



and your muscles are all achy, so my mother told me she'd give me a back rub and she brought this tube in and she opened it and she started to put it on my back, it was toothpaste. There's a lot of funny stuff that you do,

Martha Red Willow [Oglala Sioux]

The tea we pick from the country in Council, "Alaska tea" we call em, we add to our tea and that tastes good too, we drink tea. That's about all I think, we eat the stuff we always eat like dried fish and boiled fish every summer, dry some fish.

Francis Johnson [Fish River Inupiaq]



RECONSTRUCTIVE SURGERY

Questions to Ask Your Plastic Surgeon Before You Have Breast Reconstruction

- What are the different choices of reconstruction surgery? What type do you think is best for me? Why?
- Should I have the reconstruction at the time of my mastectomy or should I wait until later? How much later can I have it done? If I need to have chemotherapy, should I wait until I have finished that treatment?
- What are the advantages and disadvantages of having reconstruction at the time of my mastectomy? Of waiting to have it until later?
- What are the side effects and risks that I should consider?