

'Imi Hale

Native Hawaiian Cancer Network—Newsletter



Aloha Kakou!

'Okakopa 2012



susan g.
komen
FOR THE
cure. HAWAII

Another successful Ho'okele i ke Ola Conference, and we have the SG Komen for the Cure Hawai'i Affiliate to thank!

by Amanda Allison, MA

"Patient Navigation is the only answer I see to our current healthcare crisis" said Dee Dee Ricks, in her Key-note address at 'Imi Hale's 5th Annual Cancer Patient Navigation Conference. Dee Dee, herself a breast cancer survivor, serves as chair of the board of the Harold P. Freeman Patient Navigation Institute. She brought conference attendees to tears as she shared her journey as a cancer patient and WOW'd them with her passion and tireless advocacy for cancer patient navigation—and she had the numbers to demonstrate the success of navigation. If you have not already heard about Dee Dee Ricks, the documentary of her cancer journey, "The Education of Dee Dee Ricks" is available through Netflix, a MUST see. It was our honor to have her as our guest.

This year's conference, held on October 4 & 5, was funded by a generous grant from Susan G. Komen for the Cure, Hawai'i Affiliate. Fifty-five patient navigators and people interested in patient navigation were in attendance.

Conference topics ranged

(L-R) Jermy Domingo, Amanda Allison, Haunani Kamakana, Avette Ponce, Andrea Wilburn, Michelle Ka'aihui, Dee Dee Ricks, Lei-momi Shearer, Temu Iosua, Karli Smallwood, Holly Ho-Chee -DuPont

from advances in breast cancer treatment, surveillance and survivorship, genetic counseling, complementary therapies in treatment, culture and communication, and navigator self-care. Our presenters represented Hawaii's talent and expertise in breast cancer care across the state. As in previous years, the resource fair at the conference was a popular activity that provided opportunities to network with insurance and medical providers and meet representatives from Hawai'i's MedQuest Division.

Recognizing Excellence

This year our Ho'okele i ke Ola award was presented to Terri Imada of the Kapi'olani Breast Center where she coordinates the Kapi'olani High Risk Breast Program. She was honored for her exemplary work in coordinating breast health care, increasing statewide access to services, and streamlining the complex cancer care system. Terri was also

recognized as a long time champion and supporter of patient navigation in Hawai'i. She has served as faculty in our training, provided tours of her facility and more important, shared her passion for the work she does.

This award is 'Imi Hale's way of honoring outstanding programs and individuals who have furthered the professional practice of cancer patient navigation in Hawai'i. Past award winners include, Dr. Harold P. Freeman, the Kukui Ahi Patient Navigation Demonstration Project at Moloka'i General Hospital, and The Queen's Cancer Center.



(L-R) Hardy Spoehr, Jermy Domingo, Terri Imada, and Amanda Allison



5th Annual Ho'okele i ke Ola Cancer Patient Navigation Conference (cont'd)



(Above) Resource Fair vendors & participants on the 1st day.



(Right) Conference participants doing a breathing exercise



(Above) Amanda Allison, Jermy Domingo, Dee Dee Ricks & her keiki, and JoAnn Tsark



A packed room for the Ho'okele i ke Ola Conference at the 'Ohana Airport Hotel



(Left) Speaker Dr. Jayne Tsuchiyama talked about acupuncture during breast cancer treatment

The Ho'okele i ke Ola Team is truly grateful for the support, contributions, and participation of the following collaborators in making the 5th Annual Conference such a success:

Presenters:

Dynaka Aea
Nia Aitaoto, MPH, MS, PhD (c)
Keola Beale, MD
Francisco Conde, APRN, PhD, AOCNS
Holly DuPont
Iris Gushikuma-Seino
Terri Imada, APRN, ANP-C
Kehau Matsumoto
Avette Ponce
Andrea Wilburn
Dee Dee Ricks
LorrieAnn Santos, MPA

Danielle Sharaga, MS
Allison Shykowski, MS, CGC
Karli Smallwood
Reni Soon, MD
Cassandra Stewart
Susan Suzuki
Jayne Tsuchiyama, Dipl. O.M., L.Ac.

Resource Providers:

AlohaCare
American Cancer Society
BCCCP/MedQuest

HMSA
'Imi Hale
Myriad Pharmaceuticals
OHANA Health Care
Pali Momi Medical Center's Women's Center
The Queen's Medical Center
The Queen's Women's Health Center
Susan G. Komen for the Cure Hawai'i Affiliate

Head and Neck Above the Crowd! Cancer Continuing Education in Maui

by Jermy Domingo, MPH

On August 24th, Maui's leading experts in the field of oncology shared their knowledge of and experience with head and neck cancer patients and 21 Cancer Patient Navigators. Sessions focused on head and neck cancer treatment, related side effects and emotional and physical concerns for patients and their families.

The morning began with a blessing from Kimokeo that set the tone for the rest of the day. Navigators from Maui, Moloka'i, O'ahu and Hawai'i heard from Maui's leading oncology professionals about head and neck cancers. **Dr. David Crow**, head and neck surgeon, began the morning with a vivid, in-depth look at surgical treatments for patients with head and neck cancers. The participants appreciated hearing about what a person with head and neck

cancers has to go through to remove or treat their cancer.

Dr. Ramin Alta, medical oncologist of the Pacific Cancer Institute, discussed various chemotherapy treatments available for head and neck patients through case studies.

Dr. Nancy Long of Hospice Maui reminded the navigators of the differences between palliative and hospice care and discussed special considerations for head and neck cancer patients. **Dr. Bobby Baker**, Radiation Oncologist and founder of the Pacific Cancer Institute ended the day by updating navigators on targeted radiation treatments for head and neck patients.



Kimokeo starting the day off with a blessing for the navigators



Navigators of Hui Mālama Ola Nā 'Ōiwi and Hui No Ke Ola Pono (L-to-R) Maxine Kalani, Sandy Kalehua, Mari Galima, Bernie Freitas, Leimomi Shearer, Pua Jeremiah, and Nalani Perreira.

Participants also learned about the physical concerns and special considerations for head and neck cancer patients as they continue from treatment to survivorship. A panel of rehabilitation specialists from Maui Memorial Medical Center discussed the importance of engaging their specialties to provide the best care for patients transitioning to survivorship. Rehabilitation specialists, **Suzi Wojciechowski, OTR** and **Natalie Sook, PT**, discussed how their disciplines help patients regain function and mobility through specialized therapy and equipment. **Walter Tokishi**, speech and language pathologist, reminded navigators of the importance of communication and provided practical communication tips and tools to assist head and neck cancer survivors. Dietitians, **Lisa Allen** and **Teresa Notarangelo**, discussed the unique dietary challenges that head and neck cancer patients face and practical and affordable solutions to help patients maintain their nutrition during treatment.

Ruby Wong, nasopharyngeal cancer survivor and certified yoga instructor, reminded navigators of the importance of self-care while caring for others. Participants were led through simple 15-minute breathing exercises, which the navigators described as "fun and invigorating."

The navigators all expressed their appreciation for the breadth of topics covered during this continuing education session. Mahalo nui loa to **Karli Smallwood** and the Pacific Cancer Foundation for coordinating the day's presentations and providing the facilities for the conference. **Mahalo** to all the faculty from Maui Memorial Medical Center and Pacific Cancer Institute who generously gave of their time to share their knowledge and experience with the Navigators.



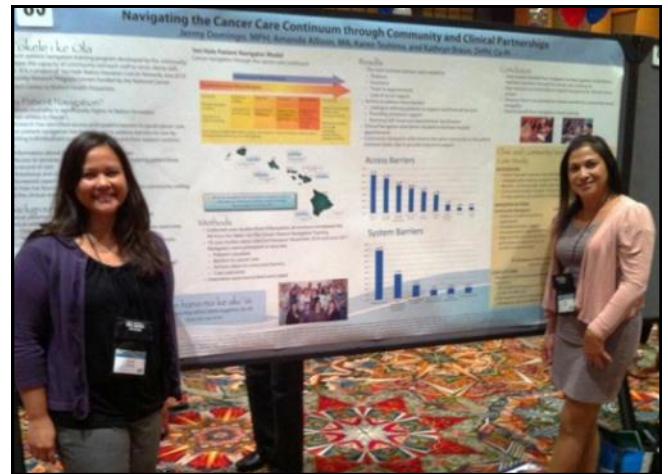
Ruby Wong leading the navigators through a fun and invigorating breathing exercise.

Taking ‘Imi Hale on the Road

‘Imi Hale in Houston, Texas—The 12th Biennial Symposium on Minorities, The Medically Underserved and Health Equity (June 27—July 1, 2012) by Jermy Domingo, MPH

‘Imi Hale staff, Jermy Domingo, and Hawai‘i Island Patient Navigator, Karen Teshima, attended the 12th Biennial Symposium on Minorities, the Medically Underserved and Health Equity hosted by the Intercultural Cancer Council, University of Houston, and MD Anderson Cancer Center in Houston, Texas. This year marked ICC’s 25th anniversary of this symposium series. The symposium was filled with engaging plenary sessions and inspiring breakout sessions focused on updates on emerging research in reducing cancer morbidity and mortality, best practices in reaching and empowering different communities, and collaborative partnerships to reduce health disparities in the era of health care reform. Networking events were also interspersed throughout the symposium providing opportunities for students and health care professionals to connect with the nation’s leaders in health disparities research.

The symposium also included celebrations honoring those who helped lead the charge toward reducing health disparities throughout the US and the Pacific. ‘Imi Hale’s Project Director, JoAnn Tsark was recognized as one of ICC’s First Ladies for her support, commitment, passion and leadership contributions to the Intercultural Cancer Council over the past 25 years. The celebratory spirit increased with the announcement of the Supreme Court’s decision to uphold the Affordable Care Act. This excitement carried on throughout the symposium, enhancing discussions about health equity. The conference concluded with an inspirational charge from Texas Congresswoman Sheila Jackson Lee to continue working toward reducing health disparities among minorities and underserved populations. Visit www.iccnetwork.org to learn more about ICC initiatives.



The Great American Poster Picnic included over 100 posters highlighting the work across the nation and in the Pacific to prevent cancer and improve access to cancer care services. Jermy Domingo and Karen Teshima presenting their poster on the importance of community and clinical partnerships in improving access to cancer care services.



A beautiful day for a lunch outside of the Natcher Conference Center on NIH's

CNPC Program Meeting—July 2012

Members of 'Imi Hale (Dr. Kathryn Braun, JoAnn Tsark, May Rose Dela Cruz, and Koa Robinson) attended the Community Program Centers (CNPC) Annual Program Meeting at the NIH campus in Bethesda, Maryland. This two-day meeting reunited all CNPCs, evoking discussion on integrating community and CBPR as key elements in reducing cancer health disparities. Plenary sessions included presentations from CNPC investigators and research they are conducting. Dr. Braun spoke on behalf of 'Imi Hale and shared our current research projects and outreach efforts. Biospecimen and clinical trial research were highlighted and there were multiple opportunities to hear about the new and innovative projects.

Koa Robinson, our community health educator with the National Outreach Network presented his poster, "Developing and Field Testing Colorectal Cancer Screening Education Flipcharts in Partnership with Native Hawaiian, Chuukese, and Marshallese Community Member in Hawai'i and the Pacific." Co-PI, Dr. Kathryn Braun met with her PI colleagues to discuss collective efforts in publishing, research and future steps for the CNPCs. As always, it's a privilege to meet up and trade notes with our CNPC colleagues and meet with CRCHD staff and we look forward to our meeting next year.



'Imi Hale's Koa Robinson in front of his poster with our program officer, Dr. Ming Zhao.



CRCHD's Dr. Brenda Adjei and 'Imi Hale's Dr. Kathryn Braun catching up during the meeting

*Mahalo
Dr. Ming Zhao*



The staff and leadership at 'Imi Hale wish you well in your new position at SBIR—NIH. It was our privilege to work with you over the past two years and extend our sincere appreciation and aloha.



Bethesda campus during the CNPC Program Meeting in July.

On the Road Again...

The Hāpai Smokers Study's Project Meeting at the University of Connecticut (July 28 & 29, 2012)

‘Imi Hale is collaborating with the University of Connecticut on a multi-site study to query pregnant women who smoke or smoked until they found out they were pregnant and new moms and examine their responses to the new graphic warning labels that will be on cigarette packages. The study also explores other messages that may enhance the graphic warnings in promoting quitting during pregnancy, and preventing smoking relapse after pregnancy. The information will be provided to the FDA so they can better tailor anti-smoking messages to pregnant women. Our goal is to get opinions and reactions from Native Hawaiian women and women from rural communities in Hawai‘i.

On July 28th, the ‘Imi Hale team of Dr. Kathryn Braun, JoAnn Tsark, and May Rose Dela Cruz went to the University of Connecticut's campus via plane, train, and automobile (shuttle van, actually) to meet with Dr. Leslie Snyder, Principal Investigator, and members of the Connecticut research team. For two days, the sites learned about current trends regarding youth and pregnant smokers nationwide. They were also able to share experiences they had with their participants (focus groups and interviews) at their locations. ‘Imi Hale shared how we integrated the clicker system into our focus group to collect data anonymously and went through the questions expediently. The face-to-face meetings were helpful and allowed us to go over details that needed to be finalized and also revealed how much we loved eating ice cream especially straight from UConn's Dairy Bar.

‘Imi Hale is still recruiting for more participants in the Hāpai Study for individual interviews and focus groups. If you or your agency are interested in participating, please contact May Rose Dela Cruz at ‘Imi Hale , 526-1700 or e-mail her at mdelacruz@papaolalokahi.org.

We are hoping to meet with the other sites again after the project is completed to talk about the findings and how efforts could support pregnant smokers to stop smoking in our community.



Members of the study having a meeting over dinner: (L) May Rose Dela Cruz, JoAnn Tsark, Kathryn Braun, Ernestine Jennings, (R) Leslie Snyder, Joy Larson.



Leslie Snyder and JoAnn Tsark heading in to University of Connecticut's Dairy Bar for some 'ono ice cream.

Smith Center Integrative Cancer Patient Navigation Training —Washington, D. C.

by Amanda Allison, MA



**SMITH CENTER
FOR HEALING AND THE ARTS**
community. creativity. cancer support.

“Healing should encompass the whole person – physical, mental, emotional and spiritual.”

“Patients can be active participants in their own care.”

These two beliefs are part of the philosophical foundation of the Smith Center for Healing and the Arts where I recently attended a 40-hour integrative cancer patient navigation training this past September. What attracted me to the Smith Center training was their community lay navigation model. I was most appreciative of their integrative approach to training and the relationships I made while there.

The Smith Center is a Washington D.C. cancer support organization that serves the entire community with navigation services, retreats and learning opportunities for cancer patients and caregivers to help them better focus on healing and wholeness. The goal of their integrative cancer patient navigation is to move cancer patients and their supporters from a place of fear, anxiety, mistrust, immobility, worries, despair, and passive acceptance, to a position of strength, courage, empowerment, engagement, confidence, ownership, hope, and quality of life. To do so, they focus on both successful completion of treatment *and* returning the patient to wholeness.

As a Smith Center navigation trainee, I learned about the distinction between curing and healing, conventional cancer treatments, complementary and alternative medicine (CAM) therapies, the rationale for using CAM, the role of a navigator in integrative care, and culture and communication. Training was a combination of didactic sessions, demonstrations and learning by doing. We received resources and references and were treated to many of the CAM modalities that have been shown to assist cancer patients heal better and suffer less.

Each morning started with yoga, meals were demonstrations of health-supportive eating (they were beautiful to look at and delicious!). Sprinkled throughout were sessions on creative expression through art and writing, using music in healing, stress reduction, how to lead people through some of the simpler techniques, and how to help patients use spiritual tools.

As a jet-lagged participant who had additional work to do on top of the more than full-time training, I can attest to the value of some of the complementary therapies in improving stamina and focus, and mitigating fatigue. I think back on our own *Ho’okele i ke Ola* patient navigator trainings and how overloaded the trainees become each Friday of the training and realize that incorporating interactive sessions on self care might enhance trainee learning absorption, demonstrate the value of such modalities and make the whole experience more enjoyable.

As the former Program Director of ‘Imi Hale’s Cancer Patient Navigation Training Program, this training helped to broaden my thinking and appreciation of an integrative approach. A big MAHALO to ‘Imi Hale for their sponsorship and support to provide this training opportunity for me.



Communication skills session with Kavita Avula, PsyD



Trainees role play under the guidance of Laura Pole, BSN, MSN, OCNS

Windward Community College

Nursing Pathway's Report to the Community



Dr. Jamie Boyd, Windward Community College Nursing Pathway (Pathways) Director, has a long history with 'Imi Hale and her research and accomplishments have been regularly featured in our newsletters. Today her students continue to support our efforts in cancer prevention and control through their volunteer service in our Hawaiian communities.

One of 'Imi Hale's highlights every year is attending the Pathway's Report to the Community. This year was no exception. On August 10, 'Imi Hale staff JoAnn Tsark and May Rose Dela Cruz joined other Pathway partners to learn about the program's successes and contributions in the community--always impressive.

At the annual conference, Pathway *na haumana* (students) debuted their gift card set--*E Ulu ka Maoli Ola*, a collection of gift cards highlighting personal *kapa* designs that express their *mana'o* (thoughts and feelings) about their experience in the program. The set of 6 cards will be gifted to those who make donations to the Pathway program, while supplies last.

We encourage you to visit the WCC Nursing Pathway website (<http://nursingpathway.windward.hawaii.edu/>) to learn more about this indigenous nursing program and the lives that benefit from this Pathway out of poverty. And, while you are at the website, we invite you to make a donation to keep this program thriving.



Mea hou (news)

Mahalo!

Brighton Collectibles at Ala Moana Shopping Center, has selected 'Imi Hale Native Hawaiian Cancer Network as one of this year's recipients of their Breast Cancer Research and Awareness Campaign proceeds.

If you are in the neighborhood, stop in and extend a "Mahalo" to their staff, on behalf of 'Imi Hale, for their support.

Look who stopped by!

Dr. Leslie Cooper, our former Program Officer from the Center to Reduce Cancer Health Disparities, stopped by to say hello to the staff. Dr. Cooper is now with the National Institute for Minority Health Disparities and was in town to work with the RMATRIX project at the UH School of Medicine.



L to R: Amanda Allison (QMC), Dr. Leslie Cooper (NIMHD), Koa Robinson and Dr. Kathryn Braun

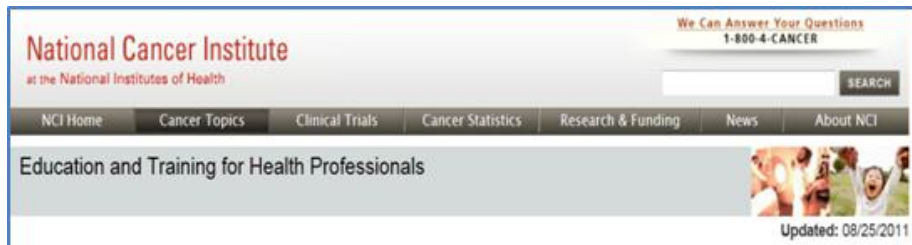
What's New at NCI & New Webinars



<http://www.cancer.gov/cancertopics/cancerlibrary/health-professional-training-tools>

NCI provides a collection of cancer education and training tools and offerings from NCI and NIH for health professionals. Courses are

available in a variety of formats, such as: online self-study; CD/DVD/Downloadable self-study; product training; webinars, podcasts, animated tutorials and other online communities. Check out some of the training available for RESEARCHERS <http://www.cancer.gov/cancertopics/cancerlibrary/health-professional-training-tools/page4> which includes topics such as clinical trials, informatics, translation research and more.



Clinical Trials

[Cancer Clinical Trials Basics](#)

Format: **Web-based self study, 4 modules** Time: **Self-paced**

The learning objectives of this course are: Describe how cancer clinical trials advance cancer care; Describe the basics of clinical trials; Describe how clinical trials are sponsored; Describe six programs supported by NCI that conduct cancer clinical trials; Learn how to locate clinical trials appropriate to the patient population, and Learn what a clinician's role is in clinical trials.

[Including Clinical Trials In Your Practice](#)

Format: **Web-based self-study, 8 modules** Time: **About 2 hours and 15 minutes**

This Web-based course covers these topics: Evaluating the option of becoming a clinical trials investigator; Registering and credentialing; Strategies for establishing and training the research team; Locating sources of funding and identifying an IRB; Patient recruitment, enrollment and eligibility verification; Record keeping and reporting requirements; Quality assurance procedures, and Working with referring clinicians.

[Improving Accrual to Clinical Trials \(AccrualNet\)](#)

Format: **Web-based tool** Time: **Personal choice**

AccrualNet is a professional community of practice for clinical trial accrual. It provides support at every stage of a clinical trial, including: Planning a clinical trial; Recruiting and retaining participants; Closing a clinical trial and Analyzing the data from a clinical trial.

[Protecting Human Research Participants](#)

Format: **Web-based self study** Time: **About 3 hours**

This online training addresses:

- The principles used to define ethical research using human participants.
- The regulations, policies, and guidance that describe the implementation of those principles.

Translational Research

[Translational Research in Clinical Oncology \(TRACO\) Course](#)

Format: **Videocast** Time: **Personal choice**

The Translational Research in Oncology Course (TRACO) is designed to provide the following general principles about cancer: Cancer biology, Cancer treatment, Epidemiology of cancer, Mechanisms of resistance, Cancer metastasis, Use of preclinical models, and Identification of novel molecular targets.

Other Research Training

[National Health and Nutrition Examination Surveys \(NHANES\) Web Tutorial](#)

Format: **Online tutorial** Time: **Self-paced**

[NCI Dietary Measurement Error Webinar Series](#)

Format: **Webinar Series, 12 tutorials** Time: **Self-paced**

The Dietary Measurement Error Webinar Series is intended for nutritionists, epidemiologists, statisticians, graduate students, and others interested in measurement error intake data. The goal of the webinar series is to provide participants an understanding of: Sources and magnitudes of dietary measurement errors; How measurement error may affect estimates of usual dietary intake distributions; How measurement error may affect analyses of diet-health relationships, and How the effects of measurement error may be mitigated.

Mahalo to The Safeway Foundation

The Safeway Foundation and Safeway Customers are Helping Us Get the Word Out on Breast Health



The Safeway Foundation presented Papa Ola Lōkahi with a grant for \$10,000 to support 'Imi Hale's production and distribution of our new, updated Breast Health brochure. The grant was made possible through the generosity of customers and employees of Safeway's Northern California Division, who voluntarily made contributions to the Safeway Foundation during the month of October 2011 for breast cancer research and awareness. This grant is an example of Safeway's commitment to finding a cure for breast cancer.

In Hawai'i (2000-2005), Native Hawaiian women had the highest breast cancer incidence rate of invasive breast cancer and highest mortality rate when compared to their Caucasian, Chinese, Filipino and Japanese peers. Safeway's contribution offers us the potential to reach 30,000 women in our Hawaiian communities with breast health education and encouragement to get timely breast cancer screening because we know screening saves lives when breast cancer is found early.

Education on the importance of regular, recommended breast cancer screening and access to affordable services remain our best line of defense. 'Imi Hale has developed and distributed culturally tailored breast health education materials since our inception in 2000. Each piece involves extensive community engagement in the development, field testing and distribution phases. This grant supports our efforts in updating our most popular brochures. The brochure (below) has been field tested and is expected out this November 2012. Copies will be available through our statewide partner network of Native Hawaiian Health Care Systems, Community Health Centers, Breast and Cervical Cancer Control Program providers, and other cancer care stakeholders. These providers do the important community outreach and one-to-one work with patients.

The Safeway Foundation is no stranger to 'Imi Hale's breast health education efforts. A previous grant enabled us to translate and provide breast health shower cards in 9 Pacific Islander languages which were distributed in Hawai'i and throughout the U.S. associated Pacific Islander nations. They are also available for download on our website at www.imihale.org and soon, the new brochure will be too.

We are so appreciative to have Safeway as a partner!

Where to Go for a Free or Low Cost Screening

Call and find out if you are eligible for free screenings
Breast & Cervical Cancer Control Program (808) 692-7489

O'ahu Kalihi-Palama Health Center (808) 848-1438 (808) 792-5576	Hawai'i Bay Clinic (808) 961-4075 (Hilo) (808) 930-0422 (Kauai) (808) 965-9711, ext. 1 (Pahoa)
Kaplan Women's Center (808) 973-3015	Honolulu Health Center (808) 775-7206
Kaunua Kalia Valley (808) 791-9410	West Hawai'i Community Health Center (808) 326-5629 (Kona) (808) 323-8503 (Kailua-Kona)
Kaunua Community Health and Wellness Center (808) 293-9216 (Hau'ula) (808) 293-9231 (Kahuku)	Maui Hui No Ke Ola Pono (808) 442-6856
The Queen's Medical Center (808) 691-7747	Molokai Molokai Women's Health Clinic (808) 553-3197
Waimanalo Health Center (808) 954-7147	Kauai Ho'ouliuli Health (808) 245-7767
Waianae Coast Comprehensive Health Center (808) 697-3594 (Waianae) (808) 697-3882 (Waipahu)	Lana'i Lana'i Women's Center (808) 565-6919

Check here for most current listings
• <http://hawaii.gov/health/family-child-health/chronic-disease/brccp/>
• www.imihale.org

To Learn More About Breast Health Care

Call or visit your own health care provider. If you do not have one, call the Native Hawaiian Health Care System on your island.

O'ahu: Ke Ola Mamo (808) 845-3388	Maui: Hui No Ke Ola Pono (808) 224-4647
Hawai'i: Hui Milama Ola Na 'O'iwi (808) 969-9220	Kauai: Niihau Ho'ouliuli Health (808) 240-0100
Molokai: Lana'i Ni Pu'uwa (808) 560-3653	

Call these agencies or visit these websites
American Cancer Society
(800) 227-2345
www.cancer.org

National Cancer Institute
1-800-4-CANCER
(1-800-4-422-6237)
www.cancer.gov

Susan G. Komen for the Cure
www.komen.org

'Imi Hale Native Hawaiian Cancer Network
www.imihale.org

Mahalo to our "cover gal", all breast cancer survivors (L-R):
Kahau Matsumoto, Mahakani McChesney, Tasha Agoston,
Sandy Clavette, Jo Teate

THE QUEEN'S MEDICAL CENTER
QUEEN'S CANCER CENTER
SAFeway FOUNDATION
PAPA OLA LOKAHI

This pamphlet was developed for 'Imi Hale (www.imihale.org) by the Hawaiian Health Care System, with support from the 9025 Cancer in Native Hawaiian Descent, The Safeway Foundation, and The Queen's Medical Center (808) 691-7747.

Breast Health Care

What Every Women Should Know

Hiki no, it's worth it!
Over 90 survival years among our cover gals

How you can help yourself

1. Know your family health history and let your doctor know if close blood family have had breast cancer.
2. Follow good breast health practices and ask your doctor about what screening tests are right for you.
3. Know your own body and what is normal for you. Tell your doctor if you notice any breast changes.
4. Learn the risk factors that may increase your risk or chances of getting breast cancer.

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

"No be shame. Talk to your family about breast cancer and ask about family history of breast cancer." - Sandy Clavette (Breast Cancer Survivor)

Some known risk factors that increase a woman's chances of getting breast cancer:

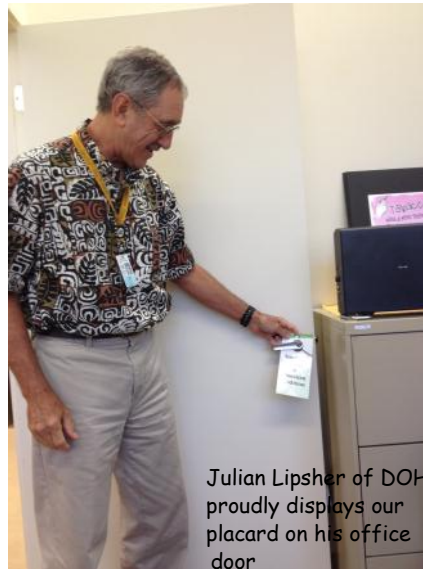
- Age (more risk as you get older)
- Being female (but men get breast cancer too)
- Family and/or personal history of cancer
- Having a history of breast problems (lumps, discharge)
- Having "dense breasts" (high breast density, more breast tissue than fatty tissue)
- Had radiation exposure during youth
- Taking hormone replacement therapy

Most women who get breast cancer have none of the risk factors other than age & gender.

'Imi Hale Sightings



Brenda Larson of Coalition for a Tobacco Free HI @ the KTA Wellness Event (Our car air fresheners & placards are present!)



Julian Lipsher of DOH proudly displays our placard on his office door

Last year, 'Imi Hale distributed over 90,000 cancer education pieces to Hawaiian serving health organizations. We are able to do this with contributions from community partners like The Safeway Foundation, and the Hawai'i Department of Health.

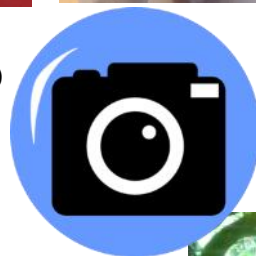


'Imi Hale's Jermy Domingo & JoAnn Tsark providing materials & education at the Komen Race for the Cure Event

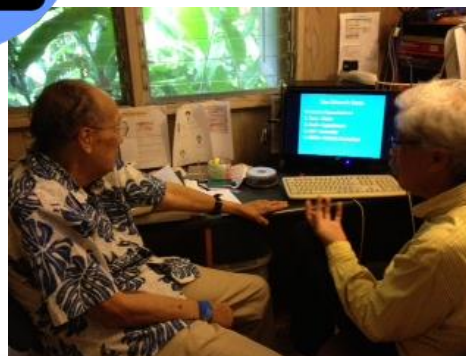


(Above) Papa Ola Lōkahi's Executive Director, Hardy Spoehr, spoke on an Affordable Care Act panel on the 1st day of the PGHC conference along with Dr. Adewale Troutman and Coral Andrews.

(Bottom) Ilima Ho-Lastimosa (God's Country Waimānalo), May Rose Dela Cruz, and Lehua Choy (UH) stand by their Aquaponics & CBPR poster. (Bottom right) May Rose Dela Cruz & Coalition for a Tobacco-Free HI Executive Director, Jessica Yamauchi, presented on smoke-free policies in public housing.



Send us pics of 'Imi Hale materials being used in your community and we'll post it in the next newsletter!



(Left) Dr. Clayton Chong (principal investigator) & Dr. Kekuni Blaisdell ('Imi Council Member) go over Dr. Chong's presentation on Indigenous Chimerism for the Pacific Region Indigenous Doctors' Congress Conference in Australia.

Looking for cancer education materials?
You can download them directly from our website:
www.imihale.org



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