

October, 2006

COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
2 TREATY#3 DAY OFFICE CLOSED LED @ Wabigoon	3 Dr @ Clinic - AM LS,LAM,JM,SM @ WFB SL @ Nechee BP @ OBK MM @ RP JR @ SL40	4 JR,JM, AA , BP @ WD LS,LAM @ Clinic MM @ DA LED @ NWA37 Wild Rice Processing @ KAHAC	5 Dr @ Clinic - AM LED,AA @ GN SM,LS, LAM NWA37A JM @ GN SL @ Nechee MM @ WFB BP,JR @ Clinic Wild Rice Processing	6 Dr @ Clinic - AM LS, LAM, SM @ Clinic
9 THANKSGIVING DAY OFFICE CLOSED	10 LED, @ Clinic JM @ DA SL @ Nechee BP @ OBK MM @ RP SM,JR @ SL40 Cultural teachings-Northland Sweat @ KAHAC (6PM)	11 SM - Healthy Families SL, IC, @ GN BP,LS, LAM @ Clinic RW @ Northern Youth Ctr MM @ DA LED @ NWA37 Cultural teachings-Northland	12 Dr @ Clinic - AM LED,SL,IC,RW @ GN JM @ Minaki BP,SM,LS, LAM @ WD MM @ WFB JR @ Clinic	13 Dr @ Clinic - AM SM @ DA LS, LAM @ Clinic Skirt-Making & Women's Teachings Workshop (KAHAC)
16 Dr @ Clinic SM @ SL39 LAM @ Clinic-PM LAM @ Migisi - AM LED,MM @ Clinic	17 Dr @ Clinic - AM SM @ Clinic BP @ OBK MM @ RP LED @ Clinic - PM Grief workshop- Northland	18 AA @ WD BP, @ Clinic MM @ DA LED @ NWA37 SM @ GN Grief workshop- Northland	19 Dr @ Clinic - AM SM, JR @ Clinic AA, LED @ GN MM @ WFB Grief workshop- Northland	20 Dr @ Clinic - AM SM,AA @ Clinic BP @ Minaki Grief workshop- Northland KAHAC FALL FEAST
23 Dr @ Clinic LS, LAM, SM @ Minaki JM @ NWA37 - PM MM @ Clinic JR @ SL39 LED @ Wabigoon	24 Dr @ Clinic - AM LS, LAM, SM @ RP JM @ WD SL @ Nechee BP @ OBK MM @ RP JR @ SL40 Sweat @ KAHAC (6PM)	25 SM - Healthy Families RW @ Northern Youth Ctr JM @ GN BP,LAM, LS @ Clinic MM @ DA LED @ NWA37	26 Dr @ Clinic - AM LED, LS, LAM, SM,AA @ GN JM @ Fellowship SL @ Nechee BP @ WD MM @ WFB JR @ Clinic	27 Dr @ Clinic - AM LS, LAM, SM, AA @ Clinic
30 Dr @ Clinic SM @ Minaki JM @ Nechee LS, LAM, JR @ SL39 LED,MM @ Clinic	31 LS, LAM, JM,SM, JR @ SL40 BP @ OBK MM @ RP LED @ Clinic	Welcome to Dr. Michelle Thomas who will be replacing Dr. Hanna Hulsbosch,		

Healthy Babies, Healthy Children WORKSHOP

Aboriginal/Western Family Life Skills and Child Development 0-6 years old

Date: October 11 & 12, 2006

Time: 9:00 - 4:00 p.m.

Place: Grassy Narrows Multi-Purpose Complex

Contact Barbara Skead at the Band Office (925-2201)

Traditional Healing Clinic

November 27 & 28, 2006

Mark Thompson and Kathy Bird

For more information, or to make an appointment please call 467-8770

Communities

GN	Grassy Narrows	WD	Whitedog
NWA33A	Dogpaw Lake	WFB	Whitefish Bay
NW	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		

SM	Stacy Morgan, Nutritionist
MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
BP	Barb Pernsky
JH	Dr. John Hammett
MT	Dr. Michelle Thomas
AA	Allan Anderson, Dental Health Educator
RW	Randy White, Traditional Health Coordinator
IC	Ida Copenace, FASD Consultant
SL	Serena Lewis, FASD Consultant
MB	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator
LAM	Lauri-Ann Marshall, Diabetes Educator

STAFF

Newsletter



October 2006

Breast cancer begins in the breast tissue and is characterized by uncontrolled growth and spread of abnormal cells (tumors), which usually start in the milk ducts. Tumors may be hard or soft and may sometimes be described as a thickening of the breast.

- ◆ Breast cancers are almost always painless.
- ◆ One woman in nine will develop breast cancer by age 85 and is the 2nd leading cause of cancer deaths in women, after lung cancer.
- ◆ It is the leading cause of cancer death among women aged 40 to 55.
- ◆ Women over 50 have up to a ten times higher risk of developing breast cancer.
- ◆ The good news is that internationally, Aboriginal women have the lowest incidence of breast cancer.
- ◆ In 2003, the National Cancer Institute of Canada estimated that 21,100 Canadian women would be diagnosed with breast cancer and 5,300 would die of the disease.

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**Administration
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Satellite Clinic

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Toll Free: 1-877-224-2281

www.kahac.org

October is Breast Cancer Awareness Month

The Canadian Cancer Society recommends some basic steps to decrease your chance of developing breast cancer.

- Check your own breasts regularly (look for lumps, unusual appearance of skin or nipples and a change in the size or shape of the breast)
- Have your breasts examined by a professional at least once a year
- Get a regular mammogram (especially age 50 and over, possibly earlier)
- Reduce your dietary fat, especially red meat and deep fried foods
- Think twice about taking hormones of any kind, including birth control pills
- If you can, have your babies earlier than later (begin before age 30)
- Limit or cut out altogether, alcohol and smoking
- Keep fit

They also list factors that appear to increase the risk of developing Breast Cancer:

- Age (risk increase with age)
- Family history of breast cancer, especially in a mother, sister or daughter
- Family history of uterine, colorectal or ovarian cancers
- Previous breast disorders with biopsies showing abnormal cells
- No pregnancies or having a first pregnancy after age 30
- Beginning to menstruate at an early age and/or later than average menopause
- Dense breast tissue
- Taking hormone replacement therapy (estrogen plus progestin) for more than 5 years
- Other factors linked to breast cancer include the consumption of alcohol, smoking, poor diet, lack of physical activity and obesity
- Consumption of caffeine increases likelihood of cystic breasts and has been suspected of increasing breast cancer; however, there have been no conclusive studies.



Hi. I'm Tania Cameron and I'm walking to raise shooniya to end breast cancer. **The Weekend to End Breast Cancer** is a two-day, 60-kilometre walk through the neighborhoods of Winnipeg, taking place June 8 - 10, 2007.

Proceeds benefit the Cancer Care Manitoba Foundation, funding important breast cancer research, education, services and care. Cancer Care Manitoba has an Aboriginal Services department that provides access to translation/interpretation and spiritual/cultural care coordination.

Maybe someone in your life has been affected. It could be your mother, sister, wife, daughter, son, or a friend. The Weekend is your chance to go the distance in the fight against this disease; it's your chance to be a hero for someone you love or someone you may never even meet.

This year I've started a team: The Dream Catchers. Registration is \$75, and each walker must raise a minimum of \$2000. I thought it was impossible, but for the 2006 Weekend, I raised \$2705!

To donate or join my team, check out:

www.endcancer.ca (click Winnipeg 2007). Or email me at tahneeyah@yahoo.ca.

QUESTIONS
ABOUT CANCER?

Ask us

1 888 939-3333
info@cis.cancer.ca



Canadian Cancer Society
Société canadienne du cancer

