



The ABCD mission is to provide free, personalized information and one-to-one support mentorship to people in Wisconsin who are affected by breast cancer. ABCD complements the work of health care providers and matches its mentors with the loved ones of and people diagnosed with breast cancer. Matches are made based on demographic and clinical information.

ABCD Native Mentor Program

A group of Native volunteers are available to serve as mentors for the statewide American Indian community. These Mentors keep in touch with the participant during the treatment process, providing personal support of someone who's "been there."



ABCD Native Mentors

ABCD Breast Cancer Helpline

Toll Free (800) 977-4121

(414) 918-9222 or (920) 471-0322

www.abcdmentor.org



It's estimated that more than 200,000 women will be diagnosed with breast cancer in the United States each year, American Indian women are not exempt ...



WI Pink Shawl Initiative

3960 S Avon Drive

New Berlin, WI 53151

Dreamthecure.org

E-mail: info@dreamthecure.org

www.dreamthecure.org

Our website is a resource for information, events, contacts and programs provided by the organization.

Art work compliments of Daniel Borja Ramirez
 Certified Saginaw Chippewa Descendant
 Photographs by James Kelly - Oneida



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 PINK SHAWL
 INITIATIVE

dreamthecure.org

Breast Cancer and the American Indian Woman

Historically the occurrence of cancer in American Indians was rare. However, the rate of breast cancer occurrence and the death rate increase has caused breast cancer to be the leading cause of death among American Indian Women.



What is your risk?

Find out and get educated in the process. Quiz yourself on your breast health knowledge at www.iamthecure.org



Indian Summer Pink Shawl Debut 2007

WI Pink Shawl Initiative



The **Wisconsin Pink Shawl Initiative** was established to raise breast cancer awareness and educate the American Indian community and people worldwide about **a disease that affects everyone**. The organization serves as a resource for those seeking advice, education and direction on breast care health.

Our motto:



Members Participate in the following:

- Collaborative efforts with other cancer organizations
- ABCD: After Breast Cancer Diagnosis Mentors
- Wheaton St Francis Hospital's *Su Salud*
- Speaker's Bureau
- Sister support groups
- Pow-wows
- Fundraising - shawl making, crafts classes



Be Aware

The greatest risk factor for breast cancer is being female and growing older. One in 8 women will be diagnosed with breast cancer in their lifetime. The key to survival is greater awareness and early detection. Early detection methods can dramatically reduce the breast cancer death rate among American Indians.

Take Action

Three simple steps for early detection are :

- regular mammograms
- clinical exams and breast self-exams
- Healthy lifestyle choices can make all the difference.

Tips for less painful mammograms

1. Schedule you mammogram 10 days after you start your period.
2. Take an over the counter pain reliever.
3. Avoid caffeine before your mammogram.
4. If you feel pain, talk to the technician performing the mammogram.

