

Cherokee Nation Cancer Programs

July 2008

Mobile Mammography Schedule for 2008

Cherokee Nation Clinics	July	Aug	Sept	Oct	Nov	Dec
Jay - Sam Hider Community Clinic	7 th & 15 th	4 th	4 th	6 th	3 rd	1 st
Sallisaw - Redbird Smith Health Center	14 th & 22 nd	11 th & 14 th	8 th & 19 th	13 th	10 th	8 th
Tahlequah – W.W. Hastings Indian Hosp.	21 st	18 th & 20 th	15 th	20 th & 22 nd	17 th	15 th
Nowata – Cherokee Nation Will Rogers Health Center	28 th	25 th	22 nd	27 th	24 th	29 th

Please contact the clinic you are interested in for more information regarding mobile mammography scheduling at the following numbers:

- Jay – Sam Hider Community Clinic - Johnita Thomason – (918) 253-4271
- Sallisaw Redbird Smith Health Center – Terry Thomas – (918) 775-9150
- Tahlequah – W.W. Hastings Indian Hospital – Neoma Flynn – (918) 458-3100
- Nowata – CN Will Rogers Health Center – Linda Case – (918) 273-0193

Lets Play Trivia! Please answer the question below by sending us your response. What are five symptoms of leukemia?

Please e-mail your response along with your name and address to www.cancer.cherokee.org or log on to our web site at: <http://cancer.cherokee.org>. You can also contact Chris at 918-453-5453.

Rules: Each month one winner will be drawn from those who send in the correct answer. A prize will be sent to the winner. Winners names will go into the Grand Prize drawing being held June 30, 2008 for a chance to win the grand prize, - so don't forget to play.

There were no winners for the Month of May – So your odds of winning are great!!!

Cherokee Nation Cancer Resource Center

Research has shown that patients who learn as much as possible about their cancer have increased survival rates and are better equipped in working with their doctor to identify best treatment options for them and caregivers.



The Cherokee Nation Comprehensive Cancer Control staff has worked with other agencies to bring cancer education to the public with the development of a cancer resource center. The center is open to the public and is located in Cherokee First department, at the Cherokee Nation complex.

Resources include two computers, a printer, and books on cancer issues. The books, which were donated to the center, can be checked out on a weekly basis. The center is open from 8:00 A.M. to 5:00 P.M. Monday - Friday. For more information on the center, please call Donna Bush at 918-453-5755.

Free Cancer Education Workshops

CancerCare is a national nonprofit organization that provides free, professional support services for anyone affected by cancer; people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs – including counseling, education, financial assistance, and practical help – are provided by trained oncology social workers and are completely free of charge. **All calls are free of charge.** For more information on these programs please call 1-800-813-4673, or email info@cancer.org.

July 2008 Workshops

- **July 24, 2008** – Updates on chronic Lymphocytic leukemia/Small Lymphocytic Lymphoma (CLL/SLL) Part II: Complications, Clinical Trials and New Approaches
- **July 31, 2008** – Managing Treatment Side Effects: Supportive Care

Cancer Programs Spotlight

Meet Greg Bilby, Public health Educator and Outreach Coordinator for the Cherokee Nation Cancer Programs. Greg started his career at the Cherokee Nation working as a Staff Development Trainer in the Human Resources Department and worked a short while in Emergency Management. He came to the cancer programs in the beginning of 2008 and when asked if he likes his new job he replied, "this is a totally new field and direction for me, and so far it has been a great opportunity. I have also met some really cool people.



Greg is a big hearted person who gets upset when someone illegally parks in a handicapped parking space, or is rude and disrespectful to our veterans and the elderly. He often reflects on blessings that came in his life, which he would have probably never asked for, and states, "The Lord is good!"

One of his greatest accomplishments in life is the home he and his wife Melissa built about three years ago. He enjoys looking at the beautiful scenery when he travels to the clinics in the Cherokee Nation and also enjoys spending time with his wife and son Logan – who just turned three in June, as well as their adopted black cat Chow Mein. Greg has another son, Connor, who is 15 and lives in Florida. To contact Greg call the Cancer Programs at 918-453-5381.

Cancer Programs Staff

Kymerly Cravatt, Director
 Angela Leach, BCCEDP Manager
 Ruth Hummingbird, CCC Coordinator
 Donna Bush, Admin. Asst.
 Chris Stilwell, Special Assistant
 Ann Wheeler, Cancer Registrar

Danette Walker, Data Specialist
 Greg Bilby, Health Educator
 Barbara Neal, Health Educator
 Tammy Runabout, Budget Analyst II
 Youlanda Cain, Case Manager
 Terry Thomas, Case Mgr.

Loretta Denny, Case Manager
 Linda Case, Case Manager
 Johnita Thomason, Case Manager
 Vicki McAlpine, Case Manager
 Neoma Flynn, Case Manager

For More information on our programs please call: The Breast and Cervical Cancer Early Detection Program at 918-453-5755, Cancer Registry at 918-453-5443, or Comprehensive Cancer Control Program at 918-453-5453., or log on to our website at <http://cancer.cherokee.org> and/or e-mail us at cancer@cherokee.org

Leukemia Awareness

Leukemia is a cancer of the blood-forming tissue (bone marrow). It usually affects white blood cells. The type of leukemia depends on the type of white blood cell that is involved (lymphocytes or granulocytes) and whether it is slow-growing (chronic) or fast-growing (acute). Leukemia cells crowd out normal blood cells in the bone marrow. The first signs of leukemia often vague. They may occur with other conditions and disorders. Although signs and symptoms vary for each type, there are some general features or symptoms of leukemia, which may include:

- Excessive bruising
- Infection and fever
- Abnormal bleeding
- Enlarged spleen, lymph nodes, and liver
- Reduce exercise tolerance
- Abdominal pain or fullness
- Fatigue and weakness
- Bone & joint pain

Chronic leukemia often goes undetected for many years until it is identified in a routine blood test. It is best to consult a physician if you have any of these signs or symptoms.



Native American Cancer Support Group

The Native American Circle of Hope will be hosting their monthly meeting on July 17 at 7:00 in the Hastings Indian Hospital cafeteria. All cancer survivors, family members, advocates, and caregivers are invited. For more information on this group please contact Lura Whiteshirt at 918-458-3170, extension 5129.

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