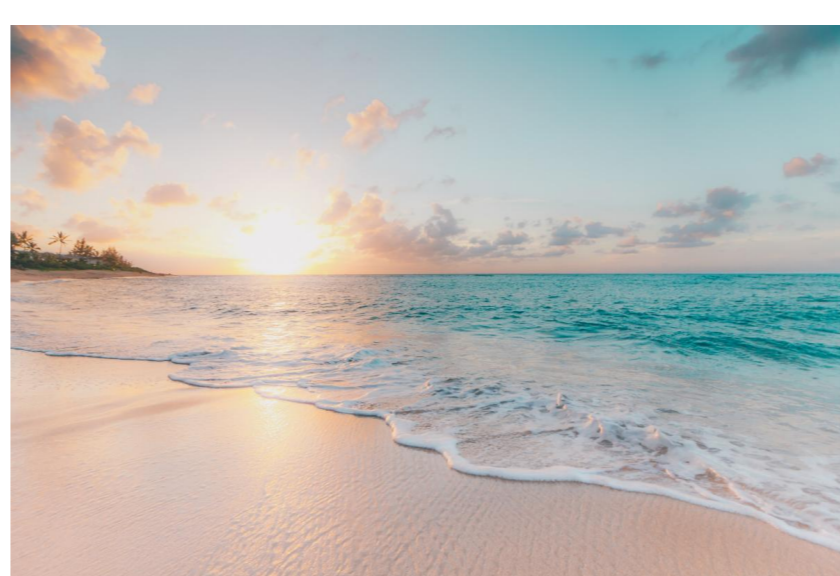


Summer 2021
Quarterly Newsletter

This Issue Includes:

Center News

- Dr. William J. McCarthy and new CBCR microbiome project
- Addressing liver disease and cancer



Community Partner News

MICOP chosen as a 2021 California Nonprofit of the Year

Upcoming Events

July 30, 2021 at 1pm PT
Cancer health disparities among Latinos: what are they and how can we overcome them with Dr. Maria Garcia-Jimenez

LGBTQI+ Cancer Needs Assessment

(scroll down for more information)

A Message from our Leadership Team:

Summer greetings to all of our many friends and partners. Most of us never thought we could still be working to address the challenges and threats of COVID-19 more than 16 months after the start of the pandemic, but we know many of you still confront these issues on a daily basis. We are humbled by the efforts of everyone working to achieve health equity for all.

We have some exciting news to share throughout this newsletter. Firstly, we are pleased to announce promising new research conducted by Dr. William J. McCarthy investigating the relationship between diets that promote healthy gut micro-organisms in the human gastrointestinal tract and the risk reduction for breast cancer recurrence. This work has the potential to present an alternative approach to reducing risk of breast cancer recurrence. You can read more about this project below in our Center News.

In addition, we are happy to provide information about our efforts to reduce disparities in liver cancer, one of the leading causes of cancer deaths worldwide. As we continue to advocate for health equity and conduct novel chronic disease prevention and control research, we are committed to highlighting diseases such as liver cancer that disproportionately impact health outcomes in racial and ethnic minority groups.

We are also thrilled to share that our community partner MICOP was selected as one of California's Nonprofits of the Year! You will learn about our center's research, our community partner's award and more throughout this newsletter.

With gratitude,
Roshan Bastani, Beth Glenn, Alison Herrmann, Folasade May, and Sylvia Lopez

Center News

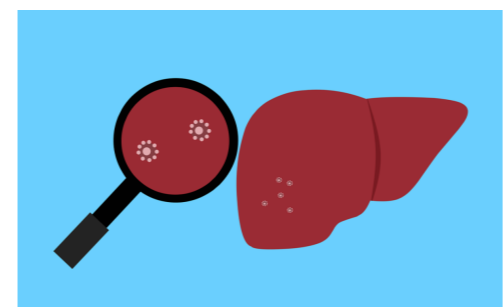


California Breast Cancer Research Program-Funded Microbiome Project

We are pleased to announce that Center member Dr. William J. McCarthy, Ph.D. is conducting innovative research to investigate whether the risk of breast cancer recurrence is reduced by an exercise and dietary intervention. This work, funded by the California Breast Cancer Research Program, is specifically designed to optimize the functioning of gut microbiota (micro-organisms in the human gastrointestinal tract). In particular, Dr. McCarthy and co-investigators will study the effects of consuming at least six minimally processed, plant-based foods daily among breast cancer survivors. This approach may provide a practical alternative to the traditional dietary approach of calorie restriction recommended for reducing risk of breast cancer recurrence.

Addressing Liver Disease and Liver Cancer

Liver cancer is one of the fastest growing and leading cause of cancer-related death in the U.S. The UCLA Kaiser Permanente Center for Health Equity is conducting various research studies to help prevent liver cancer disparities, and to raise awareness about liver disease and liver cancer.



Latinos have the highest incidence of and mortality from liver cancer, followed by Asian Pacific Islanders (APIs), American Indians/Alaska Natives (AI/AN), Blacks (have a higher mortality than AI/AN), and Whites. A major cause of the rise in liver cancer is the increase in non-alcoholic fatty liver disease (NAFLD), which is now the most prevalent chronic liver condition and fastest growing cause of cirrhosis in the U.S.

Clinical risk factors for NAFLD include obesity, metabolic syndrome, and type 2 diabetes mellitus, which are very common among specific racial/ethnic groups. Other known risk factors for liver cancer include infection with hepatitis B (HBV) or hepatitis C (HCV), smoking, and heavy alcohol use.

Fortunately, liver cancer is very preventable by keeping a healthy weight, getting vaccinated against HBV, getting tested for HCV if you are over 50 or have any risk factors, not smoking, or quitting if you do, and not drinking alcohol in excess.

Community Partner News

MICOP Chosen as a 2021 California Nonprofit of the Year

We are thrilled to congratulate MICOP (Mixteco Indígena Community Organizing Project) for being selected as one of California's Nonprofits of the Year.



As a recipient of this award, MICOP and the other outstanding nonprofits selected across the state will be honored by their state senators and assembly members for their tremendous contributions to the communities that they serve.

A longtime partner of the Center, MICOP's mission is to support, organize and empower indigenous migrants from the Mexican states of Oaxaca and Guerrero, including Mixtecos, Zapotecs, and Purepechas. These indigenous populations face unique challenges including language barriers, as they often only speak their native pre-Hispanic indigenous languages. They also have deep rooted and unique cultural practices and beliefs that often create barriers and isolate them from other more established Latino populations. MICOP is the only organization dedicated entirely to addressing the unique needs of indigenous migrants in the Central Coast region of California. MICOP offers a full-spectrum of programs that strategically integrate direct service delivery to meet basic needs, cultural promotion, along with leadership development, community organizing and advocacy to achieve policy and systemic change.

Congratulations MICOP!

Upcoming Events



Friday, July 30, from 1-2pm PT

Please join Cancer Support Community Los Angeles for a webinar: Las Disparidades del Cáncer Entre los Latinos: Cuales Son y Como Podemos Superarlas (Cancer Health Disparities Among Latinos: What are They and How Can We Overcome Them), led by Dr. Maria Garcia-Jimenez, UCLA Hematology/Oncology Fellow. This virtual event will take place on Friday, July 30, from 1-2pm PT in Spanish.

We hope that you are able to attend!

[Register Here](#)

LGBTQI+ Cancer Needs Assessment

The **Latinx Task Force**, a volunteer-driven coalition focused on promoting on community wide-health and wellness among all Latinx communities in Los Angeles County, is currently collecting anonymous data about the LGBTQI+ community. This important needs assessment will help inform the development of health education programs and materials.

The survey is available in both [English](#) and [Spanish](#).