

FoCaS Facts

About Your Health and Cancer

What Is a Pap Smear and Why Do I Need One?

Some might ask, what is a Pap Smear? A Pap Smear is a simple test that is done as a part of a pelvic exam. During a Pap Smear, the doctor will collect a few cells from your cervix. To collect the cells the doctor will gently touch your cervix using a cytobrush or cotton swab. The cells are then sent to a laboratory to be examined. It is just that simple! Every woman, once she becomes sexually active, should have a yearly Pap Smear. It could save your life!

I am over 40, I have three children, and I don't intend to have any more; then why do I need a yearly Pap Smear? There are several answers to this question. The first is that the older we become the more likely we are to get cervical cancer. Second, even though the cervix is no longer needed to assist in having children, it is still important to make sure that it remains cancer free. The third answer to that question is that African American women stand a higher chance of getting and then dying from cervical cancer than any other group.

Cancer Myths

Myth 1: I've had all the children I'm going to have. I don't need Pap smears anymore.

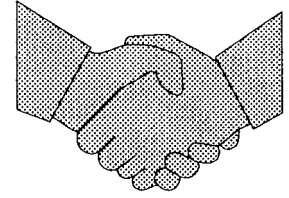
Myth 2: I'm too old to have Pap smears.

Myth 3: I've had a hysterectomy. I don't need to get Pap smears anymore.

Cancer Facts

Fact: For women 18 years or older, or those who are sexually active, getting a Pap test every year is the best way to find cervical cancer early. This is particularly true for older women who have gone through the change of life (menopause) or who have had a hysterectomy. Older women are at higher risk for cervical cancer.

The Partnership: “You and Your Doctor: It Takes Two, Baby!”



You and your doctor form a very important relationship and you must do your part to assure your good health.

- Be informed
- Don't be afraid to ask questions
- Keep a calm, cooperative attitude
- Expect your doctor to treat you with respect
- Your doctor is there to help you, let him or her know what you need

Upcoming Topics

We've got lots of good information to share with you over the next few months! Below is a list of class topics for the next few months.

Cutting Through the Red Tape at Reynolds

The Stages of Cervical Cancer and How It Is Treated

The Two Work Together: God and Your Doctor

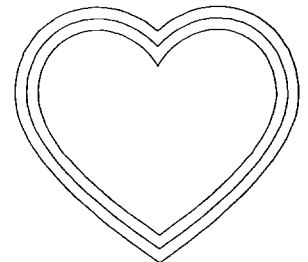
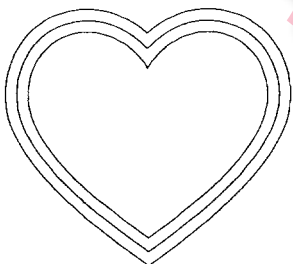
The Stages of Breast Cancer and How It Is Treated

FoCaS on You!

You kiss the kiddies' cuts and help them heal,
From nothing you can fix nutritious meals.
To please your loved ones you go to great lengths,
You handle hurts and hardships with such strength.

But look into the future and you'll see,
That though you work and share so lovingly;
You care for others - then, WHO CARES FOR YOU?
So here's the wisest thing you'll ever do . . .

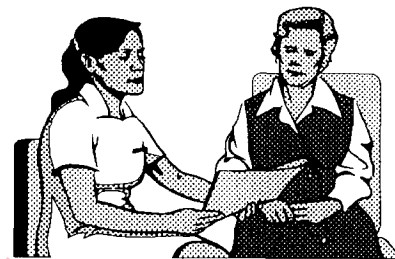
Take heed! Proceed to RE-prioritize!
YOU are WORTH loving, so you must be wise.
Address those needs you've stored upon the shelf
My Sisters, learn to FoCaS on YOURSELE!



Personal Survivors

“A Positive Attitude Will Get You Through!”

If you have ever been diagnosed with breast cancer this statement may be hard to understand, but for me it was and is true. Of course at first you're scared and upset and don't know what to do. First of all, examine yourself once a month so that if there is something there it can be found early. Secondly, talk to your doctor and get the information you think you need. You may need to get a second opinion or even a third. After I found out that it was cancer, I felt a lot of emotions. I was glad to have my family and friends to help me through. They helped convince me that I needed to take care of myself for my children! That changed my attitude. Needless to say, my children were and are very important to me. I had to be strong and survive for them as well as for myself. I



have been cancer-free for 10 years now. I have gone back to school for my B.A. degree and now I am working on an advanced degree in Agency Counseling. Once my attitude changed, I knew I would survive. I challenge any of you who have faced this dreaded disease to fight back. With your family, your faith and a positive attitude, you will get through!

My cancer was misdiagnosed at first as something else. It's your body! So you have to take responsibility for it. It is very important to think about what having cancer will mean to your life.

Ms. Catherine McCaskill

Healthy Recipe



Sweet Potato Gingerbread

- 1/2 cup egg substitute (Egg Beaters)
- 1/2 cup sugar
- 3/4 cup cooked, mashed sweet potato
- 2 Tbsp. molasses
- 1 tsp. vanilla
- 3/4 cup all purpose flour
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp. ground cloves
- 1 tsp. ground ginger
- 1 tsp. powdered sugar

Directions:

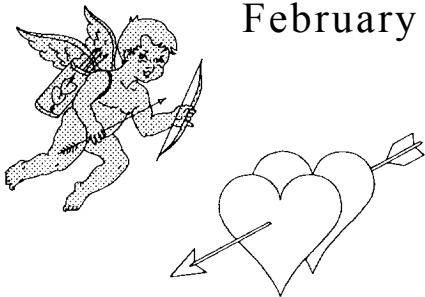
Spray an 8" square baking pan with cooking spray. Preheat oven to 375 degrees. Beat egg substitute at high speed of an electric mixer 2 minutes in a large bowl. Add sugar, 1 Tbsp. at a time, beating well. Add mashed sweet potato, molasses, and vanilla, and beat at medium speed for 2 minutes. Combine remaining ingredients except for powdered sugar, stir to mix. Stir these dry ingredients into the first mixture until combined. Spoon into pan. Bake for 20 minutes, or until wooden pick inserted into center comes out clean. Let cool 5 minutes and sift powdered sugar over the top. Serve warm.

COMMUNITY CLASS SCHEDULES

The following are the days and times of the month that FoCaS will hold educational classes in your community.

First Wednesday of the Month
*HEALY TOWERS AT 11:00 AM

Second Monday of the Month
*KIMBERLY PARK AT 11:00 AM
*CRYSTAL TOWERS AT 1:30 PM



February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Third Monday of the Month
*EAST GATE AT 11:00 AM

Third Wednesday of the Month
*HOLLAND HOMES AT 11:00 AM

Fourth Monday of the Month
*PIEDMONT PARK AT 11:30 AM
*SUNRISE TOWERS AT 3:00 PM

Please Note: The day and time are scheduled to change due to holidays, bad weather or other conflicts, so please check with your resident specialist or your FoCaS outreach worker if there are any questions (716-6401).



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