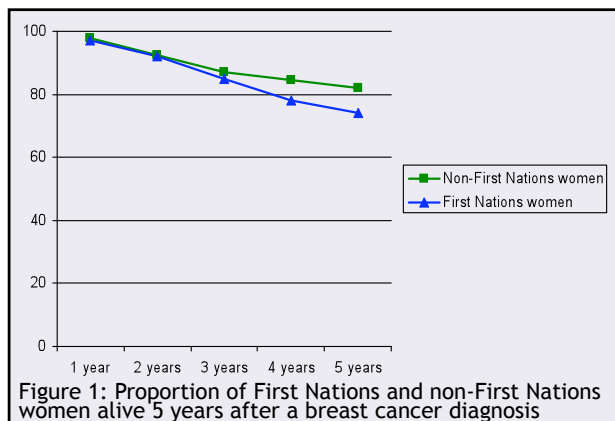




Aboriginal Cancer Prevention Newsletter

Issue 1. 2009-2010

Aboriginal Breast Cancer Study: Research Towards Improving Cancer Care in Ontario



Breast cancer is the most common cancer among women, regardless of ethnicity. Although breast cancer occurs more often among the general population than among First Nations women in Ontario, First Nations women do not live as long after diagnosis. (Figure 1)

Researchers and breast health professionals at Cancer Care Ontario (CCO) and provincial Regional Cancer Centres collaborated on an Aboriginal Breast Cancer (ABC) Study that examined reasons for the survival difference between First Nations women and the general population in Ontario after a breast cancer diagnosis.

For this work, 287 First Nations and 671 non-First Nations women with a breast cancer diagnosis between 1995-2004 were matched according to 3 factors; Regional Cancer Centre attended, age at diagnosis and period of diagnosis. This 'matching' is done to account for differences in survival that may be due to these 3 factors, so that other factors which may be actionable can be focused on.

In summary, the study revealed that First Nations women are being diagnosed with breast cancer at a more advanced stage at diagnosis compared to other Ontario women. Not being screened for breast cancer, having a higher Body Mass Index (BMI) or having other health conditions, all contributed to diagnosing the cancer at a later stage, in turn, contributing to an increased risk of death.

As Canada's population ages, more families and communities will become affected with breast cancer. It is vital to establish health care pathways to lengthen and improve life after a diagnosis. The results of this study may support improvements in cancer care for First Nations people.

The findings from this study were at the Aboriginal Breast Cancer Workshop, April 2009 in Toronto, Ontario.

Amanda J. Sheppard, B.Sc., M.Sc.

This research is supported by the Canadian Breast Cancer Foundation – Ontario Region.

Amanda Sheppard is supported by a Canadian Breast Cancer Foundation – Ontario Chapter Doctoral Fellowship."

For more information on this study please contact: amanda.sheppard@cancercare.on.ca

Feature Recipe - Lightened Up Hummus

3/4 cup (175 mL) fat-free plain yogurt
1 can (19 oz/540 mL) chickpeas, drained and rinsed
2 tbsp (25 mL) lemon juice
1 tbsp (15 mL) sesame oil
1 tsp (5 mL) ground cumin
1/4 tsp (1 mL) salt
Pinch cayenne pepper
2 cloves garlic, minced
1 tbsp (15 mL) extra-virgin olive oil
Pinch paprika

Preparation: Line small sieve with cheesecloth; set over bowl. Add yogurt; drain in refrigerator until reduced by half, about 2 hours. In food processor, purée yogurt, chickpeas, lemon juice, sesame oil, cumin, salt and cayenne pepper until smooth; scrape into bowl. Stir in garlic. (Make-ahead: Cover and refrigerate for up to 3 days.) Drizzle oil over top; sprinkle with paprika.

Per 1 tbsp (15mL): cal 26● protein 1g● total fat 1g● sat fat trace● carb 3g● fibre 1g● chol 0mg● sodium 55mg
Source: Canadian Living Magazine: October 2004



Nutrition Corner

A new study conducted by the Risk Factor Modification Centre at St. Michael's Hospital in Toronto shows adding beans to your diet can improve glucose

control. They are foods with big health benefits - legumes, chickpeas, kidney beans, black beans, navy beans and lentils –all help regulate blood sugar, lower cholesterol and blood pressure and guard against heart attack and cancer.



To learn more about this study visit:

<http://www.theglobeandmail.com/life/health/beans-good-for-your-heart-and-blood-sugar/article1241208/>



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In the News

"Stormy Days" with Breast Cancer" By: Anjie Ice

When I was asked to share my healing journey, I hesitated at first, but realized it was a good opportunity to share my story of 'stormy days'. One evening I felt a sudden itch on my right breast, which I ignored for two days. The next time it itched I felt pain. The local doctor at our hospital ordered an ultrasound which was negative but showed a lot of cysts. When I felt pain again I went back to the doctor. This was a different doctor (we rarely get to see the same doctor in Northern Ontario). I was referred to a specialist three hours from my community who ordered a surgery to be done that week. The morning after the surgery I got the call telling me that I had breast cancer! I broke down and I cried and cried and fear set in with thoughts of death. My sister had no words and she just stood by me and my partner also held me as I was crying.

The cancer doctor told me the risk of cancer coming back in the next 10 years was 40-45 per cent, and that treatment could help reduce this risk. As I began to experience side effects, I kept thinking why me and why now?

After talking with the Elders I decided to see a Traditional Healer. Before contacting the Healer, I had asked for signs to guide me. I believe messages are given to us by our relatives, the four-legged, those that fly, swim and crawl. I received the sign I was looking for, in the form of a spotted eagle flying over my house and four cranes circling around and flying away in the four directions. I knew I had made the right decision. I brought tobacco, a gift and printed cloth to the Traditional Healer to conduct Ceremonies for me. I had a lot of support during this time.

My friends and co-workers supported me emotionally, spiritually and financially through this difficult time. The money I was given went toward a feast to feed the people after every ceremony and a give-a-way after the last ceremony. The healing experience I went through within the lodge is something I cannot put into words. On my first sweat lodge ceremony I had visitors during the night, the healer told me they were the grandfathers who came to check on me and that this was a good sign...as you know now I like signs. I was told I had to enter one more sweat-lodge ceremony in the future. I am to attend four sun dance ceremonies and on the fourth year I'm to host a give-a-way.

I go see my cancer doctor every three months for follow-up appointment. I am diabetic now; the cancer doctor told me this happens to many people who get cancer.

My 'stormy days' have calmed. I believe this experience came into my life to re-awake my out look on life's highway. It was very scary to be told I have this disease. My belief in our traditional ways of healing has strengthened. I encourage others who are going through this illness to also see a healer as faith has a lot to do with healing and the belief that the ceremonies and medicines will help. Miigwech.

Anjie Ice is a step-mom, foster-mom, auntie and a great-auntie. She is also the Healing and Wellness Coordinator at the Thunderbird Friendship Centre in Geraldton, Ontario



In the Circle of Know

Newsletter Content Survey Results

Thank you to everyone who participated in the newsletter content survey. Your feedback told us we are on the right track with 80 per cent of respondents indicating the frequency of the newsletters is about right. Similarly 80 per cent of respondents also indicated that they felt the feature stories are very beneficial. Results indicate that 67 per cent of participants felt the newsletter should be translated into Aboriginal languages. Finally we were pleased to find out that 100 per cent of respondents indicated they shared the newsletters with others.

Congratulations, Karen Taylor, Public Health Nurse from HKPR District Health Unit on winning the final prize package of promotional items!

Resources

For e-copies of *Aboriginal Cancer Prevention* newsletters

[please click here](#)

Cancer Care Ontario

CCO is the provincial agency responsible for continually improving cancer services. As the government's cancer advisor, CCO works to reduce the number of people diagnosed with cancer and ensure that patients receive better care every step of the way. For more information on CCO, please visit: www.cancercare.on.ca

CCO works to improve cancer services for Ontario's Aboriginal population is guided by the Joint Ontario Aboriginal Cancer Committee (JOACC)

NOW BOOKING ! REGIONAL TRAINING SESSIONS

Aboriginal Colorectal Cancer Education – Ontario Regional Training Sessions

If you are a Health Provider or Educator and would like to attend a training session in your region on the "Let's take a stand against...Colorectal Cancer!" toolkit, please contact Amy Blodgett, at: amy.blodgett@cancercare.on.ca

Tell us what you think!

We would love to hear from you. To share your comments or a topic or story idea, please contact Doris Warner at: doris.warner@cancercare.on.ca