

MESSAGES FOR OTHER WOMEN

Early detection. . . . keep in constant touch with your body and if you find something, . . . you need to go to a health care provider or even an elder and let them know what's going on so you can get it checked out, . . .

I definitely think that you should keep in touch with your family, no matter what. Always make sure your family is aware, knows what's going on, whether it be a mountain or a mole hill, make sure they are aware. And, be positive, stay positive, and make sure you do your self examinations. And make sure you get your mammograms done the way they're supposed to be . . . I'm trying to promote that because there's a lot of women that don't pay attention to their bodies. When there is something foreign inside your body you need to find out what it is. So, you need to be in constant touch with your body.



Cindy Thorton

[Western Cherokee]



Carolyn Spotted Horse [Crow]

. . . By going back to work . . . in fact I went back, first part of March and I still had two more treatments, and I was still, well I wasn't bald but I still had to wear that wig and the people that I work with were really nice and were understanding and that helped a lot. And the supervisor came down, to be around people and not to be home, if you get sick, . . . it helped to be around people . . . and not withdraw because you didn't ask for it to happen to you but it did and it's nothing to be ashamed of . . . do breast exams, examine [yourselves], if [you] do it every month and then if there's a slight change then [you're] going to know . . . You just go in early and not wait, . . . you should just go right in.