

[View this email in your browser](#)

2026: Volume 1, Issue 4

[Enroll today!](#)

The MI-CARES Bulletin

The logo for 'The MI-CARES Bulletin' features the word 'The' in a blue script font, 'MI-CARES' in a bold blue sans-serif font with a green map of Michigan integrated into the letter 'I', and 'Bulletin' in a green script font. To the right of the word 'Bulletin' is a green icon of a newspaper or document.

MI-CARES Updates

Hi, everyone! Welcome to another issue of the MI-CARES Bulletin. We have some exciting updates for you:

- Recruitment is strong! Over 12,000 Michigan residents are enrolled in MI-CARES. Please refer friends, family or coworkers. Remember, you'll get a \$5 gift card for every person you refer who enrolls and completes the questionnaire.
- We're updating our biospecimen collection process: toenail samples will now be collected instead of saliva, along with blood spot samples. You can simply mail your samples back, no need to schedule a pickup.

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

Webinar Series

Our expert speakers provide a 15-minute presentation followed by 30 minutes of Q&A. It's perfect for a lunch-time break.

Our April webinar, **“PFAS in Groundwater: What do we know, and how can we remove it?”**, features Dr. Matt Simcik, professor of public health at the



University of Minnesota. Register anytime before the event begins.

Wednesday, April 29th @ 12pm EST

[Click Here to Register!](#)

In Case You Missed It...

We welcomed Dr. Jackie Goodrich for our February webinar, where she shared research on firefighters' occupational exposures and cancer risk, along with practical everyday ways to reduce exposure.

WEBINAR
SERIES



MI-CARES
UNDERSTANDING THE IMPACT OF OUR ENVIRONMENT

"Firefighter Health: Examining the links between occupational exposures and cancer"



MI-CARES webinar speaker:

Jackie Goodrich, PhD

Research Associate Professor

University of Michigan School of Public Health
Department of Environmental Health Sciences

[Click Here to Watch!](#)

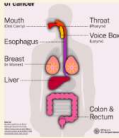





Understanding Risk

What does "risk" mean? In public health, risk is **how likely** something is to happen over time. For example, repeated or higher exposure to cancer-causing chemicals can increase your risk of developing cancer later in life. The good news is that small, everyday choices can help reduce some exposures and **lower (but not eliminate) the risk** of diseases like cancer.

This month, we're shining a spotlight on the cancer risk linked to alcohol. Check out our infographic below and listen to our podcast to learn more about alcohol and

cancer risk, plus simple tips to help reduce exposure.

Drinking Alcohol Increases Your Risk of Developing Cancer

| What are the risks? | Why does this happen? | What can I do? |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Alcohol consumption increases risk for at least seven different types of cancer.</p>  <p>U.S. preventable causes of cancer</p>  <p>Alcohol is third!</p> <p><small>American Association for Cancer Research (AACR) Cancer Progress Report 2019</small></p> | <p>As alcohol breaks down in the body it creates substances that damage DNA.</p>  <p>Alcohol can alter estrogen levels which are linked to breast cancer.</p>  <p>Alcohol makes it easier to absorb cancer-causing agents, like cigarette smoke, into your body.</p>  | <p>Enjoy more alcohol-free days— each day lowers your risk!</p> <p>Discover mocktails and non-alcoholic drinks for social gatherings.</p>  <p>Celebrate each healthy choice— small changes add up to a healthier future.</p> |

MI-CARES | Based on the 2025 Alcohol and Cancer Risk - The U.S. Surgeon General's Advisory | CEECR

Click to Listen!

The U.S. Surgeon General's Advisory

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!



Our mailing address is:
1415 Washington Heights, Ann Arbor, MI 48109

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)



MI-CARES

UNDERSTANDING THE IMPACT OF OUR ENVIRONMENT