



TOCC Times

Breast Cancer Awareness

What you'll find:

Covid 19 - Reminders **P.1**

Mon, Tues, Wed **P.2**

Thurs, Fri **P.3**

**"Stay Home,
Stay Safe"**

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.



Tohono O'odham Nation Health Care (TONHC)

COVID-19 Situation Update: October 14, 2020

T-Ñukuda Ha'icü Cihañig

This is a rapidly evolving situation. Information is based upon data as of October 14, 2020 at 7:00 and may change as more data becomes available.

COVID-19 Data among Members of Tohono O'odham Nation (TON)

Total Cases	Percent Positive Tests This Week	Recovering	Recovering (%)	Deaths
555	5%	437	79%	28

COVID-19 Contacts Interviewed

1,453

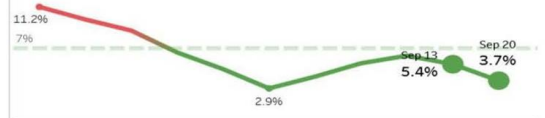
Pima County COVID-19 School Reopening Benchmarks Not Met (10/8/20)

Benchmark Not Met

- 1 a) Decline in cases: **Not Met** OR
- 1 b) Less than 100 cases per 100,000 individuals for two consecutive weeks: **Not Met**



- 2) Two consecutive weeks with percent positivity below 7%: **Benchmark Met**



- 3) Two consecutive weeks with hospital visits for COVID-like illnesses in the region below 10%: **Benchmark Met**



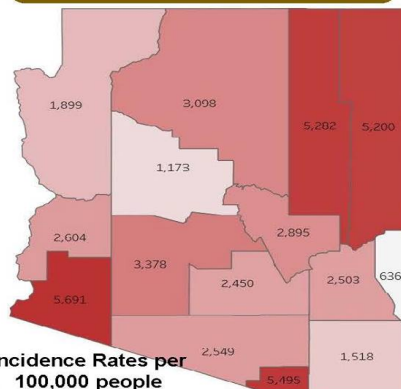
Incidence rate is the number of new cases of COVID-19 in the population over a specified period of time. This allows comparison of areas with different population sizes. Population size is from <http://www.tonation-nsn.gov/districts/> (Fall 2016), accessed 8/26/20.

COVID-19 Cumulative Incidence Rate among TON members residing on the Tohono O'odham Nation

2,650 per 100,000

Arizona

3166 per 100,000



Incidence Rates per 100,000 people

TONHC Situation Update 10/14/2020 7:00
Wear a mask, physically distance, and wash your hands to protect Tohono O'odham Nation

Motivation Monday

This Ted Talk stresses the importance of testing for breast cancer and explains a test that will detect 3x more breast tumors. Be safe and be proactive in getting tested.

TRY IT TUESDAY

Find a routine that works for you on self detection. Taking stock of your wellness at home is an important routine to have.

WELLNESS WEDNESDAY

The best way to fight cancer is with early detection. The sooner the problem can be spotted, the sooner it can be treated.

MOTIVATION MONDAY

Listen to The Daily Boost Podcast

This week is National Breast Cancer Awareness Week. To start the week off listen to this Ted Talk about a test that finds 3x more breast tumors. It is important for everyone to get screened. Make sure that you are taking preventative steps by getting tested!

https://www.ted.com/talks/deborah_rhodes_a_test_that_finds_3x_more_breast_tumors_and_why_it_s_not_available_to_you/transcript?language=en

TRY IT TUESDAY

Take an at home test

Adult women of all ages are encouraged to perform breast self exams at least ONCE a month according to Johns Hopkins Medical Center. “40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important”

For steps on how to perform a self-exam, go to

www.nationalbreastcancer.org/breast-self-exam

WELLNESS WEDNESDAY

Watch this Ted Talk on Communication

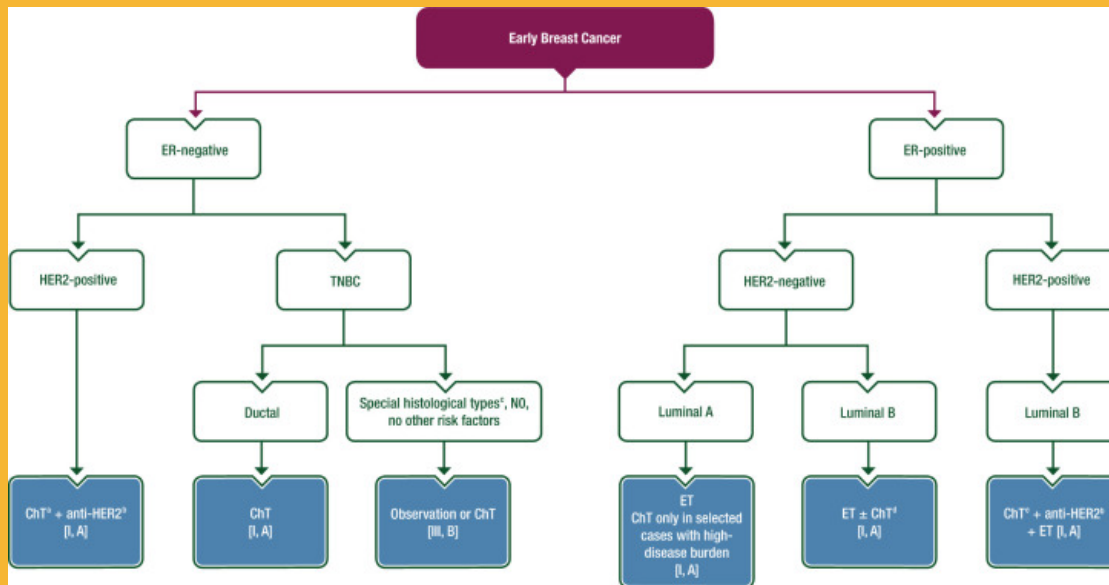
In this Ted Talk, find out information on the future of early cancer detection. The speaker is part of a crew that is developing a simple, noninvasive test that looks for early signs of multiple forms of cancer back in 2014.

https://www.ted.com/talks/jorge_soto_the_future_of_early_cancer_detection?referrer=playlist-7_talks_with_insights_on_breast

Therapeutic Thursday

Breast Cancer Treatment

If a worse case scenario happens, and you have been diagnosed with breast cancer, it is important to seek help right away. Doctors will go over treatment options that best suit you as well as give you the possible risks associated with each treatment. Consult with a licensed professional doctor about information regarding your personal treatment.



Fitness Friday

Therapeutic Thursday

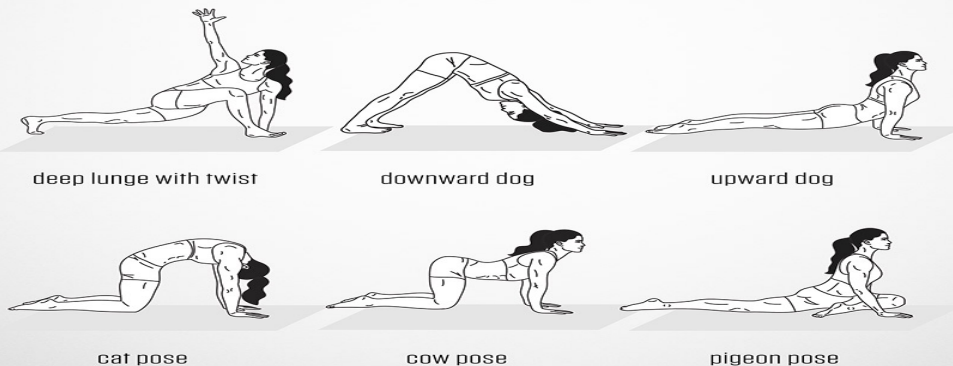
Always speak with a medical professional about treatment option if you have been diagnosed with breast cancer.

Fitness Friday

EVERYDAY YOGA

DAREBEE WORKOUT © darebee.com

Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.



According to nationalbreastcancer.org, Yoga is a system of physical postures and breathing techniques to promote physical and emotional well-being. Research has shown that yoga can reduce the side effects of cancer and its treatments and reduce the risk of recurrence. So with that in mind, for your Fitness Friday, do this yoga workout and focus on your breathing as you do the workout