

# EL OBSERVADOR

## Breaking Barriers to Women's Health

### Komen fund supports breast cancer screening

The Susan G. Komen Breast Cancer Foundation Oregon and Southwest Washington Affiliate has announced that Susannah Maria Gurule Foundation has been awarded a Komen Community Grant for \$20,000. The community-based nonprofit is one of 26 programs selected this year to receive funding.

"We see individuals and communities engaged in the fight against breast cancer in profoundly effective and moving ways," said Christine McDonald, executive director of the local Komen affiliate. "The Community grants we fund are a strong link in efforts to identify breast cancer and mitigate its potentially devastating consequences."

This year, the local Komen Affiliate is able to provide \$649,918 to 26 community and transportation programs around the state, an increase over last year's grants of \$433,900 and 18 programs. This increase is due to the successful Race for the Cure, a generous donation from Safeway and other committed donors.

More than 211,000 new cases of breast cancer are diagnosed among women in the United States each year, and the Pacific Northwest has



The Race for the Cure and the Komen Foundation is supporting the local Susannah Maria Gurule Foundation and its Healthy Women program. Pictured from left: Marlen Perez, Promotora de Salud; Susannah Maria Gurule Foundation; Alma Mena Rivera, Promotora de Salud and Mujer Sana program; Susannah Maria, Gurule Foundation; Christine McDonald, Komen affiliate executive director; Rebecca Hernandez, executive director of the Susannah Maria Gurule Foundation; and Barbara Gámez, program manager of the Susannah Maria Gurule Foundation.

the highest rate of breast cancer in the country. The disease exerts an enormous impact on families, workplaces and the health care system. Through its Komen Community Grant, the Susannah Maria Gurule Foundation will fund its Mujer Sana (Healthy Woman) program. The program provides breast health education and outreach to Latinas who are at the highest risk for breast cancer in the Portland Tri-County area. To combat the many barriers Latinas face in accessing breast

health information and care, outreach and education to low-income, monolingual Latinas will be provided by trusted community leaders in culturally appropriate and effective formats.

"We are pleased to have Susan G. Komen support our work to educate and connect Latina women with breast cancer screening resources," said Rebecca Hernandez, executive director for the Susannah Maria Gurule Foundation. "We have expanded our work into new communities and to more isolated women who have never had the opportunity to learn about their own self care."

The Komen Community Grants are made possible by funds raised locally through the annual Komen Portland Race for the Cure, annual giving and other area fundraisers. Seventy-five percent of dollars raised in Oregon and Southwest Washington go to fund community grant programs, survivor support services and vital screening. The remaining 25 percent funds research grants on a national level.

## Collegiate Honors

David Diaz Jagucki, a local Hispanic student who attends Portland State University, has been accepted as a member of the National Society of Collegiate Scholars.

The organization recognizes outstanding academic achievement among first and second year college students and encourages members to develop leadership skills through community service.



David Diaz Jagucki

## Living in America: Bad for Health

(AP) — Millions of Hispanics come to America looking for jobs and educations, but remaining here seems to be bad for their health.

The longer Hispanics are here, the more likely they are to become obese, to develop diabetes, high blood pressure and heart disease. And Hispanics born here have even higher rates of those illnesses, a new government report shows.

The analysis of immigrants' health by the federal Centers for Disease Control comes on the heels of a report calling for more educational programs for Hispanics, who are expected to increase to nearly

one-fourth of the country's population in coming years.

It found that 22.0 percent of Hispanics who have been in the country five years or more are obese, compared to 16.1 percent who have been here for less than five years.

High blood pressure climbs from 13.4 percent for newer arrivals to 19.8 percent for those here longer. As they stay longer than five years, diabetes rates rise from 6.9 percent to 7.5 percent and heart disease increases from 3.5 percent to 7.4 percent.

And Hispanic immigrants are among those least likely to have health insurance.

## Brothers Await Adopted Family

Miguel and Luis have mischievous grins and sparkling eyes. They need patience, understanding and sensitivity for all that they have been through.

Both brothers present as shy and reserved. They eventually open up and become quite engaging. Miguel is soft-spoken, but has lots of energy. Luis is a little more outgoing and loves to converse with others. They are both developmentally on target.

Miguel is in good medical health, but has a cyst on his brain. This cyst requires monitoring with a yearly MRI but does not yet present any problems. Miguel and Luis participate in regular counseling which is helping them to make progress.

These brothers deserve a family




Miguel and Javier "Luis", ages 6 and 3

where each child is gifted with large quantities of love and personal attention. They will need structure, good communication and emotional support. They would probably do best in a family where there are few other younger children.

For more information on the availability of these children or on how to become a foster or adoptive parent, contact the Special Needs Adoption Coalition at 503-542-2392 or DHS at 1-800-331-0503.

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