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Welcome to CSFS Health e-News: September 2009
National Arthritis Month
Ovarian Cancer Month

September is Ovarian Cancer Awareness Month

We have asked a family to share their experience with Ovarian Cancer in the hopes that their experience will heighten your awareness of Ovarian Cancer and encourage women to be aware of the signs and symptoms and possibly save a life.

Eight years ago my youngest sister Maria was diagnosed with Stage III C ovarian cancer. Prior to my sister's diagnosis on April 24, 2001, no one in our immediate family or circle of friends had heard about what we now know is a "silent" killer in women mainly in their 50s. My sister was 37 years old when she was diagnosed. She was the epitome of good health, a non-smoker and avid and committed runner since her youth. Her only symptoms were a persistent cough over a period of several weeks, frequent urination and abdominal swelling. Ovarian cancer is called the "silent" killer because it is almost undetectable until it is too late. Many women, like my sister, are diagnosed when the survival rate is between ten to twenty percent.

Every three and half hours, another woman is diagnosed with ovarian cancer in Canada. The statistics for ovarian cancer are grim. According to OvCaRe, a team of dedicated researchers based here in BC with the BC Cancer Agency, seven in ten women die within five years of diagnosis and the long-term disease free survival rate for advanced ovarian cancer is only ten percent. Unlike other cancers, rates of incidence and mortality for ovarian cancer have not improved in 50 years and no significant breakthrough in treatment has been made in over a decade. Before she passed away, my sister asked that her family, friends and community become better informed about the causes, signs and symptoms of ovarian cancer (see <http://www.ovariancanda.org>) and to support ovarian cancer research (see <http://www.ovcare.ca>).

There is no early screening test for ovarian cancer and sadly many doctors are unfamiliar with the signs of ovarian cancer and may fail to consider it as a possible diagnosis. Ovarian cancer rates rise after menopause, peaking from age 60 to 65, although it can occur at any age. Three years into her treatment, Maria decided to have genetic testing to determine if she carried the mutation known as BRCA1. Six months after she passed away our family received the detailed genetic analysis that confirmed Maria's suspicions. All the females in our family were subsequently tested and it was found that another sister also carried the mutation. Luckily she was able to have her ovaries removed (oophorectomy) reducing significantly her odds of developing ovarian cancer. Unfortunately, the same mutation is also linked with breast cancer and so she has to be

regularly seen and monitored by the BC Cancer Agency and she too has been involved in supporting research for early detection and treatment.

Become informed about the risks of ovarian cancer and listen to your body. Remember, a Pap smear **does not** detect ovarian cancer. My sister received the best care she could get at the time but she always **hoped and believed in miracles and healing cures**. I would like to believe that by sharing Maria's story she continues to inspire us from the spirit world to be aware of and press for early detection and better treatment for ovarian cancer.

Staff Changes in Health:

- Mabel Louie has returned to her position with Carrier Sekani Family Services as the Health Director, we would like to welcome her back. And thank you to Dianna Evans for filling in as the Interim Health Director. Dianna is now the Human Resources Manager, Dianna now works out of the Prince George CSFS Office.
- Please join me in welcoming Mary Hanna to our Mental Health and ARP teams. Mary will be working half-time in Stellaten as a mental health therapist covering the remainder of Miss Mieke's maternity leave and half-time for the ARP team as their therapist.

UPDATES

Addictions Recovery Program:

Good news from ARP! The addictions recovery program including the residential treatment centre (Ormond Lake) is now an accredited program. We are very proud of this wonderful accomplishment. It has been a long road, however the dedicated staff have managed to come through and pull it off. There were so many people involved in the process that I need to thank, staff from Finance, IT, Administration, Mental Health, Board of Directors, front line staff, and the ARP team a huge thank you for helping us in this process.

The Fast camp was a huge success this year. We have 7 female fasters, and 6 male fasters. The camp supported approximately 60-80 people each day. Chief Robert Charlie was our pipe carrier, and he invited 5 other pipe carriers to the ceremony. The staffs are grateful for Vinnie Steinhauer, and the gift he gave our Program. Thanks Vinnie for the tepee, and Thank you Robert for all your work. The summer is winding down, and camp is 3 camps away from being done for the season. We have our Men, Women, and Trauma camp left. Please call Christine if you would like to attend.

We have also taken feedback about our new forms for the camp from referral workers, and have reduced the number of pages for the application.

ECD/ Supported Childcare:

The ASCD program is going to be putting on Infant Massage classes in Stellaten starting on Monday September 21st @ 1:00. We have also put up a sign up sheet in the health unit for any parents of young children that are interested in attending the "You make the Connection" program. We will wait until we have at least 5 participants and then we will be implementing that program in Stellaten as well. We will also continue to do visits on Wednesdays until the headstart opens up. We have completed our first start of the assessments in Takla and will be continuing to visit at least once a month. We will be doing assessments in Yekooche on September 17/09. Saikuz will be having our support worker twice a week and I will visit once a week. A lot of our caseload are going to Kindergarten, so good luck to them!

I will be taking the Crisis Intervention on September 9/09.

Nursing:

The new H1N1 influenza virus is widespread in BC, so where ever we live we can expect to be exposed to it at some time this fall or winter. If you have questions or concerns about H1N1, the first place to start is with your local health providers (a doctor or nurse)

For Information preventing H1N1 visit: www.fightflu.ca

Helpful information:

Ramada Hotel is offering Medical rates at \$69.00 per night. Call 1-800-830-8833 and quote Promotion Code (LKMP) or visit online at www.ramada.ca

New BC Website helps kids deal with divorce: When parents separate, a child's world falls apart. Now, help is as close as a mouse click. To view this website please www.KidsBC.ca

Dates to Remember:

August 31-September 5, 2009- Family Camp

Labor Day- September 7, 2009

September 14-20- Men's Camp

September 28-October 4-Woman's Camp

National CHR Day – September 18th

