, MPH (UCSF-2008) is a contractor for the National Cancer Institute where she works for the Health Communication and Informatics Research Branch in the DC Metro Area. She is involved in project management and research regarding health communication and health disparities. She is looking into PhD programs and is considering applying in 2009.



Erin Garcia, MPH (UCSF-2008) writes, "Happy Anniversary MTPCCR!" Erin is a recent graduate of SDSU and is currently job hunting. Her interest in cancer research was piqued during National Cancer Survivors' Day 2007 where, alongside her mom (a cancer survivor of 35+ years), she realized the impact of cancer research and preventative measures.

After MTPCCR, she is more motivated than ever to GO FOR IT! She's hoping her first job will be cancer and nutrition related, and would eventually like to work on projects that deal with access to care and cancer survival. As a reward to herself for 20 years of schooling, she took a trip to Thailand in January! Erin says "I hope to meet the entire MTPCCR family soon!"



Grace Lee MA, MPH (UCLA- 2008) worked as an HIV/AIDS Officer with the United Nations Integrated Mission in East Timor in 2008. She provided HIV education & services to UN peacekeepers, uniformed personnel, contractors, and international & national staff. She also provided HIV testing/counseling, conducted mandatory HIV awareness trainings, and was in charge of the Monitoring/Evaluation of all HIV/AIDS activities.



Nicole McElveen, MPH (UCSF-2008) is currently working as a Program Director for The National Quality Forum. She is now actively researching some doctoral programs and has attended a few informational sessions. Her goal is to begin a doctoral program in Fall 2010. She is also looking into working/volunteering with cancer care centers in the area such as the Lombardi Comprehensive Cancer center at Georgetown University or Howard University Cancer Center, and possibly the National Breast Cancer Coalition.



Sahar Nouredini, MSN (UCSF-2008) is graduating from UCSF this spring with a master's in Advanced Community Health/International Nursing! She is contemplating returning to school to either become a nurse practitioner or to get her PhD. In either case, she wants her work to focus on environmental justice.



Timiyin E-Nunu, MPH (UCLA - 2008) earned her MPH in December 2008 with a concentration in Biostatistics / Epidemiology. She is currently working as a project specialist at the USC Center for Community Health Studies. She plans to apply to medical school in the near future.



Linda A. Pham (UCSF-2008) is an MPH student from fabulous San Jose State University and a current MTPCCR intern. She is focusing on colorectal cancer screening research and Hepatitis B awareness among Vietnamese Americans. She feels empowered working side by side to strengthen our community.



Amy Pradhan, MS-HCA (UCSF-2008) is a Project/Research Assistant at the UCSF Neuroradiology Department since June 2008. She writes, "It has been a wonderful learning experience so far. I recently moved to San Francisco, and living in the city has been a lot of fun." Amy is planning to take the GRE in early 2009 and is researching doctoral programs that she can apply to for Fall 2010.



David Saunders, MED (UCSF-2008) feels lucky to be able to connect his job with his volunteer activities. David is a member of Alpha Phi Alpha fraternity, the oldest African American fraternity in the world. He works for the American Cancer Society, and they recently signed a national agreement with his fraternity to ensure that the brothers and communities are aware of life-saving screening guidelines, engaging in advocacy, and connecting college Alphas to the ACS activities on college campuses. Pretty sweet!



Congratulations to all of our Doctoral Students and Graduates!

No.	SITE	MTPCCR YEAR	NAME	DEGREE OBJECTIVE	DEPARTMENT/PROGRAM	SCHOOL
1	UCSF	1999	Kim Danforth	Sc.D.	Epidemiology	Harvard School of Public Health
2	UCSF	1999	JaMuir Johnson Robinson	Ph.D.	Policy Analysis & Management	Cornell University
3	UCSF	1999	Setsuko Koresawa	Ph.D.	Nursing	University of California, San Francisco
4	UCSF	1999	Lori Sakoda	Ph.D.	Epidemiology	University of Washington
5	UCSF	1999	Emma Sanchez	Sc.D.	Health and Social Behavior	Harvard School of Public Health
6	UCSF	1999	Mercy Wey	Ph.D.	Nursing	University of California, San Francisco
7	UCSF	1999	Hui Zhang	Ph.D.	Epidemiology	Harvard University
8	UCSF	2000	Nadine Chan	Ph.D.	Health Services	University of Washington
9	UCSF	2000	Iona Cheng	Ph.D.	Epidemiology	University of Southern California
10	UCSF	2000	Jill Lin	Ph.D.	Biomedical Informatics	University of Washington in Seattle
11	UCSF	2000	Yumary Ruiz	Ph.D.	Health Policy & Advocacy	Purdue University
12	UCSF	2000	Gloria Giraldo	Dr.P.H.	Community Health Sciences	University of California, Los Angeles
13	UCSF	2001	Linda Dong	Ph.D.	Epidemiology	University of Washington
14	UCSF	2001	Ai Kubo	Ph.D.	Cancer Epidemiology	Columbia University
15	UCSF	2001	Donna-Marie Palakiko	Ph.D.	School of Nursing	University of Hawaii at Manoa, School of Nursing
16	UCSF	2001	Monique Sims	Dr.P.H.	Health Nutrition	University of California, Berkeley
17	UCSF	2001	Annalyn Valdez Dadia	Dr.P.H.	Health Services	University of California, Los Angeles
18	UCSF	2002	Quan Gan	Ph.D.	Environmental Health Sciences	University of California, Berkeley
19	UCSF	2002	Whitney Robinson	Ph.D.	Epidemiology	University of North Carolina, Chapel Hill
20	UCSF	2002	Sang Leng Trieu	Dr.P.H.	Health Education	Loma Linda University
21	UCSF	2002	Tracy Hilliard	Ph.D.	Health Services	University of Washington
22	UCSF	2002	Gem Le	Ph.D.	Epidemiology	University of California, Berkeley
23	UCSF	2002	Monica McLemore	Ph.D.	Nursing	University of California, San Francisco
24	UCSF	2002	Kim Nguyen	Sc.D.	Society, Human Development, and Health	Harvard University
25	UCSF	2003	Caroline Meloty-Kapella	Ph.D.	Cell and Tissue Biology	University of California, Davis
26	UCLA	2003	Christine Aque	Ph.D.	Health/Developmental Psychology	University of California, Riverside
27	UCLA	2003	Marina Alvarez	Dr.P.H.	Public Helath	University of California, Los Angeles
28	UCSF	2003	Marilyn Asuncion-Uchi	Ph.D.	Epidemiology	University of California, Davis
29	UCSF	2003	Frederick Bauzon	Ph.D.	Basic Cancer Biology	Albert Einstein College of Medicine
30	UCLA	2003	LaShawnta Bell-Lewis	Dr.P.H.	Community Health Sciences	University of California, Los Angeles
31	UCSF	2003	Adesina Biyi	Dr.P.H.	School of Public Health	University of California, Berkeley
32	UCLA	2003	Daisy Carreon	Ph.D.	Sociology	University of California, Irvine
33	UCSF	2003	Christina Harris	Ph.D.	Cell and Molecular Biology	Tulane University
34	UCSF	2003	Suepattra May	Ph.D.	Medical Anthropology	University of California, San Francisco/ University of California, Berkeley Joint Program
35	UCLA	2003	Darrah Kuratani	PhD	Community Health Sciences	Univesity of California, Los Angeles
36	UCLA	2003	Romina Romero	Ph.D.	Health Behavior	University of California, San Diego/ San Diego State University

No.	SITE	MTPCCR YEAR	NAME	DEGREE OBJECTIVE	DEPARTMENT/PROGRAM	SCHOOL
37	UCSF	2003	Pamela Washington	Dr.P.H.	School of Public Health	University of California, Berkeley
38	UCSF	2004	Claudia Aguado	Ph.D.	College of Public Health	University of South Florida
39	UCLA	2004	Barbara Baquero	Ph.D.	Health Behavior	University of California, San Diego/ San Diego State University
40	UCLA	2004	Yussif Dokurugu	Dr.P.H.	Epidemiology	Florida Agricultural & Mechanical University
41	UCSF	2004	Jennifer Garcia	Ph.D.	Community Health Sciences	University of California, Los Angeles
42	UCSF	2004	A. Kilolo Harris	Ph.D.	Health and Social Behavior	University of Michigan
43	UCSF	2004	Karen Hill	Ph.D.	Nursing	University of California, San Francisco
44	UCSF	2004	Trisha Hue	Ph.D.	Epidemiology	University of California, Berkeley
45	UCSF	2004	Nicole Kellier	Ph.D.	Epidemiology	Florida International University
46	UCSF	2004	Jennifer Kue	Ph.D.	Health Promotion/Health Education	Oregon State University
47	UCLA	2004	Michael Lipscomb	Ph.D./M.P.H.	Biomedical	University of Pittsburg
48	UCLA	2004	Margaret Ochner	M.D./Ph.D.	Primary Care & Epidemiology	University of Hawaii
49	UCSF	2004	Jane Pham	Ph.D.	Epidemiology	University of California, Davis
50	UCSF	2004	Herb Pierrie	Ph.D.	Nursing	University of California, San Francisco
51	UCLA	2004	Nykiconia Preacely	Dr.P.H.	Health Science Center	University North Texas
52	UCLA	2004	Rotrease Reagan-Yates	Ph.D	Community Health Sciences	University of California, Los Angeles
53	UCLA	2005	Yasmin Asvat	Dr.P.H.	Clinical Psychology	University of South Florida
54	UCLA	2005	Christine Ekenga	Ph.D	Environmental Health Sciences	New York University
55	UCSF	2005	Jo Kay Ghosh	Ph.D.	Epidemiology	University of California, Los Angeles
56	UCSF	2005	Padmaja Magadala	Ph.D.	Nanomedicine/Pharmaceutical Sciences	North Western University
57	UCLA	2005	Minal Patel	Ph.D.	Health Science Center	University of California, Los Angeles
58	UCLA	2005	Monica Rodriguez	Ph.D	Anthropology	Wayne State University
59	UCLA	2005	Claradina Toya-Soto	Ph.D.	Health Behavior Research	University of Southern California
60	UCLA	2005	Jennifer Tsui	Ph.D.	Health Services	University of California, Los Angeles
61	UCLA	2005	Carmina Valle	Ph.D.	Nutrition	University of North Carolina - Chapel Hill
62	UCSF	2005	Erica Warner	Ph.D.	Cancer Epidemiology	Harvard School of Public Health
63	UCSF	2006	Doug Melton	Ph.D.	Health Policy & Administration	University of North Carolina, Chapel Hill
64	UCSF	2006	Peninah Kaniu	Ph.D.	Psychology	University of San Francisco
65	UCLA	2006	Jammie Hopkins	Dr.P.H.	Community Health Sciences	University of California, Los Angeles
66	UCLA	2006	Lani Park	Ph.D.	Epidemiology	University of California, Los Angeles
67	UCLA	2006	Smiley Sabrina	Ph.D.	Medical Sociology	Howard University
68	UCLA	2007	DeAnnah Byrd	Dr.P.H.	Community Health Sciences	University of California, Los Angeles
69	UCSF	2007	Heather Cole-Lewis	Ph.D.	Chronic Disease Epidemiology	Yale University
70	UCSF	2007	Jeneva Gularte	PhD	Nursing	University of California, San Francisco
71	UCSF	2007	Analilia Garcia	Dr.P.H.	School of Public Health	University of California, Berkeley
72	UCLA	2007	Mona AuYoung	Dr.P.H.	Community Health Sciences	University of California, Los Angeles
73	UCLA	2007	Eva Durazo	Ph.D.	Community Health Sciences	University of California, Los Angeles
74	UCLA	2007	Marjannie Eloi	Ph.D.	Immuniology	University of California, Davis
75	UCLA	2007	Vahe Shahnazarian	Ph.D.	Medicine	Ross University
76	UCLA	2008	Sula Hood	Ph.D.	Health Promotion	University of Louisville School of Public Health & Information Sciences
77	UCLA	2008	Chikarlo Leak	Dr.P.H.	Community Health Sciences	University of California, Los Angeles

Summer Institute Class Photos

2007 **2008**



UCSF



UCSF



UCLA



UCLA

Answers to Cancer Quiz, Page 5

TRUE: In this country, scientist have come to understand what cancer is and how it grows. Thanks to advances in diagnosis, prevention, and treatment, people who face a cancer diagnosis have great reason to hope. Some forms of the disease remain difficult to treat, but there are treatments available to improve quality of life in those cases.

FALSE: There are some symptoms that may indicate, including change in a wart or mole; a sore that doesn't heal; persistent cough or hoarseness; change in bowel or bladder habits; chronic indigestion or difficulty swallowing; unusual bleeding or discharge; unexplained loss of weight or appetite; persistent fatigue, low-grade fever, nausea, vomiting, headache, or bone pain; thickening or lumps in the tissue; and repeat infections.

FALSE: For many cancers there is no known cause. But some of the most common cancers are linked to environmental factor like smoking , sun exposure, and diet. These environmental factors combined with your age, heredity, and overall health seem to contribute to your cancer risk.

TRUE: Surgery and radiation are used to remove or destroy cancerous cells from localized areas, such as in the case of cancerous breast lump. Chemotherapy is used to destroy cancer cells that may have spread, or metastasized, through out the body. Hormone therapy may be used to slow the growth of certain types of cancer.

TRUE: People with good nutrition seem to respond better to cancer treatment and are better able to ward off weight loss and malnutrition, common problems for cancer patients. In particular, patients who follow a vegetarian diet report feeling better. However no particular diet has been shown to slow or cure cancer.

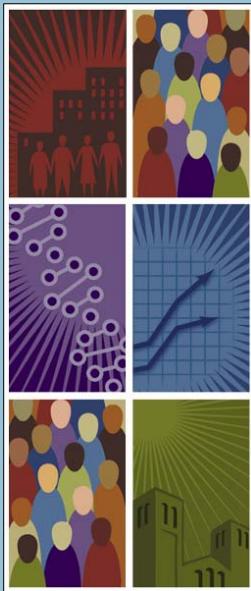
Source: WebMD



We want to hear from you!!!

If there is someone in this newsletter with whom you wish to get in touch, an article that you would like us to feature in the future, or if you have an update that you wish to share for the next edition, please let us know.





10 ways to stay GREEN

- Set your [thermostat](#) a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.
- Unplug appliances (including chargers) when you're not using them.
- Take shorter showers to reduce water use. This will lower your water and heating bills too.
- Walk or bike to work.
- Keep your cell phones, [computers](#), and other electronics as long as possible. Donate or recycle them responsibly when the time comes. [E-waste contains mercury](#) and other toxins and is a growing environmental problem.
- [Recycle your cell phone.](#)
- Ask your local government to [set up an electronics recycling](#) and hazardous waste collection event.
- Buy in bulk. Purchasing food from bulk bins can save money and packaging.
- Wear clothes that don't need to be dry-cleaned. This saves money and cuts down on toxic chemical use.
- Bring a reusable water bottle, preferably aluminum rather than plastic, with you when traveling or at work.

Source: Worldwatch.org



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Cancer Center

