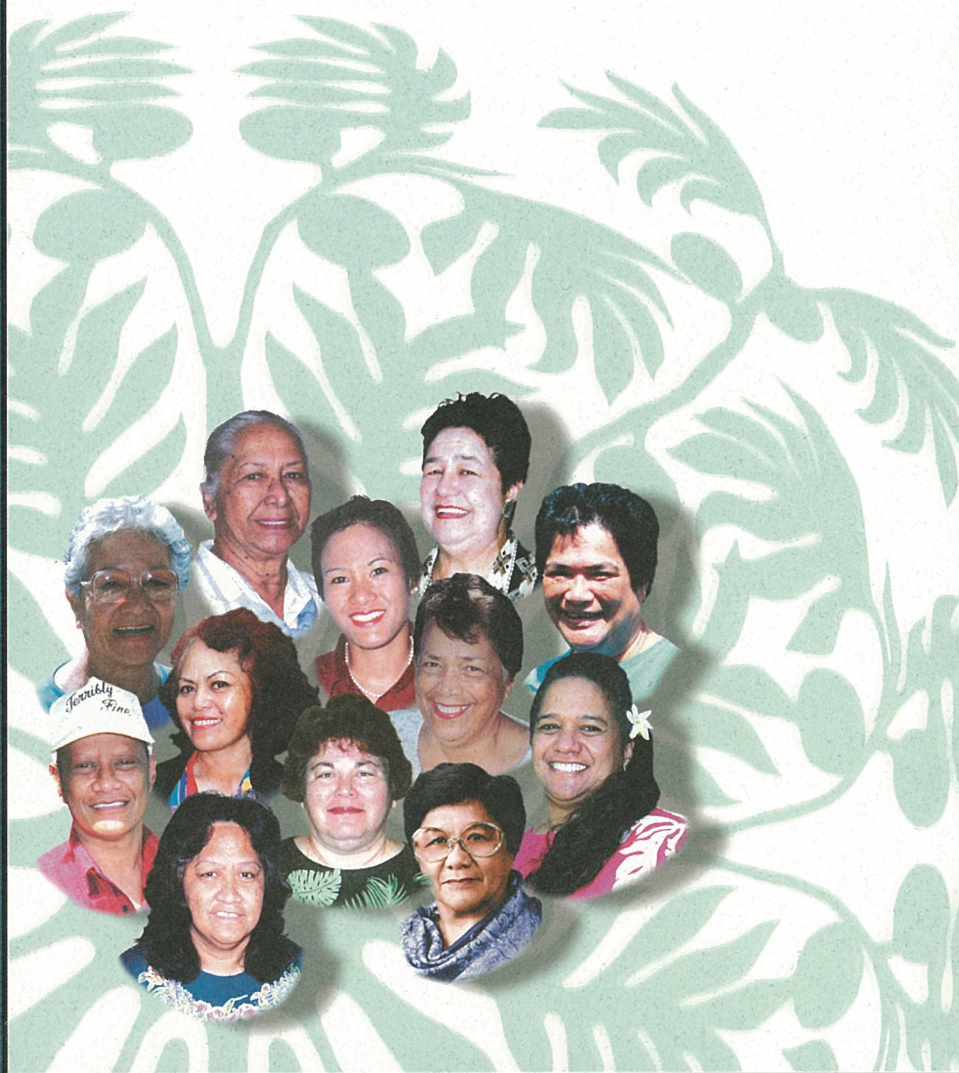


Native Hawaiian Breast Cancer Survivors
"Talking Story"

Breast Health Care





Mahalo pihā to our Native Hawaiian breast cancer survivors. May their stories encourage us to care for and value ourselves, just as much as we care for and value our 'ohana.

Gloriann Akau, Hawai'i
Gwendolyn Pua Borrero, Lana'i
Abigail H. L. Burgess, Moloka'i
Leni Hokoana English, Maui
Cindy Leimomi Goodness, O'ahu
Pele Hanoa, Hawai'i
Keikilani Harada, Kaua'i
Karen Joao, Moloka'i
Susan Kahawai, O'ahu
Daveanna M. "Steady" Kaowili, Maui
J. Mahealani McClellan, O'ahu
Beatrice H. Rosa, O'ahu

The third printing of this booklet is dedicated to Daveanna "Steady" Kaowili (1951-2000) and Beatrice Rosa (1928-2001). Their courage and activism in the area of breast cancer prevention has inspired us, and their stories and examples will always be remembered.

Donations in memory of Becky McClellan, a 40+ years cancer survivor, supported the reprinting of this booklet.



Produced by: Papa Ola Lōkahi, 894 Queen St. Honolulu, HI 96813.

Supported by a grant from the Hawai'i Affiliate of The Susan G. Komen Breast Cancer Foundation.

Brochure Hui: Christine Makua Van Epps, Gayle Haunani Mackura and JoAnn Umilani Tsark. Brochure Design: RinDesign. Mahalo to Helen Friend for graciously allowing us to use her unique 'ulu quilt pattern.

We also gratefully acknowledge as models for this project, the Native American Cancer Initiatives Inc. series of breast cancer survivor "story" booklets (Burhansstipanov L, 1999), and Pathways to a Healthy Life: Breast Cancer Awareness, supported by Breast Cancer Project #9820 from the Susan G. Komen Breast Cancer Foundation.

Find It Early!

...The importance of why we have to go and take the [breast] check up is because we have a lot of loved ones and friends [who] are gonna be very sad if we're not around...The people that are left behind are the ones that suffer a lot, you know. *Gwen Borrero, 50s*



From age 18 on:

☘ Do a breast self-exam each month.

☘ Have a yearly clinical breast exam by a doctor or nurse.

From age 40 on:

☘ Have a mammogram every year.

See your doctor if you find any change in your breast or if you have a family history of breast cancer. Your doctor may want you to have checkups earlier or more often.

***When breast cancer is found early,
9 out of 10 women will survive.***

***Breast cancer survivors know it's
important to get checked.***

Sometime you have this woman instinct... saying something is wrong but you don't know what it is...Just go have it checked. There's nothing wrong with having it checked... *Keikilani Harada, 40s*



I didn't even conceive someone in their twenties could even get breast cancer....I was young...I thought it was more for women approaching menopause, post menopause age...

Cindy Goodness, 20s



"Don't hesitate, feel uncomfortable or fearful of going to the doctor to get it checked out...It may not be cancerous. In fact, the percentage that actually does turn out to be cancerous is quite small. It's worth it to simply find out — to have your fears alleviated....

Cindy Goodness 20s



"Because she (my mother) had breast cancer, she always used to tell us, "You girls, you folks have to watch out because you know I had breast cancer.

So you make sure you get your checkups and whatever you need to do to make sure you're staying on top of it all." So I did...I would always tell the doctor that I had a family history of breast cancer... *J. Mahealani McClellan, 50s*

Clinical Breast Exam



Now [I have] the confidence to go to the doctor and say, "Hey! Isn't it time that I have a checkup? ...if you have to touch around me to see if there is anything [there], then go ahead"... it's not something to be ashamed of. *Karen Joao, 70s*

This is a breast exam done by your doctor or nurse. It should be part of your yearly exam.

During your exam:

- ❖ Tell your doctor about any breast changes you found.
- ❖ Don't be afraid to ask questions.
- ❖ Ask your doctor to teach you how to do breast self-exam.





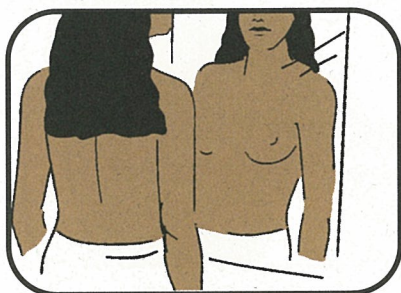
Breast Self Exam



Make it a habit every month if you're 18 or older.

At least once a month, about the same time each month...

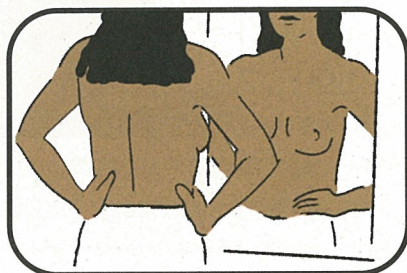
- 1** LOOK for any changes when standing in front of a mirror. Make sure the light is bright.



If you find any changes like those on the next page, see your doctor right away.

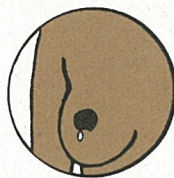
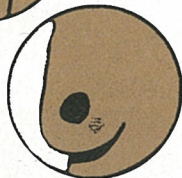
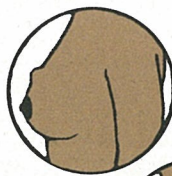


Regular checking will help you know your body.



Warning Signs

- ✿ A breast lump that feels different from the tissue around it. Most of the time the lump will not hurt.
- ✿ A change in how the skin looks. Some skin will have the look and feel of an orange peel.
- ✿ A dimple or folding in of the breast surface
- ✿ Inverted nipple
- ✿ A discharge like bleeding or mucus from the nipple
- ✿ Swelling, redness, or feeling of heat in the breast. The swollen area feels hot to the touch.



If you notice any of these changes, don't panic. Have your breasts checked by your doctor or nurse as soon as possible.



Breast Self Exam cont'd

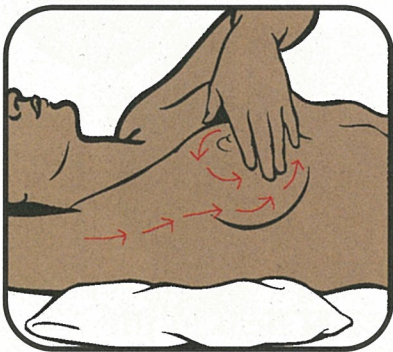


At least once a month, about the same time each month...

2 FEEL **all** areas of each breast and armpit for lumps or thickening—



—when in the shower.
It's easier when you're wet and soapy.



—when lying down.

Breast self exams, breast exams by a doctor, and mammograms improve your chances of finding breast cancer early, when it's curable.

Survivor Messages



I know that I always tell my sisters, "You better go to the doctor and you better take your mammograms! Always make sure that you get a mammogram every year." I tell my sisters because I know that we're more prone...we're higher risk. *Susan Kahawai, 40s*



I tell my two girls...I DEMAND that they go in for mammograms. Every friend, every daughter, I tell them the same thing. I'm the mother around here! I thank my doctor for riding my back to get my mammogram. In '97 it showed a spot. A second mammogram couldn't find anything. One and a half years later, in '98, in the same breast - it looked like two bursts rather than a spot. It looked like the Milky Way Galaxy. They found 5 tumors. *Gloriann Akau, 60s*



...I think we should all go and have mammograms done. Like once or twice a year, what they recommend.... Sometimes, ...it's hard to feel [the] lump. But to me, that's how I found out I had the little lump... *Pele Hanoa, 70s*

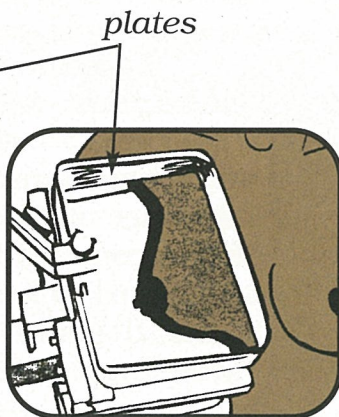
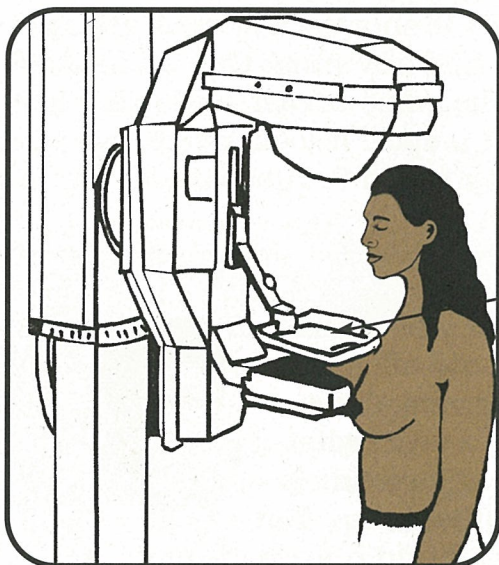
Mammograms

Go in for mammograms. A mammogram is an x-ray picture of the inside of your breast. It can find lumps that are too small for you, your doctor, or your nurse to feel.

❖ Self exam can find lumps this size or larger: ●

But mammograms can find lumps this size: ●

❖ If you're age 40 or over, you should have a mammogram every year. If you're under age 40, talk to your doctor or nurse about getting mammograms.



Getting ready for your mammogram: ---

- ❖ Schedule a time when your breasts are not sore or tender.
- ❖ On the day of your mammogram, do not use deodorants, powders, ointments, creams or oils on your breasts or under your arms. These may blur the x-ray of your breast area.

What will the mammogram be like? ---

- ❖ A mammogram takes about 15 minutes.
- ❖ Two or more x-rays of each breast will be taken.
- ❖ Two plates (see picture on page 10) will press each breast flat.
- ❖ The same thing will be done for the other breast.
- ❖ This may be uncomfortable for a few seconds.

After the mammogram: ---

- ❖ Ask that a copy of the mammogram report be sent to you and your doctor.
- ❖ Talk to your doctor if you have questions.
- ❖ Schedule your next mammogram.

Who can I call to help me?

Your best contact is your own doctor or health care provider. If you do not have one, call the Native Hawaiian Health Care System on your island:

Kaua'i, Ni'ihau

Ho'ōla Lāhui Hawai'i
(808) 246-3511

O'ahu

Ke Ola Mamo
(808) 845-3388

Moloka'i

Nā Pu'uwai
(808) 560-3653

Lāna'i

Ke Ola Hou O Lāna'i
(808) 565-7204

Maui

Hui No Ke Ola Pono
(808) 244-4647

Hawai'i

Hui Mālama Ola Nā 'Ōiwi
(808) 969-9220

For up-to-date cancer information call or visit these web sites:

American Cancer Society

(800) 227-2345
www.cancer.org

Cancer Information Service

(800) 422-6237
www.cancer.gov

Susan G. Komen
Breast Cancer Foundation

www.komen.org

Cancer Care

www.cancercare.org