

CHRISTUS Spohn

Spring 2007

QUARTERLY



Knocking out BREAST CANCER

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Back row, from left: Susan Kenedy, Sue Dulaney, Suzy Hilliard, JoAnn Kernick, Janie Ibañez, Sheryl White, Linda Prado, Julie Nye, Lamarr Graves, Patrice Worsham, Kathryn Childers. Second row, from left: Charlotte Groner, Minerva Carrales, Erin Hazelwood, Joanne Smith, Michele Mora-Trevino, Delma Hawthorn, Barbara Little, Ann Jaime, Vicki Pollard. Front row, from left: Peggy May, Lynn Mrosek, Wilma Grupe, Georgia Duff, Frances Zapata, Pat Townsend, Cindy Eckman

First Friday Knocking out breast cancer

By Michele Mora-Trevino

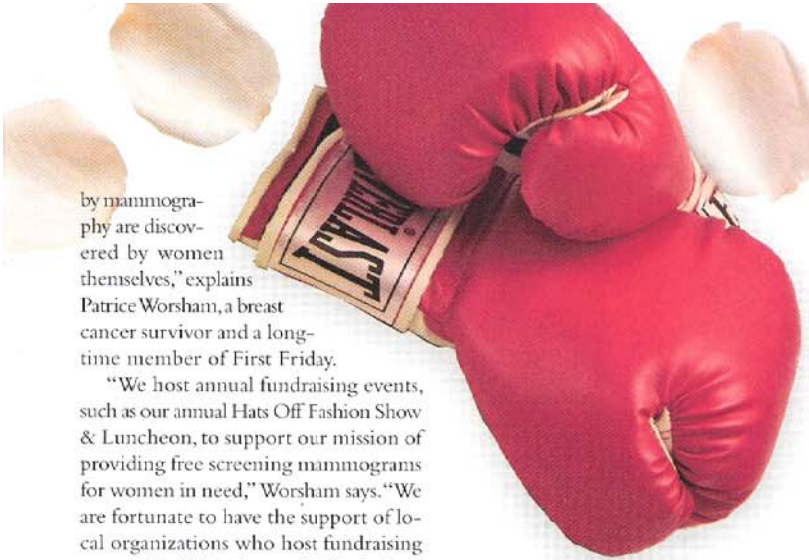
FOR SOME WOMEN, fighting breast cancer is liberating; for others it is healing; and for still others, it is a calling.

For the women of First Friday, it is their calling. These fighters have made it their mission to educate the women of South Texas about the importance of early detection and breast self-examination. First Friday is a grassroots organization made up of women whose purpose is to knock out breast cancer through education, breast self-examinations, and free screening mammograms for women who have no financial resources.

WHAT 'FIRST FRIDAY' REPRESENTS

Their name, First Friday, was developed as a reminder to women to regularly perform a breast self-examination on the first Friday of each month. The purpose of the breast self-examination is to screen for and detect breast cancer as early as possible.

"Many breast cancers not discovered



by mammography are discovered by women themselves," explains Patrice Worsham, a breast cancer survivor and a long-time member of First Friday.

"We host annual fundraising events, such as our annual Hats Off Fashion Show & Luncheon, to support our mission of providing free screening mammograms for women in need," Worsham says. "We are fortunate to have the support of local organizations who host fundraising events like Whataburger's Think Pink Friday, the Reguladores' Bikers for Boobs Motorcycle Rally and the Rainbow Girls' Rock for a Cure. These events have contributed thousands of dollars, all of which benefit First Friday's mission to increase awareness of the importance of early detection, honor those who have had breast cancer, provide free screening mammograms for women in need, and to save lives," Worsham says.

PARTNERING WITH CHRISTUS SPOHN

Another organization that shares First Friday's mission and goal is CHRISTUS Spohn Health System. "CHRISTUS Spohn became First Friday's medical partner in 1994 when we were forming the group and looking for a medical partner to support our free screening mammogram program," says Kathryn Childers, a First Friday founding member. "It's great to have CHRISTUS Spohn in our corner. Together we have provided more than 10,000 free screening mammograms to women in need."

CHRISTUS Spohn is an essential part of the First Friday program. Minerva Carrales is a First Friday member and is also the director of CHRISTUS Spohn's Breast Care Program. She oversees the First Friday eligibility program, connects women with the resources they need during their screening and treatment phases, and also oversees a support group program. "I believe these screenings have saved the lives of hundreds of women who detected their breast cancer in its early stages and were able to be treated," Carrales says.

GOOD NEWS IN THE FIGHT

According to the National Cancer Institute, things are getting better. Death rates from cancer in this country (as opposed to the rest of the world) are down. In 2007, the National Cancer Institute predicts 178,480 women and 2,030 men will be diagnosed with breast cancer; 40,460 women and 450 men will die of it.

Grassroots organizations like First Friday have contributed to the decline in cancer death rates. Their message of early detection is being heard and is saving lives.

First Friday and CHRISTUS Spohn are a winning combination that goes the distance when it comes to fighting breast cancer. It's a team you want in your corner if you need to go into the ring.

If you would like to learn more about First Friday, visit their Web site at www.firstfridaycc.org.

Free screening mammograms are offered throughout the year; to determine eligibility, call the CHRISTUS Spohn Breast Care Program at 361-985-5600 or 800-582-7327.



"When I did not have health insurance, the First Friday screening mammogram was there for me. I am so grateful for the program, and I am now a First Friday volunteer—working to raise awareness of this great community service."

—Delma Hawthorn, volunteer, First Friday

MORE >> For ways to help lower your risk for cancer, visit www.christusspohn.org. Select "Cancer Prevention" from the Health Topic Search.

