

# Newsletter

## April is Cancer Awareness Month:

Cancer is a disease that starts in our cells. Genes inside each cell order it to grow, work, reproduce and die. Normally, our cells obey these orders and we remain healthy. Sometimes a cell's instructions get mixed up and it behaves abnormally. After a while, groups of abnormal cells can circulate in the blood or immune system, or they can form lumps or tumours. Tumors can be either benign (non-cancerous) or malignant (cancerous). Benign tumor cells stay in one place in the body and are not usually life-threatening. It is important to find malignant tumors early and treat them.

Cancers are named after the part of the body where they start. For example, cancer that starts in the colon but spreads to the liver is called colon cancer with liver metastases.

For more information on cancer, email: [cancerfacts@cancercare.on.ca](mailto:cancerfacts@cancercare.on.ca), call 416-971-9800 ext. 1261, or visit [www.cancer.ca](http://www.cancer.ca).



**April 2006**

P.O. Box 320  
Keewatin, Ontario  
POX 1C0  
Phone: 807-543-1065  
Toll Free: 1-877-224-2281  
Fax: 807-543-1126  
[www.kahac.org](http://www.kahac.org)

## Manaadji Asema

**N**on-traditional or commercial tobacco use has been determined to be very harmful for both users and non-users. Not very long ago First Nations people used tobacco strictly for ceremonial and medicinal purposes. Today, Aboriginal smoking rates are nearly twice the rate of non-Aboriginal smokers. Tobacco remains a very sacred part of our culture and heritage today although very few utilize traditional tobacco grown and harvested by the user. Commercial tobacco, with all its dangerous chemicals, has taken its place. Often its use comes with mixed messages as people will present it as a gift in one hand and abuse it by smoking it in the other.

Traditional tobacco was a gift given for specific purposes:

- to give thanks to the Creator
- to honor the spirits of animals hunted, trapped or plants taken for medicine
- to honor and give thanks for many reasons on Mother Earth
- to seek protection and guidance
- to help our thoughts and prayers reach the Creator

Smoking cigarettes, chewing snuff or tobacco is not a traditional use of this medicine. It can lead to addiction and serious health problems. Take an opportunity to quit smoking—never quit quitting. KAHAC has trained health professionals who can assist you in your efforts to make this important health decision. Call them today. You have little to lose, but a lifetime of health to regain.

## Dental Health Month

Research shows there may be a link between oral disease and other health problems such as diabetes, heart disease and stroke, as well as pre-term and low-birth-weight babies. While this research is ongoing, increasing evidence suggests a healthy mouth is an important part of a healthy life.

Some foods that inhibit dental disease. Foods such as raw fruits and vegetables require vigorous chewing, which stimulates the flow of saliva and reduces the risk of dental disease. Sugarless gum also stimulates saliva flow and helps to remove plaque by its physical contact with the tooth surface.

\*\*\*\*\*

### Can Parents Really Give Their Baby Cavities?

**YES!** It is important for parents and caregivers to have healthy mouths because they can unknowingly transmit the bacteria that causes tooth decay to babies and children when they:

- share forks and spoons with their children
- clean a pacifier with their mouth and give it to the baby
- blow on baby's food to cool it
- chew the food before giving it to the baby

KAHAC is delivering the Children's Oral Health Initiative to seven communities in our catchment area. For more information on preventing early childhood tooth decay contact Allan Anderson, Dental Health Educator or Connee Badiuk, Dental Hygienist.

### Recipe of the Month

#### TURKEY SPINACH CASSEROLE

- 1 can reduced sodium cream of chicken soup
- 1/2 cup low-fat mayo
- 1/2 cup water
- 2 cups cubed cooked turkey breast
- 1 pkg frozen spinach (thaw & squeeze dry)
- 3/4 cup uncooked instant brown rice
- 1 medium zucchini, peeled & cubed
- 1/4 cup red onion
- 1 teaspoon ground mustard
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/4 cup grated parmesan cheese
- 1/8 teaspoon paprika

In a large bowl, combine the soup, mayo and water. Stir in the next nine ingredients. Transfer to a shallow 1 qt. greased baking dish. Cover and bake at 350 degrees for 35-40 min. Uncover and sprinkle with parmesan and paprika. Bake for 5 min. longer. Makes 6 servings.

Arlene Morris (Jiibakwe Ikwe)

50% of cancers can be prevented through healthy living and policies that protect the public. Take the following steps to reduce your risk of developing cancer.

1. Be a non-smoker and avoid second-hand smoke.
2. Eat 5-10 servings of vegetables and fruit a day. Choose high fiber, lower fat foods. If you drink alcohol, limit your intake to 1-2 drinks a day.
3. Be physically active on a regular basis: this will also help you maintain a healthy body weight.
4. Protect yourself and your family from the sun.
5. Follow cancer screening guidelines.
6. Visit your doctor or dentist if you notice any change in your normal state of health.
7. Follow health and safety instructions at home and at work when using, storing and disposing of hazardous materials.

**N**ational Immunization Awareness Week  
April 24—28, 2006.

# April, 2006

# COMMUNITY SCHEDULE

Mon	Tue	Wed	Thu	Fri
3 LED @ KAHAC AA @ OBK JM @ RP	4 DR @ KAHAC IC,SL @ GN LED @ KAHAC AA,LS @ SL39 JM @ SL40	5 IC,SL @ GN LED @ NWA37 AA,JM @ WD	6 IC,SL,LED,AA @ GN JM @ Fellowship Centre LS @ WFB SWEAT @ KAHAC (6PM)	7 LED @ KAHAC - AM
10 DR @ KAHAC - PM LED @ KAHAC LS @ Migisi - AM	11 SL @ NeChee Centre LED @ KAHAC LS @ WD	12 SL @ SL39 LED @ NWA 37 AA @ WD	13 DR @ KAHAC - AM SL @ NeChee Centre LED,AA @ GN	14
17	18 IC @ Onegaming SL @ NeChee Centre LED @ KAHAC AA @ SL40	19 LED,LS @ NWA37 AA @ WD	20 DR @ KAHAC - AM SL @ Migisi LED,AA @ GN LS @ WFB SWEAT @ KAHAC (6 PM)	21 DR @ KAHAC - AM
24 DR @ KAHAC - PM LED @ WAB JM @ RP LS @ Mlinaki	25 DR @ KAHAC SL @ NeChee AA @ OBK JM @ SL40	26 LED @ NWA37 AA @ WD JM @ GN	27 DR @ KAHAC - AM SL @ NeChee Centre LED,AA @ GN JM @ Fellowship Centre	28 DR @ KAHAC - AM JM @ KAHAC

Welcome to Lauri-Ann Marshall, our new Diabetes Educator

Northwestern Ontario FASD Clinic April 10—13, 2006 at KAHAC.

KAHAC will be hosting (2) 1st year medical students from the Northern Ontario School of Medicine. Students will be on placement from April 24th to May 22, 2006 to engage in both clinical and cultural experiences within our communities. If you have a cultural event planned that you feel will provide the students an opportunity to learn, please forward the information to Serena or Randy at 543-1065.

**Traditional Healing clinic May 23, 24, 2006 with Mark Thompson and Kathy Bird. Please call 543-1065 for appointments. Miigwech!**

MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
JH	Dr. John Hammett
HH	Dr. Hanna Hulsbosch
AA	Allan Anderson, Dental Health Educator
RW	Randy White, Traditional Health Coordinator
IC	Ida Copenace, FASD Consultant
SL	Serena Lewis, FASD Consultant
CLW	Claudine Longboat-White, FASD Clinic Coordinator
MB	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator
LAM	Lori-Ann Marshall, Diabetes Educator

## Communities

GN	Grassy Narrows	WD	Whitedog
NWA33A	Dogpaw Lake	WFB	Whitefish Bay
NWA33B	Angle Inlet	SL39	Shoal Lake 39
SL40	Shoal Lake 40	RP	Rat Portage
NWA37A	Regina Bay	DA	Dalles
NWA37B	Windigo Island	WAB	Wabigoon Hall, Wesawkwete
OBK	Obashkaandagaang		

## STAFF