

# UCEDD *it!*



## AMERICAN SAMOA COMMUNITY COLLEGE

**University Center  
for Excellence on  
Developmental  
Disabilities (UCEDD)**

### CERVICAL CANCER AWARENESS

By: Lia Pelenato



#### Symptoms of Cervical Cancer:

- Abnormal bleeding
- Pelvic pain
- Pain during urination
- Abnormal amount of discharge
- Bleeding between regular menstrual cycle

January is Cervical Cancer Awareness month, and the perfect time for women to be screened as a prevention measure. This disease is almost preventable, but women from around the world continue to discover that they have cancer of the cervix. The cervix, part of a woman's reproductive system, is in the pelvis. The cervix is the lower, narrow part of the uterus (womb). Most cervical cancers are cells arising and lining the cervix. The cervical cancer is malignant and can eventually lead to death. Studies have found a number of factors that may increase the risk of cervical cancer.

5. Sexual Partners: Women who have had many sexual partners have a higher risk. Also, a woman with a partner (male) who has had many sexual partners may be at higher risk. In both cases, the risk is higher because these women have a higher risk of HPV infection.

There are many options for treatment of women with cervical cancer. The options are radiation, chemotherapy, surgery or a combination of methods. The choice of treatment depends mainly on the size of the tumor and whether the cancer has spread. The treatment choice may also depend on

whether you would like to become pregnant someday. At any stage of the disease, supportive



care is available to relieve the side effects of treatment, to control pain, and other symptoms. This support is also to assist you in coping with the feelings that a diagnosis of cancer can bring. This month American Samoa joins in the effort to promote cervical cancer awareness for the well being of our local women.

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1. HPV infection: HPV is a group of viruses that can infect the cervix. An HPV is the cause of nearly all cervical cancers.
2. Lack of regular Pap tests: Cervical cancer is more common among women who don't have regular Pap tests. The pap test helps doctors find abnormal cells, and removing these cells can and usually will prevent cervical cancer.
3. Weakened immune system: Infection from viruses or taking drugs that suppress the immune system increases the risk of cervical cancer.
4. Having many children: Studies suggest that giving birth to many children (5 or more) may slightly increase the risk of cervical cancer among women with HPV infection.

## DOMESTIC VIOLENCE & STALKING WEBINAR

By: Lia Pelenato



Since the Violence Against Women Act (VAWA) and the Law Enforcement Act of 1994, our country's response to violence against women, including domestic violence, stalking, and sexual assault, has improved. These two acts have helped our communities move forward to end violence against women and address these serious crimes. Our knowledge about domestic violence and stalking continues to grow as a result of innovative community-based strategies across the world. Domestic violence (DV) is about control, power and domination, while stalking may be perpetrated by strangers, acquaintances, or current and/or former intimate partners. Stalking is most often committed against women in the domestic violence context. When victims

of DV leave their abusers, abusers often stalk victims in an effort to regain control. Because of this increased risk of "separation violence", victims fear for their lives and for the safety of their children. With the growth of the internet, cyber stalking crimes are increasing. The internet has become a useful tool for stalkers. On January 6, 2011 a webinar was conducted by Sergeant Paul Szych in conducting a lethality assessment, risk and back-up for victims of DV and stalking. The webinar was titled, "High-lethality Domestic Violence and Stalking Webinar", and was hosted by the Family Justice Center (JFC) in San Diego, California. More than a thousand were in attendance as Sergeant Szych shared Safety planning tips for the victim and detectives to work together in a best course of safety. He stressed the importance

of knowing that stalking creates a psychological prison that deprives its victims of basic liberty of movement and security in their homes. Violence against women with developmental disabilities (DD) occurs universally and relentlessly. It is often one of shock and disbelief as we would think disability is somehow a "protective factor" against this problem however; this is far from the truth. Women with DD are being abused and are more vulnerable to greater levels of stress and depression. It is vital for service providers to develop a rapport with the victims in order to work together in providing justice and restore a sense of peace and stability for the victim. We must address these crimes effectively by working together to protect the victims who have long suffer from different forms of abuse.

*"Peace cannot be achieved through violence, it can only be attained through understanding" - Ralph Waldo Emerson*

## National Braille Literacy Awareness

By: Lia Pelenato



A student who is blind is reading using Braille

January is designated as National Braille Literacy Awareness Month in honor of the father of the Braille code, Louis Braille. Louis Braille was born on January 4, 1809. However, members of the National Federation of the Blind (NFB) celebrate Braille literacy all year long through our programs to promote Braille.

Nearly 90 percent of children in America who are blind are

not learning to read and write, because they are not being taught Braille or given access to it. Through the initiatives of NFB, we strive to address this serious issue by promoting Braille literacy for people of all ages who are blind.

This innovative diversity awareness program for children who are sighted teaches students how to read and write the Braille alphabet code and increases students' sensitivity to

and understanding of people who are blind. This program serves as a great awareness tool in classrooms with and without students who are blind. To learn more about Braille please visit [www.nfb.org](http://www.nfb.org)

THE BRAILLE ALPHABET												
a	b	c	d	e	f	g	h	i	j	k	l	m
n	o	p	q	r	s	t	u	v	w	x	y	z
NUMBERS												
#	0	1	2	3	4	5	6	7	8	9	Literary Code	
#	0	1	2	3	4	5	6	7	8	9	Nemeth Code	

## FYI CORNER: DID YOU KNOW?

By: Lia Pelenato



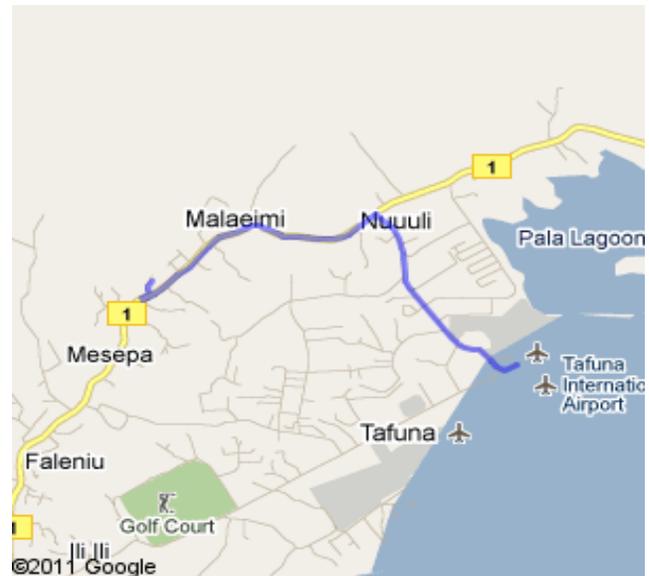
Did you know that UCEDD is now on Google maps? We are pleased to announce that you can visit Google maps for directions to our UCEDD office.

Here is how to get to our office from the Tafuna International Airport:

1. Head southwest
2. Take the 1st right

3. Slight right toward 1 (about 3 minutes)
4. Turn left at 1 (about 3 minutes)
5. Turn right into college entrance.
6. Park your vehicle. UCEDD office is Room #21.

Map with driving directions to the UCEDD office.



## AAPD Summer Internship

The American Association of People with Disabilities (AAPD) is announcing its Summer Internship opportunities. The AAPD Summer Internships Program was created in 2002 through a partnership between AAPD and MEAF to provide an opportunity for students with disabilities to achieve the traditional Washington DC summer internship experience. AAPD's

summer internship program offers college students, law students, and other graduate and professional students with disabilities the opportunity to work in public service for ten weeks on Capital Hill and at federal agencies. This ten-week experience gives interns the opportunity to gain invaluable hands-on experience in government, including insight into government

office and administrative process. Interns receive a stipend, travel to and from DC, and fully-accessible housing. Past placements include Senator Barack Obama, Senator Hilary Clinton, Senator Ted Kennedy and many more. If you are interested in this internship, please visit the following link:

<http://www.aapd.com>



## WOMEN'S HEALTH CLINIC RE-OPENS

The American Samoa Breast & Cervical Cancer, Early Detection Program which operates under the Department of Health (DOH) has announced the re-opening of the Women's Health Clinic in support of the Cervical Cancer Awareness Month. This January, the program is offering "free" services to the women of American Samoa. These services include a pap smear test and breast examination while women at

the age of 50 and above are eligible for a free mammogram. Any additional test due from your first visit is free and of no charge to you. The Clinic operates Monday and Wednesday at the Tafuna Health Center from 4p.m to 7p.m while the OBGYN in Faga'alu operates Tuesday and Thursday 4-7p.m in the evening. These services are very important and useful for our women and most especially for women with

DD. As they age, women with DD tend to have poorer health than women without DD despite the fact that they have the same types of health problem. Access to these services will significantly promote women of DD to be well informed of their health. There's no need to make an appointment as these are walk-in clinics. For further information, please contact Moira Wright at 633-2135. Also, free community training is available.

*"The reward of one duty done is the power to fulfill another"*

*-George Eliot*

Womens Health Corner





**SEND US YOUR COMMENTS**

We would love to hear from you if you have comments about our newsletter, or if you would like to be added to our newsletter list! Drop us a line at: [ucedd@amsamoa.edu](mailto:ucedd@amsamoa.edu)

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**ACRONYMS/MEANINGS**

**AAPD:** American Association of People with Disabilities  
**DD:** Developmental Disabilities  
**DOH:** Department of Health  
**DV:** Domestic Violence  
**FJC:** Family Justice Center  
**HPV:** Human Papilloma Virus  
**NFB:** National Federation of the Blind  
**UCEDD:** University Center of Excellence on Developmental Disabilities  
**VAWA:** Victims Against Women Act

*Please consider our environment before printing.*

**OUR MISSION**

*The University Center for Excellence on Developmental Disabilities (UCEDD) assures that individuals with developmental disabilities of all ages and their families participate fully in activities that will design and promote self determination, independence, integration and inclusion in all facets of life in American Samoa. The UCEDD will ensure the delivery and purpose of the Developmental Disabilities Act through culturally competent activities.*

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