



Esther Venes
[Inupiaq/Yupik]

It was about 10 years ago when I was diagnosed with breast cancer . . . I kind of had a feeling that that's what I had before I even came up here to the hospital. . . . I was afraid and so I didn't want to come and find out for sure and so I waited about six months, which was almost too long but I did. I finally did decide to come up and I saw the doctor. That very same day they sent me into Anchorage and, then it was a couple of days later they did the biopsy and I knew for sure. But I just want [to] let people know, that please don't wait, it's harder on you and it's harder on your family if you do wait because it works on your mind and it can just about drive you crazy wondering. . . . It's best to go to the doctor as soon as you do find a lump and find out right away.

I really didn't have time to research it [breast cancer] because I procrastinated so long and that's one of my major downfalls, that the minute you think you have something unusual a little lump or whatever and it may be minor or something, but get attention right away, because it does not go away.



Martha Red Willow
[Oglala Sioux]