

From The Merle Boyd Center

Myths vs. Truths about Breast Cancer

by LaDona Johnson, CHR Coordinator



October is breast cancer awareness month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

In this month's article, we're going to discuss myths vs. truths about breast cancer. Here are a few that we're going to compare:

Myth: Finding a lump in your breast means you have breast cancer.

Truth: Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important you see a physician for a clinical breast exam. Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening mammograms.

Myth: Men do not get breast cancer; it affects women only.

Truth: Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.

Myth: A mammogram can cause breast cancer to spread.

Truth: A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer. Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low.

Myth: If you have a family history of breast cancer, you are likely to develop breast cancer, too.

Truth: While women who have a family history of breast cancer are in a higher risk group, most women with breast cancer have no family history.

Myth: Breast cancer is contagious.

Truth: You cannot catch breast cancer or transfer it to someone else's body. Breast cancer is the result of uncontrolled cell growth of mutated cells that being to spread into other tissues within the breast.

Myth: Antiperspirants and deodorants cause breast cancer.

Truth: Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram—the screening test for breast cancer—can help find breast cancer early when it's easier to treat.

Information provided by National Cancer Institute

FLU SHOTS
SAC AND FOX MULTI-PURPOSE BUILDING
AT SHAWNEE
TUESDAY, OCTOBER 21
9:00 AM – 1:00 PM
MERLE BOYD CENTER
WEDNESDAY, OCTOBER 22
9:00 AM – 1:00 PM
For Adults Only

Harmon-y Pediatric Clinic offers tips for preventing the spread of the EV-D68 virus

Children with asthma are highly susceptible to this respiratory virus

OKLAHOMA CITY – The Oklahoma State Department of Health, along with the Centers for Disease Control and Prevention, have confirmed the circulation of the EV-D68 virus in Oklahoma. With symptoms similar to the common cold, this virus can be detrimental to the health of young children. Oklahoma City Indian Clinic (OKCIC) and its Harmon-y Pediatric Clinic are offering the following tips for Oklahomans to help stop the spread of this virus.

"This virus can have an adverse effect on young children, especially for those who suffer from asthma," said Harmon-y pediatrician Dr. Janice Hixson. "Unfortunately, there isn't a vaccine or antiviral treatment available, but there are simple steps we can take to ensure we avoid spreading this particular virus."

The Harmon-y Pediatric Clinic treats registered American Indian patients ages 17 and younger with a variety of services, including immunizations, routine health supervision visits and same-day sick appointments. Routine, sick and same-day appointments are available now by calling (405) 948-4900 ext. 633 or ext. 638. Harmon-y pediatricians have also opened a Young Adult Clinic for those ages 18-21 located at Oklahoma City Indian Clinic's main building, 4913 W. Reno Ave. Appointments are available now by calling (405) 948-4900 ext. 308.

OKCIC and Harmon-y Pediatric Clinic are offering the following tips on how Oklahomans can help prevent the spread of the EV-D68 virus:

Wash hands frequently and thoroughly. Whether you are sick or not, washing your hands for 20 seconds or more with soap and water decreases the

likelihood of transferring the virus to yourself or others. Remember to avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are sick. Do not share food, drinks or eating utensils with someone who is sick. Remember to wash your hands should you come in contact with a sick person, and stay at home if you get sick to avoid passing it on to someone else.

Keep your home and work environment clean. This is especially important if someone you work or live with is sick. Use disinfectant or sanitizing spray or wipes to clean frequently touched surfaces like doorknobs, light switches and toys.

Watch for symptoms. Keeping an eye out for symptoms can help you stay ahead of the virus. The symptoms for the virus are similar to those of the common cold. Symptoms include coughing, runny nose, body aches and fever. Children exhibiting these symptoms should be watched closely in case it progresses to something worse.

For more information, visit www.okcic.com.

About Oklahoma City Indian Clinic
 Oklahoma City Indian Clinic (OKCIC) was established in 1974 to provide excellent health care and wellness services to urban Indians in central Oklahoma. The clinic staff cares for more than 18,000 patients from more than 220 federally recognized tribes every year. Urban Indians can receive a range of services, including medical, dental, pediatrics, prenatal, pharmacy, optometry, physical fitness, nutrition, family programs and behavioral health services. For more information, please visit www.okcic.com.

Oklahoma Tobacco Helpline
1 800 QUIT NOW

Sac and Fox Nation's
Biggest Loser Exercise Challenge

Sign up with Exercise Specialist Anthony Ramirez before November 1st and come to the MBC for initial weigh in before that date. This will be a 6 month incentive program directed to tribal members only and will track your weight, body fat percentage and muscle mass. The numbers will be between you and I only, and I will inform each person of their place and how far they need to go one on one.
 Any questions please contact Anthony Ramirez at 918-968-9531 extension 3039 or anthony.ramirez@ihs.gov

October 2014
Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	2 12:15 - CIRCUIT TRAIN 5 PM Circuit Training	3 11:15 Sweatin to the Oldies 12:15 Circuit Training
6 11:15 - Sweat in to the Oldies 12:15 - Circuit Training 5 PM Cardio/core training	7 open 8-4:30 Anthony in Shawnee	8 11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	9 12:15 - CIRCUIT TRAIN 2:15 Yoga 4:45 Circuit Training	10 11:15 Sweatin to the Oldies 12:15 Circuit Training
13 11:15 - Sweat in to the Oldies 12:15 - Circuit Training 5 PM Cardio/core training	14 open 8-4:30 Anthony in Shawnee	15 11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	16 Closed 12-4:30 for In-service Training 5 PM Circuit training	17 11:15 Sweatin to the Oldies 12:15 Circuit Training
20 11:15 - Sweat in to the Oldies 12:15 - Circuit Training 5 PM Cardio/core training	21 open 8-4:30 Anthony in Shawnee	22 11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	23 12:15 - CIRCUIT TRAIN 2:15 Yoga 4:45 Circuit Training	24 11:15 Sweatin to the Oldies 12:15 Circuit Training
27 11:15 - Sweat in to the Oldies 12:15 - Circuit Training 5 PM Cardio/core training	28 open 8-4:30 Anthony in Shawnee	29 11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	30 12:15 - CIRCUIT TRAIN 2:15 Yoga 4:45 Circuit Training	31 11:15 Sweatin to the Oldies 12:15 Circuit Training