Allergies and how to fight them
-- Most people think that the fight against allergies starts in the spring and ends with the summer, but that simply isn’t true. Spring, summer, winter, and fall… every season of the year brings new obstacles to allergy sufferers. Whether you suffer from seasonal allergies (such as sensitivity to pollen in the spring or mold in the fall), or allergies that are a nuisance in every season (like pet dander and dust mites), there are plenty of things you can do to lessen your symptoms year-round.

Spring Allergy Tips
The majority of spring allergies are related to pollen—powdery grains that are carried by wind or insects and are necessary for plant reproduction. Flowering plants and trees, such as the oak, elm, birch, ash, hickory, poplar, maple and walnut, start pollinating between January and April, depending on their location. When pollen is in the air, it can land in the eyes, nose, lungs, or skin of a sensitive person and cause itchy, watery eyes, runny nose, coughing, and other breathing difficulties.

Pollen allergy symptoms are often minimal on rainy, windless days because pollen does not move much during those conditions. Hot, dry, and windy weather brings more pollen into the air and results in more allergy symptoms. In the United States, pollen season typically runs from March until October, but it can begin as early as January in southern states.

If you are sensitive to pollen, here are some tips to help you cope:
• Keep windows and doors closed as much as possible to prevent pollen from blowing into your home and car.
• Avoid going outside between 5 a.m. and 10 a.m., when pollen counts are highest.
• Don’t dry your clothing on an outside line, as pollen can be transferred to your clothes and into your home that way. Use a clothes dryer instead, or an indoor clothing rack. If you’ve been outside, change your clothes in the garage before entering your home to prevent pollen transfer. Shower and wash your hair before going to bed so you don’t spend the night covered in allergens.

Summer Allergy Tips
Grass pollen is a common cause of allergic reactions in the late spring and early summer, but it can also be a factor in any season that lawns are mowed. A grass pollen allergy can (Continued on page 3)
4th Annual Heart and Soul Red Dress Dinner and Seminar
“Lifting Hearts, Lifting Souls”
April 15, 2009
Mutual of Omaha Dome • 3301 Dodge Street • Omaha, Nebraska
4:30 P.M. - 9:00 P.M.

FROM 4:30 TO 6 P.M.
• Experience your red carpet entrance
• Join 700 diverse women wearing red and feeling good
• Make new friends or connect with old friends
• Learn to stay healthy by visiting our exhibits area
• Experience our “Pampering Hour” with complimentary Hair and Make-up Consultations, Massages, Eye-brow shaping, and More
• Enjoy a variety of Live Stage Performances and demonstrations
• Have your photograph taken with friends

FROM 6 TO 9 P.M.
• Traditional Opening Performance by “The Red Dress Dancers”
• Heart Healthy Gourmet Dinner
• “Stay Alive and Stay Well”: An Interactive Presentation and Q&A with Women’s Health Specialists Maureen Fleming, M.D. and Valda Boyd Ford, MPH, MS, RN
• Debut of the “Red Shawl Dancers” and their healing ritual complete with drummers
• Traditional Closing Performance by “The Red Dress Dancers”
• Door Prize Drawings and Giveaways

2.5 Continuing Education Units (CEU) through Iowa Nursing Association

On-line Registration www.centerforhumandiversity.org
Video Highlights Available at http://www.centerforhumandiversity.org/video.php
For More Information or Phone Registration: Contact Larry Walker at 402-614-2661 or email RedDress@theheartandsoul.com

Mail Inquiries or Contributions To:
Heart and Soul Red Dress Dinner and Seminar
Center for Human Diversity
PO Box 1324
Bellevue, NE 68005
cause hives and skin irritation, as well as itchy, watery eyes and a runny nose.

**If you have a grass pollen allergy, here are some tips to help you through the season:**
- Do not mow the lawn yourself. Find someone else to cut the grass instead. If you have to do the cutting, wear a paper mask to cover your nose and mouth.
- Keep windows closed during the spring and summer (especially while the lawn is being mowed) and use an air conditioner to cool your home to prevent pollen from blowing in.
- Ask a family member without allergies to shampoo or brush your pets regularly. This will help remove any pollen that might be trapped on their fur after they go outside.

Take a vacation during the height of the pollen season to a more neutral environment, such as a beach, to reduce your exposure to allergens.

**Fall Allergy Tips**

Fall allergies are usually caused by weeds that pollinate in the late summer and early fall. Depending on your location, you could be affected by ragweed, sagebrush and tumbleweed in the fall, as well as some trees that pollinate in cooler weather. Molds thrive in damp piles of rotting leaves, making the fall a prime time for anyone with a mold allergy.

**If you have fall allergies, here are some ways to cope:**
- Avoid yard work, such as gardening and raking. This stirs up pollens and mold spores, making an allergic reaction more likely.
- Have a professional service clean out your gutters if they are full of wet, moldy leaves.
- Don’t over-water your houseplants as wet soil encourages mold growth.
- Remove any visibly moldy carpet or belongings and wash any moldy areas (such as the bathroom) with a solution of one part bleach to 20 parts water.
What Smoking Cigarettes Does to Us

Smoking causes 1 out of every 5 deaths in the United States. The average smoker dies 7–8 years too early. Smokers are also more likely to get diseases that make it hard to lead an active life. Before the 1950s, smoking was far less common among Blacks than Whites. This is not true anymore. There are now more than 8 million African Americans who smoke. Because more Blacks are smoking, deaths of Black people who smoke have gone way up. Each year, more than 47,000 Black people in the United States die from diseases they get just because they smoke. That includes African Americans and also Black people who have come to the United States from other parts of the world. Tobacco-related diseases kill more Black Americans each year than car crashes, AIDS, murders, and drug and alcohol abuse put together.

Some Other Problems That Come From Smoking

Smoking even a few cigarettes a day does damage. Cigarettes are a major cause of heart attacks, and they can also damage the blood vessels. Smoking can lead to strokes and emphysema. Smoking can cause cancers of the lungs, throat, mouth, bladder, cervix, stomach, and kidney. Women face special risks from smoking. More Black women today get lung cancer than car crashes, AIDS, murders, and drug and alcohol abuse put together. crane
Breathing Someone Else’s Smoke

Secondhand smoke is the smoke that is exhaled or that comes from the burning end of a cigarette, pipe, or cigar. Secondhand smoke can come in through cracks in the walls. It can hang around in hallways and doorways where people have been smoking. Breathing someone else’s smoke can be deadly, especially if you live or work in a place where people smoke. That is why it is so important for smokers to go all the way outside if they want a cigarette. When one person smokes inside, it can cause problems for everyone else. Children who are around tobacco smoke in their homes have more health problems like asthma and ear infections. They are sicker and stay in bed more. They miss more school days than children whose homes are smoke-free. Babies who live in homes with secondhand smoke are more likely to die as infants than other babies.

Smoke Hurts Those Around You

The number of Black children with asthma is 25% higher than the number of White children with asthma. These children can have attacks if they breathe cigarette smoke. African American adults are 2 to 3 times more likely than White adults to go to the hospital if they have an asthma attack. In many Black communities, people don’t say much about secondhand smoke. They don’t want to hurt a smoker’s feelings. It is often hard for younger Black people to say anything at all. To speak out would seem rude and disrespectful. Most smokers know that it is important for them to quit for their own health. What smokers need to understand is that their secondhand smoke can make people around them sick too. It can take as long as 2 weeks for the nicotine in tobacco smoke to clear out from a room where people have been smoking.

Tobacco Products: They Sell, We Buy

Tobacco companies sell billions of cigarettes and cigars in Black communities. One reason is because of target marketing. That’s when a company picks out
Cigarette companies use target marketing all the time—not only to the Black community, but also to other groups like women, gays and lesbians, and blue-collar workers. A report by the tobacco company says it is the money:

“Clearly, the sole reason for interest in ... black ... communities is the actual and potential sales of ... products within these communities ....”
(Brown and Williamson Tobacco Corporation).

NO community should ever be targeted with a product that kills. Tobacco companies reach the Black community with glitzy ads that give the wrong message—especially to children. Tobacco ads show only beautiful people. They never show people who become sick and die because they smoked.

**False Friends**
Over the years, tobacco companies have given money to support Black music, sports, theater, dance programs, and art shows. But the money that they give away is much less than the money they make from selling cigarettes to Black people. In fact, the money that African American smokers spend on cigarettes in a single day could send more than 2,500 Black students to college for an entire year.

**Why Do Smokers Keep Smoking?**
Some people think that smoking is just a bad habit. But smoking is more than a habit. Most smokers’ bodies need the nicotine in cigarettes or they go into withdrawal. Needing something that much is called addiction. That’s why most smokers keep smoking even when the cigarette prices go up. That’s why a smoker will go outside to smoke even if the weather is raining, cold, or blazing hot. Most smokers are addicted. If a person reaches for a cigarette within 30 minutes after waking up, that tells the tale. According to the U.S. Surgeon General, the nicotine in cigarettes can be as addictive as cocaine or heroin. Many people say they smoke cigarettes to unwind and to feel more relaxed. But studies show that smoking actually raises a person’s blood pressure and heart rate.

This is part one of a two part series on “What Smoking Does to US”
Almost everything you wanted to know about Birth Control but were afraid to ask...

Which form of birth control you choose depends on a number of different factors, including your health, how often you have sex, and whether or not you want children?

**Information**

Here are some factors to consider when selecting a birth control method:

- **Effectiveness** -- how well does the method prevent pregnancy? Look at the number of pregnancies in 100 women using that method over a period of one year. If an unplanned pregnancy was viewed as potentially devastating to the individual or couple, a highly effective method should be chosen. In contrast, if a couple is simply trying to postpone pregnancy, but feels that a pregnancy could be welcomed if it occurred earlier than planned, a less effective method may be a reasonable choice.

- **Cost** -- is the method affordable?

- **Health risk** -- learn any potential health risks. For example, birth control pills are usually not recommended for women over age 35 who also smoke.

- **Partner involvement** -- the willingness of a partner to accept and support a given method may affect your choice of birth control. However, you also may want to re-consider a sexual relationship with a partner unwilling to take an active and supportive role.

- **Permanence** -- do you want a temporary (and generally less effective) method, or a long-term or even permanent (and more effective) method?

- **Preventing HIV and sexually transmitted diseases (STDs)** -- many methods offer no protection against STDs. In general, condoms are the best choice for preventing STDs, especially combined with spermicidal.

- **Availability** -- Can the method be used without a prescription, provider visit, or, in the case of minors, parental consent?

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**CONDOMS**

A condom is a thin latex or polyurethane sheath. The male condom is placed around the erect penis. The female condom is placed inside the vagina before intercourse. Semen collects inside the condom, which must be carefully removed after intercourse.

Condoms are available in most drug and grocery stores. Some family planning clinics offer free condoms.

Latex condoms prevent HIV and other STDs. Polyurethane condoms may give some protection against STDs, but they are not as effective as latex ones.

About 14 pregnancies occur over 1 year out of 100 couples using male condoms, and about 21 pregnancies occur over 1 year out of 100 couples using female condoms. They are more effective when spermicidal is also used.

Risks include irritation and allergic reactions. Particularly to latex.

**Spermicides**

Spermicidal are chemical jellies, foams, creams, or suppositories that kill sperm.

They can be purchased in most drug and grocery stores. This method used by itself is not very effective. About 26 pregnancies occur over 1 year out of 100 women using this method alone.

Spermicidal are generally combined with other methods (such as condoms or diaphragm) as extra protection.

Warning: The spermicide nonoxynol-9 can help prevent pregnancy, but also may increase the risk of HIV transmission. Risks include irritation and allergic reactions.

**DIAPHRAGM AND CERVICAL CAP**

A diaphragm is a flexible rubber cup that is filled with spermicidal cream or jelly.

It is placed into the vagina over the cervix, before intercourse, to prevent sperm from reaching the uterus.

It should be left in place for 6 to 8 hours after intercourse.

Diaphragms must be prescribed by a woman's health care provider, who determines the correct type and size of diaphragm for the woman.

About 5-20 pregnancies occur over 1 year in 100 women using this method, depending on proper use.

A similar, smaller device is called a cervical cap.

Risks include irritation and allergic reactions to the diaphragm or spermicide, and urinary tract infections. In rare cases, toxic shock syndrome may develop in women who leave the diaphragm in too long. A cervical cap may cause an abnormal Pap test.

**VAGINAL SPONGE**

Vaginal contraceptive sponges are soft synthetic sponges saturated with a spermicide. Prior to intercourse, the sponge is moistened, inserted into the vagina, and placed over the cervix. After intercourse, the sponge is left in place for 6 to 8 hours.

It is quite similar to the diaphragm as a barrier mechanism, but you do not need to be fitted by your doctor. The sponge can be purchased over the counter.

In April 2005, the FDA granted re-approval for the Today sponge to return to the U.S. market.

About 18 to 28 pregnancies occur over one year for every 100 women using this method.

The sponge may be more effective in women who have previously delivered a baby.

Risks include irritation, allergic reaction, trouble removing the sponge. In rare cases, toxic shock syndrome may occur.

**COMBINATION BIRTH CONTROL PILLS**

Also called oral contraceptives or just the "pill," this method combines the hormones estrogen and progestin to prevent ovulation.

A health care provider must prescribe birth control pills.

The method is highly effective if the woman remembers to take her pill consistently each day.

Women who experience unpleasant side effects on one type of pill are usually able to adjust to a different type.

About 2 to 3 pregnancies occur over 1 year out of 100 women who never miss a pill.

Birth control pills may cause a number of side effects including: Dizziness, irregular menstrual cycles, nausea, mood changes, and weight gain. In rare cases, they can lead to high blood pressure, blood clots, heart attack, and stroke.

**THE MINI-PILL**

The "mini-pill" is a type of birth control pill that contains only progestin, no estrogen.

It is an alternative for women who are sensitive to estrogen or cannot take estrogen for other reasons.
The effectiveness of progestin-only oral contraceptives is slightly less than that of the combination type. About 3 pregnancies occur over a 1 year period in 100 women using this method. Risks include irregular bleeding, weight gain, and breast tenderness.

**THREE-MONTH PILL (SEASONALE)**

In 2003, the FDA approved an estrogen and progestin pill called Seasonale. It is taken for three straight months, followed by one week of inactive pills.

A woman gets her period about four times a year, during the 13th week of her cycle. Seasonale is available by prescription. Fewer than 2 out of 100 women per year get pregnant using this method.

The risks are similar to other birth control pills. Some women may have more spotting between periods. The pills must be taken daily, preferably at the same time of day.

**IUD**

The IUD is a small plastic or copper device placed inside the woman’s uterus by her health care provider. Some IUDs release small amounts of progestin. IUDs may be left in place for 5 to 10 years, depending on the device used.

IUDs can be placed at almost any time. IUDs are safe and work well. Fewer than 1 out of 100 women per year will get pregnant using an IUD.

Risks and complications include cramps, bleeding (sometimes severe), and perforation of the uterus.

**NATURAL FAMILY PLANNING**

This method involves observing a variety of body changes in the woman (such as cervical mucus changes, basal body temperature changes) and recording them on a calendar to determine when ovulation occurs. The couple abstains from unprotected sex for several days before and after the assumed day ovulation occurs.

This method requires education and training in recognizing the body’s changes as well as a great deal of continuous and committed effort.

About 15 to 20 pregnancies occur over 1 year out of 100 women using this method (for those who are properly trained).

**TUBAL LIGATION**

During tubal ligation, a woman’s fallopian tubes are cut, sealed, or blocked by a special clip, preventing eggs and sperm from entering the tubes. It is usually performed immediately after childbirth, or by laparoscopic surgery.

Tubal ligations are best for women and couples who believe they never wish to have children in the future. While viewed as a permanent method, the operation can sometimes be reversed if a woman later chooses to become pregnant.

**VASECTOMY**

A vasectomy is a simple, permanent procedure for men. The vas deferens (the tubes that carry sperm) are cut and sealed.

A vasectomy is performed safely in a doctor’s office using a local anesthetic to numb the area. Vasectomies are best for men and couples who believe they never wish to have children in the future. While often viewed as a permanent method, they can sometimes be reversed.

**EMERGENCY (“MORNING AFTER”) BIRTH CONTROL**

The “morning after” pill consists of two doses of hormone pills taken as soon as possible within 72 hours after unprotected intercourse.

(Continued on page 8)
(Continued from page 7)

The pill is available without a prescription for purchase by anyone 18 years and older. The pill may prevent pregnancy by temporarily blocking eggs from being produced, by stopping fertilization, or keeping a fertilized egg from becoming implanted in the uterus. The morning after pill may be appropriate in cases of rape; having a condom break or slip off during sex; missing two or more birth control pills during a monthly cycle; and having unplanned sex. Risks include nausea, vomiting, abdominal pain, fatigue, and headache.

UNRELIABLE METHODS

Coitus interruptus is the withdrawal of the penis from the vagina prior to ejaculation. Some semen frequently escapes prior to full withdrawal, enough to cause a pregnancy.

Douching shortly after sex is ineffective because sperm can make their way past the cervix within 90 seconds after ejaculation.

Breastfeeding. Despite the myths, women who are breastfeeding can become pregnant.

CALL YOUR HEALTH CARE PROVIDER IF:

You would like to further information about birth control options.
You want to start using a specific method of birth control that requires a prescription or needs to be inserted by a health care provider.
You have had unprotected intercourse or method failure (for example, a broken condom) within the past 72 hours, and you do not want to become pregnant.

If you are 50 and over, you may qualify for a FREE or low-cost colon cancer screening test.
Call the Nebraska Colon Cancer Program at:
1-800-532-2227

If you have a health questions or questiona about community related health services feel free to call the UNMC Center for Reducing Health Disparities North Omaha Office 595-1458
4- and 5-year-olds sought for ADHD study
Is your child unable to sit still? Does he or she have trouble following directions or paying attention? If your son or daughter is 4 or 5 years-old and exhibits these behaviors, call 402-552-6239 to learn more about a research study and how your child may be eligible for an evaluation and study medication at no charge.

Adults needed for Problem Gambling Study
Are you preoccupied with gambling and need to gamble with increasing amounts of money? Are you unsuccessful in your efforts to cut back or stop your gambling? Have others criticized you for your gambling? If so, you may suffer from Pathological Gambling, a disorder that affects more than 2 million adults. The UNMC Department of Psychiatry is looking for research volunteers, 19 years-of-age and over to evaluate an investigational treatment for pathological gambling. Study evaluation and medication are provided at no cost to those that meet eligibility requirements. Call 552-6240 or 552-6241 to learn more about this clinical research study.

Teen depression study
Is your 12 to 17 year-old often sad, unhappy or in a bad mood? Do these symptoms sound like your teenager -- trouble sleeping or staying asleep, change in appetite, loss of interest or motivation, decreased energy, feelings of emptiness or worthlessness? If this sounds like your teenage son or daughter, the UNMC Department of Psychiatry is conducting a study of an investigational medication for adolescent depression. Study evaluation and medication are provided at no cost to those that meet eligibility requirements. Call 552-6240 or 552-6241 to learn more about this clinical research study.

Alzheimer’s disease study
The UNMC Department of Psychiatry is conducting a research study using an investigational medication for individuals with mild to moderate Alzheimer’s Disease. Individuals who are 55 years-of-age and older, are in good general medical health, and have a reliable caregiver that can accompany them for appointments, may be eligible to participate. If the individual is currently taking medication for the treatment of Alzheimer’s Disease, it may be continued during the study. For additional information, call 402-552-6005, or e-mail unmcprc@unmc.edu.
Youth Expression of Health

You're young, you've got great ideas and you're dissatisfied with what is happening in your community... well, let's do something!

Youth Health Education Workshop

This workshop provides education for young people that seek to draw out their own knowledge and to supplement this knowledge with honest information, enabling them to make their own choices. These workshops also engage young people in role plays and other dynamic activities, so that they leave the workshops not just with textbook knowledge, but with the experience of acting on that knowledge.

Some of the topics we cover are: Health and fitness, teen smoking, teen pregnancy, drug abuse, sexually transmitted diseases, health disparities, medical research and leadership skills.

How long does the workshop take?
4 days July 21st thru 24th 2009
Tuesday thru Friday from 9:00-5:00

Who can attend?
Youth ages 13-19 years old

Cost
The workshop is FREE, and participants are given a $30 stipend for participating. Lunch will be provided free each day.

Where are we located?
Our office is on 5050 Ames, BUT the 4 day program will be at North High School 4410 N 38th St, Omaha

Why?
To improve the health and wellness of people in our community by giving youth in our neighborhoods the tools, guidance and direction to make a difference.

Who do I contact?
Ira F. Combs RN BS
Community Liaison, Nurse Coordinator-North
Phone (402) 595-1458 Fax (402) 595-1458
Email: icombs@unmc.edu

Areas of Focus
1. How can I be my own health advocate, and advocate for others? Being an advocate means arguing for and supporting a cause. This means standing up against all the direct and indirect messages that say you don't deserve to stay healthy.

2. What does self-esteem have to do with safer sex?
We hear the term self-esteem so often these days; it is easy to forget what it really means. When a young person has a sense of what is possible for themselves, and feels validating his/her daily struggle, his/her future orientation improves. Young people who believe in their future take the time to think about lowering their health risks-like practicing safer sex.

3. Harm Reduction-Harm Reduction is an approach to substance use that aims to meet people where they're at. It is a theory that aims not to judge people for their use, but hopes to educate individuals as to how to be more safe and healthy, in whatever way may be realistic for them.

4. Cultural Competency and Sensitivity- The adjustment or recognition of one's own culture in order to understand the culture of a others.

5. Research- The essential part of research is improving the standard of health in minority communities.

6. Hands on skills-Learning practical healthcare skills CPR/First Aid, Medical Basics doing Vital signs.
Youth Expression Of Health 7 (YEOH) Application

University of Nebraska Medical Center- College of Public Health Center for Health Disparities
5050 Ames Ave., Omaha Nebraska 68104. Office 595-1459 Fax 595-1459

Youth Information

Last Name _______________________________ First Name _______________________________
Street Address ___________________________ City ______________________ State _____ Zip ______
Gender ______ Age ______ DOB __________ Home Phone __________________
Social Security Number __________________ School / grade __________________

Parent or Guardian Information

First Contact ___________________________ Second Contact __________________________
Daytime Phone ________________________ Daytime Phone __________________________
Cell Phone ___________________________ Cell Phone _____________________________
Email _________________________________ Email _________________________________

Emergency Contact (if not one of the above)
Name ___________________________ Phone __________________________ Relationship to Child ______

PLEASE NOTE: The Director reserves the right to withdraw any youth whose influence or actions are deemed harmful or who will not abide with rules and policies of the program.

EMERGENCY CARE: In case of emergency if parent or guardian cannot be reached, I hereby grant permission to the staff and/or volunteers of UNMC MHERO or the local Emergency Department to provide urgent medical treatment for my child.

Signature of Parent/Guardian ___________________________ Date __________________

1. Why are you interested in coming to YEOH program?

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

2. Essay:

Please write a one-page essay on the following topic, and include it with this application form. One of the qualities of a good problem solver is the willingness to work hard. Please describe a personal experience that required you to work hard an experience in or out of school.

3. T-SHIRT SIZE: Adult Small ( ) Adult Medium ( ) Adult Large ( ) Adult X-Large ( ) Adult XX-Large ( )

4. I would like to be considered for a position on the “Alpha Team” ( ) (for participants that have attended previously)

All applications must be submitted by no later than July 9th to the above address, confirmation of acceptance to program will be sent by letter or phone by July 16th.
Make Your Life Smoke-Free.

Celebrate the refreshing difference of air free from secondhand smoke! Smoke-free air benefits everyone. It’s good at home, at work, and at play.

Breathe it. Love it. Live it.

Find out more at motac.org

Get your FREE Colon Cancer test kit.
If you’re 50 or older, you need to get tested for colon cancer.

Present this ad for your free FOBT colon cancer screening kit at the following pharmacies:

- Barr Pharmacy, Blair
- Hy-Vee - Omaha & Fremont
- Baker’s, All Omaha Locations
- U-Save, All Omaha Locations
- Walgreen’s - Omaha, Blair (West), Bellevue, Council Bluffs, LaVista
- Quality Care Pharmacy at No Frills (4240 S. 50th St./Omaha & 1230 N. Washington St./Papillion)
- Mills County Public Health Dept., Pamida, Ruffner and Medicap Pharmacies, Glenwood, IA

Valid only at the pharmacies listed on this coupon, March 1 – March 31, 2009.

Free colon cancer testing kits are provided by the Douglas/Sarpy County Colon Cancer Task Force; Allegiant Health, American Cancer Society, Colon and Rectal Surgery/The Colonoscopy Center, Colon Cancer Alliance, Creighton University Medical Center, Douglas County Health Department, Methodist Health System, Midwest Gastrointestinal Associates, Nebraska C.A.R.E.S., The Nebraska Medical Center/UNMC Eppley Cancer Center, Omaha World-Herald, Oncology Associates, PC, Oncology Hematology West, PC