



TIP SHEET Cancer in Our Community

What You Should Know

Cancer rates and trends can vary from place to place. Here in Western New York, we have higher rates of breast and lung cancer than other parts of the state or country.

In addition, specific groups of us — African-Americans, Native Americans, Hispanics, refugees and others — face an increased risk for developing cancer and a greater burden from the disease, such as poorer survival. For example:

- **African-Americans** are more likely to die from cancer when diagnosed than any other racial or ethnic population in the nation.
- **Native Americans** have a greater risk for developing and dying from kidney cancer.
- **Hispanics** are more likely to get and die from cancers of the stomach, liver, gallbladder and cervix — some of which are related to infections.
- **Individuals of low income/low socioeconomic status** are more likely to die from cancer and be diagnosed with cancer at later stages than those with higher incomes.

With proper screening and education, we can begin to impact these statistics.

What Causes This?

While race and ethnic differences play a role, the causes of these cancer health disparities are complex and include persistent societal problems, such as:

- Education and literacy level
- Access to healthcare
- Social and economic status
- Neighborhood factors
- Racial bias and discrimination
- Access to nutritious food
- Lifestyle factors like smoking and exercise
- Cultural beliefs

What YOU Can Do to Take Charge of Your Health

Taking the following steps can reduce your cancer risk.

- FIND** a healthcare provider
- TELL** your doctor about your family health history
- SEEK** routine cancer screenings
- CHANGE** the cancer risk factors that you can control:
 - Quit smoking
 - Eat more fruits and vegetables
 - Exercise and maintain a healthy weight
 - Limit alcohol
 - Contact us at (716) 845-4557

DID YOU KNOW...?

White women get breast cancer more often, but African-American women die more often from the disease.

African-American men develop prostate cancer more than any other group and are two times more likely to die from it compared to white men.

Refugee populations are at higher risk for cancers more prevalent in developing countries, such as liver, esophagus and stomach cancer.

Contact Us

Learn more about how Roswell Park's Office of Community Outreach and Engagement can help you or your organization. Call (716) 845-4557 or visit www.roswellpark.org/prevention/cancer-health-disparities



1-800-ROS WELL (1-800-767-9355) | RoswellPark.org



MEET THE TEAM

Office of Community Outreach and Engagement



How We Can Help

Roswell Park's Office of Community Outreach and Engagement is dedicated to understanding these cancer health disparities and offering services and programs to address the needs of Western New Yorkers most at risk for cancer. We offer:

- **Health Education Workshops** tailored to specific groups, such as:
 - Buffalo/Niagara Witness Project** featuring breast and cervical cancer survivors telling their personal stories at gatherings hosted by churches and other community groups.
 - Witness CARES** offering information on colorectal cancer and screening.
 - Esperanza y Vida** (Hope and Life) aims to increase breast and cervical cancer screenings and streamline access to cancer care among Latina women.
- **Lung cancer education program**
- **Healthcare Guidance** to help you find a physician and get the cancer screenings and treatment you need.
- **High-Risk Programs** to monitor people at high risk for breast, lung and ovarian cancers.
- **Smoking Cessation.** We operate the NYS Quitline for counseling, support and quit aids. Call 1-866-NY-QUITS (1-866-697-8487).
- **Customized Events** specific for your organization or audience. We can help you create a cancer education program, nutrition or wellness seminar, screening clinic or other event to fit your needs.

People who are unable to get regular healthcare and cancer screenings are more likely to be diagnosed with cancer at a later stage when treatment options are limited.

Quitting smoking (and all tobacco use) is the single most important thing you can do to lower your cancer risk for 12 cancer types.

(above from left to right)

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People in rural areas have higher rates of lung, cervical and colon cancers than people in cities.

Join Our Team!

We are always looking for cancer survivors to join our advocate program. Call us at (716) 845-4557.