



November 2021

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.



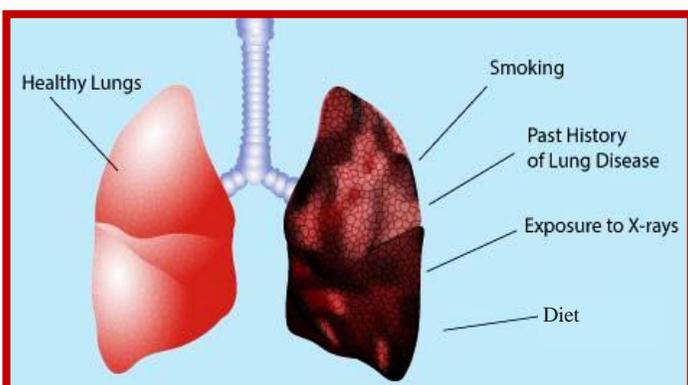
November is Lung Cancer Awareness Month

What is lung cancer?

Lung cancer is when cells in the lungs grow out of control and become cancerous. The cancer may then have the potential to spread from the lungs to other organs and areas of the body.

What are the risk factors of lung cancer?

- Smoking
 - Smoking cigarettes is the #1 risk factor for developing lung cancer.
 - There are more than 7,000 chemicals in cigarettes, and at least [70 are known to cause cancer in people or animals!](#)
 - Secondhand smoking can also cause lung and other cancers. This means that children and adults who breathe in someone else's cigarette smoke can also be at risk for developing cancer.
 - Visit QUITNOWNM.COM for help quitting tobacco.



- Past personal/family history of lung disease
 - Your risk of developing lung disease is greater if your parents, siblings, or children have developed lung disease.
 - Also, if you are a lung cancer survivor, there is potential risk of developing lung cancer again.

- Exposure to radiation
 - Cancer patients who had radiation therapy to the chest may be at a greater risk of developing lung cancer again.

- Diet
 - [Health experts](#) suggest that eating a diet with plenty of fruits and vegetables can reduce risk of developing cancers and provide your body with all the nutrients it needs to stay healthy.



If you have questions or concerns about developing lung cancer, talk to your health care provider about ways you can decrease your risk of developing lung cancer, including preventative screenings

You can also visit the CDC webpage about lung cancer information and resources:
https://www.cdc.gov/cancer/lung/basic_info/prevention.htm



Community Highlight: To'Hajiilee Walking Trail Development Project

We had a meeting with the tribal official and the community school administrator to develop the community walking trail around the clinic. The officials approved to have the field cleared before 8am. On Friday September 3rd, the operator Lambert Bruce and Pastor Lester Secatero decided to clear the path that was once a foot trail. People drove by wondering what the pastor was up to and within an hour the trail became a reality, thanks to the UNM Prevention Research Center and To'Hajiilee Community Coalition Group.



September 10th the trail was blessed and dedicated by a local elderly couple at 6:30 am during the break of dawn. Shortly after, at 8:00 am the annual Red Ribbon campaign began. People of all ages from the To'Hajiilee community initiated the walk against Drugs, Alcohol, Suicide and Domestic Violence; that many have been affected by during the months of the pandemic. CBN-Health Center Inc. and the Behavioral Health Outreach Prevention hosted the walk, as participants encouraged social distancing and masking up.

Numerous people have consistently used the trail throughout the day, such as health services providers, community members, and even the flock of sheep and horses now and then.



Our mission is to encourage local resources to take ownership and develop the trail in ways of establishing signs for safety, identifying natural habitat, and recognizing the history of CBN. Future attractions for the trail would be planting trees and installing exercise stations with rest benches, so community members can be drawn to staying active in a supportive environment.

We've received a number of positive comments since the trail was dedicated:

- Big thanks for the trail we needed this.
- I feel safe walking this trail, no dogs or vehicle's chasing us.
- It's good to go out and walk any time, like no body's business LOL
- The trail is just the right distant.
- We feel safe walking the trail around the health center where walkers are visible.
- I can walk during my break.
- The path is nice, thank you.
- Finally, I can walk on a trail designated for walkers and runners.
- I'm enjoying the morning brisk walk before work and walk after work feel relaxed after a long day to clear my mind.
- Feels good to be outdoors.

Feature plans are to invite other resource in the community to develop the trail with exercise station or rest shop with benches and shades and post signs:

*-Story and photos provided by Sarah Bitsui
Canoncito Band of Navajos Health Center and VIVA community member*

*Sincerely,
The VIVA Connects Team*

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