

# Talking treatment of breast cancer

Continued from page 2B

Surgery is usually the first step in treating early breast cancer. As with DCIS, it can involve either a mastectomy or breast conserving surgery. With either type of surgery, some of the lymph nodes will be removed from the armpit to determine whether the cancer has spread there. In addition, it almost always requires some combination of radiation therapy, chemotherapy, or hormonal therapy to help ensure the body is completely free of cancer. Which treatments a woman will need after surgery depends on the status of the lymph nodes and the characteristics of the tumor. This is a decision that should be discussed carefully with your physician.

## Advanced breast cancers

Locally advanced breast cancer (stage III) has spread beyond the breast or beyond the lymph nodes in the armpit, but has not spread to other organs in the body. It can be present in the skin around the breast or in nearby lymph nodes. With chemotherapy, hormonal therapy, surgery and radiation, women with locally advanced breast cancer have a 50 to 60 percent chance of surviving five years after diagnosis.

Metastatic breast cancer (stage IV) is the most advanced stage of breast cancer. It involves the spread of cancer to other organs in the body (most often the bones, liver, lungs or brain). Most

women who develop metastatic cancer do so after their initial treatment has failed and the cancer has returned. Only a small number of women (6 percent) have an initial diagnosis of metastatic disease. Unlike breast cancer that remains in the breast or nearby lymph nodes, cancer that has spread to other organs cannot be completely eliminated from the body. While it cannot be cured, this does not mean that it cannot be treated. Maintaining the 'quality' of life while at the same time 'lengthening' her life is the goal of treating stage IV breast cancer. Some women with metastatic disease live for many years, and researchers are constantly developing new and better

treatments.

Mammography screening affords women the best chance for early detection of breast cancer. Your odds of surviving if are best when it is diagnosed and treated early! If you or a loved one has been diagnosed with breast cancer, you need to talk openly with the physician about these different treatment options. If you have questions or remain unclear about your choices, you should seek a second opinion.

Contribution by John H. Stewart, IV, MD

For more information about the Maya Angelou Research Center on Minority Health, visit our website at <http://www.yfubmc.edu/minority-health>. Or call (336) 713.7578.

# More black Santas on local S.C. NAACP group's wish list

THE ASSOCIATED PRESS

CHARLESTON, S.C. — One thing on the Charleston NAACP's wish list this holiday season is more black Santas.

"People don't want to talk about it. Santa is never black," said Dot Scott, president of the Charleston branch of the National Association for the Advancement of Colored People.

She said children see white

Santas at Christmas parades, malls and holiday festivals and it's time for black children to see someone who looks like them.

"I believe that kids need to understand that good things come in black, too," she said.

Scott called the local Northwoods Mall and was referred to the Cherry Hill, N.J., company that provides the mall Santa, Cherry Hill Photo.

"We hire the person who is best qualified for the position without regard for race," Cherry Hill Photo said in a statement. "We do not analyze nor attempt to match the demographics of a market area when hiring any employee."

Charleston Fire Chief Rusty Thomas said he has never received a call about a black Santa in a quarter century of organizing the local

Christmas Parade.

"I never thought very much about it," Thomas said.

But the city's Holiday Magic celebration at Marion Square on the edge of the historic district alternates black and white Santas.

It also has a black Mrs. Claus and black elves, said Ellen Dressler Moryl, director of the Office of Cultural Affairs.

"We reflect the community," she said.

## FEASTING ON FOOTBALL

# It's not just for Thanksgiving anymore

THE ASSOCIATED PRESS

NEW YORK—A little Charlie "Bird" Parker on the CD player would make a clever accompaniment to the Thanksgiving turkey and cranberries—as would, though perhaps less subtly, The Cranberries.

But let's be real here. Everyone knows there's only one background sound that's truly traditional on Turkey Day.

Crowd roaring, pads smacking, Madden and Michaels

wisecracking? C'mon people, football!

And with an unprecedented three Thanksgiving games on the NFL schedule—including an evening tilt—there's little reason to go looking for your old copy of "Mashed Potato Time." The Yuletide records might as well stay in storage, too. From the moment the bird begins to brown 'til the ball drops in Times Square, there will be football on the tube during just about every prime holiday moment of

2006.

On Thanksgiving night in Denver and Kansas City, those dirty dishes will have to wait. Christmas Eve? Touchdowns and tannenbaums, all over America. Christmas Day means fruitcake and first downs in Philly, Dallas, New York and Miami.

And how about New Year's Eve? With a full slate of football—including a night game ending around midnight EST—should auld dinner plans be forgot?

"Certainly there has to be a balance," says Betsy Berns, author of "The Female Fan," a blog on iVillage.com aimed at football widows and newbie fans.

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