

I think you would have to tell them; don't give up hope and don't think that that is the end, you know. I think you can . . . there's a lot of . . . avenues now, treatments and new things, and so you don't have to have that feeling of doom I think that people had in the past about cancer. I think there's powerful things out there now . . . if you think something's wrong, I think you need to know your own system, you can tell, I can tell when I'm sick, I can tell when I feel bad and I think I knew that there was something really wrong with me and we just couldn't figure it out and I think you need to listen to your body, pay attention and if you think something's wrong, keep at it . . . And go in and do breast exams, that's absolutely important, I think those mammogram are vital for getting an early detection.



Mary Lou Davis
[Caddo/Cherokee]



Martha Red Willow
[Oglala Sioux]

To get early treatment, find a support group, speak to someone, let your feelings out, your fears, and just take it day by day . . . there's times that you think that you're too tired and you just can't go on anymore and you don't have the strength or energy or anything. A friend of mine had told me, 'it's better to wear out than to rust out.' And I think that's a wonderful saying, God love her for saying that. And also, don't have self-pity, don't pity yourself, you know, there's so many people that are gonna say "oh, poor thing you know, I felt so sorry for her", don't because [it] just [weakens] you. And my mother, she's is so wonderful, she's my best friend, my mentor. She had always told me because I always had a weight problem, always ate junk food, you know I just didn't take care of myself, and she had always told me, 'God gave you but one body, take care of it,' and it's so true . . . I keep thinking, if I