



# Kaw Nation Women's Health



From left, Mary Tinsley, Lana Nelson, Lisa Allton and Ladonna Haven. On Sept. 18 the Kaw Women's Health staff and Kanza Health Clinic honored KWH project director Lana Nelson with a retirement party. Lana began as the business office manager with the Kanza Health Clinic when it opened in 1998. Best wishes to her on her retirement. She will be missed.

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## New face at Kaw Women's Health



Tamara Holden

The Kaw Women's Health Program welcomes Tamara Holden as their new project director. Tamara is originally from the small town of Rose Hill, Kan., on the outskirts of Wichita. She is of Ponca and Kaw decent and is enrolled as a Kaw tribal member.

She attended Haskell Indian Nations University, earning an Associate's of Science in 2001. In 2004, she gradu-

ated from the University of Kansas' School of Education with a Bachelor's of Science in Education, Personal and Community Health. Tamara has also earned a Masters of Health Care Leadership in August of 2010 from Friends University.

In 2012 and 2013, Tamara served on the Board of Trustees for the Mid America All-Indian Center in Wichita.

**Breast self-exam (BSE).**

A monthly BSE is recommended for all women over age 18.

**Breast exam by physician.**

Women between ages 20 and 39 should have a physician examine her breasts every three years. Women 40 and older should have the exam once a year.

**Mammography ages.**

35 to 39 — one baseline mammogram

40 to 49 — mammogram every one to two years

50 and older — annual mammogram

**Sudden changes.** If there is any sudden change in your breast, such as a change in shape, check with your healthcare professional.



**We're on the Web:**

Log on to

[www.kawnation.com](http://www.kawnation.com),

go under

**"Departments and Services"** and find

**"Women's Health Program"**



# Mammograms save lives

A mammogram is a special type of X-ray of the breasts. Mammograms can show tumors long before they are big enough for you or your health care provider to feel.

They are recommended for women who have symptoms of breast cancer or who have a high risk of the disease. You and your health care provider should discuss when to start having mammograms and how often to get one.

Mammograms are quick and easy. You stand in front of an X-ray machine. The person who takes the X-rays places your breast between two plastic plates. The plates press your breast and make it flat. This may be uncomfortable, but it helps get a clear picture. You will have an X-ray of each breast.

A mammogram takes only a few seconds, and it can help save your life.

— NIH: National Cancer Institute

More information online at

<http://www.nlm.nih.gov/medlineplus/breastcancer.html>

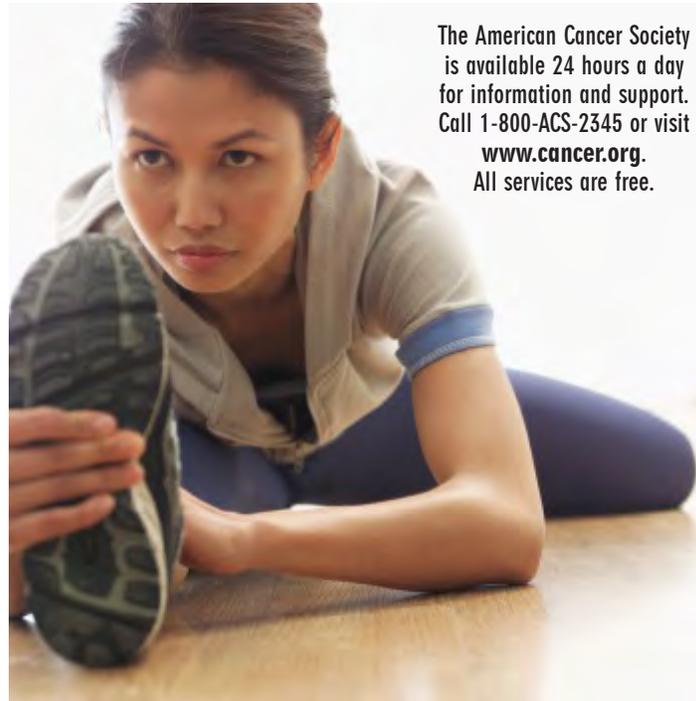
# 10 guidelines for a healthy lifestyle

While doctors search for better ways to fight breast cancer with improved detection methods and treatments, they also continue to seek ways to prevent the disease.

Some risk factors are at present uncontrollable. This includes certain genes that place 5 to 10 percent of women at extreme risk. Lifestyle risks are not totally understood, nor are the studies conclusive.

However, by adopting the following 10 healthy lifestyle habits, you will be doing the best you can to prevent breast cancer, as well as to lower your risk of other cancers, heart disease and a wide range of other serious conditions.

1. Maintain a healthy weight.
2. Eat five or more servings of fruits and vegetables daily, make your grains whole grains, and cut down



The American Cancer Society is available 24 hours a day for information and support. Call 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org). All services are free.

Drinking increases the risk for several types of cancers, including breast cancer.

5. Decide carefully before starting or continuing hormone replacement therapy. Long-term use of HRT after menopause may increase breast cancer risk. Discuss your options with your doctor.

6. Learn about medical conditions that you may have or be at risk for developing. Control chronic health conditions.

7. Schedule your health checkups on time.

8. Avoid tobacco products and secondhand smoke. If you smoke, quit today.

9. Practice stress management. Your emotions can affect your physical health.

10. Get enough sleep each night. Sleep helps to recharge your immune system, as well as giving you the energy need each day.

on red meat. Consider reducing fat in your diet as well—especially saturated fat.

3. Get plenty of exercise. Aim for at least 30 minutes

of moderate exercise five days a week. Walking is a great all-around activity.

4. Limit your drinking to occasional or no alcohol.

## It's flu season: time to get vaccinated

Influenza is a serious virus that can lead to hospitalization and sometimes even death. Every season is different, and the influenza infection can affect people differently. Even healthy people can get sick from the flu and spread it to others.

Everyone who is at least 6 months of age should get a flu vaccine. It's especially important for some people to get vaccinated. Those people include:

- People who are at high risk of developing serious complications like pneumonia if they contract with the flu.
- People who have certain medical conditions including asthma, diabetes and chronic lung disease.
- Pregnant women.
- People 65 years and older.

A flu vaccine is needed every year because flu viruses are constantly changing. The flu vaccine is formulated each year to keep up with the flu viruses as they change.

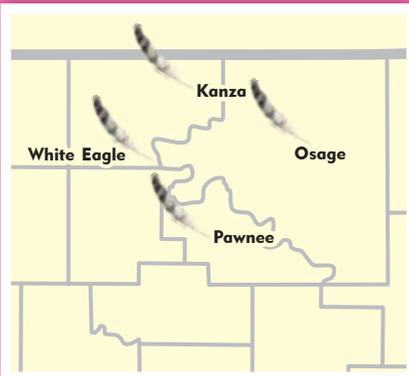
Flu vaccines cause antibodies to develop in the body about two weeks after vaccination.

These antibodies provide protection against infection with the viruses that are in the vaccine. The flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. These viruses commonly circulating among people today include influenza B viruses, influenza A viruses (H1N1), and influenza A (H3N2) viruses. Each year, one flu virus of each kind is used to produce the season flu vaccine.

An annual flu vaccine is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated, less flu can spread through our community.

— Ruthie Arie,  
PHN Diabetes Coordinator





**Contact your clinic to schedule an appointment with the Kaw Nation Women's Health Program**

**Kanza**

**580-362-1039**

**White Eagle**

**580-765-2501**

**Pawnee**

**918-762-2517**

**Osage**

**918-287-4491**

The **Kaw Nation Women's Health Program** does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female Nurse Practitioner/CDC Screener.

Sponsored by  
U.S. Department of Health and Human Services  
Division of Cancer Prevention and Control  
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Atlanta, GA 30341-3717

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## Turkey facts

The average weight of a turkey purchased at Thanksgiving is 15 pounds.

The heaviest turkey ever raised was 86 pounds, about the size of a large dog.

A 15-pound turkey usually has about 70 percent white meat and 30 percent dark meat.

The wild turkey is native to northern Mexico and the eastern United States.

Wild turkeys can run 20 miles per hour.

Turkeys' heads change colors when they become excited.

About 675 million pounds of turkey are eaten each Thanksgiving in the U.S.

Male turkeys gobble. Hens do not; they make a clicking noise.

A 16-week old turkey is called a fryer. A 5- to 7-month-old turkey is called a young roaster, and a yearling is a year old. Any turkey 15 months or older is called mature.

Turkeys don't really have ears like ours, but they have very good hearing.

Turkeys can see in color.

Turkeys do not see well at night.

A domesticated male turkey can reach a weight of 30 pounds within 18 weeks after hatching.

Commercially raised turkeys cannot fly.

Wild turkeys spend the night in trees. They especially like oak trees.

Turkey breeding has caused turkey breasts to grow so large that the turkeys fall over.

Israelis eat the most turkeys — 28 pounds per person.

## Snappy Turkey Chili

**Serving size: 1 cup    Total servings: 8**

### Ingredients

- Nonstick cooking spray
- 1 pound ground turkey breast
- 1 medium onion, chopped
- 1 medium-sized green bell pepper, chopped
- ½ teaspoon minced garlic
- 3 cans (16 ounces each) navy beans, rinsed and drained
- 1 can salsa
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon black pepper

### Directions

- Coat a soup pot with nonstick cooking spray; heat over medium-high heat. Add the turkey, onion, bell pepper and garlic. Cook for 5 to 7 minutes, or until the turkey is no longer pink, stirring to break up the turkey.
- Add the remaining ingredients. Bring to a boil, stirring occasionally.
- Reduce the heat to low, cover, and simmer for 20 minutes. Ladle into bowls and serve.