

# Steel Magnolias

## Breast Cancer Support Group, Inc.

### Tattoo Health Risks

September 19, 2022



*Sharing love through support*

Do tattoos cause skin cancer? This has been a question that researchers have been exploring for years. While there is no direct connection between tattoos and skin cancer, there are some ingredients in tattoo ink that may be linked to cancer. When it comes to cancer, black ink can be especially dangerous because it contains a very high level of benzo(a)pyrene. Benzo(a)pyrene is currently listed as a carcinogen by the International Agency for Research on Cancer (IARC). Health officials and researchers are especially concerned about the effects of black tattoo ink, as it is the most commonly used color for tattooing.

“Blackout” tattoos have also raised significant concern among health officials and researchers. This hot new trend may be especially dangerous since it requires individuals to have large portions of their bodies covered in thick, heavy solid black ink. In addition to the fear of carcinogens contained in the ink, individuals are also concerned about the way these tattoos cover the body. A change in skin pigmentation is one of the earliest signs of skin cancer, particularly melanoma. When the body is “blackened out” with tattoo ink, individuals may not be able to notice these changes right away. For this reason, tattoos should never be placed over pre-existing moles, birth marks, or other skin discolorations or abnormalities.

Another cause for concern is what happens to a tattoo after you’ve had it for a while. Over time, tattoos tend to fade and lose their pigmentation. This is especially true for black out tattoos which tend to break down much more rapidly. When a tattoo begins to fade and lose its pigment it can create many cancer-causing compounds.

If you have a medical condition that requires you to get MRIs on a regular basis, then you may want to hold off on getting a tattoo. While it’s rare, there have been instances where tattooed individuals have experienced complications from the MRI procedure. Sometimes the magnets can cause reactions around the tattooed area including redness, swelling, and in some cases, even first or second degree burns.

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**Another concern is the accuracy of MRI results on a tattooed individual. Since MRIs produce gray-scale images of organs and structures of the body, these results can become distorted or hard to read when tattoo ink is mixed into the image. Red ink is especially known for creating issues with MRIs since it contains iron which is highly magnetic. Whether or not a tattoo will interfere with an MRI scan depends largely on the size of the tattoo and the ingredients used in the ink.**

**If you have tattoos and are in need of an MRI, check with your doctor first and discuss your concerns. The physician should be able to inform you of the risks and any testing alternative if one exists.**

**While tattoos can be a great form of personal expression, it is important to consider all of these health risks before you go under the needle. Consult with your doctor and do your research before you choose to get a tattoo. Remember, tattoos are more than just a trend; they are a permanent modification to your body that carries possible health concerns.**

**This article is from pennmedicine.org.**

**Even with seeing this article on tattoos, I also saw a post where women and men had gotten a tattoo to cover scars. Tattoos can give beauty to a persons body that has undergone a traumatic accident or from having a mastectomy or any surgery that leaves a disfiguring or notable scar. It can be a simple, cute, funny or serious tattoo to alter the appearance of the scar.**

**.....**

**Steel Magnolias and Men of Steel Meeting  
August 23, 2022**

**Meeting was called to order by our President, Elaine Johns. We had 18 in attendance at our meeting.**

**Minutes of the previous meeting were read by Nancy Burnell in the absence of Brenda Parker. Linda made a motion to accept the minutes as read and Pat second the motion.**

**We had no treasurer report in the absence of Chuck Trull. Chuck had left word there were no checks written, so the balance would remain the same as the prior month.**

**With the help of Lagina, Elaine printed the newsletters in the print office saving us the cost of printing outside of the hospital.**

**Steel Magnolias were encouraged to attend a “Pink Heals” event September 11<sup>th</sup> in Glencoe at noon. We are also having a booth at Oxfordfest, October 1 and we will be in front of Cotton Antiques. Elaine asked for ideas of items to sell and to see what time you can help at our booth on October 1<sup>st</sup>.**

**Margaret gave a report on Eddie following his surgery. He did well in surgery and went home doing great, but later had to go back to the hospital due to pain.**

**Cheryl had post cards printed for Steel Magnolias to hand out for our monthly meetings to encourage others to attend. They are available in the Steel Magnolia’s office.**

**Nancy Burnell provided our program for the meeting; it was about fashion. The key to most fashion is accessories, just to change the appearance you can go from casual to classy.**

**Gloria gave a brief devotion.**

**Jimmy talked about getting the date set for the 2023 Golf Tournament.**

**Margaret went over our prayer list.**



**We had a drawing for 4 door prizes.**

**Della made a motion to adjourn our meeting and Janet second the motion.**

**Recorded by: Nancy Burnell**

**Submitted by: Elaine Johns**

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**It came to my attention that the gift cards we gave as door prizes are out of date. Please let me know if you received one and I will replace it with a valid card.**



## **Birthdays and Anniversaries**

**September 24<sup>th</sup> is Pat Yates' birthday, and she is a volunteer!**

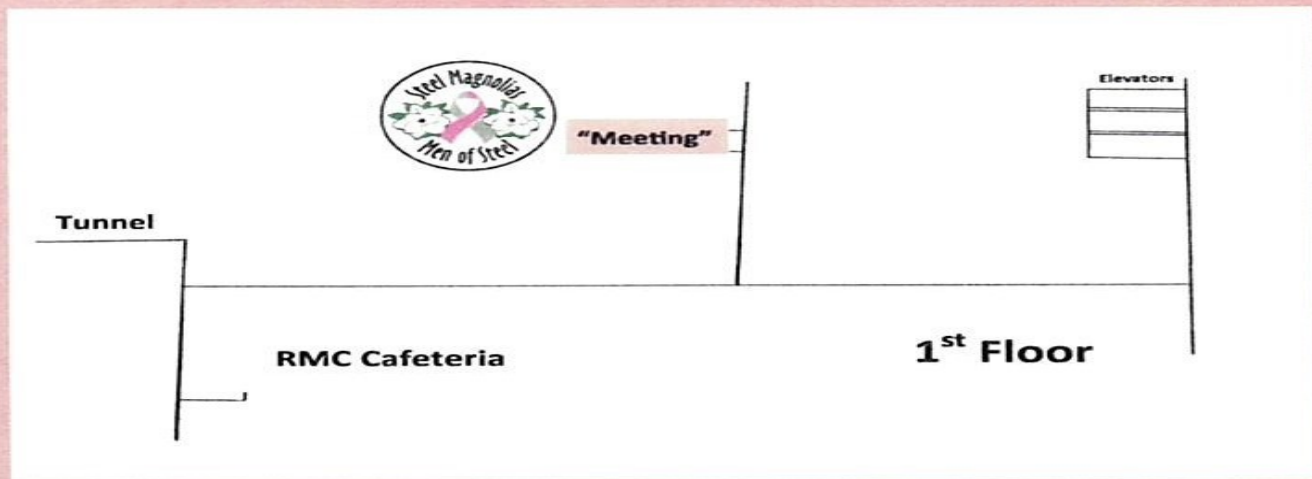
**October 6<sup>th</sup> is Linda Barton's birthday and she is a volunteer!**

**October 11<sup>th</sup> is Margaret Martin's birthday and she is a 35-year survivor!**

**October 13<sup>th</sup> is Karen Davis's birthday and she is a 2-year survivor!**

## **Up Coming Events**

**September 27th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have everyone's favorite "Spaghetti and garlic bread". Steel Magnolias please bring side dishes and desserts. Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come but is not quite sure how to get there. See you there!**



**October 1<sup>st</sup> is Oxfordfest! Get ready everyone! We will have sign up sheets at our September meeting. We need people to take 2 hour shifts that Saturday, so please check your schedule before the meeting. We have secured items to sell and if you have any fundraising ideas please bring them to the meeting on the 27th. If you can help set up and take down, let us know then**

**October 17th will be the next newsletter mailing day, if you have anything to go into the newsletter please have to Elaine no later that October 11th. Our emails thought Gmail accounts are unavailable right now, so please send your information to [elainehb2022@gmail.com](mailto:elainehb2022@gmail.com). You can also mail it to me at Steel Magnolias PO BOX 2208 Anniston, AL 36202.**

# **Oxfordfest 2022**

**October 1, 2022 Downtown Oxford, AL**

## **“Our Services Condensed”**

- **Monthly Group Meetings on the 4<sup>th</sup> Tuesday every month except July, November and December**
- **Pinks Boutique stocked with Mastectomy Bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients**
- **Care Packages for newly diagnosed breast cancer patients**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room**
- **Breast Cancer Awareness Program is available to girls in grades 7-12. This program is taught in the school by a trained volunteer under the supervision of a Registered Nurse**
- **Speakers Bureau to have speakers available to civic clubs and churches**
- **Newsletter, we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle**
- **Website [www.steelagnoliasinc.org](http://www.steelagnoliasinc.org) and like us on fb too**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors**
- **Prayer ministry**

## **Ways You Can Help**

- **Volunteer**
- **Attend our meetings and get involved with us**
- **Volunteer to work in our office and help with our fundraising events**
- **Contribute: all contributions are tax deductible, we are a 501©3 tax exempt organization. Donations can be mailed to Steel Magnolia Breast Cancer Support Group, PO Box 2208 Anniston, AL 36202. All contributions are used to provide services to breast cancer patients who reach out to us**
- **Pray for our ministry**

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## **Pink Heals at Glencoe AL**



Steel Magnolias supported the Pink Heals Sunday afternoon at Wilson Park in Glencoe AL. There were plenty of people that signed the Pink firetruck and they had more rescue vehicles, tanks and bucket trucks. The kids that came had fun with the candy drop and also the shaved ice. Margaret, Linda and Susan shared our info with many of the women at the park and many had no idea of our group and the services we offer. Linda also talked with a company that may be very interested in helping us by being a sponsor in our golf tournament. We had a fun day at the event.

**I need everyone to wish me luck. I have a meeting at the bank later and if all goes well, I will be out of debt. I'm so excited I can barely put on my ski mask.**

So me and my husband were sitting on our couch watching TV yesterday. Suddenly, I hear that I got a text on my phone that I left in the kitchen. I go to the kitchen to check it, and it's a text from my husband: "please bring the chips on your way back."

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A wife got so mad at her husband, that she packed his bags and told him to get out! As he walked to the door she yelled, "I hope you die a long, slow and painful death!" He turned around and said, "So you want me to stay?"

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Women Know they just know; even if they didn't know they'd still know. Men probably won't get this, but women will, because they know!

### Phone Etiquette

After a tiring day, a commuter settled down in his seat and closed his eyes. As the train rolled out of the station, a woman sitting next to him pulled out her phone. She started talking in a loud voice: "Hi sweetheart, it's Sue. I'm on the train. Yes, I know it's the six thirty and not the four thirty, but I had a long meeting. No, honey, not with that Kevin from the accounting office. It was with the boss. No sweetheart, you're the only one in my life. Yes, I'm sure, cross my heart!" Fifteen minutes later, she was still talking loudly. When the man sitting next to her had enough, he leaned over and said into the phone, "Sue, hang up the phone and come back to bed." Sue doesn't use her phone in public and longer!!

### Divorce Court

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"Mr. Clark, I have reviewed this case very carefully," the divorce court judge said, "And I've decided to give your wife \$775 a week." "That's very fair, your honor." the husband said "And every now and then I'll try to send her a few bucks myself!"

**Boss hangs a poster in Office  
"I AM THE BOSS,  
DO NOT FORGET"**

**He returns from lunch,  
finds a slip on his desk.  
"Your wife called, she wants  
her poster back home."**



**This is ridiculous!!! It's July 7<sup>th</sup>  
and people are still shooting  
fireworks! One almost caught  
our Christmas  
decorations on fire!**

.....  
**Alligators can live up to 100  
Years old which is why there is  
an increased chance that  
they will  
see you later**



## Words Of Wisdom From Children. These Are Brilliant.

1. Never trust a dog to watch your food. - Patrick, age 10
2. When your dad is mad and asks you, "Do I look stupid?" don't answer him. - Michael, 14
3. Never tell your mom her diet's not working. Michael, 14
4. Stay away from prunes. - Randy, 9
5. Never pee on an electric fence. - Robert, 13
6. Don't squat with your spurs on. - Noronha, 13
7. Don't pull dad's finger when he tells you to. Emily, 10
8. When your mom is mad at your dad, don't let her brush your hair. -Taylia, 11
9. Never allow your three-year old brother in the same room as your school assignment. - Traci, 14
10. Don't sneeze in front of mom when you're eating crackers. - Mitchell, 12
11. Puppies still have bad breath even after eating a tic tac. - Andrew, 9
12. Never hold a dust buster and a cat at the same time. - Kyoyo, 9
13. You can't hide a piece of broccoli in a glass milk. - Amir, 9
14. Don't wear polka-dot underwear under white shorts. - Kellie, 11
15. If you want a kitten, start out by asking for a horse. -Naomi, 15
16. Felt markers are not good to use as lipstick. Lauren, 9
17. Don't pick on your sister when she's holding a baseball bat. - Joel, 10
18. When you get a bad grade in school, show it to your mom when she's on the phone. - Alyesha, 13
19. Never try to baptize a cat. - Eileen, 8

## Things I'm Super Good At

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce...and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions. 😞
4. Making plans. And then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to dewrinkle. Then forgetting it again
6. Calculating how much sleep I'll get if I can just "fall asleep right now".

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

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When a woman laughs during an argument, please know that the psycho part of her brain has been activated. Abort mission.

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**Don't be mad at lazy people, they didn't do anything!**

# MATTHEW'S BEATITUDES

N K P U Y H S D W O R C O M  
 R S E C D E R I D B E R U P  
 U S R E K A M E C A E P E I  
 O E F A M V R O W J L R D F  
 M N H C A E T T O A S G I L  
 U S E K I N T I S E R L S G  
 H U N G E R C A C R L D N R  
 A O D A A E M U V E I M I O  
 E E R E C O T E D L J H A O  
 P T H I D E S S E L B O T P  
 H H O G D V O T I R E H N I  
 O G N H U N M C A V E N U R  
 W I E S S D E T R O F M O C  
 K R S E D U T I T A E B M Y

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| BEATITUDES | HEART   | MOUNTAINSIDE | REWARD    |
|------------|---------|--------------|-----------|
| BLESSED    | HEAVEN  | MOURN        | RIGHTEOUS |
| COMFORTED  | HUNGER  | PEACEMAKER   | SONS      |
| CROWDS     | INHERIT | PERSECUTED   | TEACH     |
| EARTH      | KINGDOM | POOR         | THIRST    |
| FILLED     | MEEK    | PURE         |           |
| GLAD       | MERCY   | REJOICE      |           |