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Women's breast tissue ranges from fatty to dense, which is completely dependent on genetics. A woman won't know what type of breast tissue she has until her first mammogram, but about 50 percent of women have dense breast tissue. During a mammogram, the patient stands and places her breast on the flat plate of the mammography machine. A top plate will proceed to lower and essentially compress the breast in order to take an X-ray image of the breast tissue.

A mammogram can be uncomfortable and even painful for some women. In the past, women with dense breast tissue were at a disadvantage with the 2D technology available through most mammogram machines over the last decade. For women with fatty breast tissue, 98 percent of breast cancers were found us-

ing 2D, but only 48 percent of cancers were found for women with dense breasts.

Hunt said PeaceHealth's new Siemens 3D mammogram machine changes all of this.

"Those 50 percent of women with dense breast tissue that had to worry about us missing their breast cancers until they were big enough to see with 2D, now they are on the same playing field as women with fatty breasts that are easy to see through," she said.

Here's why: When the 2D mammography machine compresses the breast, it has to be flattened as much as it can be in order to stretch out the denseness within and take a single image of the inside breast tissue, putting women with dense breast tissue at a disadvantage.

Radiologists examine the image and look for any abnormalities; if the patient is following the recommended

annual exam schedule, the radiologist looks for changes between last year and the new image.

Sometimes breast tissue can overlap, thus covering tumors, and the denser the breast, the easier it is for the cancer to be camouflaged. If a tumor is still small enough, then the radiologist may not be able to see it with the 2D machine.

Breast cancer patients have a 98 percent survival rate when diagnosed early, but for women with dense breasts, the early diagnosis was more difficult.

With the new tomosynthesis X-ray technique, the 3D machine moves in an arch, taking 50 images of the breast tissue and compiling it into a flipbook file for the radiologist to look through. The images capture sections of the breast that together form an entire image. Tumors camouflaged in the dense breast tis-

sue will now show up on the 3D scan.

The 3D technology was developed in 2015, but Dan Goldblatt, imaging manager at Peace Harbor, said the medical center waited to buy the machine to ensure all the bugs were worked out first, as with any new technology.

Now the 3D mammogram is living up to its expectations; the American Cancer Association reports that 3D is able to detect 40 percent more cancer in patients than 2D mammograms.

Sandy Bupp, a patient at PeaceHealth, started getting her annual mammograms at age 40, and says her experience with the 3D mammogram machine is definitely an improvement from the past 2D machines.

"Getting into position for the new machine is a bit awkward, but once they get you into position, it's only a few seconds," she said. "If you go

every year it gets less and less uncomfortable because you know what to expect. I think it's really important."

According to Goldblatt, Peace Harbor chose the Siemens machine because it scans the widest angle of breast tissue with the thinnest sections of the tissue captured, meaning more cancers can be caught before they have time to grow.

"The advantage of this machine is that we can find smaller cancers and detect them much earlier to give far greater outcomes for patients," Goldblatt said.

The new Siemen mammography machine also results in faster mammograms and less compression, meaning less discomfort for women during the exam. A mammogram exam will take five to 10 minutes, but the actual compression of the breast is only about a minute.

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CLEAWOX from page 1A

Many of the original buildings were constructed by the Civilian Conservation Corps in the 1930s, including the lodge, which was replaced by the current building in 1996.

The camp's history is preserved in the memories of members of the Order of the Silver Trefoil (OST), a group of men and women who have each been part of the Girl Scouts for more than 25 years.

Member Patti Luse, a Girl Scout for 65 years, serves as the historian of Camp Cleawox.

"I'm not the oldest camper here," she said right away. "The oldest camper is Katie Lytle, and she was here in the 1940s.

I was here in the '50s and '60s, and the camp director in the late '60s. Then I worked at the Girl Scout office until I retired in 2004. I worked for 30 years for the Girl Scouts."

Luse and Lytle talked about

the camp back in the days when the camp was inaccessible and the forest came right up to the three-sided Adirondack cabins.

"When I went to camp, we thought this was an island," Luse said. "They would bus us from McArthur Court in Eugene and we'd go Highway 36, which had so many hairpin turns that almost everybody on the bus had to have a sack — except I don't know if they had invented sacks by then — and then they took us to Honeyman State Park. We unloaded the buses, they separated us into units and then we got on barges to go over to the island. It never occurred to us."

Lake Cleawox has now been largely enveloped in the sand dunes, but back then, barge rides used to be a big part of the activities.

"You'd get on the barge and sing all the wonderful camp songs. I'm sure it went half

a mile up the arm of the lake that used to be there," Luse said.

She had no idea at the time how staff would get supplies to the camp, and said at least four years went by before she realized there must be road access.

"We just didn't venture out," she said.

The myth of being an island was encouraged until the early 1960s, after which Girl Scouts were bused into the camp.

Lytle attended Camp Cleawox in 1944 and '45.

"Because of the war, they didn't have camp from 1941 to '43. They were afraid of the Japanese invasion," she said.

Although she was at the camps in 1945, she was not there on Aug. 15 when the Allied Forces accepted the surrender of Japan.

"One of our OST people was here as a counselor in 1945 when V-J Day occurred," Lytle said. "They were over

here, and I don't know if they had a telephone or not, but they could hear all the noise coming from Florence. They crossed the lake and got into town to find out what was going on. I want to say she swam, but they probably took one of the rowboats."

OST members have also included counselors who were around when the Siuslaw River Bridge was under construction.

Lytle described the placement of the original lodge — which did not have glass windows, only screens — and pointed to where the Columbus Day Storm of 1962 thinned the trees all over camp.

"Camp was a full two weeks for my sister and I," Lytle said. "We were fortunate enough that our folks could afford to do that. As I remember, it was like \$8 a week."

Seventy-five years later, and accounting for inflation, prices in 2019 are 1,355.07 percent higher than average prices throughout 1944. The U.S. Bureau of Labor Statistics' consumer price index suggests that would have been about \$116.41 in today's money.

One-week stays at Camp Cleawox now cost between \$465 and \$675.

The barge Luse remembers wasn't in use yet in the '40s. For Lytle, the Girl Scouts rowed boats filled with their gear to get to camp.

"And no life jackets!" she said.

When they arrived at camp, the scouts went to their unit, where there was a pile of straw. Each scout filled large denim bags, called "ticks," with straw. These served as the mattresses for the wooden slats of the bunks. The scouts dumped out the straw at the end of camp and left the straw for the next set of campers.

"One of the nice things about being here as a camper was that you were with girls who were Girl Scouts but who were your age that you would never have met otherwise," Lytle said. "That was really nice, and you got to be friends with them and look for them the next year."

Lytle went to St. Mary School, a Catholic school in Eugene that is now called O'Hara Catholic School.

"We did not have a lot of contact with other girls our age in the community, unless you happened to live in a neighborhood," she said.

Luce said the girls in Eugene often were separated in that way; "It was fun to all get together each summer," she said.

Lytle looked over the albums and memorabilia of Camp Cleawox history, showing a vintage picture of two girls in their bathing suits — "My, how those have changed!" she exclaimed. — One was Lytle and the other is a woman Lytle still talks with.

"I had lunch with her last week. We've stayed in contact all these years since our 50th high school reunion in 1999. We have met on the third Friday of the month ever since," she said.

Lytle has also stayed active in the Girl Scouts.

"I have been here a lot,"

she said. "I helped start the Hooky Weekend, I've been a troop leader and brought my troops here, I've come with adult groups. I've been on the Camp Properties Committee, I've helped clear trails and paint Hooslies (the camp's outhouse toilets) and stayed involved. It's where my friends are, other than at church."

She's also involved in the OST, which originated in Eugene in the late 1970s and has since expanded to 40 chapters across the nation. The group meets once a month and uses membership dues to provide scholarships to adult volunteers who are going on opportunities with their troops. One scholarship helped a troop from Junction City visit England in June.

OST also worked to help Cleawox celebrate its 65th and 75th anniversaries, and was a big part in the June 29 festivities.

"We try to support the GSOSW council," Luse said. "This camp here is very important to us. ... I hope when I'm 86 I'm still around, because I want to come to the 100th!"

To honor Camp Cleawox's 90th birthday, OST members led the assembled Girl Scouts and families in a song circle. The attendees formed a friendship circle, holding hands with one another, right over left.

"Even some of the older campers may not know it, but this kind of tells what Camp Cleawox is all about," Luse said.

The song went:

*"C is for the claims of those who found her
L is for the love we'll always hold
E is for the evergreens around her
A is for adventures yet untold
W is for the water shining clearly
O is for the old times now at rest
X just marks the spot we love so dearly
Camp Cleawox — we know you're the best!"*

Afterwards, camp counselors served cake while people continued talking, greeting old friends and learning about Camp Cleawox's history.

"The other thing is we'd have watermelon polo," Luse said. "You'd grease a watermelon with Crisco and put it in the swimming area and have two teams. The first team that could get it on the opposite dock, like when you play soccer, won. I thought that was fun."

While some things have changed, tradition is still around for the Girl Scouts who make their summer homes at Camp Cleawox.

"They have campfires, they have s'mores, they make memories. This is a wonderful place to make memories," Luse said.

Mealy agreed. "Lots and lots of memories."

Read more about Camp Cleawox and its current opportunities for Girl Scouts in the Wednesday, July 17, edition of the Siuslaw News.

Siuslaw News



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