



The Advocate

Fort Wayne African American Cancer Alliance, Incorporated (FWAACA)

CO SPONSORED BY HEALTHVISIONS MIDWEST
NATIONAL BLACK LEADERSHIP INITIATIVE ON CANCER AFFILIATE

FWAACA's mission is to educate, advocate, and collaborate to work towards the elimination of cancer in the African-American/ Black community in our lifetime.

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Summer/Fall 2006

Prevention Clinic provides free screenings to medically underserved communities in Fort Wayne

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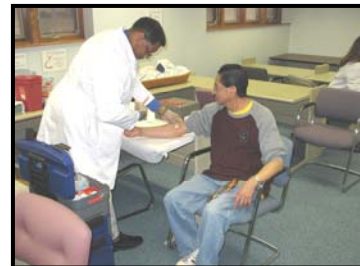
Yves McClain
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Evelyn J. Frierson

CLINIC HOURS:
3rd Wednesday of month
5:00—7:00 p.m.

FWAACA continues to work tirelessly at increasing awareness on cancer prevention strategies in southeast Fort Wayne. In September of 2005, Evelyn J. Frierson, Director of FWAACA approached Dr. Alfred Stovall, retired physician and community advocate about the possibility of conducting screenings on a regular basis at Lafayette Medical Center. This came after the very successful community health fair held in August of 2005 by the Dr. Jeff Towles Health Disparity Initiative. Frierson, also a member of the Allen County Health Disparity Coalition believed that through the Coalition of over 50 health and social service organizations, that a clinic focused on prevention was possible if all partners agreed to take part in the process. "There had been so much time and energy spent on organizing community health fairs on the weekends, and it

was taking its toll on many of the regular volunteers providing that service, that it made sense to organize a regular presence once per month on a weekday evening", Frierson states. Taking all of that into consideration, the Health Disparity Coalition, led by Renetta Williams, Executive Director of HealthVisions Fort Wayne, agreed to pilot the Prevention Clinic in January 2006. The organizations taking the lead in planning and coordinating the Clinic are FWAACA, Northeast Indiana Area Health Education Center (NEI AHEC), HealthVisions Fort Wayne, and the Dr. Jeff Towles Health Disparity Initiative.

"The Clinic has been a huge success," remarks Frierson, "in a 13-hour window, we have screened 185 clients, and provided nearly 700 screenings ranging from blood pressure, weight, cholesterol, glucose, health assessments & lipid profiles, HIV/AIDS, oral exams for cancer and hygiene, PSA's for prostate cancer, mammograms, depression and substance abuse." There are also



Donald Hayden, Parkview Laboratories draws blood for PSA exam at Prevention Clinic

education sessions available by agencies such as Tobacco Free Allen County, American Cancer Society, Visiting Nurse & Hospice Home and others.

The Prevention Clinic has over 30 partner organizations providing screenings, education and case management and continues to grow as the community responds favorably to its existence. The clinic space is being provided by NEI AHEC and St. Joseph Hospital.

For more information about the clinic, contact FWAACA at 745-1600 ext. 223 or NEI AHEC at 744-1188.

FREE HOME TESTING KITS AVAILABLE

FWAACA and Parkview Regional Cancer Center are collaborating to save lives by providing free home testing kits for colon cancer. These simple to use kits test for blood in the stool, and serve as an alternative test for colon cancer and other gastro-intestinal disorders, but should be done in coordination with the additional forms of colon cancer screenings that are more precise and performed by a physician.

An article in the Washington Post (March 2004) writes that the "American College of Gastroenterologists have issued new guidelines for African Americans regarding screening for colon cancer. Noting that African Americans are more likely to be diagnosed with colon cancer at a younger age, they are suggesting that African Americans begin getting colonoscopies at age 45 -- 5 years

earlier than whites. Colon cancer is the leading cause of cancer-related deaths among African Americans. The College hopes that earlier screening could detect colon problems at a more treatable stage."

If you wish to obtain a free screening kit, or learn about other screening options, please contact our office at 745-1600 ext. 223 or 228.

May I have a word?



Evelyn J. Frierson
Director

When I took the position as FWAACA Coordinator back in 2001 under the Minority Health Coalition, I remember telling Dr. Terrell Bond, Jr. that this job was going to save my life! What I meant by that was I would have the opportunity

to learn even more about cancer prevention strategies and how to avoid being a repeat patient. When I was diagnosed with a rare form of colorectal cancer at the age of 39, I wasn't really in touch with cancer affecting someone at such a young age. You know the saying 'out of sight, out of mind'? I hadn't

really seen cancer affect my family since the mid-80's, and before that, the early 70's. Of course, back then cancer *was* a death sentence, or at least appeared to be! Becoming involved with FWAACA was one of the best things that could have happened to me. I believe that God directed me to this organization for a variety of reasons, with the most significant one being a *messenger* to His people about the importance of improved nutrition habits, regular physical activity, and being screened regularly to avoid learning about the disease at a stage when nothing can be done. Hosea 4:6 says "My people are destroyed for lack of knowledge..." I believe it is my charge to spread the word about cancer.

FWAACA has seen a lot of changes over the years, but our message has not changed. Our mission is to educate and advocate through collaboration, to help prevent cancer in the community. We are thankful to our funders, our members, and our volunteers for helping us continue this journey.

I am humbly learning; I am beginning to take a real hard look at how our environment also factors into cancer incidence rates, things that we don't have as much control over as we do our diet, and how we treat our bodies. I want to be a voice for the community, in whatever capacity necessary, to eradicate this ugly disease that each and every person in this country is, or will be, affected by. Thank *you* for your support!

Evelyn J. Frierson

Stay a *Breast* of your health!

Guidelines for Early Detection

Early detection is the key to surviving breast cancer. It is highly curable if it is found and treated early.

Breast Self Examination (BSE)

Examine your breast once a month starting at age 20. At least one week after your period, when breasts are less lumpy and tender. If you don't have a period, plan to examine your breasts every month on the same day. For women on replacement hormones, do BSE when starting a new cycle of pills.

Clinical Breast Exam (CBE)

If you are between the ages of 20 and 40, do not have any symptoms, do not use birth control pills or hormones and do not fall into a high-risk group, have your breasts examined every three years by your doctor. ... If you are over the age 40, have your breast examined by your doctor every year (preferably when it is time for a Pap smear).

Mammography

The National Black Leadership Initiative on Cancer II recommends an annual screening mammography for women beginning at age 40.

Breast Cancer

Breast Cancer is the over growth of abnormal cells in the breast also known as a malignant tumor. What every woman should know about breast cancer:

- Breast cancer is the second leading cause of cancer death in women (lung cancer is #1).
- Breast cancer is the most common form of cancer diagnosed in women.
- Breast cancer is the leading cause of cancer death among young black American women.

- One out of eight women will develop breast cancer in her lifetime.

Risk Factors

There is probably no single cause of breast cancer; however, research has shown that the following factors working together appear to increase the risk of breast cancer:

Gender - All women are at risk of developing breast cancer; although rare, it can also develop in men.

Family History - Risks increase in daughters or sisters of women with breast cancer and can also increase with a positive paternal family history.

Reproductive History - Risks are increased in women who have never had children. Women, who have had their first child after age 30, may be at an even greater risk than women who remain childless.

Menstrual History - Risks increase somewhat in women who begin menstruation early and/or experience menopause late.

Diet - Obesity or a high dietary fat intake, may be a contributor to breast cancer risks. It is important to eat nutritionally balanced meals that are high in fiber and low in fat. The National Cancer Institute recommends eating at least five servings of fruits and vegetables per day. It is also equally important to increase physical activity.

Signs and Symptoms

Breast cancer often occurs with no signs or symptoms. Warning signs can include: breast lumps and /or thickening, bleeding from the nipple, skin irritation and skin retraction. If any of the above occurs, see a physician. [Source: www.nbllic.org]

More information is available by calling our office at 745-1600 ext. 223 or 228

FWAACA facts and figures

➤ *In 2005 FWAACA provided over 400 cancer screenings for Breast, Prostate, Colorectal, and Skin cancers.*

➤ *We had over 1100 interventions during health fairs and education sessions.*

➤ *We developed 16 new formal partnerships in the community with church and community organizations, bringing us to a total of 55 partners!*

HELP WANTED:

New Members and **Volunteers** to assist FWAACA in their mission to improve the awareness of cancer prevention, and early detection in our community.

NO EXPERIENCE NECESSARY, WE WILL TRAIN!
Contact (260) 745-1600 ext. 223 for more information.

UPCOMING EVENTS

Harambee Festival
Saturday, August 5, 2006 @ 10:00 a.m.
Weisser Park

Fort Wayne Indiana Black Expo
Saturday, August 19, 2006 @ 10:00 a.m.
McMillen Park

CELEBRATION ON THE HILL!

Washington, D.C.
September 19 & 20, 2006

Cancer Survivors from around the Nation join to advocate for continued support from our government

Tobacco explains disparity in black-white male cancer mortality rates

PSA Rising (source: Sacramento, CA)

The overall cancer death rate for African-American males would drop by nearly two-thirds—without any other intervention—if their exposure to tobacco smoke was eliminated, a new study suggests.

“African-American men have had the highest cancer burden of any group in this country for decades,” said study author Bruce Leistikow, associate professor of epidemiology and preventive medicine at UC Davis School of Medicine and Medical Center. “This study demonstrates, for the first time, that this excess cancer burden can be

clearly linked to smoking. Smoke exposure appears responsible for African-American males’ high overall cancer mortality rates, not just their lung cancers.”

Increasingly, research has linked smoking to deadly cancers other than lung cancer, including cancers of the colon, pancreas and prostate. In his study, Leistikow found compelling data suggesting that tobacco smoke exposure is responsible for more than half the non-lung cancer death rate in African-American males and up to two-thirds of their overall cancer

death rate.

“This means that if black male smoking exposures fall dramatically, that alone is likely to erase the great majority of their cancer burden”, said Leistikow, a physician epidemiologist who has conducted numerous other studies of smoking and health.

“Going back to the low black male cancer burdens seen before the cigarette epidemic appears possible.”

Our Year in Pictures!



FWAACA participates at Komet's game with Parkview Regional Cancer Center



Molly McMaster Pro-Hockey Player and Colon Cancer Survivor signs autographs



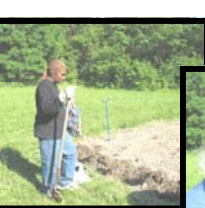
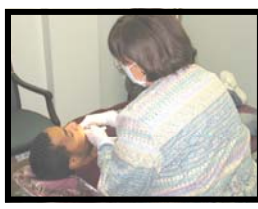
Lobby Day at Indiana Statehouse
(Left: State Rep. Win Moses & Renetta Williams)
(Below: Senator Tom Wyss & Sharon Simmons)



Dr. Terrell M. Bond, Jr. speaks to Carol Cartwright (top left)
Jomare Bowers-Mizzel (lifetime member) listens to IMHC report to the people (top right)



FWAACA and Partners announce opening of Prevention Clinic
(Partners not shown: Dr. Linda Finke, NEI AHEC; Renetta Williams, HealthVisions; Lititia Hatcher-Roque, Dr. Jeff Towles Health Disparity Initiative)



True Love Manor Gardening Project

Jacquelyn Scott, Program Facilitator



Ephraim Smiley (right), Master Gardener

Town Hall Meetings



Evelyn Frierson and Tracina Smith facilitate cancer breakout session (bottom left)



Madeline Garvin, Lifetime Member

Diana Jackson facilitates International Community Health Needs



Lutheran Cancer Center Ground-breaking— (far left) Dr. John Crawford, Member; (far right) Dr. Prasad Mantravadi, Lifetime Member

FWAACA, Inc.
2135 S. Hanna Street
Fort Wayne, Indiana 46803

FWAACA proudly displays their sponsors & members who make our education and screening programs possible!



2006 FWAACA Members

American Cancer Society
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Ruby Cain*
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Miles S. Edwards, PhD
Madeline Garvin*
Greater Progressive Baptist Church
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Patricia M. Turner
David C. Van Gilder
Visiting Nurse & Hospice Home

* **Bold & Italicized denotes LIFETIME members!**

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e-mail: canceralliance@yahoo.com
www.fwaaca.org

Down Home Healthy Living Recipe

Vegetarian Pasta

1 each, red, yellow and green pepper	1/2 c. zucchini, diced
1/2 onion, diced	1 jar red sauce (i.e. spicy basil)
1 medium carrot, diced	salt and pepper, to taste
1 c. yellow squash, diced	
1 lb. whole wheat linguine noodles (cooked)	

Spray a medium sauté pan with non-stick cooking spray and heat over medium-high heat. Add peppers and onions, and sauté until heated throughout, about 3 minutes. Place red sauce in a medium sauce pot and let simmer about 10 minutes. Add the onions, peppers and remaining vegetables, cooking until the vegetables are crisp, yet tender. Check flavoring occasionally for salt and pepper. **DO NOT OVERCOOK** the vegetables. Serve hot over whole wheat linguine noodles.

Are you a cancer survivor?

Do you have a story or know of someone that would like to share their journey with cancer? We will feature cancer survivor stories in future newsletters, and would like to share your story. If you are interested, please contact Zenovia Pearson at 418-4137, or Evelyn Frierson at 745-1600 ext. 223. Thank you for sharing!