



THETA CHI Σ

NEWSLETTER

OCTOBER 2024 EDITION



*Breast Cancer Awareness:
Because it Matters!*



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• • • *Word from our Basileus* • • •



In honor of Breast Cancer Awareness Month, we welcome you to our event. This year we want to celebrate Survivors and Supporters of Breast Cancer Awareness. Our Hattie McDaniel Breast Cancer Awareness event, Triumph and Treats celebrates those that received a diagnosis, survivors and supporters of the cure for Breast Cancer. Let us remember the resilience and strength of every fighter, every survivor, every loved one facing this challenge, every supporter fighting to find a cure and those that lost the battle. We are with you. Your courage inspires us all and we stand with you. Continue to keep fighting, stay the course being hopeful and faithful, and know that we the members of the Theta Chi Sigma Alumnae Chapter and our supporters will always take the lead and help support the cause to find a cure. Stay Strong,

Sisterly,
Davina F. Ward
Basileus

Theta Chi Sigma Alumnae Chapter
Sigma Gamma Rho Sorority, Inc
2024-2026



Program

PRAYER - VIOLA ROGERS

WELCOME - BASILEUS DAVINA WARD

POEM - CHALONDA HENRY

SPEAKER - SHARRON SCOTT

ACKNOWLEDGEMENTS

AWARDS

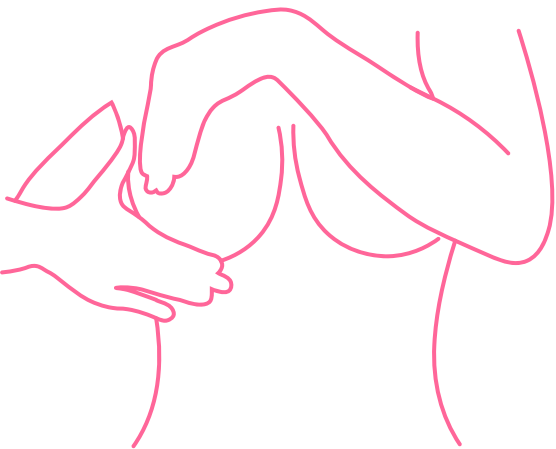
CLOSING WORDS - YVETTE MITCHELL



BSE



Breast self-examination (BSE) is a vital practice in the early detection of breast cancer, significantly increasing the chances of successful treatment and survival. By regularly examining their own breasts, individuals can become familiar with the normal look and feel of their breast tissue, which enables them to detect any unusual changes or abnormalities, such as lumps, swelling, or skin changes, at an early stage. Early detection is crucial because breast cancer that is found early, when it's small and has not spread, is easier to treat successfully. BSE empowers individuals with the knowledge and awareness to take proactive steps in their breast health, fostering a sense of control and responsibility over their own well-being. It is a simple, cost-free, and effective method that complements regular medical check-ups and mammograms, forming a comprehensive approach to breast cancer prevention and early detection.



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Men & Breast Cancer

Breast cancer is often perceived as a disease that only affects women, but it's important to recognize that men can get breast cancer too. Although male breast cancer is rare, accounting for less than 1% of all breast cancer cases, it is nonetheless a serious concern. Men have a small amount of breast tissue where cancer can develop, and factors such as age, family history, genetic mutations (such as BRCA1 and BRCA2), radiation exposure, and hormone imbalances can increase their risk. Because breast cancer in men is less common and not widely discussed, men may be less likely to recognize the symptoms, which can include lumps, nipple discharge, and changes in the breast skin. Early detection is crucial for effective treatment, making awareness and education vital. By promoting knowledge about male breast cancer, we can encourage men to be vigilant about changes in their breast tissue and to seek medical advice promptly, ultimately improving outcomes and saving lives.



Bra Size Matters



Wearing the proper bra size is crucial for both comfort and health. An ill-fitting bra can cause a range of issues, from physical discomfort such as back, shoulder, and neck pain, to skin irritation and restricted movement. A bra that offers the right support can enhance posture, reduce strain on the muscles, and even improve breathing by ensuring that the chest area is not constricted. Additionally, wearing the correct size can positively impact one's confidence and overall well-being, as it contributes to better-fitting clothing and a more flattering silhouette. Regularly measuring and reassessing your bra size is important, especially due to changes in body weight, hormonal fluctuations, or aging, all of which can affect breast size and shape. By prioritizing the right fit, individuals can ensure they are providing their bodies with the necessary support and comfort, promoting better physical health and a positive self-image.



WARRIOR



Mother of three, MiMi to my grand-daughter, daughter, sister, aunt, friend and breast cancer survivor! On Wednesday, September 16, 2020 at 10:34 A.M. (I was staring at my computer), I received a phone call that changed my life. The exact words were "I'm so sorry Melinda but you have been diagnosed with breast cancer."

The battle with the beast showed up with no announcement. Its name was Invasive Ductal Carcinoma – Stage 1. It came to kill me. It came to destroy me, but God had other plans. Today I am able to stand with a different type of strength and appreciation for life. Today I advocate and stand in the gap for women who are survivors and those on the battlefield.



-Soror Melinda Hill

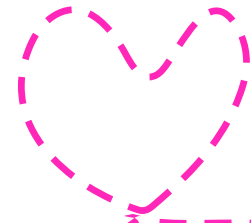


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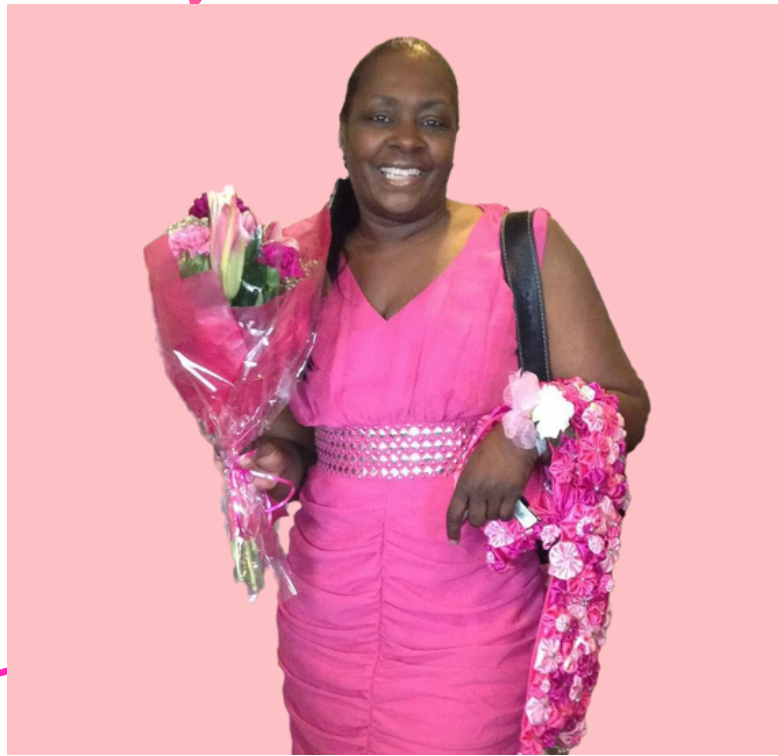
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I am Breast Cancer "Survivor" for the past 24 years. When most people were worried about what would be happening when the century turned, I found out that I had breast cancer. I started getting mammograms done early because my mother's family had a history of breast cancer. In late December 1999, I had my annual mammogram performed and was told that something had been spotted. I went in for more pictures and it was still there so the surgeon suggested that I have whatever it was removed. I agreed and in January 2000, I had a lumpectomy to remove what they saw on my mammogram. After the surgery, the item was sent to be checked out and came back as breast cancer. I then had to have a second operation to ensure that all of the cancer had been removed. I was blessed because we had caught the cancer in the very early stages so I did not have to go through chemotherapy. I did, however, have to have radiation daily for the next 8 weeks, excluding Saturday and Sunday. It was not welcome but very needed. I thank God for helping me to get through this portion of my life. I was so very blessed to have caught my cancer early and to have been a survivor for these many years. Don't wait! Have your annual mammograms as you should and if you feel anything that feels wrong in your breasts, please get it checked out. -Soror Jacqueline Robinson



BELIEVE

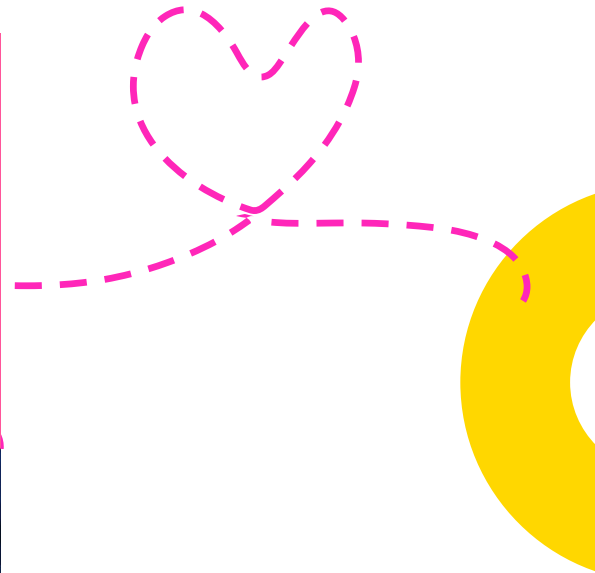


Being diagnosed with Breast Cancer 20 years ago was a life-changing experience for me to endure mentally, emotionally, and physically, but not spiritually because I knew that God was my provider. Always performing self-exams was normal, so when I felt the lump, I made the appointment to see my doctor who then sent me for a mammogram and biopsy. When the results returned, I was devastated, but again, I knew the God that I serve, and I knew that I would be healed. I informed my children of my diagnosis, as well as my mother, and siblings, and went for prayer with my Pastor. God favored me with a great support team; I met some wonderful women, from nurses to doctors, to other survivors who had the same mindset as me, I will live! I had a successful surgery to remove the affected area and when I woke up from the procedure, I asked the nurse, how it went and she said "God did it, everything went well"! I knew that I would be sharing my testimony on healing because God kept me, and I reminded Him of the promise he made to me; that his word would never return to me void according to Isaiah 53:5, With His Stripes I am Healed. I am a SURVIVOR!

-Sheila Denise Hudson



... STRONG ...



I felt a lump in my right breast while moisturizing after a shower. I didn't think much of it. I had my mammogram coming up. I went to the mammogram and they asked if I had felt anything. Once I told them yes, everything stopped. I was told to make an appointment for imaging. The earliest appointment I could get was 3 weeks away. On March 31st, I went to the appointment, but then was told to come back the following week for a biopsy. On April 5th was my biopsy and the day I was diagnosed with Stage II B Invasive Ductal Carcinoma breast cancer with no prior family history. After a MRI and meeting with the surgeon, it was decided that I would have a single mastectomy, the removal of the breast. A month after the surgery, I began 4 rounds of TC chemotherapy. Once my body healed from chemo, in November, I had 14 rounds of radiation. Other than low energy and hair loss my side effects from the two treatments were few. One year later, I'm cancer free and enjoying life. I recently celebrated my 55th birthday in Lisbon, Portugal. I'm grateful for my successful journey and the knowledge and friendships I gained while on it. I'm on a 5 year maintenance plan which seems to be doing well. My positive attitude, a great support system and my faith in God is what helped me along my journey.



-Kim Mitchell



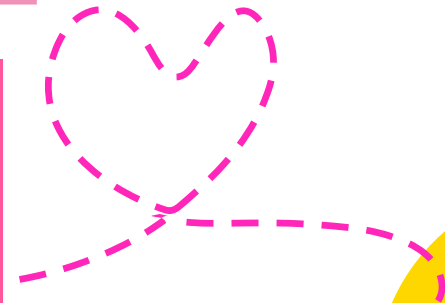
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... HOPE ...



It all started when I noticed a lump on my lymph node in the axilla (armpit) area. I began experiencing headaches, diminishing vision, fatigue, and night sweats—symptoms that no one should ignore. When I went to the doctors, my concerns were brushed aside. For six long months, I fought for answers, questioning if what I was experiencing was all in my head because the professionals I trusted kept saying there was nothing to worry about. It wasn't until I became more forceful and persistent that the necessary tests were finally ordered—and that's when the truth was revealed. I was diagnosed with triple-negative breast cancer, an aggressive form of cancer that is harder to treat and disproportionately affects Black women. The entire experience left me feeling betrayed by the healthcare system I have worked in for most of my adult life. What surprised me most was how little I knew about my own cancer risk and body. I had never truly educated myself about breast cancer, the specific risks for Black women, or the importance of early detection. I had always thought that won't happen to me. But it did. It has opened my eyes to the disparities in healthcare—especially for African American women under 50, whose symptoms and concerns are often dismissed. It has also reminded me how critical it is to listen to our bodies and demand the care we deserve, even when we feel ignored. To anyone reading this—please take this as a call to action. Listen carefully to the concerns of those around you. If you feel something is wrong with your body, do not be afraid to speak up, even if you have to speak louder or more often than you should. I am fighting every day, and I am committed to sharing my story—not only as part of my healing but also to raise awareness. My journey isn't just about me; it's about helping others recognize the importance of early detection, advocacy, and knowledge about health risks that are too often overlooked. I am not giving up—and neither should you.



—Soror Geneva Dodson



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... CAR3 ...



On December 1st of 2021, I went to bed only to wake up outside my house in the ambulance due to having a seizure in my sleep. At the hospital, they did tests. December 2nd, I had surgery because I had a tumor in my brain which was later found to be Glioblastoma - grade 4. I had 6 weeks of radiation treatment, I had to take chemo pills for 6 months, and had to go for an MRI every month. Currently, I have to go every 6 months for the MRI. My story doesn't end there. On April 18, 2024, I was diagnosed with Breast Cancer- Luminal type-A and I underwent surgery on May 22nd which was a partial mastectomy to remove the tissue and cells. On June 20, I underwent a second surgery to make sure everything was removed and it was. On August 16th, I started radiation treatment and treatment was completed on September 16th. Yes, I'm BLESSED BY THE BEST!

-Tammy Butler



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I was diagnosed with breast cancer on Feb 14, 2023. I got a mammogram. They told me the doctor has to look at the results. He wants you to take an ultrasound. After that they tell you that you have to talk to the doctor. When I walked in the office, there was the doctor, the support nurse, a therapist and a social worker all in the room waiting to talk to me. My images were on the screens and all I could do was stare at them as they were talking. The first thing I said was who's going to take care of my baby while I go through this. I knew I wasn't going to die. I knew I was going to make it through it. I had a 2-year-old at the time and asked the doctor to let me start the treatment process after his birthday in 3 weeks. Only the people I told knew what I was going through. God made it so I wouldn't look like what I was going through! I did 6 months of chemotherapy. I had two surgeries, 6 months of 8 chemo pills a day, 32 rounds of radiation. I rang the bell March 23, 2024. GOD is soooooo amazing!!!! I am forever grateful! God did his BIG one on me!!! FAITH OVER FEAR!

-Tamika Adams



••• Resources •••

Application for Health Benefits for
Persons with Breast or Cervical
Cancer: [Click Here](#)

Illinois Breast and Cervical Cancer Program
[Click Here](#)





Educational Vendors



Breast Cancer Educator - Sharron Scott

Bra Fitter

F.A.C.E.S. Inc. - (773)858-0685

Bethel New Life Food Pantry

Mental Health Educators

Merchandise Vendors



BluKraftz - (773)698-2184

LatriceJ Customs - (708)980-3605 / www.latricejxbocctie.com / latricejcustoms@gmail.com

Sistahz W/ Creations - (630)935-3900

shebhooked - (872)362-2425

2 Poodles Kraftin' - (708)616-4070 / 2poodleskraftin@gmail.com



Thank you all for your generous support and contribution. Your kindness and commitment are instrumental in helping us achieve our fundraising goals. We couldn't do it without you!

-TCS Fundraising Committee

