

# SAVING MORE LIVES.



**REGISTER TODAY!**



**Join the Miami Dolphins at DCC XIV AT THE Hard Rock Stadium On February 24, 2024**

Dolphins Challenge Cancer is a signature Miami Dolphins initiative and the #1 fundraising event in the NFL. 100% of all funds raised directly support ground-breaking research at Sylvester Comprehensive Cancer Center.

The DCC's purpose is to improve people's lives through financial support for innovative cancer research at Sylvester, South Florida's only National Cancer Institute (NCI) designated cancer center.



## OCTOBER BREAST CANCER AWARENESS MONTH

### What is breast cancer?

Breast cancer is a disease in which abnormal cells develop in one or both breasts

### How can you reduce your risk for breast cancer?

- Stay at a healthy weight.
- Keep physically active.
- Limit red and processed meats.
- Eat plenty of colorful fruits and vegetables.
- Avoid over consuming sugar-sweetened beverages.

### Breast Cancer High Risk Screening



In the US in 2023  
invasive breast  
cancer will be  
diagnosed in an  
estimated 297,790  
women and 2,800  
men.

### Risk Factors for breast cancer

- **Age:** Mostly found in females aged 55 or older.
- **Inheriting gene changes:** Inherited gene changes, like BRCA1 and BRCA2, can raise risk.
- **Having dense breast tissue:** Having dense breast tissue makes the chance of getting breast cancer higher. This is because cancers are more difficult to see on mammograms.

### Screening for breast cancer

A mammogram is a special x-ray of the breast to check for breast cancer before any symptoms appear.

### Guidelines recommended:

Women should start having mammograms at age 40 and get them yearly. If you have a family history, you may need to start earlier. Complete the assessment using the QR code on the left to find out if you're at increased risk for breast cancer.



## TEAM SPOTLIGHT CORNER



### Conference Highlights



#### Jasmine Jackson, MSPH

Research Associate 3, Community Health Educator

*During the mobile conference's opening day, Ohio Health's Wellness On Wheels featured Lashana Crone, a former patient who shared her positive experience as a teenage mom with Ohio Health's Wellness On Wheels mobile clinic and highlighted its lasting impact.*



#### Cassandra White

Project Coordinator

*The University of Arizona has developed a framework for mobile health program partner readiness and strategic partnership building. They utilize a scorecard to assess partnerships based on their strengths and weaknesses; by implementing these strategies, they can determine if they need to invest in a partnership.*



#### Daniela Flores Quetant, MPH

Senior Research Associate 1, Outreach Team Lead

*My first Mobile Healthcare Association conference was a meaningful experience. Our team presented a poster on our Gamechanger screening efforts. In a session titled "Overcoming Obstacles in the Face of Adversity," a speaker shared her transformative experience as a teen mom in a mobile health program, emphasizing the long-lasting impact of our community work. I also learned valuable insights from other mobile health programs that can benefit our Gamechanger initiatives.*

Scan to stay connected with all the Sylvester Game Changer vehicle Events

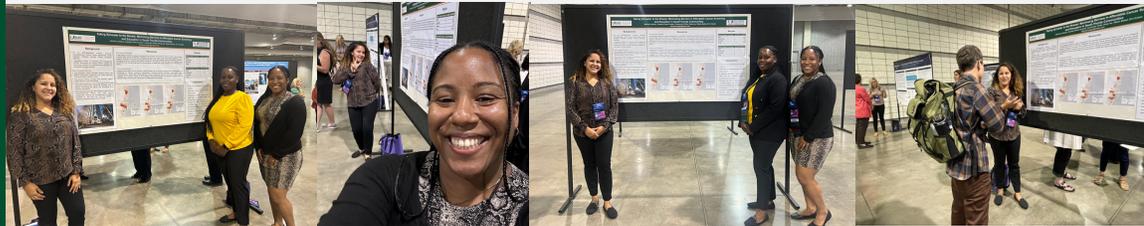


## Shining Bright in Pittsburgh at the 19th Annual Mobile Health Clinics Conference

We turn our spotlight on three exceptional team members who represented our office at the 19th Annual Mobile Health Clinics Conference in Pittsburgh, Pennsylvania, held from September 9-12, 2023. Their stellar performance included presenting an insightful poster that not only showcased our unwavering commitment to our mission but also highlighted the contributions made to our collective success.

Their participation in this event not only emphasized our accomplishments but also forged stronger connections within our broader community. Their hard work, dedication, and passion exemplify the spirit of our team, and we extend our heartfelt commendations for their outstanding efforts.

As we bask in the glow of their accomplishments, we eagerly anticipate the future successes we will achieve together as a team. Stay tuned for more inspiring moments from our dedicated and talented members!



## Game Changer Event Bulletin



**Monday,**  
**October 9, 2023**

**1:00 pm - 4:00 pm**  
Women's Health Fair- Belle Glade



**Monday,**  
**October 16, 2023**

**10:00 am - 3:00 pm**  
Miramar Branch Library & Education Center Cancer Screenings



**Wednesday,**  
**October 18, 2023**

**10:30 am - 2:00 pm**  
First Baptist Church Mobile Dental Unit Program



**Saturday,**  
**October 21, 2023**

**10:00 am - 4:00 pm**  
7th Annual: Healthy Community Jamboree at Delevoe Park



**Tuesday,**  
**October 24, 2023**

**9:00 am - 1:00 pm**  
Colombia Consulate October Health Event



**Saturday,**  
**October 28, 2023**

**9:00 am - 1:00 pm**  
Lisbet Health Center At Wellington Bay

## Community Listening Sessions

In April and May 2023, Sylvester Comprehensive Cancer Center's Office of Community Outreach and Engagement conducted 14 diverse Community Listening Sessions, accommodating 106 community residents in both in-person and virtual formats, conducted in English and Spanish. In the coming months, we will share this data to inform actionable initiatives aimed at enhancing our cancer care and research. We extend our gratitude to all participants, as their voices inspire our continued mission in the fight against cancer. Stay tuned for updates on specific findings and actions.

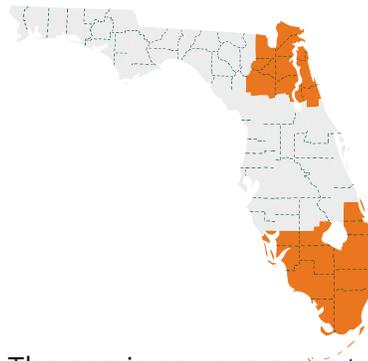
We are excited to share with you the valuable insights and feedback garnered during our recent Community Listening Sessions, orchestrated by the dedicated Office of Community Outreach and Engagement (COE).

**64%** of the participants identified as female

SCAN 360 IS AN INTERACTIVE WEBSITE



### Overview



The sessions were open to participants aged 18 and above. COE collaborated with local community groups and organizations to leverage their networks, ensuring a varied participant pool for the listening sessions. Notably, Sylvester's Community Advisory Committee members played a crucial role in recruiting participants from the target areas who offered valuable feedback on cancer risk, outcomes, and priorities.

- Diverse session formats: In-person meetings for small groups and virtual sessions for remote participation
- 90-minute duration for each session
- Participants received tokens of appreciation
- Skilled facilitators led the discussions
- Key themes and findings were recorded by scribes

### Demographic Profile



Our participants spanned from 18 to 85+ years of age, offering a diverse range of perspectives. Our participant pool exhibited a rich tapestry of ethnicities and races, ensuring a comprehensive view of our community. Community members enriched our understanding by providing valuable insights into the needs and opportunities within our catchment area through their thoughtful responses to our inquiries.



**SAVE THE DATE:**  
Community Advisory Committee Meeting  
**November 6th, 2023**



## ZERO Prostate Cancer, in collaboration with Sylvester Comprehensive Cancer Center, part of UHealth – University of Miami Health System co-host a free Prostate Cancer Education & Screening Event.

In a remarkable effort to champion men's health, Sylvester Comprehensive Cancer Center partnered with ZERO Prostate Cancer, a leading advocacy organization, to co-host a transformative Prostate Cancer Education and Screening Event on September 16, 2023, at the Haitian Evangelical Baptist Church led by Pastor David Eugene. This event marked a milestone in the pursuit of early detection and underscored our unwavering commitment to our community's well-being.

Dr. Brandon Mahal, a key expert involved in the Prostate Cancer Education & Screening Event, provided valuable insights into the impact of community events like this, engaging moments with the audience, and practical advice for readers. Dr. Mahal emphasized the importance of community events in building trust and sharing vital knowledge with communities, especially those most affected by specific cancers like prostate cancer. This event, held in a community significantly impacted by prostate cancer, aimed to provide essential information about screening, diagnosis, and treatment. During this event, we were able to screen over 25 community members. Dr. Mahal highlighted that bringing healthcare services to the community demonstrates care and has the potential to save lives.

He emphasized three key points: the importance of early screening for early cancer detection, the availability of advanced diagnostic tests such as MRIs and prostate-specific PET scans, and the existence of various treatment options that can lead to a cure.

This collaborative event brought together experts from Sylvester Comprehensive Cancer Center, part of UHealth – University of Miami Health System, renowned for its pioneering cancer research and compassionate care. Attendees had the opportunity to engage with medical professionals, ask questions, and gain a deeper understanding of prostate cancer, its risk factors, and the importance of early detection.



**Brandon Mahal, M.D.**  
Associate Professor, Radiation Oncology  
Early Detection  
Sylvester Comprehensive Cancer Center



Dr. Robinson Raymonville played a pivotal role on-site, serving as a crucial translator for the presenters. Dr. Raymonville seamlessly bridged language barriers, enabling effective communication and ensuring that all participants, regardless of their language and educational capacities, could fully grasp the content being presented.

Highlighting our dedication to accessible healthcare, this event offered free prostate cancer screenings to eligible male participants. Early detection is a critical factor in successfully managing prostate cancer, and these screenings provided an essential step toward achieving that goal.

Stay tuned for more details on this Prostate Cancer Education & Screening Event. Together, we made strides in the fight against prostate cancer, ensuring that no one faced this challenge alone. Marked your calendars and joined us in this significant step toward a healthier and more informed community. Your health mattered.

Prostate cancer is the most common cancer among men, and it is estimated that one in every eight men will be diagnosed with it in their lifetime. This makes it crucial for men to be aware of the risk factors and to take proactive steps in their health, such as getting regular check-ups and screenings.

## CAC MEMBER SPOTLIGHT CENTER FOR INDEPENDENT LIVING OF THE KEYS

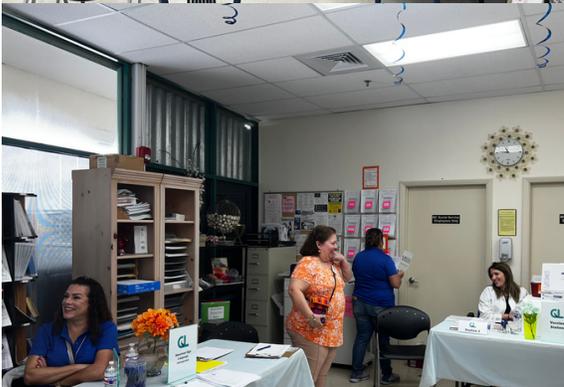
The Center for Independent Living of the Keys (CIL of the Keys) is one of over 400 Centers for Independent Living (CIL) in the United States. Centers for Independent Living (CIL) are nonresidential, cross-disability, grassroots, non-profit advocacy organizations. CILs are unique, in that they exist to increase access, self-sufficiency, and equal opportunity for people with disabilities while being designed and operated by people with disabilities.

CIL of the Keys is governed by an active 7-member volunteer board of directors and specialized staff both formed by 51% of people with all types of disabilities who have diverse expertise, and include representation from minority and underserved populations.

Today, CIL of the Keys has advanced to become a well-established organization serving more than 1,200 people with disabilities yearly, many receiving Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) benefits.

CIL of the Keys programs are free to anyone, of any age, who self-identifies as having a disability and lives in Monroe County, Florida.

CIL of the Keys provides support to people with disabilities in the form of advocacy, resources, and information so that they can live their lives with the greatest degree of independence they desire.



## Upcoming events in Monroe, Miami-Dade, Broward, and Palm Beach communities.

### BREAST CANCER AWARENESS CRAFT FOR A CAUSE

Join us in our efforts to support  
University of Miami Sylvester Cancer Centers

OCTOBER 15TH @  
PARADOX MUSEUM MIAMI

♥ Donate \$5 to the  
cause and decorate  
your own wooden  
awareness ribbon\*

\*while supplies last

♥ The famous GAME CHANGER BUS  
will be on-site from 11am-1pm providing  
additional support and resources



📍 2301 N Miami Ave, Wynwood  
✉ miami@paradoxmuseum.com  
🌐 www.paradoxmuseummiami.com

experience the impossible

## 2<sup>ND</sup> ANNUAL SYLVESTER CANCER SURVIVORSHIP SYMPOSIUM

Improving Quality of Life, Patient Reported and Clinical  
Outcomes in Cancer Survivorship

FRIDAY, OCTOBER 20, 2023 • 7:00 A.M. TO 6:00 P.M.

THE RITZ-CARLTON COCONUT GROVE  
3300 SW 27th Ave, Miami, FL 33133

On behalf of the Cancer Survivorship and Translational Behavioral Sciences Program at Sylvester Comprehensive Cancer Center, we cordially invite you to join us at the 2nd Annual Sylvester Cancer Survivorship Symposium.

### ABOUT THE SYMPOSIUM:

This one-day symposium will feature multiple research presentations for healthcare providers, researchers, administrators and trainees in cancer survivorship and oncology. It aims to bring the cancer research community together to discuss the latest advancements and opportunities in cancer survivorship, with the objective of improving the quality of life and outcomes of cancer survivors and their caregivers, from diagnosis to end of life.

### TOPICS OF DISCUSSION WILL INCLUDE:

- Aging and Cancer Survivorship
- Sexual Functioning
- eHealth and mHealth based Interventions
- Palliative Care in Survivorship Continuance
- Integrative Medicine Approaches
- Caregivers in Survivorship Research
- Cancer Survivorship in Primary Care
- AYA Oncology and Survivorship
- Immunotherapy and Treatment Related Effects
- Disparities in Survivorship

### KEYNOTE SPEAKER

Andrea Cheville, M.D. | Mayo Clinic



### REGISTER THROUGH 10/19

Survivorship Scientific Sessions

Continuing Education Credits Available

Supportive Care for Survivors | Complimentary Registration

For more information on the Symposium, visit [Sylvester.org/MCSS](https://Sylvester.org/MCSS) or email [SurvivorshipSymposium@miami.edu](mailto:SurvivorshipSymposium@miami.edu)



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