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Health Tip

Coma mas saludable y reduzca el riesgo del cáncer

Celebre la Cocina Hispana/
Healthy Hispanic Recipes

This bi-lingual pamphlet from the National Cancer Institute has some tasty recipes that help you prepare healthy Hispanic cuisine to eat healthier and reduce your risk of cancer and heart disease

[Check here in Publications /Publicaciones](#)

2005 Father's Day Walk Against Cancer Kicks off in downtown San Jose, CA



Photo by Jose Posadas



24 Latino middle school students from Lee Mathson in San Jose volunteer for the Walk Against Cancer to hold fact signs along the 2.3 mile route-signs that explain how Latino men are impacted by prostate cancer

Prostate cancer is the most common kind of cancer diagnosed in Latino men after lung cancer. Latinas Contra Cancer held its second annual Walk on June 19th to turn the spotlight on prostate cancer to raise awareness and encourage men to get both check ups and PSA's {blood tests} if they are over 40.

Anyone in your family battling cancer? [Join our Forum Now!](#)

Un examen que puede prevenir el cáncer del colon

por Jane E. Brody

Mickey Martinez era un vigoroso hombre de 64 años con una simpática sonrisa y un impactante juego de tenis. Con fluidez en cuatro idiomas, dedicó su vida profesional al servicio público y su vida personal a ser un buen marido, padre, abuelo y vecino.

Aunque visitaba a su doctor con regularidad, su doctor nunca le prescribió una colonoscopia, un examen rutinario del colon y el recto que puede parar el cáncer, muchas veces antes de que comience.

La *American Cancer Society* (Sociedad Americana de Cáncer) recomienda el examen a la edad de los 50 años y otra vez a los 60 años. Pero una vez que Martinez se dio cuenta que su sistema digestivo no estaba funcionando como debía y se sometió a la colonoscopia, ya era muy tarde. Su hígado ya había sido invadido por el cáncer del colon. [Para leer mas](#)



A Message from the Founder - Who We Are

Our mission is to build better health systems to enhance the quality of the cancer experience. We do this through collaboration, education and support programs. The belief of Latinas Contra Cancer is that talking about cancer won't kill us, the silence will. The more we raise awareness, encourage checkups and early intervention, the closer we are to our goal of decreasing the mortality rate from this killer disease, and insuring better quality care.

In the past two years since Latinas Contra Cancer was founded in San Jose, California, the organization has raised awareness about prostate cancer in the male community in a unique media campaign, launched a Breast Health Bingo Education program targeting hotel workers, seniors and Spanish speaking, collaborated on Spanish language education workshops for cancer patients and their families, counseled several dozen cancer patients and their families, and answered calls for information from Virginia to Florida, Los Angeles to San Francisco, California.

Many are finding us through our website. It's newly renovated and fully bi-lingual. More are hearing about our agency through health fairs, our Walks Against Cancer, and media outreach. Most don't know where else to turn. Often, they are low income, or uninsured. They often speak no English. They sometimes are undocumented and fear reaching out. They all need someone to turn to, and Latinas Contra Cancer is that first point of contact, that ray of hope during a dark time.

We need help to inform the community about cancer and the resources available to the patient and their families, to provide case management and support groups. Redes en Acción, The National Latino/Hispanic Cancer Network says education, income, and language are major barriers to access quality health care for many in the Latino community. LCC is working to bridge those barriers. We need your help. Join our Gift Campaign which was kicked off in August by a generous \$25 thousand dollar matching grant from Silicon Valley businesswoman and social entrepreneur, Judy Koch. Remember our motto, 'Many Small Steps Make a Big Difference.'

Ysabel Duron, Founder
Cancer Survivor &
San Francisco TV News Broadcaster

[Support The Cause Donate Now Join our Gift Campaign](#)

Upcoming Event



Una Luz, Una Vida, Fiesta Navideña
December 8th, 2005, 6-8pm,
Downtown San Jose

Raffles, food, 3 hours of non stop musical entertainment. Free pictures of Santa with the children and fabulous Silent Auction Your ticket could win you one of five decorated 6 foot Christmas Trees. *Tickets \$5.00 each*
mercy@latinascontracancer.org

Or buy this pewter angel pin, a candle votive with pink ribbon, or angel plant stake. We'll make a holiday bookmark in the name of a loved one who has died of cancer or is a survivor and hang it on our specially decorated memorial tree which is donated to a family or women's shelter. [Check it out in our marketplace.](#)



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Latinas Contra Cancer's work possible***

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Grants

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| Safeway Food & Drug | Breast Health Bingo Education Program | \$11,500 |
| Roche Pharmaceuticals | Breast Health Bingo Beta Test Program | \$10,000 |
| GMAC | Operating | \$5,000 |

**Gift
Campaign
Goal
\$100,000**

Help Us Meet Our Goal

Thanks to the following generous donors who have helped launch our Gift Campaign

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| Judy Koch | \$25,000 |
| Morgan Family Foundation | \$5,000 |
| Rigo Chacon | \$1,000 |

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| Angelito | \$25,000 | |
| Benefactor | \$20,000 | |
| Patron | \$10,000 | |
| Partner/Socio | \$5,000 | |
| Amigo de LCC | \$2,500 | |
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**Send Check to:
Latinas Contra Cancer
PO Box 64
San Jose, CA
95103-0064**

**Or Call for more Information
408.280.0811
mercy@latinascontracancer.org**

**Look for our newsletter every quarter.
If you have an event, some comments or news related to
cancer, please email us the information and we'll be happy
to post it in our next publication.**

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