



ANGEL Network

African American Women Nurturing and Giving Each Other Life

A Chapter of Greater Stark County

January 2017

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Help is Needed!

If you have any suggestions for articles for the quarterly *ANGEL Network* newsletter, contact Linda Stevens-Butts at 330-452-6906 or email stevensL7@aol.com. Articles for the next newsletter are due by April 1,, 2017.

E-Newsletter Available

Want to receive the ANGEL newsletter electronically? Submit your email address to becky.bondoni@cantonmercy.org. Help us conserve our natural resources and reduce printing and mailing costs.

January is Cervical Health Awareness Month

Cervical cancer was once one of the most common causes of cancer death for American women. But over the last 30 years, the cervical cancer death rate has gone down by more than 50%. The main reason for this change is the increased use of screening tests. Screening can find changes in the cervix before cancer develops. It can also find cervical cancer early – when it’s small, has not spread, and is easiest to cure. Another way to help prevent cervical cancer in the future is to have children vaccinated against human papilloma virus (HPV), which causes most cases of cervical cancer. (HPV is linked to a lot of other kinds of cancer, too.)



American Cancer Society guidelines for the prevention and early detection of cervical cancer

The American Cancer Society recommends that women follow these guidelines to help find cervical cancer early. Following these guidelines can also find pre-cancers, which can be treated to keep cervical cancer from forming.

- All women should begin cervical cancer testing (screening) at age 21. Women aged 21 to 29, should have a Pap test every 3 years. HPV testing should not be used for screening in this age group (it may be used as a part of follow-up for an abnormal Pap test).
- Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years. This is called co-testing and should continue until age 65.

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- Another reasonable option for women 30 to 65 is to get tested every 3 years with just the Pap test.
- Women who are at high risk of cervical cancer because of a suppressed immune system (for example from HIV infection, organ transplant, or long term steroid use) or because they were exposed to DES in utero may need to be screened more often. They should follow the recommendations of their health care team.
- Women over 65 years of age who have had regular screening in the previous 10 years should stop cervical cancer screening as long as they haven't had any serious pre-cancers (like CIN2 or CIN3) found in the last 20 years. CIN stands for cervical intraepithelial neoplasia. Women with a history of CIN2 or CIN3 should continue to have testing for at least 20 years after the abnormality was found.
- Women who have had a total hysterectomy (removal of the uterus and cervix) should stop screening (such as Pap tests and HPV tests), unless the hysterectomy was done as a treatment for cervical pre-cancer (or cancer). Women who have had a hysterectomy without removal of the cervix should continue cervical cancer screening according to the guidelines above.
- Women of any age should NOT be screened every year by any screening method.
- Women who have been vaccinated against HPV should still follow these guidelines.

Some women believe that they can stop cervical cancer screening once they

have stopped having children. This is not true. They should continue to follow American Cancer Society guidelines.

Although annual (every year) screening should not be done, women who have abnormal screening results may need to have a follow-up Pap test (sometimes with a HPV test) done in six months or a year.

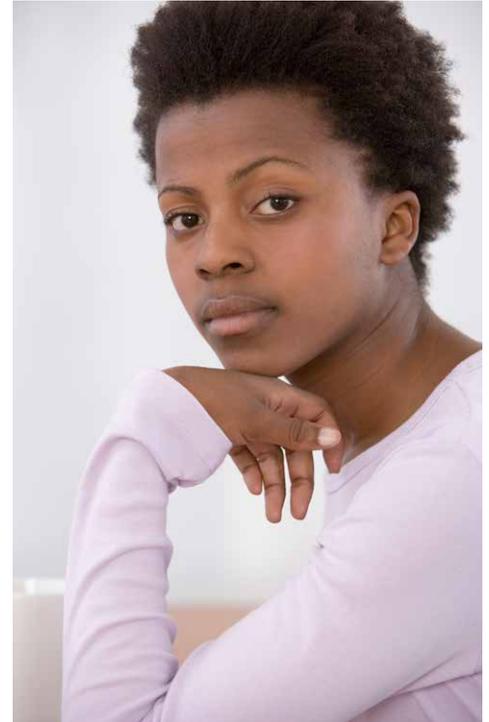
The American Cancer Society guidelines for early detection of cervical cancer do not apply to women who have been diagnosed with cervical cancer, cervical pre-cancer, or HIV infection. These women should have follow-up testing and cervical cancer screening as recommended by their healthcare team.

Importance of being screened for cervical cancer

Screening tests offer the best chance to have cervical cancer found early when successful treatment is likely. Screening can also actually prevent most cervical cancers by finding abnormal cervical cell changes (pre-cancers) so that they can be treated before they have a chance to turn into a cervical cancer.

If it's found early, cervical cancer is one of the most successfully treatable cancers. In the United States, the cervical cancer death rate declined by more than 50% over the last 30 years. This is thought to be mainly due to the effectiveness of screening with the Pap test.

Despite the recognized benefits of cervical cancer screening, not all American women get screened. Most cervical cancers are found in women who have never had a Pap test or who have not had one recently. Women without health insurance and women



who have recently immigrated are less likely to have cervical cancer screening.

What's new in cervical cancer research?

New ways to prevent and treat cancer of the cervix are being researched. Some of the promising new developments include:

Sentinel lymph node biopsy (SLNB)

During surgery for cervical cancer, lymph nodes in the pelvis may be removed to check for cancer spread. Instead of removing many lymph nodes, a technique called sentinel lymph node biopsy can be used to target just the few lymph nodes most likely to contain cancer. In this technique a blue dye containing a radioactive tracer is injected into the cancer and allowed to drain into lymph nodes. Then, during surgery, the lymph nodes that contain radiation and the blue dye can be identified and removed. These are the lymph nodes most likely to contain

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cancer if it has spread. If these lymph nodes don't contain cancer, the other lymph nodes don't need to be removed. Removing fewer lymph nodes may lower the risk of later problems such as lymphedema of the legs.

SLNB is not a standard procedure for cervical cancer at this time. Available studies suggest that SLNB may be helpful in early-stage cervical cancer, but more studies are planned to see if this procedure should routinely become part of the treatment.

Immunotherapy

In cancer, the immune system cannot control the fast growth of tumor cells. Recently, new drugs called immune checkpoint inhibitors have been developed that "reset" the immune system. They have been found to be active in treating a number of types of cancer. Their helpfulness in cervical cancer treatment is not yet known, but clinical trials are underway to find out more.

HPV vaccines

Vaccines have been developed to prevent infection with some of the HPV types associated with cervical cancer. Currently available vaccines are

intended to produce immunity to HPV types that cause about 90% of cervical cancers. Studies are being done to see how well these vaccines will reduce the risk of cervical cancer.

Some experimental vaccines are also being studied for women with established HPV infections, to help their immune systems destroy the virus and cure the infection before a cancer develops.

Still other vaccines are meant to help women who already have advanced cervical cancer. These vaccines attempt to produce an immune reaction to the parts of the virus (E6 and E7 proteins) that make the cervical cancer cells grow abnormally. It is hoped that this immunity will kill the cancer cells or stop them from growing. One such study in advanced cervical cancer showed tumor shrinkage with a vaccine against the E7 protein.

Targeted therapy

As researchers have learned more

about the gene changes in cells that cause cancer, they have been able to develop newer drugs that specifically target these changes. These targeted drugs work differently from standard chemotherapy drugs. They often have different (and less severe) side effects. These drugs may be used alone or with more traditional chemotherapy.

Pazopanib is a type of targeted drug that blocks certain growth factors that help cancer cells grow. It has shown to be helpful in some early studies of patients with advanced cervical cancer. This drug continues to be studied.

Hyperthermia

Hyperthermia is a treatment that raises the temperature in the area where the tumor is located, most often by using radiofrequency rods placed around the patient. Some research indicates that adding hyperthermia to radiation may help keep the cancer from coming back and help patients live longer.

Resource: The American Cancer Society, <http://www.cancer.org>



February is Heart Health Awareness Month

Protect your heart. Healthy habits can protect you from the harmful effects of stress. The American Heart Association offers the following 10 positive healthy habits you may want to develop:

1. Talk with family and friends.

A daily dose of friendship is great medicine. Call or write friends and family to share your feelings, hopes and joys and ask them to share theirs.

2. Engage in daily physical activity.

Regular physical activity can relieve mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.

3. Embrace the things you are able to change.

While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.

4. Remember to laugh.

Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when we're alone.

5. Give up the bad habits.

Too much alcohol, cigarettes or caffeine can increase blood pressure. If you smoke, decide to quit now. If you do drink alcohol, do so in moderation.

6. Slow down.

Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.

7. Get enough sleep.

Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep and life in general.

8. Get organized.

Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.

9. Practice giving back.

Volunteer your time or spend time helping out a friend. Helping others helps you.

10. Try not to worry.

The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but right now might not be the right time.

Resource: The American Heart Association, www.heart.org

Mercy Heart Center Healthy Cooking Demonstration

Feb. 14 • Noon
Mercy Medical Center, Mercy Hall Auditorium 1320 Mercy Drive, N.W., Canton

In recognition of American Heart Month, Mercy Heart Center is offering its popular cooking demonstration and education event. The program will include a short talk by Beth Matthews, MS, RD, CDE, Diabetes Education coordinator, and a cooking demonstration by Mercy's executive chef Nikki Mosiychuck. This community program is free, but reservations are required by Friday, Feb. 10. Seating is limited. Please call Mercy Healthcare Connection at 330-489-1333 or 1-800-223-8662.



Angels Spreading Their Wings in 2016

The ANGELS continue to spread their wings in 2016 by educating women and men about the importance of good breast health.



Inspirational Thought

Success

To laugh often and much

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty

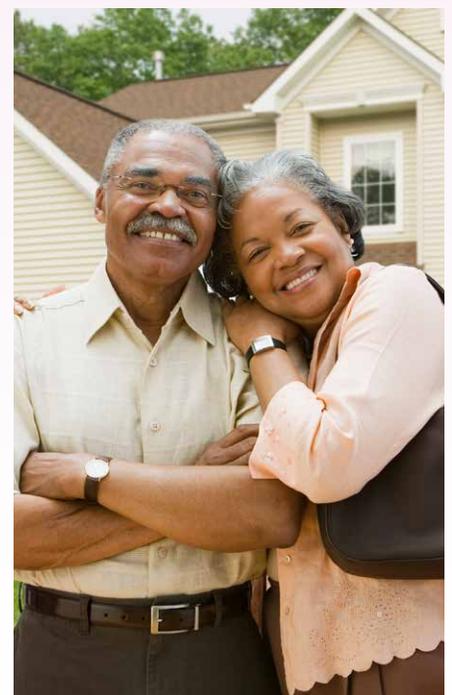
To find the best in others

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;

To know even one life has breathed easier because you have lived.

That is to have succeeded.

~ By Ralph Waldo Emerson



Upcoming Events & Dates to Remember

Please mark your calendars!

2017 ANGEL Network Meeting Dates: Mercy Hall Auditorium

February 20, 2017
5:30 p.m.

May 15, 2017
5:30 p.m.

August 21, 2017
5:30 p.m.

November 20, 2017
5:30 p.m.

National Wear Red Day

Support Heart Awareness
February 3, 2017

Relay for Life

Canton-Jackson High School
June 3, 2017
10 a.m.

Race for the Cure

Cleveland
August 26, 2017
Malls B & C

Akron
October 21, 2017
Canal Park Stadium

THE ANGEL NETWORK

The ANGEL Network mission is to reduce the number of deaths within the African American female population by offering early detection programs, access to screening, and empowering African American women on breast health practices so that they will take an active part in their own health care.

All women are at risk for breast cancer.

But statistics show that although there is a lower incidence of breast cancer in African American women, there is a much higher mortality rate as compared to women of other races.

What is an ANGEL?

- One Voice At A Time – Women raising awareness in our community about the ANGEL Network.
- Certified breast health advocates provide education and guidelines on good breast health to women of all ages, but especially those 40 and older.
- ANGELS are breast health advocates teaching instructional breast exams to fellow women.
- ANGELS help women navigate the health care system so they have easy access to mammograms, breast exams and pelvic exams.
- ANGELS identify fellow women who need breast exams, mammograms, transportation and sometimes just a comforting and understanding ear.
- ANGELS help with the ANGEL education booth at health fairs and community events.