

## Women Helping Women (As'dzání A'hil na'dzil)

Our breast cancer support advocates are women from your community - women specially trained to talk to you about your health, the screening services available to you, and how to better access and utilize medical resources.

Their focused purpose is to answer your questions and listen to your concerns.

Give us a call. We'll come to you.

### Contact us!

**Mechelle Morgan-Flowers**

(928) 729-3405

E-mail:

[mechelle.morgan-flowers@ihs.gov](mailto:mechelle.morgan-flowers@ihs.gov)

**Becky Howard**

(928) 607-3386

E-mail:

[beckyrhoward@cox.net](mailto:beckyrhoward@cox.net)

or

**Barbara Kavanagh**

(623) 388-6837

E-mail:

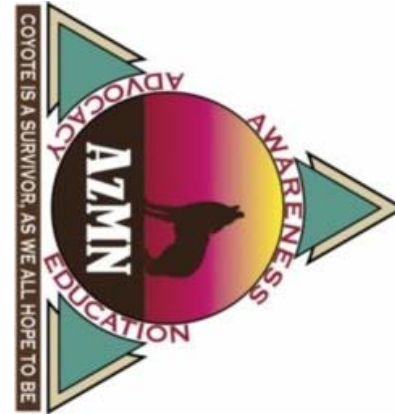
[azmyelomanetwork@cox.net](mailto:azmyelomanetwork@cox.net)



Women Helping Women: The Help to Heal

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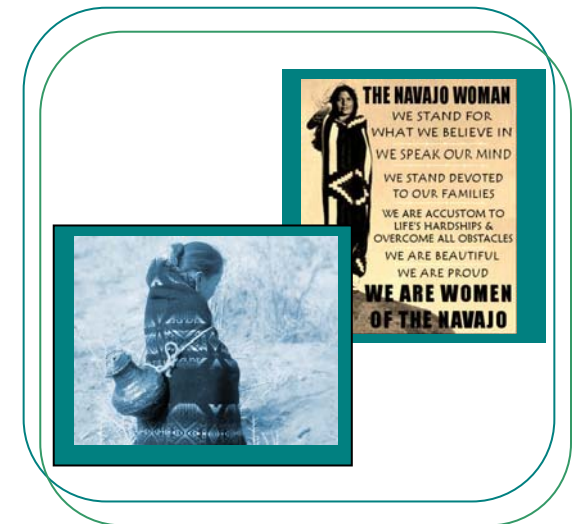


**WOMEN HELPING WOMEN**  
**The Diné Breast Cancer Awareness & Prevention Training Program**  
**AN EDUCATION AND OUTREACH PROGRAM FUNDED BY**  
**ARIZONA MYELOMA NETWORK**  
**AND BY GRANTS FROM**  
**PHOENIX AFFILIATE OF SUSAN G. KOMEN FOR THE CURE**  
**AND**  
**THE ARIZONA CANCER CONTROL PROGRAM**

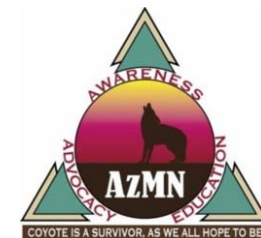


## Women Helping Women

### The Diné Breast Cancer Awareness & Prevention Training Program



We're here to talk.  
 We're here to listen.  
 We're here to help.



[www.azmyelomanetwork.org](http://www.azmyelomanetwork.org)

## Genesis of the Program

Since 2008, the Arizona Myeloma Network (AzMN) has been conducting cancer awareness and outreach activities in the Fort Defiance area. The purpose of these activities is increasing awareness of the high incidence of breast cancer among Navajo women as well as stressing the importance of securing early cancer screenings and treatment. Through these programs, AzMN has strived to help those associated with the disease and to reduce institutional barriers to treatment.

## A New Beginning

With the advent of *Women Helping Women: The Diné Breast Cancer Awareness and Prevention Training Program*, AzMN will foster positive outcomes through a culturally relevant and community-based cancer awareness, education, and advocacy program. Over the course of *Women Helping Women's* first year, AzMN and eight to ten specially trained local volunteers expect to provide cancer education and outreach services to approximately 100 Navajo women.

## What They Are Saying About Us

*"The Conference is a monumental step forward in demonstrating, to not only the Navajo Nation, but other Tribes in the State of Arizona, that people and organizations are willing and can provide positive response to what they are asking for regarding cancer illness. This can be further expanded into community networking and development of community support services for people affected by cancer; whether they be patients, family members, caregivers, or providers."*

— Fred Hubbard, Executive Director,  
Advisory Council on Indian Health Care

## About Arizona Myeloma Network

The mission of Arizona Myeloma Network (AzMN) is to promote awareness, education, and advocacy for the improved treatment and quality of life for multiple myeloma patients, their families, and caregivers. Our members are patients, family members, health care professionals, volunteers, and others concerned about the issues associated with myeloma, a cancer of plasma cells formed in the bone marrow.



Barbara Kavanagh, MSW

Headquartered in Glendale, Arizona, Arizona Myeloma Network was founded in 2006 by its current president, **Barbara Baroff Kavanagh**, who started AzMN as a grassroots cancer advocacy and community education organization with the purpose of supporting cancer patients like her own husband and preventing them from having to fight their disease alone. Since then, Kavanagh has founded the *Tissue Donation Awareness Program (TDAP™)*; coordinated two successful fundraising events to further AzMN's awareness, education and advocacy programs; and is currently in the process of developing a cancer caregivers' education program.

Kavanagh has been awarded both the *Health Care Heroes Award for Education* from the *Phoenix Business Journal* and *Volunteer of the Year* from the *Arizona Rural Health Care Association*. In 2009, she was honored with the *Hon Kachina Award* – Arizona's most prestigious honor for volunteerism.

Arizona Myeloma Network is a 501(c)(3) entity and is registered as a nonprofit charitable organization.

## Other AzMN Programs & Events

- △ *The Cancer Awareness and Advocacy Program (CAAP™): AzMN/Fort Defiance Cancer Awareness and Advocacy Conference*
- △ *Annual Living with Myeloma Conference*
- △ *Tissue Donation Awareness Program (TDAP™)*
- △ *Annual Race for Hope for All Cancers*
- △ *Annual AzMN Charity Golf Tournament*

## Breast Cancer Facts

- ⌘ **Breast cancer is a malignant (harmful) tumor that develops in the breasts, usually in the ducts or lobules (the "milk-producing areas").** There are several types of breast cancer with differing levels of severity and rates of occurrence.
- ⌘ **Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated.** Screening tests can find cancer early, when it's most treatable.
- ⌘ **Breast cancer among non-Natives is most common in women over age 50.** However, it is possible for younger Native women to be diagnosed, occasionally in their early 20's.
- ⌘ **Most Native women diagnosed with breast cancer are the first in their families to have the disease.**
- ⌘ **Breast cancer is increasing every year among Native women.**
- ⌘ **We do not yet know how to prevent breast cancer, but the risk of developing breast cancer can be reduced.** Additionally, we do know how to find it early when it is just beginning to grow – a time when it can still be cured.
- ⌘ **Breast cancer *is not* a death sentence.** With early diagnosis, good treatment, and caring support, breast cancer is becoming more like other chronic and manageable diseases.