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March E-Newsletter

March 20, 2008

At Mautner



Is it **YOUR Time To Quit?** Sign up today for Mautner's quit-smoking support group, or learn more about it, by calling 202.332.5536 or emailing ssanford@mautnerproject.org!

A special thanks to all of you who celebrated **Men of Mautner** with us on March 19! We'll have a report and photos in the next newsletter.

In the Community

A Litany For Survival: The Life and Work of Audre Lorde: The Historical Society of Washington, DC is hosting a screening, including a discussion with filmmaker Michelle Parkerson, this **Saturday, March 22, 4-6 PM.** A reception celebrating their new

Volunteer of the Month: Dee Dragan

Dee Dragan has been volunteering with the Mautner Project for three and a half years, and has contributed her keen organizational skills and good cheer to tasks from organizing and inventorying the office to driving clients to medical appointments. How did we get so lucky to land such an amazing volunteer? Dee explains why she's so committed to the Mautner mission: "When I lost my partner



to cancer about six years ago, I had a great support group of friends and family. I'm grateful for every moment they spent with us. I cannot say 'thank you' enough to each and everyone, but I can pay it forward to our community. For every minute I spend with Mautner, Mautner gives something back to me. Working in Client Services is very rewarding. Finally, I love the story of how Mautner was founded, one woman keeping her promise to another to make a difference in the lives of lesbians with cancer. It says a lot about human beings, and how we all should strive to do that. I'd like to challenge everyone in our community to volunteer an hour or two of your time with the Mautner Project and make a difference!"

SHE Circle Goes to South Florida!

Our innovative Spirit Health Education Circle program is now in its fifth year, and is offering new and valuable insights into the ways lesbians of African descent access health care. SHE Circle is an interactive seven-week health education program; to learn more, visit www.shecircle.org.

With the help of long-time supporter Nan Van Den Bergh, we reached out to community leaders in Fort Lauderdale and Miami. Last month, our program director D Magrini trained six new SHE Circle facilitators! They are a diverse group, including youth, experienced facilitators, artists, and community activists. We look forward to supporting these new facilitators as they share the Mind-Body-Spirit connection that is the core of SHE Circle!

Colorectal Cancer: It's A Bummer!

Every year, about 150,000 people in the US are diagnosed with colorectal cancer - and about half of them are women! Colorectal



collaboration with the Rainbow History Project will follow. For more information or to register, [please click here](#).

Participants needed for gay and lesbian health care study! The study examines experiences gay men and women have had coming out or not coming out to health care providers. Participation requires filling out an online survey, which is anonymous and takes approximately 30 minutes. Individuals who complete the survey can choose to be entered into a drawing for one of ten \$25 cash prizes. To learn more or complete the survey, [click here](#).

A Special Thank You

This spring, when Sara Leedom and Beth Ransom of Oakland, CA celebrate their commitment ceremony, they will be offering their guests the option of making donations in their names to the Mautner Project. "Both of our mothers are breast cancer survivors, so cancer is an issue that is important to lots of folks in our family," Sara says. We'd like to extend a very special thank you to Sara and Beth for their creativity and generosity in supporting the Mautner Project! To learn how you can give, [click here to visit our website](#).

cancer forms in the lower part of the digestive system, and it typically starts out as small, benign polyps, which are like little skin tags or growths. *Here's some good news:* because polyps usually take years to become cancerous, regular screenings can remove them before they become cancerous or while cancer is still in its early stages, when it is very treatable. You probably aren't exactly looking forward to colorectal screening, but it's very effective at preventing cancer or catching it early, so it's well worth it! You may not even have to be awake during the procedure.



What You Can Do:

- **Get Screened!** Most people need to start being screened at age 50. If you have a family history of colorectal cancer or polyps, a personal history of cancer such as ovarian, uterine, or breast cancer, or if you smoke, are obese, tend to have a sedentary lifestyle, or drink heavily, you may be at a higher risk for colorectal cancer, and your doctor may recommend that you get screened more frequently or at a younger age.
- **Quit smoking:** This will not only reduce your risk of colorectal cancer, but of a wide variety of other health conditions like lung cancer, cervical cancer, and heart disease.
- **Eat well,** including plenty of veggies, fruits, and whole grains. Foods like these have high fiber content, which is especially good for keeping your digestive system healthy!
- Make **physical activity** a part of your daily routine. If athletics aren't your thing, you don't have to join a gym or a sports team to get your exercise - find things that you enjoy, like yoga, or taking a walk with a pet or a friend.

Screening Options Include:

Tests that find polyps and cancer:

- flexible sigmoidoscopy every 5 years
- colonoscopy every 10 years
- double contrast barium enema every 5 years
- CT colonography (virtual colonoscopy) every 5 years

Tests that mainly find cancer:

- fecal occult blood test (FOBT) every year
- fecal immunochemical test (FIT) every year
- stool DNA test (sDNA), interval uncertain

Take charge of your health - talk to your doctor about colorectal cancer! If you need help finding a doctor in your area who is experienced with lesbian and bisexual patients, give us a call at 202.332.5536.

**Mautner Project: The
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Organization**

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The Mautner Project improves the health of lesbians, bisexual,
and transgender women who partner with women, and their families,
through advocacy, education, research, and direct service. We envision a
healthcare system that is guided by
social justice and responsive to the needs of all people.

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