



Lesbian Health Initiative Houston



Volume 4, Issue 2

Newsletter - Fall 2001

OCTOBER IS BREAST CANCER AWARENESS MONTH!

Breast Cancer Patient Protection Act

There's a bill called the **Breast Cancer Patient Protection Act** that will require insurance companies to cover a minimum 48-hour hospital stay for patients undergoing a mastectomy. It's about eliminating the "drive-through mastectomy" where women are forced to go home hours after surgery against the wishes of their doctor, still groggy from anesthesia and sometimes with drainage tubes still attached. **Lifetime Television** has put this bill on their web page with a petition drive to show your support. Last year over half the House signed on.

PLEASE!!!! Sign the petition by clicking on the web site below and help women living with breast cancer get the care they need and deserve!!

www.lifetimetv.com/health/breast_mastectomy_pledge

24-Hour Y-ME National Breast Cancer Hotlines
800-221-2141 English, 800-986-9505 Spanish
Survivors Helping Others Survive www.y-me.org

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Rally for a Cure™

Rally for a Cure™ has carried the Komen Foundation message to hundreds of thousands of women. The Wrenfield Groups launched Rally for a Cure™ in 1996 with 356 golf clubs across the country hosting a Rally event. In 1999, 2,068 clubs hosted a Rally event. The goal of Rally for a Cure™ is to increase awareness of the need for breast cancer early detection and to raise funds to support breast cancer research. A closest-to-the-pin competition is held at each Rally site, and each participant receives Foundation education materials along with a full year's subscription to Golf for Women Magazine. Call 1-800-327-6811 for more information.
Contact: rdavis@komen.org
Website: www.rallyforacure.com

Rally for a Cure (10/8/2001)

Description: The first national country club program for breast cancer awareness created to increase awareness of early detection among amateur women golfers.

Location: Texaco Country Club -- Houston, TX

The Komen Race for the Cure® Series

The Komen Race for the Cure® Series has become the largest series of 5K runs/fitness walks in the world. Races will be held in more than 100 U.S. cities and three foreign countries in 2001 with over 1.3 million participants expected.

Proceeds from **The Komen Race for the Cure® Series** help fund important breast cancer research as well as breast health initiatives on a local level. Seventy-five percent of the proceeds remain in the local community where the Race is held, helping to support breast health education and breast cancer screening and treatment programs for the medically underserved. A minimum of 25% of Race proceeds helps fund breast cancer research and project grants awarded through Komen Foundation Headquarters.

Komen Race for the Cure (10/13/2001)

Description: 5K run/fitness walks that benefit the Susan G. Komen Breast Cancer Foundation.

Location: -- Galleria, Houston, TX

Contact: Race Hotline

Phone: 713-783-9188

Letter from the President

Dear Friends:

In June, like so many of our sisters and friends, LHI's office suffered some flood damage. In September, like so many, our hearts ache from the terrible tragedy that occurred in New York City. Our thoughts and prayers are with all of you.

Life must go on, and LHI is rising up to the challenge of "Let's keep on keepin' on!!". We have various exciting activities planned for the Fall and Winter:

As president of LHI, I have worked on MD Anderson Cancer Center's steering committee for their Healthy Woman Symposium that will be focusing on Menopause. The keynote speaker is author Gayle Sheehy. The event will take place on October 18, 2001 at the JW Marriott Hotel. If you are interested in attending and for more details, please call the LHI voice line. Tickets are \$75.00.

LHI will have a booth at the Women's Festival on October 27. We will be promoting lesbian health as well as our new and improved Health Fair. There you will be able to sign up for mammograms and get more information. Hope to see you there!!

We will be present at Empower 2001. There our booth will have information about lesbian health as well as our Holiday Health Fest~Health Fair.

We have been honored once again as a beneficiary of the Houston Black Tie Dinner, Nov. 17. We have two tables to sell. Come join us at this wonderful night of pride and elegance. Call LHI to reserve your seat at our table! Your support of lesbian health issues is greatly appreciated.

Finally, our Holiday Health Fest~Health Fair will take place on Saturday, December 1, 2001. It is co-sponsored by Resurrection MCC. They have graciously donated the health fair site. Located at TC Jester and 11th Street, the space availability is huge. Once again we have been able to secure the MD Anderson Mobile Mammogram truck. **Register now!** Mammograms are on a first register first serve basis. LHI has gone back to the good 'ol days of health booths, lots of vendors, music, entertainment and even dance. We want you to join us to truly celebrate lesbian health during these holidays. We look forward to an uplifting health experience for all. We'll even give you some quick dancing lessons!

Thanks to our donors and grants, LHI is able to secure the necessary funding to continue to serve the lesbian health needs of our community. We would like to thank: The Susan G. Komen Breast Cancer Foundation, Houston Black Tie Dinner, Inc., Bunnies on the Bayou, Magnolia Ball Christmas Party, The Hollyfield Foundation, and An UnCommon Legacy.

Again, let's keep on keepin' on and I hope you can join us!

For Lesbian Health! Yours Truly,
Jackie

Reviving Rhythm

Thousands of years ago, people in different cultures used music-making – specifically group drumming – to heal the sick. "Group drumming may help patients better cope with illness and improved their quality of life," said Barry Bittman, MD, CEO of the Mind-Body Wellness Center at Meadville Medical Center, Pennsylvania. According to Dr. Bittman, people who drum in groups experience stress reduction and get physical exercise as well as an outlet for self-expression. Also these factors can contribute to an increase in natural killer cell activity, benefiting the body's immune system.

Taken from: MAMM July/August 2001

Photography Exhibit to Celebrate Breast Cancer Survivors

From September 21 to November 4, 2001, Houston Center for Photography will present "**Documenting Hope: Celebrating Breast Cancer Survivors**", a group exhibition curated by Jean Caslin to coincide with October's Breast Cancer Awareness Month. The Susan Vaughan Foundation and Joan Morgenstern provided funding for the project. **Documenting Hope** explores a full range of the emotional, physical, and spiritual aspects of living with cancer. The underlying message of the exhibition is cancer prevention through nutrition, exercise and stress reduction, regular screenings and early detection.

Houston Center for Photography
1441 W. Alabama
Houston, TX 77006
Phone: 713.529-4755
e-mail: hcphoto@insync.net
website: www.hcponline.org



Calendar of Events

RALLY FOR A CURE

DATE: OCTOBER 8, 2001

Description: The first national country club program for breast cancer awareness created to increase awareness of early detection among amateur women golfers.

Location: Texaco Country Club – Houston, TX

KOMEN RACE FOR THE CURE

DATE: OCTOBER 13, 2001

Description: 5K run/fitness walks that benefits the Susan G. Komen Breast Cancer Foundation.

Location: – Houston, TX **Contact:** Race Hotline

Phone: 713-783-9188

EMPOWER 2001

DATE: OCTOBER 13-14

PLACE: GEORGE R. BROWN CONVENTION CENTER

Come and support Houston's Gay and Lesbian businesses and organization. Come by and visit LHI's booth!

THE HEALTHY WOMAN'S SYMPOSIUM

DATE: OCTOBER 18, 8:30AM – 1:00PM

PLACE: J.W. MARRIOTT HOUSTON, TX

PHONE: CALL LHI FOR TICKET(S)!!

This symposium is sponsored by M.D. Anderson Cancer Center. Learn about making the most of your well woman's check-up, Heart Disease – What Women Need to Know, and Laughing Your Way Through Stress. Lunch included.

Keynote Speaker: Gail Sheehy, Author

HOUSTON WOMEN'S FESTIVAL

DATE: OCTOBER 27, 1PM – MIDNIGHT

PLACE: GARDEN IN THE HEIGHTS

BLACK TIE DINNER

DATE: NOVEMBER 17, 2001

PLACE: GEORGE R. BROWN CONVENTION CENTER

LHI PRESIDENT, PARTNER AND SON ON TELEMUNDO

TIME: OCTOBER 29 5:00 PM AND 10:00 PM

PLACE: WARNER CABLE CHANNEL 6

An educational segment about same sex couples that have adopted children. Make plans to tune in and share this experience with your friends.

HOLIDAY HEALTH FEST 2001

DATE: SATURDAY, DECEMBER 1, 2001 8AM – 4PM

PLACE: RMCC GYM – TC JESTER AND 11TH STREET

A day of free/low –cost health screenings, entertainment, vendors. MD Anderson Mobile Mammography Unit providing mammograms.

To Catch a Virus

Researchers have known for at least two decades that the Epstein-Barr virus (EBV) is associated with various cancers, among them Hodgkin's disease, a rare lymphoma. Now a new study adds weight to a small body of evidence that links the virus to breast cancer, as well.

When EBV, which infects almost everyone and persists for life, strikes young children, symptoms are usually mild. But when onset of initial infection is delayed until adolescence or adulthood, approximately half the people hit by EBV develop infectious mononucleosis.

Yataka Yasui, PhD, a cancer epidemiologist at the Fred Hutchinson Cancer Research Center in Seattle, and his team found that breast cancer is linked to delayed onset EBV. They found that the incidence rates of breast cancer and Hodgkin's disease parallel each other, rising and falling depending on average age of onset of EBV. In their study, of the 57 women who reported having had mononucleosis, the older a woman was when she got it, the more likely she was to have had breast cancer.

Though she praises the research, Sally Glaser, PhD, a cancer epidemiologist at the Northern California Cancer Center in Union City, cautions that a relationship between EBV and breast cancer is still conjectural, pointing out that evidence for and against the link has surfaced over the years. But both she and Yasui agree: If the relationship is ever proved, vaccination programs for the virus could someday reduce women's risk of breast cancer.

Taken from: MAMM July/August 2001

WE WANT YOU ON OUR MAILING LIST!

BUT TO DO THAT, WE NEED YOUR CORRECT ADDRESS.
PLEASE LET US KNOW BY WRITING US AT:

LHI
P.O. BOX 130158
HOUSTON, TX 77219-0158

E-MAIL US AT: LHIhouston00@aol.com or leave us
VOICE MAIL: 713.603.0023

Facts about Women and Cardiovascular Diseases (CVD)

- CVD ranks first among all disease categories in hospital discharges for women
- 43.3% of all female deaths in America and most developed countries occur from CVD, particularly coronary heart disease and stroke.
- CVD is a particularly important problem among minority women. The death rate is substantially higher in black women than in white women.
- In 1997, CVD claimed twice as many women than did all forms of cancer combined.
- 38% women compared with 25% of men will die within one year after a heart attack.
- Stroke is a leading cause of serious, long-term disability; an estimated 15-30% of stroke survivors are permanently disabled.
- Menopause and low levels of estrogen are major contributors of heart disease.
- Women after menopause are more likely to have a heart attack than men.

HEART ATTACK WARNING SIGNALS

- Chest Pain
- Shortness of Breath
- Pain in the Arm
- Tightness in the Chest
- Nausea
- Fatigue
- Dizziness
- Radiating Pain to the Jaw
- Tingling in Fingers

STROKE WARNING SIGNS

- Sudden weakness or numbness of the face or limb on one side.
- Slurred speech and/or confusion

From American Heart Association

LHI BOARD OF DIRECTORS

President:	Jackie Doval, MS, DC, CAC
Vice President:	Scottie Scott
Treasurer:	Rebecca Kimmel
Secretary:	Lucy Watson, RN, BSN
Members:	Mina Garcia, BSMT (ASCP), SC Pearl Rich, Eva Greer, Norie Baker, Stacy Langley, Delma Cummings, Beth Johnson

10 Steps to Manage Your Stress

Cutting back on the stress in your life may help you feel better, eat better and stick to an exercise plan, all of which can lower your risk for heart disease. But if you're too stressed to figure out how to get started, here are a few tips:

1. **Eat and drink sensibly.** Abusing alcohol and food may seem to reduce stress, but actually adds to it.
2. **Assert yourself.** You do not have to meet others' expectations or demands. It's OK to say "no." Remember, being assertive allows you to stand up for your rights and beliefs while respecting those of others.
3. **Stop smoking** or other bad habits. Aside from the obvious health risks of cigarettes, nicotine acts as a stimulant and brings on more stress symptoms.
4. **Exercise regularly.** Choose non-competitive exercise and set reasonable goals. Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude.)
5. **Relax every day.** Study and practice relaxation techniques. Choose from a variety of different techniques. Combine opposites -- a time for deep relaxation and a time for aerobic exercise is a sure way to protect your body from the effects of stress.
6. **Take responsibility.** Control what you can and leave behind what you cannot control.
7. **Reduce causes of stress.** Many people find life is filled with too many demands and too little time. For the most part, these demands are ones we have chosen. Effective time-management skills involve asking for help when appropriate, setting priorities, pacing yourself and taking time out for yourself.
8. **Examine your values and live by them.** The more your actions reflect your beliefs, the better you will feel, no matter how busy your life is. Use your values when choosing your activities.
9. **Set realistic goals and expectations.** It's OK, and healthy, to realize you cannot be 100 percent successful at everything at once.
10. **Sell yourself to yourself.** When you are feeling overwhelmed, remind yourself of what you do well. Have a healthy sense of self-esteem.

Taken from Cleveland Clinic Web Site.

The Mission of the Lesbian Health Initiative is to identify, address, educate, serve and empower the Houston lesbian community in all its diversity, on issues of health and well-being.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

- Margaret Mead

Holiday Health Fest- Health Fair!



*Sponsored by
Lesbian Health Initiative
&*



Resurrection Metropolitan Community Church

WHEN: Saturday, December 1, 2001

TIME: 8:00 am - 4:00 pm

WHERE: Corner of 11th and T.C. Jester

WHAT: Free Mammograms
Health Screening
Vendors & Entertainment
Music and Dancing*

- *Mammogram appointments are limited, so pre-register by November 15th!*
- *Mammograms will be performed by M.D. Anderson Mobile Mammography Unit.*

*Call LHI: 713.603.0023 or E-mail: LHIHouston00@aol.com
Schedule your mammogram today!*

THE NEWSLETTER OF THE LESBIAN HEALTH INITIATIVE (LHI) HOUSTON IS PUBLISHED AS A PUBLIC SERVICE TO EMPOWER THE LESBIAN COMMUNITY ON HEALTH ISSUES. LHI IS A 501(C) (3) NON-PROFIT ORGANIZATION.

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The Lesbian Health Initiative of Houston, Inc. (LHI) is a 501 (c)(3) non-profit organization founded in 1992 to promote health and well being in the lesbian community. Women of varied ages, backgrounds, and ethnicities donate their time, energies, and talents. LHI's activities are funded completely by grants and donations from community organizations and individuals. Please consider a donation of your time, talent, or funds to assist LHI in continuing its mission.

FOR EVENT INFORMATION OR TO LEAVE A MESSAGE, CALL LHI AT 713.603.0023

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ADDRESS CORRECTION REQUESTED



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