



. . . if you discover a lump or anything like that, just take care of it right away, don't put it off cause you never know what it's going to be, you know; whether it's going to be cancer or if it's not, . . . I think that's about the best advice I have.

Gloria Suazo [Taos Pueblo]

I feel like that if I would have checked my breast like they tell us all the time to do then I might of found it sooner because the mammograms didn't show. And I would, you know, I would just suggest you check your breast, you know, as often as, well at least once a month anyway and I'm sure, you know, if it's there that you will find it . . . I think one thing is that if you tell yourself that, that you're healing and that you can be healed, that I think that is one of the main things is that you have to be strong for yourself, because nobody can do it but you. It's like what we have been learning all this weekend that its all inside you; all these things that will help us are there and they're all inside of ourselves . . . I think that . . . not to be afraid . . . And we can do it all, we can all be survivors.



Evelyn Trujillo
[Yaqui]



Francis Johnson
[Fish River Inupiaq]

Just try to be brave and we got love ones on earth and try to encourage yourself to keep on going. Try to do what you do before you have your surgery. Do them all over again, that helped me, knitting, crocheting, sew, it help you forget, you forget what is going on sometime; time [goes] so fast, before you