



# October Newsletter

Changing Lives, One Day, One Goal,  
One Person at a Time



## DEBUNK THESE BREAST CANCER MYTHS

### Myth 1: Young women don't get breast cancer.

Debunked: You can get breast cancer at any age. Over 11,000 women under 40 will be diagnosed with breast cancer each year. Although it is less common in young women it can happen to anyone. Make sure to check yourself monthly and be on the lookout for any changes in your body.

### Myth 2: Fake boobies increase your risk of cancer.

Debunked: Women with breast implants are not more likely to get breast cancer, but they may require further screening in addition to mammograms, which are not as effective on women with implants. Be sure to do any and all screenings recommended by your doctor.

### Myth 3: The only visible sign of breast cancer is a breast lump.

Debunked: Breast cancer can manifest itself physically in a number of ways. Symptoms include nipple discharge, breast swelling, scaliness, or a lump in the underarm area. It's very important to be familiar with your body to help you notice any changes.

### Myth 4: You can't get breast cancer if you don't have family history.

Debunked: Unfortunately anyone can get breast cancer. Approximately 70% of women with breast cancer had no identifiable risk factors. Having a first-degree family member (parent, sibling, or child) with breast cancer doubles your risk, but you can get the disease without any family history.

### Myth 5: Wearing a bra gives you breast cancer.

Debunked: Keeping your girls supported doesn't increase your risk, but an improperly fitted bra could. An ill-fitting bra can impede lymphatic fluid drainage and increase your risk of breast cancer. So make sure you get a proper fitting before you purchase your next bra (don't forget sports bras!) and you'll not only decrease your risk, but your girls will look great too.

### Myth 6: Women with large breasts are more likely to develop breast cancer.

Debunked: Breast size doesn't contribute to breast cancer, but breast density does. Breasts with a higher density have an increased likelihood of developing breast cancer. The only sure way to know your breast density is to get a mammogram, but breast density is typically lower in large breasts.

### Myth 7: Men can't get breast cancer.

Debunked: Over 2,000 cases of male breast cancer are diagnosed in the U.S. every year. Although it is less common in men than in women, breast cancer can affect anyone. Signs dudes should look for include nipple discharge, lumps or swelling, or skin dimpling or puckering.

# Women of Colors is Now Offering a Professional Development Program for Young Adults!

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## DRESS FOR PURPOSE



### JOIN US FOR A **FREE 8-WEEK WORKSHOP ON:**

- Cover Letter & Resume Building
- Interview Etiquette
- Financial Literacy
- Networking
- Finding Employment
- Mock Interviews
- And so much more!

### PROGRAM BEGINS:

OCT. 17<sup>TH</sup> - 4:30PM-6PM



**SUCCESS ACADEMY  
1000 TUSCOLA ST.  
SAGNAW, MI 48607**

\*Workshop sessions will take  
place every Tuesday\*

**OPEN TO YOUNG MEN & WOMEN  
AGES 16-24**

For questions, please email Kendall McElway at  
[kendall@womenofcolors.org](mailto:kendall@womenofcolors.org), or call Evelyn  
McGovern at 989-737-9286

**For Registration:  
[Click Here](#)**

It's the most wonderful time of the year!!

**WINTER COAT GIVEAWAY**

**HATS, GLOVES & MORE**

**WOC**  
WOMEN OF COLORS

**WARM A CHILD FOR WINTER**  
*Drive-thru Coat Giveaway*

**Saturday, November 11, 2023**  
**9:00am - 12:00pm**  
**1000 Tuscola St.**  
**Saginaw, MI**

This is a drive-thru pick up (only) event.  
The registration form must be provided  
the day of the event and the child must  
be present (in vehicle) to receive a coat.

For more information contact Women of Colors  
at 989-399-8775 EXT. 5 or ewmtoday@aol.com.

In preparation for our annual Warm A Child for Winter coat giveaway, Women of Colors is now accepting donations in the form of new and gently used children's coats, as well as monetary gifts. For item drop-offs or payment methods, [please call \(989\) 399-8775 ext. 5](tel:9893998775). The WOC team appreciates your continued support!



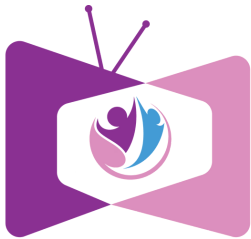
# Member Spotlight

Born and raised in Saginaw, MI, Andriana Smith has a deep love for the community and bringing individuals together for a positive impact. She is currently obtaining her master's degree in Social Work from Northern Michigan University. As a firm believer that family and community are the bedrock of positive change, Andriana feels that her internship with Women of Colors (WOC) is giving her the opportunity to gain invaluable experience and insight into the power of unity.

*"It's within these bonds that we find the support and encouragement to pursue our passions and make a meaningful impact on the world around us. One of my most cherished dreams is to establish my own health and wellness focused retreat center to serve as an educational platform for the community. I hope to unite diverse residents who can grow, learn, and support each other — ultimately creating global impact. Throughout my journey, I have come to understand the profound importance of staying true to oneself. Authenticity is a compass that guides me forward, reminding me that the most impactful change is born from a place of sincerity and passion. It is my pleasure to be part of WOC, and the change we collectively wish to see."*



Andriana Smith  
Intern since August 2023



WOMEN OF COLORS TV NETWORK

Do you have content for Amazon Prime TV, Apple TV, or Roku? WOC can spotlight your business, your book, your school, or your event!

Download Our Free App

1. Go to the App Store
2. Type "Women of Colors"
3. Download free and stream the WOC Network!



Is your loved one leading a destructive life?  
That doesn't mean your life has to be destroyed as well.

Stronger Together is here to help you cope.  
Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM  
1000 Tuscola St Saginaw, MI 48607

## President's Corner

According to the Breast Cancer Research Foundation, the persisting disparities that exist in our healthcare system mean Black women are both less likely to be diagnosed with breast cancer and 40% more likely to die from it. Black women are statistically more likely to have diabetes, heart disease, and obesity which are all risk factors for breast cancer. Among women under 50, the disparity is even greater. This month's newsletter is dedicated to bringing awareness to breast cancer and the importance of cancer screenings. Early detection makes room for better outcomes.



Evelyn McGovern  
Cofounder/President