

Breast Cancer Health Focus

Komen reaches out to African Americans

Did you know that breast cancer is the most common cancer among black women? One in nine black women in the U.S. will be diagnosed with breast cancer in her lifetime.

Despite similar screening rates, breast cancer is detected at an advanced stage more often in black than in white women, and breast cancer mortality is nearly 41 percent higher in black women than in white women in the U.S.

Susan G. Komen Oregon and SW Washington finds this unacceptable and is working to change the outcome in a culturally appropriate manner.

The nonprofit is developing a multi-year project, focusing on addressing breast cancer disparities in the Portland-metro area's African American community with data collected by a team of independent consultants from the community - Angela Owusu-Ansah, professor of doctoral studies at Concordia University; D. Bora Harris, diversity consultant; and Kelvin Hall, doctoral candidate and community advocate.

The team is collecting surveys from various community events and is beginning to



African-American-Initiative or contact D. Bora Harris at 503- 936-8020 or borahbora@aol.com.

Diversity consultant D. Bora Harris of Portland (left) distributes information and answers questions about a public health campaign by Susan G. Komen Oregon and SW Washington to address breast cancer disparities in the African American community.

recruit participants for focus group discussions to learn more about people's experiences. Four focus groups are scheduled this month.

The team would like to talk with African American breast cancer survivors and those living with metastatic breast cancer, as well as African American women over age 30 about their experiences navigating healthcare. The results will lead to action for change.

If you or someone you know is interested in learning more and/or participating in a focus group, visit komenoregon.org/



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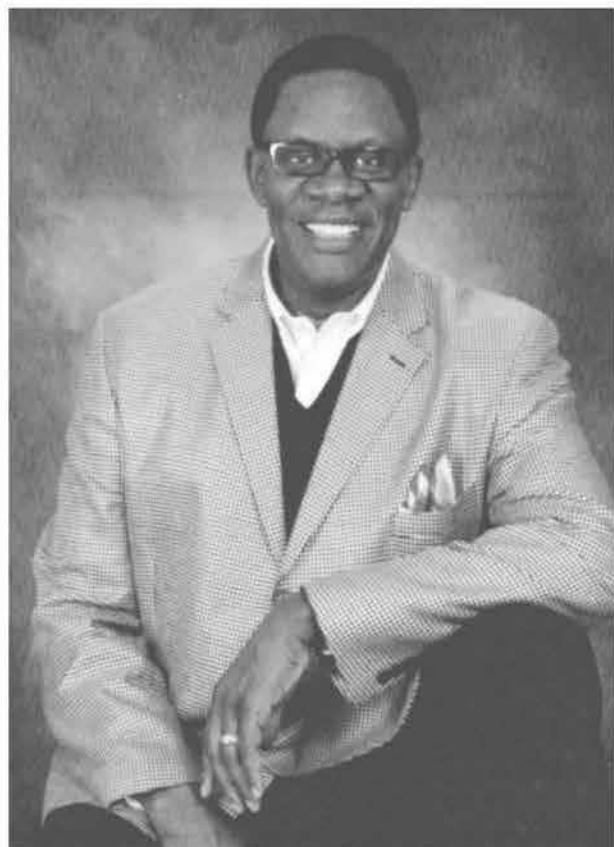
October 17, 2018, 6:00-8:30 pm
Robertson Life Sciences Building | 2730 SW Moody Ave



Diversity maximizes our true potential for creativity, innovation, quality patient care, educational excellence and outstanding service. As we plan for the opening of our new Center for Health & Healing Building 2 in February 2019, we're hiring for **Nursing, Allied Health, Administrative and Support Services**. We're also recruiting for jobs across OHSU's other locations. Bring your resume and meet with our hiring managers. Light food and drinks will be available.

Register by October 12 at:
ohsu-career-fair.eventbrite.com

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Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 2: CHIROPRACTORS: Just how qualified are they to take care of your health?

Q: I know that physicians need four full years of medical school to become doctors. How much training do Chiropractors actually get?

A: Following our under-graduate college training, Chiropractors must also complete an extremely demanding four-year curriculum. By the time we graduate, we've received a degree of competency in anatomy, chemistry, bacteriology, toxicology, pathology, physiology, diagnosis and x-ray. In fact, today's doctor of Chiropractic have as many hours of government approved classes in these health-

related subjects as any doctor graduating from medical school. Most importantly for you, we also spend *four full years* studying the spine, joint relationships and adjustment procedures. What's more, Chiropractors stay up to date with the latest health care developments by attending on-going seminars.

Q: Will my health insurance help me pay for Chiropractic care?

A: It varies from one insurance carrier to another. But for many people, Chiropractic care *is* covered. Check with your company's personnel department. Or feel free to call us. In fact, for answers to *any* questions you might have about your health, just call us at the number below.

Flowers' Chiropractic Office

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