

My Breast Cancer Journey

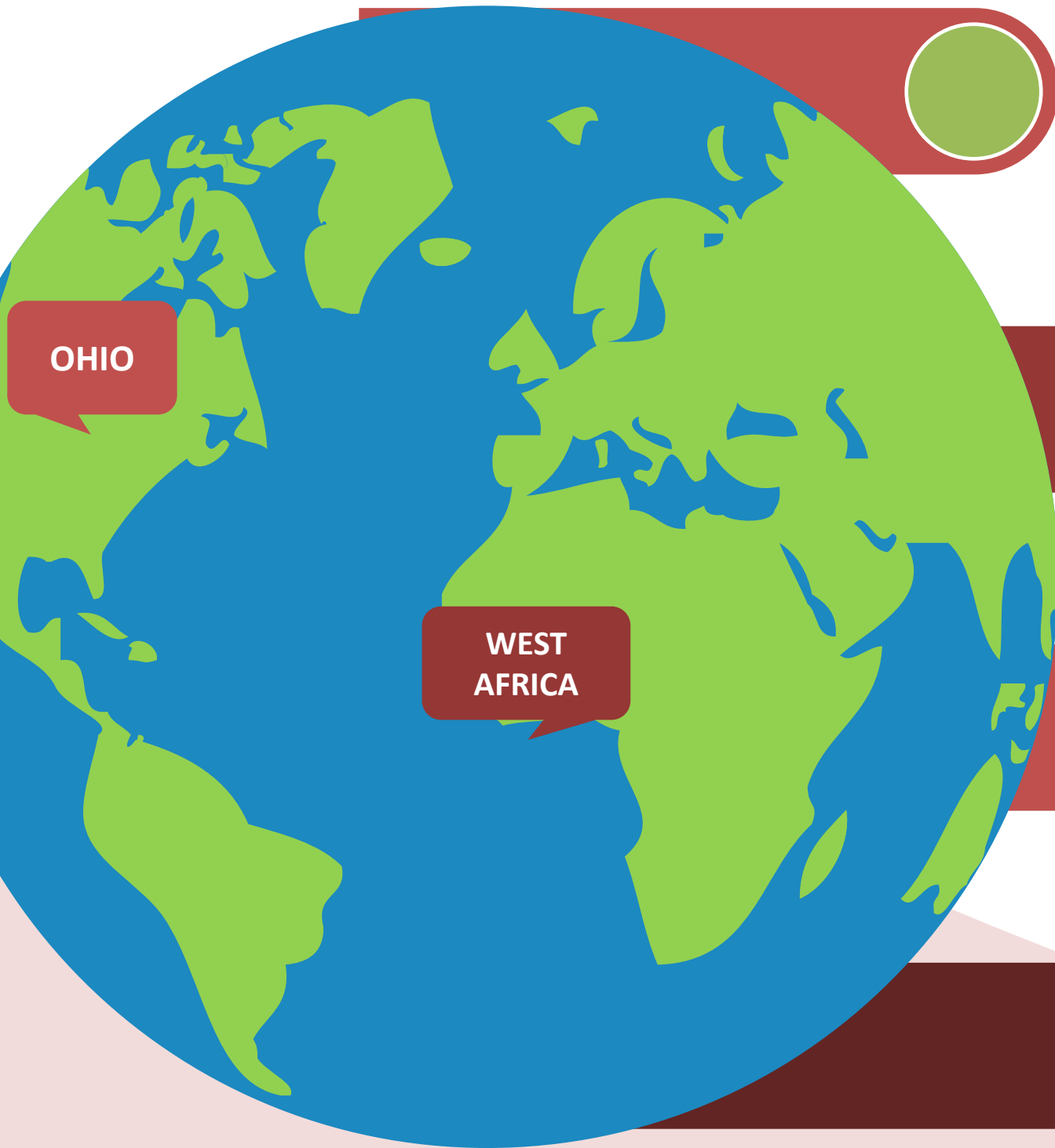
Egondu Onyejekwe, PhD.





EGONDU'S LEARNING ACADEMY
INFORM PROMOTE INSPIRE SUCCEED

Contents of This Presentation



Introduction and A Brief Personal Story and Experience

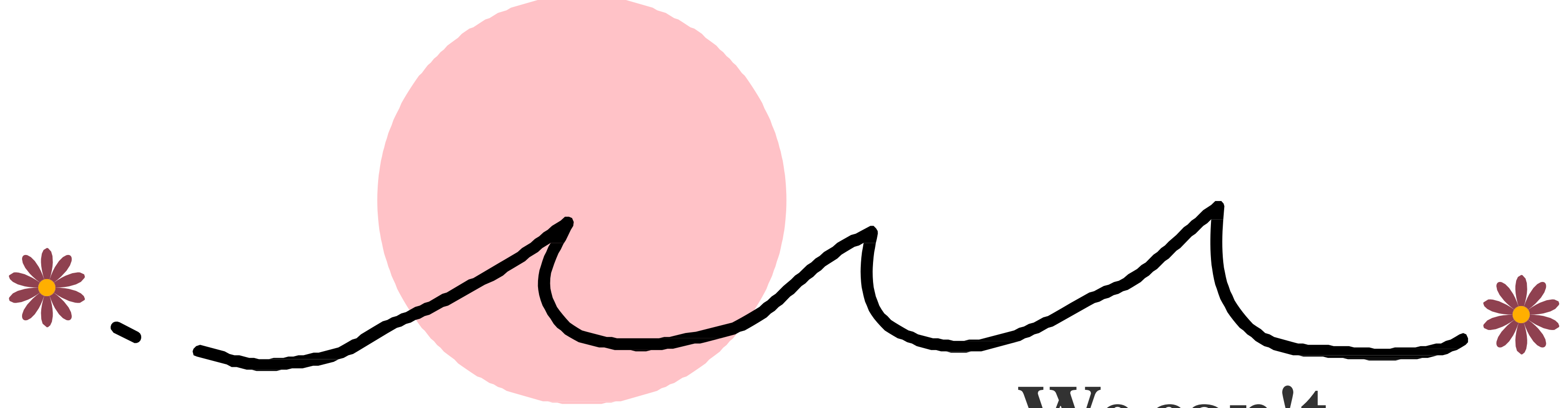
Cultural Sensitivity Disparities in Breast Cancer Outcomes Among Black Women: Health Equity and SDH

The Struggle – The Message: Promotions Advocacy, Empowerment, Engagement & Collaboration

Conclusion – Self-Care And Q/A

HOWA REY @

FEE LING TODAY?

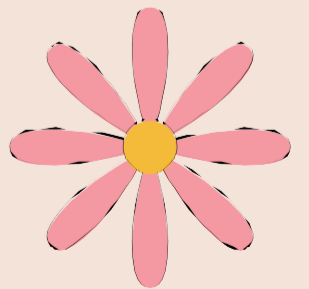
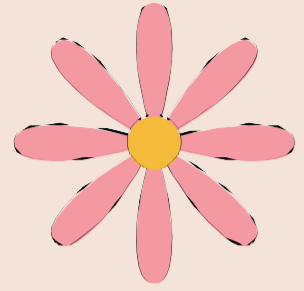


Emotions Come In Waves

**We can't
control what
happens to
us, but we
can control
how we
respond.**

We Can Feel

....





What is breast cancer?

Breast cancer is a disease that starts in the cells of the breast. It is important to do self-exams and mammograms to detect it early. Wear pink to show support.

Breast Cancer Changes You

BUT THAT CAN BE A
BEAUTIFUL CHANGE,
SO DO NOT RESIST IT!



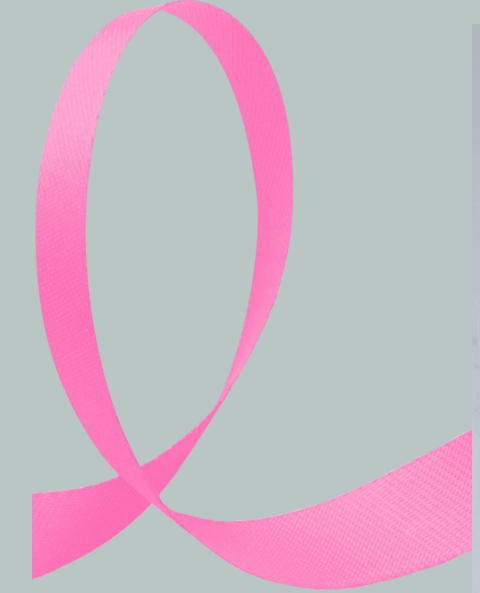


THE DIAGNOSIS –

- **Early Screening = STAGE 1**
- **Physical Exam**
- **X-RAY**
- **Mammogram**
- **Biopsy**
- **MRI (Magnetic Resonance Imaging) for measuring the size of the cancer, look for other tumors in that breast/and the other breast**



**MY DIAGNOSIS
A Diagnosis is Not
a Death
sentence!
I thought of it as
an opportunity
to learn about
Myself, if only to
become My
Own Health
Advocate.**



My treatment

The AWE OF THE ARTHUR JAMES
CANCER HOSPITAL AT THE OHIO
STATE UNIVERSITY

A pink awareness ribbon is shown on the left side of the image, looping and extending across the bottom. The background is a light teal color.

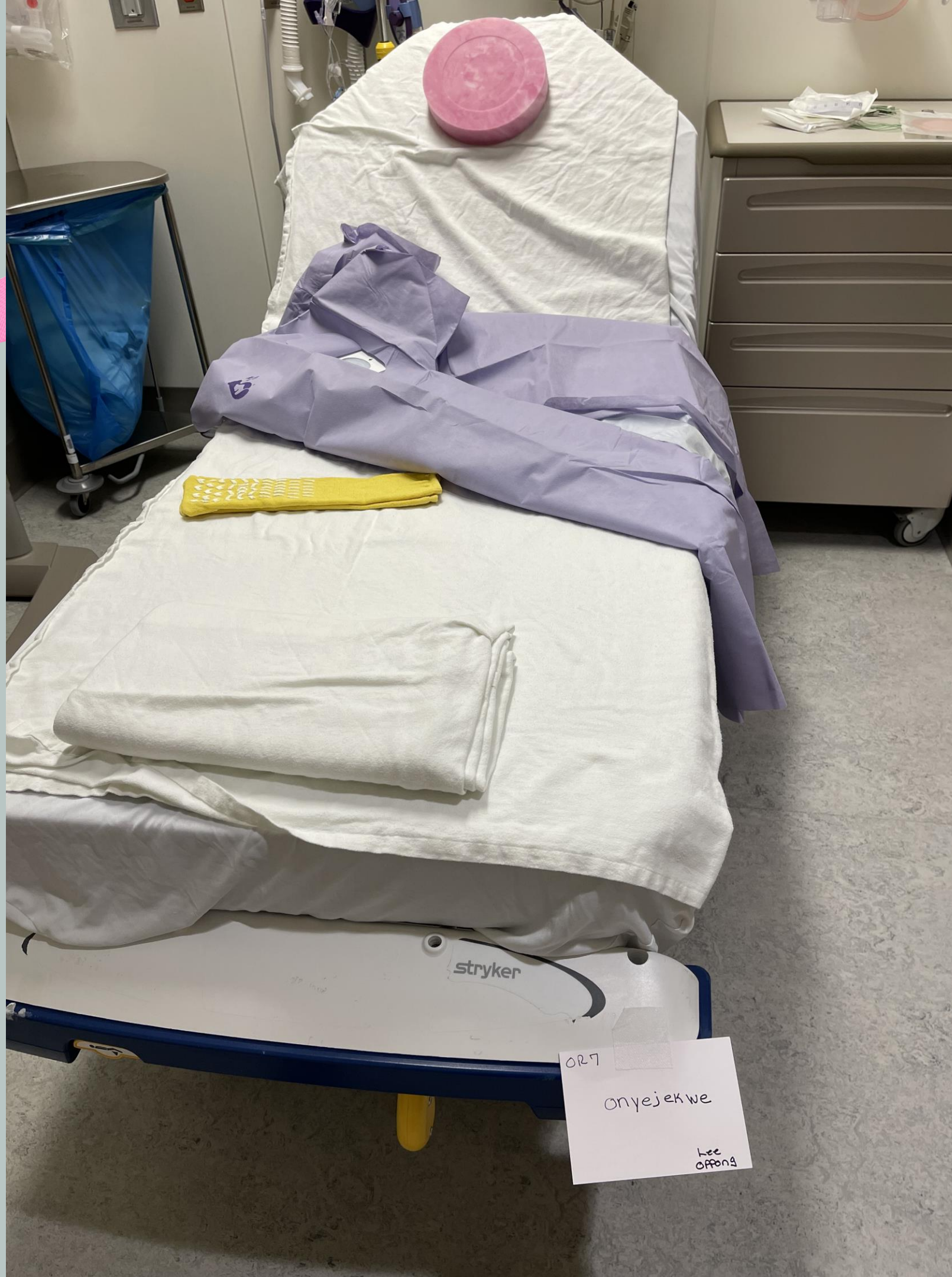
My treatment . . .

**1. Mastectomy
of the Right
Breast &**

**2. Possibility for
Reconstructive
Surgery!**

3. No Chemo!

4. No Radiation



My treatment

Mastectomy of the Right Breast

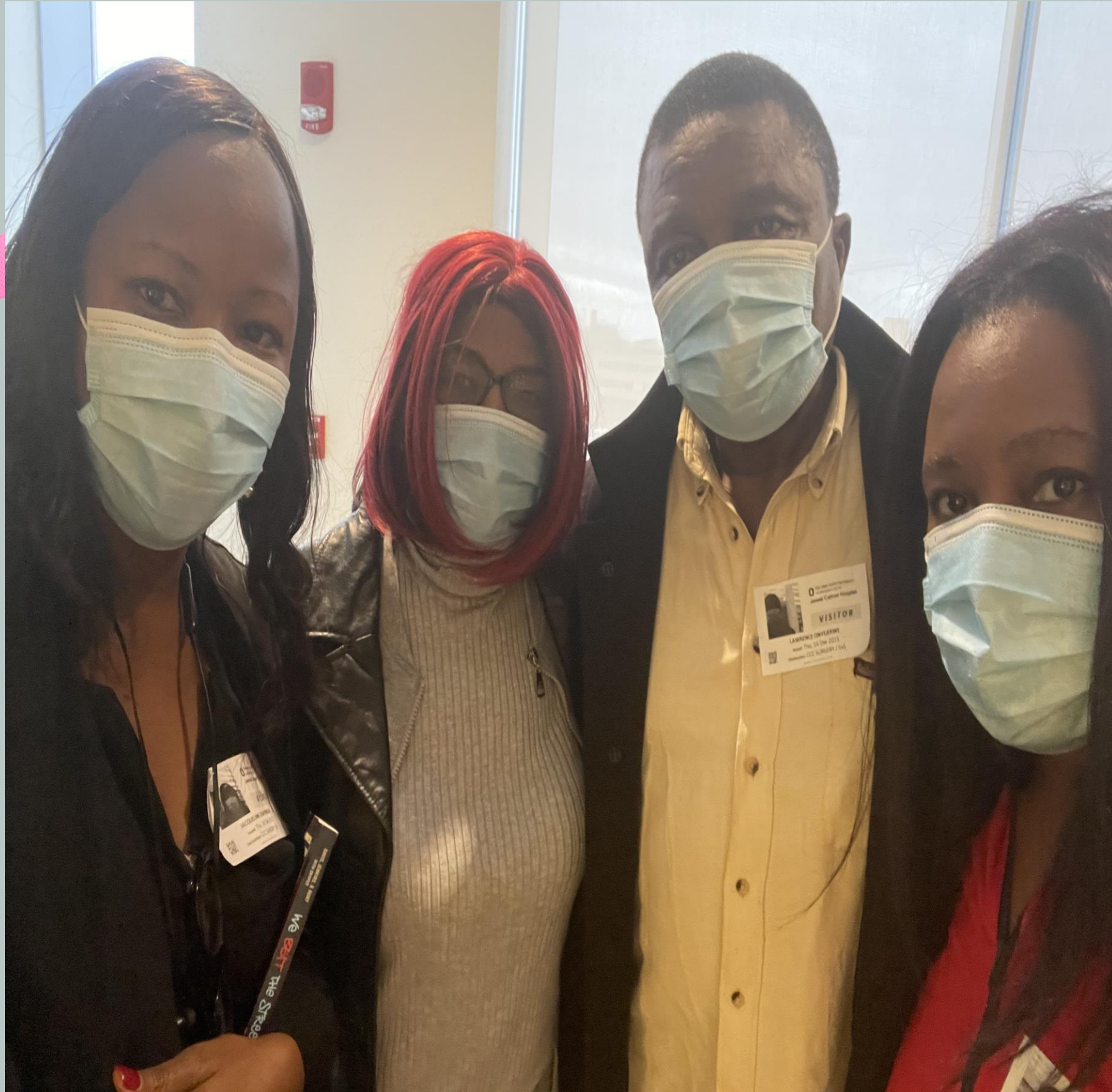
**PREPARATION FOR SURGERY IS
LONELY – and Very Emotional**

The Life and Death Odds!!!



My treatment Power Of Family Support

I am a breast cancer survivor and proud advocate for early detection. Get regular check-ups, mammograms, and trust your instincts. We're in this together!



My treatment

**FAMILY SUPPORT IS CRUCIAL
because there will be lonely
periods**



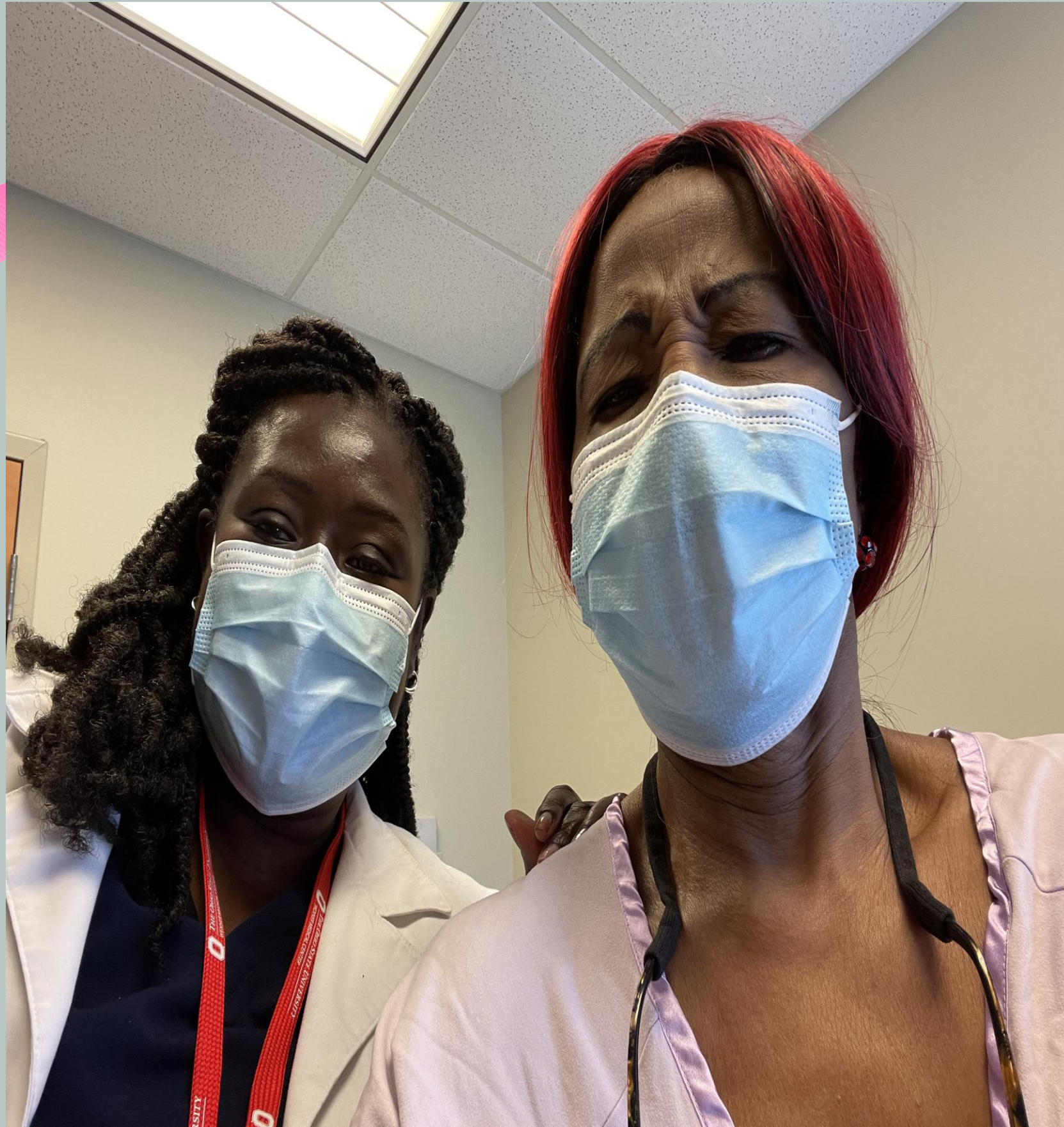
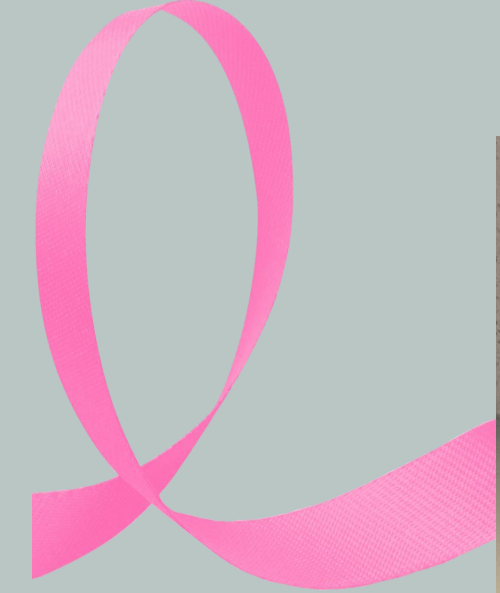
My Recovery

**SURGERY/MASTECTOMY IS LONELY
– BUT SO IS RECOVERY EXCEPT---**



My Recovery

--- FOR THE EUPHORIA
OF SURVIVING!!!



How I Coped

- **FAMILY SUPPORT IS CRUCIAL**
- My Oncology Surgeon, Dr. Bridget Oppong was at the core!



How I Coped

- **Additionally, was**
- **A Team of Ohio State Experts that included**
- **Dr. Clara Lee, (My Plastic & Reconstructive Surgeon)**
- **Dr. Mathew Cherian, (My Medical Oncologist)**
- **Dr. Chelsea Fu, (My PCP) etc.**
- **Support groups and counseling services**
- **Self-Care to Control my Emotions**
- **Included Meditations and Prayer**
- **Created a Routine to Maintain a Sense of my New Normalcy.**




OOPs! Christmas Eve, 12/24/2021 Readmission

- Readmitted at The Ohio State Wexner Medical Center.
- I came through Emergency because of the Expander Issue.
- But My Plastic & Reconstructive Surgeon Dr. Lee was away on Vacation
- Under the Care of the Attending Physician on her behalf!
- My Vision and Mission: Go And Serve in the Communities!!!



The James

 THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

C12A
460 W 10th Ave
Columbus OH 43210-1240
Provider Phone: 614-293-9030
Provider Fax: 614-293-9024

Name: Egondur R Onyejekwe

DOB: 05/24/1947

MRN: 900989874
Address: 5498 ASHERBRAND LANE
DUBLIN OH 43017

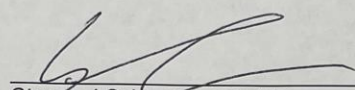
Rx: oxyCODONE 5 MG tablet

Sig: Take 1 tablet by mouth every 6 hours as needed for Severe Pain for up to 5 days.
Earliest Fill Date: Dec 25, 2021

Seroma of breast (N64.89)

Dispense:**10 (Ten) tablet**

Refill**0 (Zero)**


Steven J Schneberger, MD
NPI: 1982265484

December 25, 2021

DEA: AO5603724-456822

Security features, (**) bordered for spelled quantities, microprint next to date/signature line visible at 5X or > magnification that must show "THIS IS AN ORIGINAL PRESCRIPTION" & this description of features.

YEEEEAAHHH!

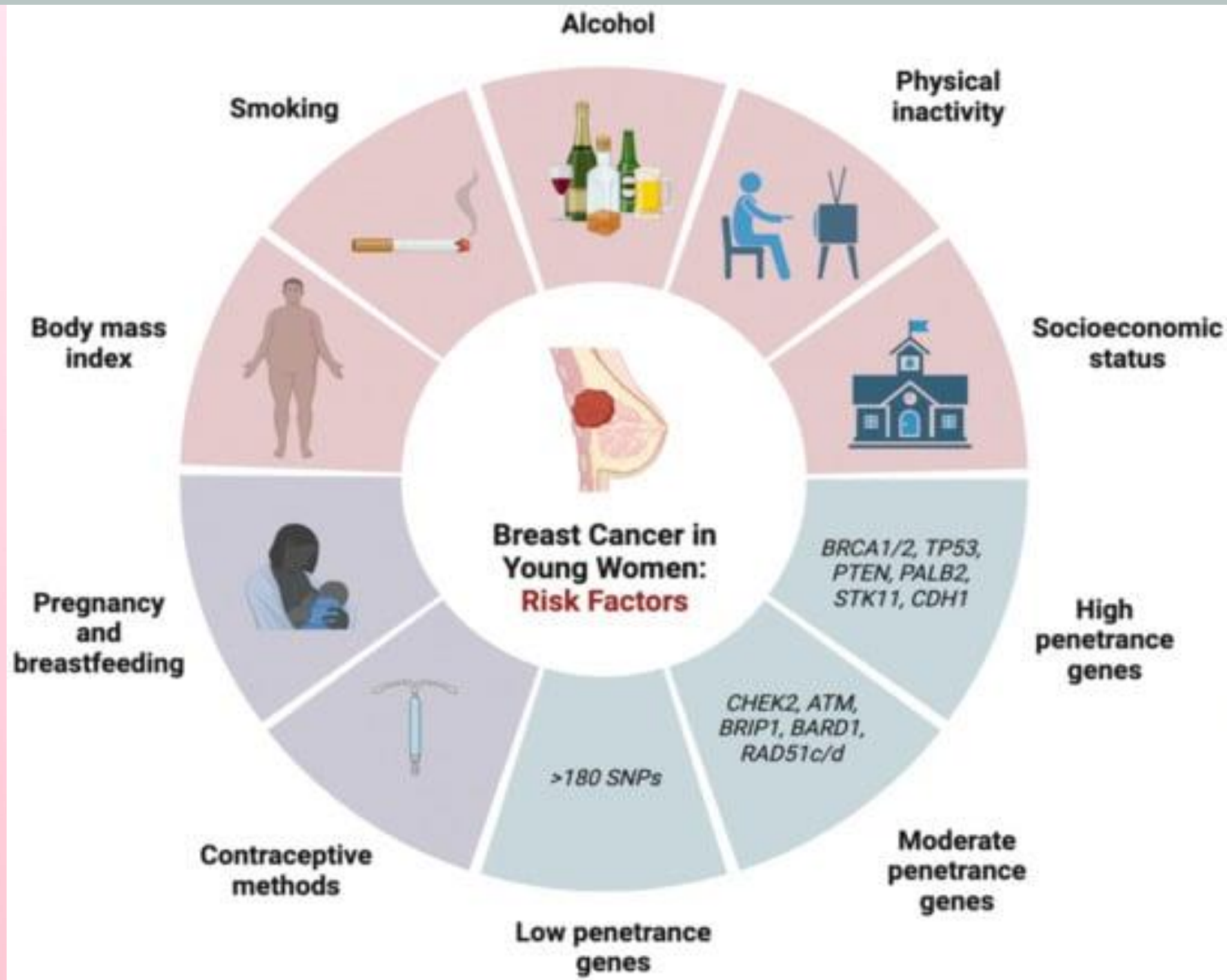
- Discharged on Christmas Day'2021
- I Decided not to continue with the Plastic Surgery
- Requested the removal of the Expander – another Surgery Hmm!
- Begin & Continue with the Mission of Promotion of early Screening and Early Diagnosis
- Begin and Continue Advocacy for Breast Cancer Survivors



The struggle – The Message

As a Breast cancer survivor my Mission is to raise awareness by promoting early screening and advocating for early detection, treatment and maintenance.

The BIG Question was, How Do I Deliver This Message to My People?



What is known About Breast Cancers in Young Women
Source: <https://www.mdpi.com/2072-6694/15/6/1917>

When WE Have Breast Cancer

Barriers for Black Women With Breast Cancer

Source:
Verywell Health



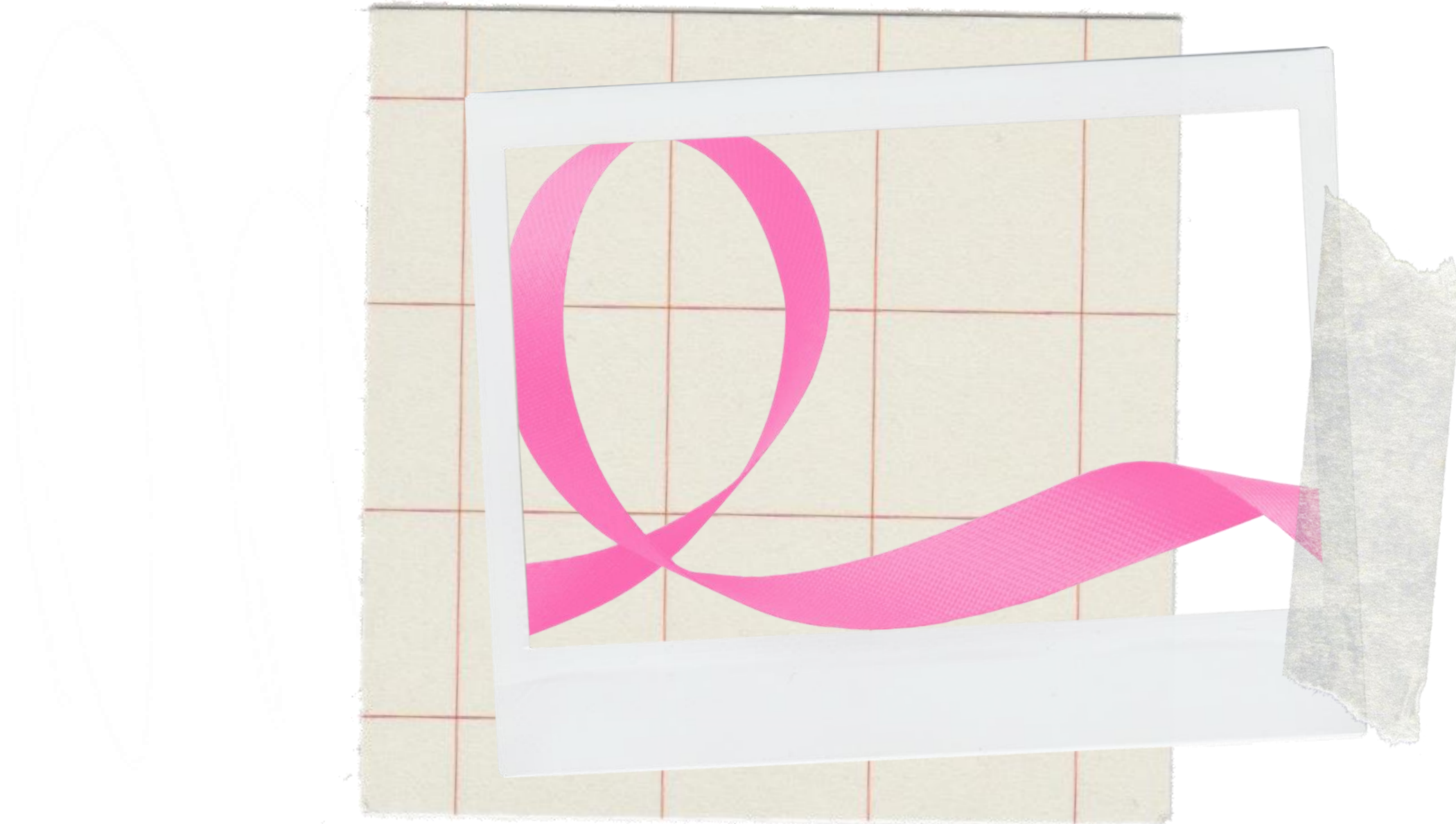
Implicit bias from
healthcare providers



Delays in Diagnosis



Financial Factors



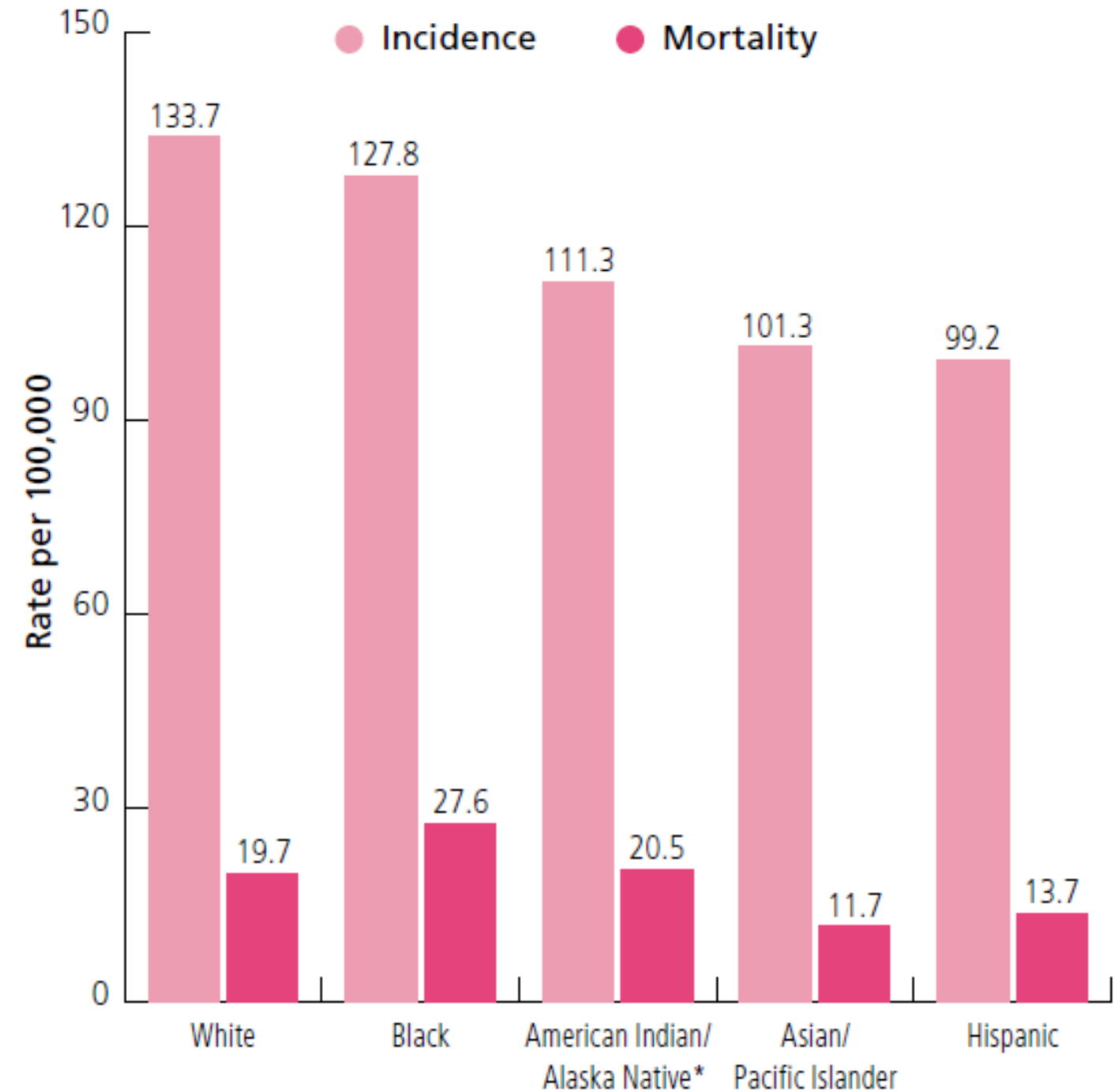
BREAST CANCER IS THE SECOND MOST COMMON CANCER AMONG WOMEN WORLDWIDE. EARLY DETECTION AND PREVENTION ARE KEY. REMEMBER TO SCHEDULE REGULAR CHECK-UPS AND MAMMOGRAMS

KEY: Early Detection & Prevention

BREAST CANCER IS THE SECOND MOST COMMON CANCER AMONG WOMEN WORLDWIDE. EARLY DETECTION AND PREVENTION ARE KEY. REMEMBER TO SCHEDULE REGULAR CHECK-UPS AND MAMMOGRAMS.

Race-Based Incidence & Deaths 2015-2020

Figure 3. Female Breast Cancer Incidence (2015-2019) and Death (2016-2020) Rates by Race/Ethnicity, US



Note: Rates are per 100,000 and age adjusted to the 2000 US standard population. Race is exclusive of Hispanic origin. *To reduce racial misclassification, incidence data are confined to PRCDA counties, while mortality data are for the entire US with adjustment factors for racial misclassification applied. (See Sources of Statistics, page 34).

Sources: Incidence – NAACCR, 2022. Mortality – National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention, 2022.

©2022, American Cancer Society, Inc., Surveillance and Health Equity Science

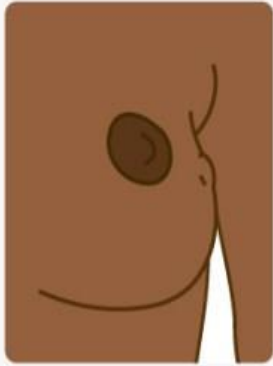


The struggle – The Message

Awareness; Screening
and Continuous
Screening (for Early
Diagnosis) and better
outcome Plus
Advocacy



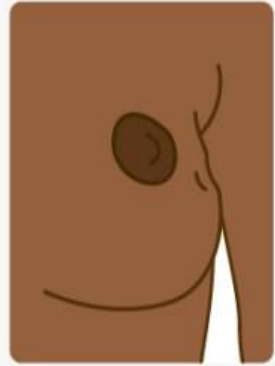
SIGNS OF BREAST CANCER



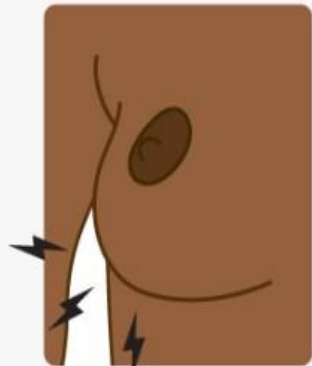
lumps



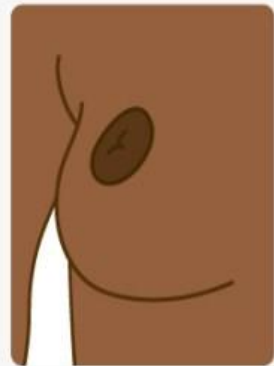
nipple discharge



dimpling



breast or nipple pain



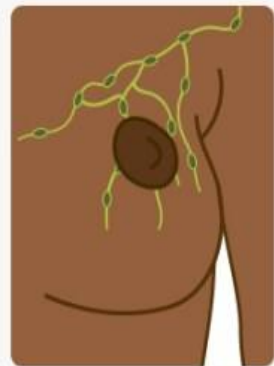
nipple retraction or inversion



redness



changes to skin texture



lymph node changes



swelling

Source:

MEDICALNEWS TODAY

Time to See the Doctor





The struggle – The Message

Awareness includes the
Promotion of:
Early and Continued
Screening And
Advocating for Survivors.
Self-Care is Paramount
Emphasis here is on
handling the Emotions

So, When you feel
angry...Let it out!



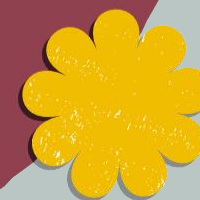
Take a deep breath



Drink some water



Go for a walk



When you feel scared...



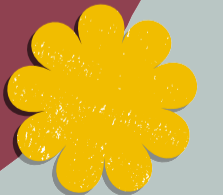
Tell your parents or
your loved ones



Write down my
thoughts



Do stretching and
shake it off



When you feel worried...



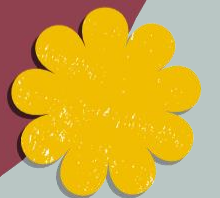
Take a deep breath



Believe in yourself



Talk to someone



When you feel sad...



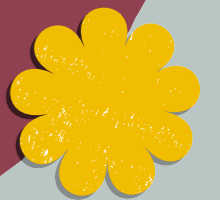
Hug someone you love



Spend time doing something you like



Talk to someone



And Of Course, When you feel happy...



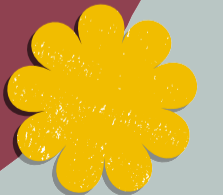
Share it with your
loved ones

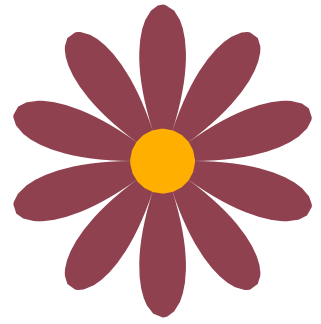


Write it down

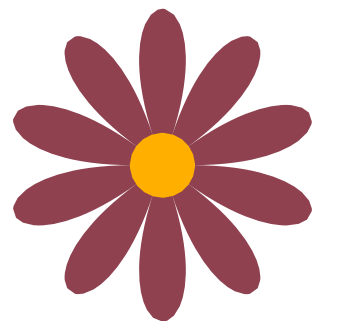
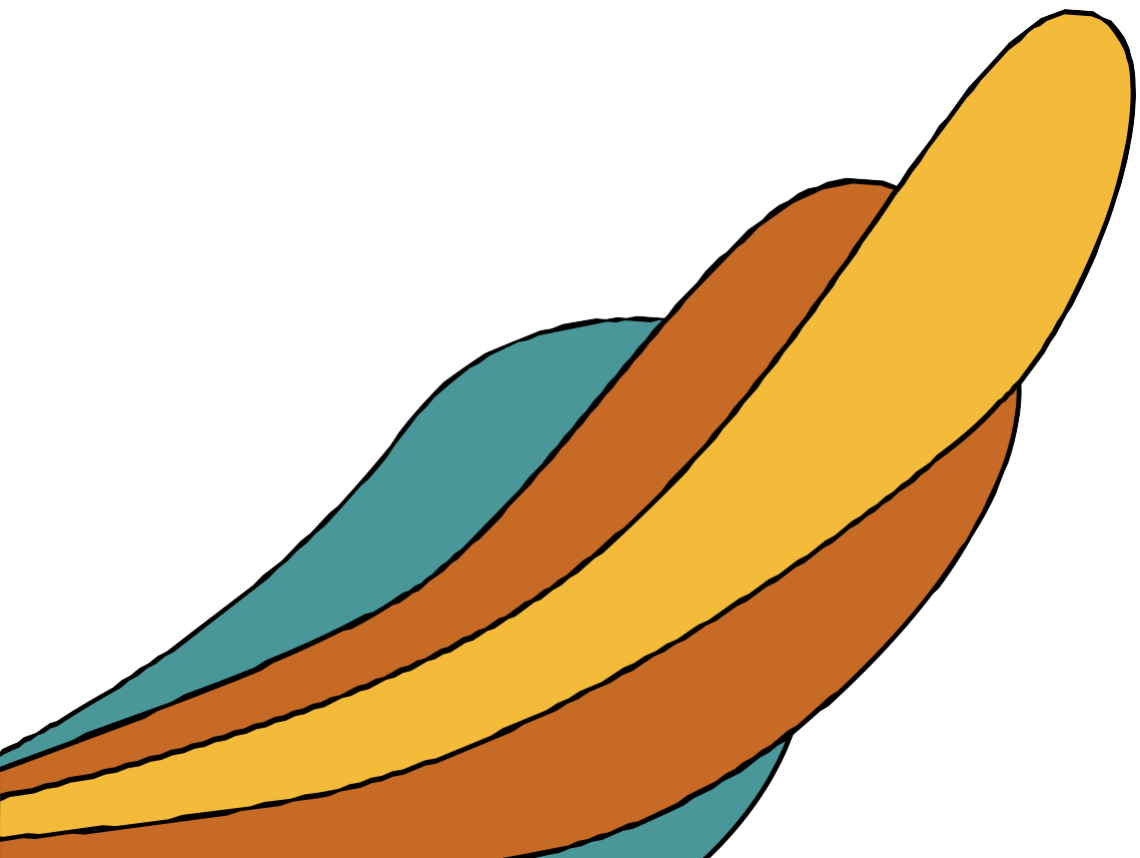
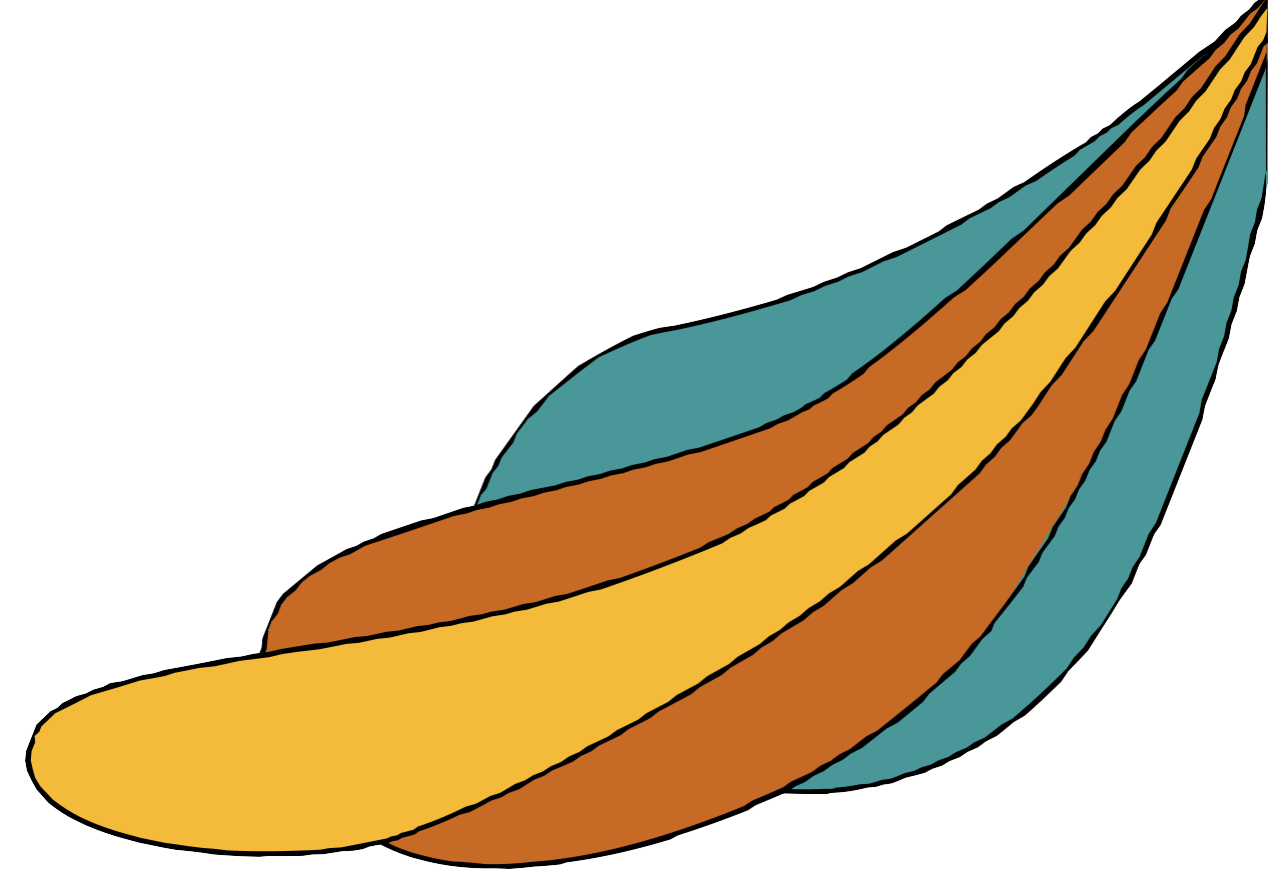


Celebrate





**Notably, Some Waves
may be Stronger, but
always remember they all
will Pass! So, Be Thankful!**



Invitation – Join Me! For Together We Can: Let's Plan Breast Cancer Awareness Event/s Even After This

BREAST CANCER |
AWARENESS MONTH





Advocating for early detection

Early detection is key in the fight against breast cancer. Spread awareness by wearing a pink ribbon and encouraging regular check-ups.

I am a breast cancer survivor and proud advocate for early detection. Get regular check-ups, mammograms, and trust your instincts. Engage in Self-Care! We're in this together!

I Am A Thankful Breast Cancer Survivor!



Thank You For the Pleasure of
Your Time & Your Support!!!