



No single food can protect against cancer by itself. But research shows that diets filled with a variety of vegetables, fruits, whole grains, beans, and other plant foods help lower the risk for many cancers. Many individual minerals, vitamins, and phytochemicals demonstrate anti-cancer effects. Summertime is a great time to stock up on fresh fruits and vegetables and give new ones a try!



Foods that Kill Cancer

SHOUT-OUTS

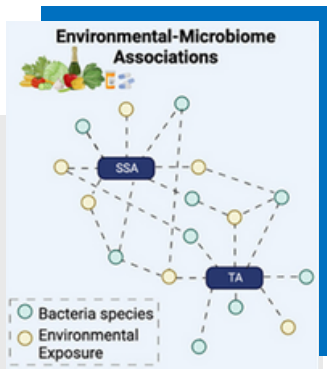
Congratulations to the following teams that have earned a milestone in the month of June: **Towner County Medical Center (Cando):** Gold; **UND Family Practice (Bismarck):** Gold; **Wishek Clinic:** Gold; **Napoleon Clinic:** Gold; **Kulm Clinic:** Gold; **Gackle Clinic:** Gold; **First Care Health Center:** Silver; **Elgin Community Clinic:** Gold; **Glen Ullin Family Medical Clinic:** Gold; **Richardton Clinic:** Gold. **A hearty handshake** to the team at **St. Luke's Medical Center (Crosby)** for setting a new record for 3-month relative improvement! This team is on fire!
Cheers! To the **Jacobsen Memorial-Richardton Clinic** on hitting 66.67% screening rate for patients ages 45-59 years old in March and May!
Our compliments to the **Clinicare (Cavalier)** team on their recent surge to a 65% overall screening rate! Keep up the great work!
Best wishes to the teams that are transitioning to new EHRs over the summer and early fall!

IN THE NEWS...

Gut microbiome changes linked to precancerous colon polyps
 by Liz Murphy, [Massachusetts General Hospital](#)

A new study by investigators from Mass General Brigham has linked certain types of gut bacteria to the development of precancerous colon polyps.

Their results are published in *Cell Host & Microbe*. "Researchers have done a lot of work to understand the relationship between the gut microbiome and cancer. But this new study is about understanding the microbiome's influence on precancerous polyps," said co-corresponding author Daniel C. Chung, MD, medical co-director of the Center for Cancer Risk Assessment at the Mass General Cancer Center and a faculty member of the Gastroenterology Division. "Through the microbiome, we potentially have an opportunity to intervene and prevent colorectal cancer from forming." [Read more...](#)



HEALTH EQUITY

To the Editor: Re "[A.I.'s Helping Hand](#)" (Science Times, June 13): During more than 30 years as a clinical oncologist, it was my responsibility almost every day to discuss devastating results and what were often limited treatment options with patients. Although I believe that A.I. can offer sound suggestions — or even a script — for how to discuss horrible news in a compassionate manner for the average patient, what A.I. cannot yet factor in is that every patient is different, and the "right words" to express compassion are invariably and understandably different for every patient. Hippocrates said, "It is more important to know what sort of person has a disease than to know what sort of disease a person has." Choosing the words to express compassion and empathy require health care providers to first really listen to our patients. Truly appreciating the unique personality, values and goals of each patient is the key first step in finding the best words to express sympathy, empathy, compassion and hope.
Steven Sorscher
 Winston-Salem, N.C.

UPCOMING EVENTS

Great Plains QIN Health Equity Series - [Continuing the Conversation Implicit Bias Webinar Specific to rural communities](#)
 Wednesday, July 12, 2023, | 11 am-12 pm CT [Register](#)



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