

# The MI-CARES Bulletin

## MI-CARES Updates

Hi, everyone! Welcome to our second issue of the MI-CARES Bulletin. We have a couple of exciting changes:

- Each MI-CARES participant who completes the questionnaire by August 30 will receive a \$10 gift card. Already completed it? We will be in touch soon about how you can receive the \$10.
- After completing the questionnaire, you can select one of several local organizations for us to make a small donation. So rally friends & family to join MI-CARES and collectively you can make it a sizeable contribution!
- When you finish the questionnaire, we will email you a code to give to friends and family. After they enroll in MI-CARES and complete the questionnaire, they can enter your code, and we will add \$5 to your gift card! For now, there's no limit to the number of people you can refer!

As always, thank you so much for your support - together we can understand the impact of the environment on our health!

## Community Spotlight



**Art Woodson, Flint MI**

### ***What is your role in the community?***

As a lifelong Flint resident and a volunteer with the Flint Community Cancer Consortium (FC3), I am passionate about FC3's work to understand if there are unusual cancer patterns in Flint. When the source of Flint's city water changed, I learned about the possibility of total trihalomethanes (TTHMs) in our waterways. (TTHMs may cause cancer according to the International Agency for Research on Cancer.) Eventually, we got the water tested which confirmed the presence of TTHMs. Since the Flint Water Crisis, I have lost two close family members to cancer. I began to hear about a lot of cancers among Flint residents. I shared my concerns with others and with Vice President Kamala Harris when she visited Flint during her campaign days. She promised to look into it if she got into office; that promise became what is now known as the FC3 unusual cancer pattern study.

### ***How do you think MI-CARES will impact your community?***

MI-CARES is going to answer a lot of the questions that I have always been asking as a community member and as someone who lost family members to cancer. For the community, this project is very important as it is not trying to raise more questions but is focused on finding answers. Rather than short term fixes, MI-CARES is looking out for future generations and that is what I appreciate most about it. It will be an important study not just for Michigan, but the U.S.

## **Team Spotlight**

Meet Lilah and Max, doctoral students in the School of Public Health's Department of Epidemiology here at the University of Michigan.



### **Lilah Khoja, MPH**

My thesis looks at cancer prevention in hard to reach groups. Within the MI-CARES team, I work on fostering community engagement and recruitment, with a focus on the Middle Eastern and North African (MENA) communities.

The impact of MI-CARES cannot be overstated - the data that we are gathering will help us answer crucial questions about the environment and our health, which will hopefully lead to necessary policy change to secure a healthy future for us all.

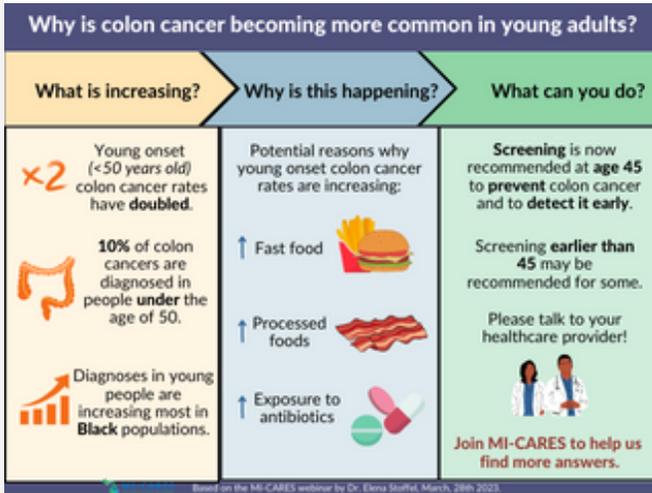


### **Maxwell Salvatore, MPH**

My thesis looks at using electronic health record data for cancer risk protection. Within the MI-CARES team I've been involved in data management, community engagement, and recruitment. Additionally, I'm doing outreach in the Flint region. As a large, long-term cohort, MI-CARES is uniquely positioned to answer questions about adverse exposures and their impacts on cancer. I'm excited about the potential for results from MI-CARES to change policy and improve health.

# New Mini Webinar Series

We were thrilled to launch our monthly webinar series in March with a unique format allowing a lot of time for questions! Our expert speakers provide a 15 minute presentation followed by 30 minutes of Q&A. It's perfect for a lunch-time break.



## In case you missed it...

March was Colon Cancer Awareness Month, and we kicked off our series with Dr. Elena Stoffel. She discussed why the rate of colon cancer is rapidly increasing among younger generations. If you missed the webinar, you can catch up by downloading this infographic or watching the recording.

**We hope to see you next time!**

[View Recording](#)

WEBINAR  
SERIES



MI-CARES  
UNDERSTANDING THE IMPACT OF OUR ENVIRONMENT

**Microplastics: They've been around for years...  
Now, they've reached our bloodstream**



Featured Speaker:  
**John Meeker, ScD, CIH**

Dr. Meeker is an environmental health expert at the University of Michigan studying human exposure to different environmental contaminants.

**Thursday, April 13th @ 12pm EST**

You may [register to attend via Zoom](#) or join via Facebook livestream the day of the webinar without registering.

## Be on the lookout for...

A recording of our second webinar discussion "Microplastics in Our Bloodstream" and another visual summary of the key takeaways. If you're interested in hearing Dr. Meeker speak on this topic, it's not too late! Registration will remain open the entire time.

**Thursday, April 13th @ 12pm EST**

[Register Today](#)

# Fact or Fiction?

# Test your knowledge!

## Microplastics

Each of us may be ingesting an estimated one credit card's worth of plastic a week.



### Fact!

Gross! Register for our upcoming webinar on microplastics to learn more.

## Absorption

Nothing can pass through my skin - it is a perfect barrier.



### Fiction!

Our skin does not keep everything out: it absorbs things. For example, chemicals from products like shampoo, lotion and makeup have been found in the bloodstream.

## PFAS

Over 2,000,000 Michigan residents live in areas with PFAS in their drinking water. PFAS is a forever chemical that is linked to poor health outcomes.



### Fact!

Some major sites include Oscoda, Ann Arbor, the Huron River, Parchment, Detroit, and Dearborn.



[View this Fact or Fiction Infographic](#)

[View Chemical Hair Straightener Infographic](#)

## Stay Connected

Remain up to date on our events, ask a study related question, or suggest a topic for the next issue. We'd love to hear from you!



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UNDERSTANDING THE IMPACT OF OUR ENVIRONMENT