Alemtsehay Breast Cancer Foundation

The 2nd Annual Cancer Awareness Conference

Clarkston Community Center: Atlanta, Georgia

November 16th, 2014; 12:00 noon - 7:00 PM

Overview of conference presentations

Alemtsehay Breast Cancer Foundation (ABCF) is a nonprofit organization whose sole purpose is to help Ethiopian women abroad and at home who are burdened with financial needs to access screening, diagnosis and treatment for breast cancer. ABCF is also dedicated to guide Ethiopian women to optimal health through increased awareness about breast cancer and diseases that are associated with cancer.

The 2014 cancer awareness conference has covered the most common cancer disease that affects our community. Key messages from the conference presenters and discussants are summarized below.

Mr. Taye Tesema [Ethiopian Community]

The Chairman of the Atlanta Ethiopian community delivered a concise and warm welcome speech to the participants of the conference. Mr. Taye also appreciated the work of ABC foundation in our community and encouraged people to support organizations of this kind. The chairman also pleaded to strengthen the Ethiopian Community Center to allow us to help one another through our illness and difficulties.
Mr. Daniel Mengiste (MC)

Dr. Worku Abebe [Traditional Medicine in Ethiopia]

- 80% of the Ethiopian population uses Traditional Medicine
- The following traditional medical practices were reviewed: spiritual/faith healing, midwifery, thermal water, prevention, surgery and herbal therapy.
- Some of the anti-cancer plants discussed (in Amarigna) were Waginos/Abalos, Kebkeb, Kulkual, Vinca rosea, Mejrit, Yemdir embuay, kinchib and Sheferaw.
- It was stressed that while these plants have been shown to have anti-cancer activities, their uses by Ethiopian traditional healers are less clear and require scientific investigation

Dr. Eyob Feysa [Liver Cancer]

- Liver cancer is increasing by 2% yearly
- Hepatitis-B can eventually lead to Liver cancer
  - 1 in 10 Ethiopians has Hepatitis-B
  - Hepatitis-B does not have any symptoms so testing is important
- Four Main points raised from presentation
  - We came from a place where Hepatitis B is common
  - We need to be checked
  - We need to ask for the test specifically (not part of the routine blood work that is done)
  - After we have been checked we need to get vaccinated
Dr. Rulester Davis [Nutritionist].

-Education is key to preventing diseases.
-Stress, lack of exercise and nutrient rich foods are all contributing factors in disease Development.
-Dark green, red and purple fruits and veggies are great!

Abba Gebre Selasie Tibebu. Debre Haile Gabriel Atlanta, GA.

-3 key points to go
  - If we live in fear of tomorrow we miss today
  - Forgive yourself and be honest
  - Lean on God for support

-3 things to remember
  - We're not alone
  - Start small to help, a little goes a long way
  - Let us work together

Dr. Tasswe Tesfaye [Colon Cancer]

-Colon Cancer does not always have symptoms so screening is very important.
- If a family member has had Colon Cancer then it is important for other members to get checked routinely
  - Brief review of the exam process and the stages of the illness.
    - Survival rates (SR) go down as the stage progresses. SR is 90% in Stage 1 but drastically goes down to 11% in Stage 4.
    - Those who do not have a family history should begin getting checked at age 50; Those with a family history should start sooner.

**Dr. Mesay Teferi [Prostate Cancer]**

- Here in the US only 1% of those who have PC die while in Ethiopia over 90% die.
- Things to do: Lose weight, do yearly exams, have a healthy diet, and limit raw/red meat
- Symptoms: If you experience unexpected weight loss, blood in the urine/seamen, and not able to completely empty bladder.
- Side note: Support your fellow Ethiopians and be proud of your country!

**Dr. Ephrem Mekonnen [Cervical Cancer]**

- Cervical Cancer is caused by certain HPV strains.
- The screening for Cervical Cancer is called a PAP SMEAR
- HPV, smoking, and family history are all factors in the development of Cervical Cancer
- Be aware of blood (outside of monthly cycle), painful intercourse, and smelly discharge
- PAP SMEAR’s should begin after a woman begins intercourse and then yearly or Every 3 years (depending on results)
Poem

W/O Tsedale Alayou (Overview of ABC Foundation)

Health Screening
We would like to thank Mr. Daniel Mengstie and Yesemwork Abebe (MC), our guest speakers, our sponsors, Religious leaders. Board of directors and staff, Mrs.Tsedale Alayu, Mrs.Eleni Mamo, Mrs.Wesen Hagos, Mrs. Addis Bekele, Mr.Wesenseged Kebede and Mr. Belete Yemane as well as volunteers and our local radio stations for all their hard work in making this year’s conference a successful one.

Those of you who could not attend this year’s conference, we hope to see you next year. In the meantime, please get involved! All sub committees are accepting members.

To join us or learn more, please check out our website at  [www.abcfonline.org](http://www.abcfonline.org)

We would like to thank our Sponsors and supporters: Balageru, Elsa, Eyerus and Yeshi Mart.

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