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CHEROKEE NATION©

CANCER PROGRAMS



Newsletter
October 2008

Cancer Program hosts Cancer Survivor Education Workshop

More than 30 participants took part in a Cancer Survivorship Education Workshop held at one of Cherokee Nation's newest facilities; Cherokee Elder Care.

Dianne Bostic was the presenter for the workshop, and is the Clinical Education Coordinator for the Northeast Area Health Education Center and a breast cancer survivor.

"Communication is vital before, during and after treatments. It's just as important to have a good line of communication with your doctor as well as your family," Bostic said.

The Cherokee Nation Cancer Program teamed up with eleven other agencies to bring this workshop to Tahlequah. A group of volunteers from First Baptist Church of Hulbert also pitched in to help provide some of the refreshments.



Cancer survivors Lura Whiteshirt (L) and Ruby Wells (R) share their experiences at the workshop.

October is Breast Cancer Awareness Month

According to the American Cancer Society in 2008 in the US:

- An estimated 182,460 new cases of invasive breast cancer are expected to occur among women
- About 1,990 new cases are expected in men.

Early detection is the key! Here are a few guidelines for the early detection of breast cancer: **Breast Self-Examination (BSE)** All women over 20 should perform a BSE. You can report any changes in your breasts that aren't normal to your doctor.

Clinical Breast Examination The American Cancer Society recommends every woman over 40 get a yearly examination by a doctor or nurse.

A **mammogram** can find breast cancer that is too small for you, your doctor or nurse to feel. It is the best tool available to detect breast cancer early.

*Even though it is still not known what causes breast cancer early detection is the key.
The bottom line: MAMMOGRAMS SAVES LIVES!!*

Lets Play Trivia!

Please answer the question below by sending us your response.

Did you know that men run a risk of getting breast cancer? Of the reported cases men make up _____ percent.

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. Monthly winners will have their name entered for the Grand Prize drawing held on June 30, 2009 - so don't forget to play!

Congratulations Radean Rutherford !! Her name was drawn from all of those who entered the August Trivia question.

Free Cancer Education Workshops

CancerCare is a national, nonprofit organization that provides free, professional support services for people affected by cancer. This service is also extended to caregivers, children, loved ones, and the bereaved. CancerCare offers counseling, education, financial assistance and practical help that are provided by trained oncology social workers. You can get more information by calling 1-800-813-4673, visit their web-site at www.cancercare.org or send them an email at info@cancercare.org.

October 2008 Workshops

- October 7 2008: [Advances in the Treatment of Breast Cancer](#)
- October 16 2008: [Progress in the Treatment of Lung Cancer](#)
- October 17 2008: [Tips for Managing Treatment-Related Rash and Dry Skin](#)
- October 23 2008: [Advances in the Treatment of Metastatic Melanoma \(teleconference from 12:30 to 1:30 pm 1-800-813-4673\)](#)
- October 30 2008: [Advances in the Treatment of Multiple Myeloma](#)



Native American Cancer Support Group

The Native American Circle of Hope will be hosting their monthly meeting on October 16th at 7 p.m. in the Hastings Indian Hospital cafeteria. All cancer survivors are encouraged to come and bring their family. Cancer advocates, caregivers and others interested in helping cancer patients are also welcome. For more information on this group please contact Lura Whiteshirt at 918-458-3170, extension 5129.

Breast Cancer Survivor Dinner

The Cherokee Nation Cancer Program has set aside an evening to honor the strength and courage of Breast Cancer survivors by providing a dinner.

The dinner will take place on Saturday, October 25th from 4 p.m. to 6 p.m. in the Herb Rozell Ballroom on the campus of Northeastern State University

In order to get on the guest list you must call Barbara Neal at 453-5183.

October's Calendar of Events.

October 2nd 2 p.m. Free Popcorn Financial Resource Break room
October 9th 2 p.m. Free Snow cones Financial Resource Break room
October 17th 9 a.m. – 12p.m Health Fair W.W. Hasting dining room
October 17th 12p.m Survivor Luncheon W.W. Hastings Annex Building
Guest Speaker: Gina Olaya
October 25th 4 p.m. – 6 p.m. Breast Cancer Survivor Dinner NSU
Herb Rozell Ball Room (contact Barbara Neal 453-5138)

Coming Up !!

November 19th -22nd Native People's Circle of Hope Conference in Salt Lake City, Utah For more information go to www.nativepeoplescoh.org



Mobile Mammography Unit
provided by Hillcrest Healthcare

Mammograms Saves Lives !!

Cherokee Nation Cancer Program and Hillcrest Healthcare have joined forces to make it easier to get a mammogram.

If you have never had a mammogram now is your chance to take charge and possibly save your life or that of a loved one. *Early detection is the key!!*

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| Jay | (Sam Hider Clinic) | Oct 6 th |
| Sallisaw | (Redbird Smith Clinic) | Oct 13 th |
| Tahlequah | (WW Hastings Hospital) | Oct 22 nd |
| Nowata Clinic | | Oct 27 th |

(For more information call Angela at 453-5756)

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The contents of this publication are solely the responsibility of the authors and do not necessarily represent the official view of the Centers for Disease Control and Prevention.