

CONSULATE NEWS

Consulate of Belize



State of California

March - April 2010

A Bi-Monthly Publication

Volume 1, Issue 3

FILM COMMISSIONER VISITS LOS ANGELES



(L-R Com. Miguel, D. McMillian, Bella Carib, Hon. Yorke)

On Sunday, May 2, 2010 The Consulate of Belize in Los Angeles hosted a reception in honor of Film Commissioner Mr. Nigel Miguel. The commissioner was on an official visit to Los Angeles promoting the Belize Film Festival 2010, scheduled for July 16-24 of this year. This is the fifth edition of the festival, which is organized by the Belize Film Commission and the National Institute of Culture and History (NICH).

The primary focus of the festival is to make possible a venue for the exhibition of films from Belize, the Caribbean, Central America and Southern Mexico. It is the hope that the regional

display of creativity will inspire and motivate others to enter the industry.

The festival also aims to promote cultural tolerance and thus welcomes documentaries and international films that depict interaction of cultures.

Among those in attendance were Dr. Glenda Arnold-Heon (AKA Bella Carib) and Mrs. Daphne Navarett McMillian both of whom received certificates of appreciation from the Consulate of Belize for their long standing creative arts and community involvement.

Commissioner Miguel addressed the gathering as he sought out Belizeans with technical knowledge and experience so they can become involved in Belize's active efforts into the film industry.

Besides showcasing films, the festival will also have seminars and workshops for industry "exchange and training." There is a short script competition open to Belizeans only. The winner of this writing competition will get his or her script produced in a production at a tertiary institution in Belize. The script should be 15 pages maximum and the dead line has been extended to May 31, 2010.

For further information on the competition and festival contact: belizefilmfestival@yahoo.com or www.belizefilmfestival.com

In This Issue

Film Commissioner Visits L.A	1
Health Issues	2
Haitian Relief Drive Donation	3
Belize Diaspora Desk	3
Ministry Spotlight	4

Consulate of Belize Mission Statement

The Office of the Consulate General of Belize in California officially represents the interests of the Government of Belize. The office has a commitment to safeguarding the rights of Belizeans; providing effective and efficient consular services; promoting tourism and trade; facilitating business development and investment; harnessing and channeling community resources; and supporting and encouraging activities to enhance quality of life for all Belizeans.

Consular Services

Passports ❖ Visas ❖ Citizenship ❖ I.D Cards ❖ Reference Documents

SPEAKING OF HEALTH ISSUES

YOU HAVE THE POWER

There are steps you can take to guard against cancer. Tests from your doctor can find some cancers early. And many cancers that are found early can be treated successfully. Some cancers can be prevented by good habits such as eating healthy foods, staying active, limited alcohol, and not smoking.
(American Cancer Society)

BREAST CANCER – BEYOND MAMMOGRAM

Mammography is the best technique available right now to look for breast cancers in women who don't have any symptoms. On average, screening mammograms correctly identify 80% to 85% of women who have cancer and about 90% of women who don't.

DIGITAL MAMMOGRAPHY

The screening mammography we get today takes X-ray images – usually two of each breast, looking for abnormalities that can't be felt in a physical exam. These include small tumors and tiny deposits of calcium called micro-calcifications, which, in clusters, may be a sign of cancer.

Digital mammography has advantages. Images can be enhanced, and they're easier to store and transmit. An analysis of 5,000 Digital Mammographic Imaging Screening Trial (DMIST) participants found that the average breast radiation dose per view was 22% lower for digital mammography than for analog.

COMPUTER-AIDED DETECTION

When it comes to reading mammograms, evidence shows that two radiologists are better than one, improving detection rates by about 10% on average. Among more than 31,000 women who had conventional mammograms in England, computer-aided detection identified 87.2% of breast cancers.

ULTRASOUND SONOGRAPHY

In an ultrasound test, high-frequency sound waves travel through the breast, bouncing off boundaries between fluid and tissue, for example, or between normal tissue and a tumor and produce an image called a sonogram. Ultrasound can distinguish solid tumors from fluid-filled cysts, but it's not useful for routine screening because it misses too many cancers, including micro-calcifications, and comes up with too many false alarms. Magnetic Resonance Imaging (MRI) produces precise images of internal organs and tissues based on differences in water content and distribution. A breast MRI produces hundreds of images from multiple directions. MRI can detect cancers when they're very small. It's almost at the point of being a screening tool for very high

risk patients, to supplement mammography. Breast cancer screening has been shown to save lives, and scientists around the world are working to make it do an even better job. (Excerpted from the Los Angeles Times – April 12, 2010).

PLEASE CALL 1-800-ACS-2345 FOR CANCER INFORMATION

PROVENGE – PROSTATE CANCER VACCINE

The Food and Drug Administration has approved a new immune boosting therapy for prostate cancer, the first therapeutic vaccine for cancer ever approved by the agency.

The vaccine, Provenge, has been shown to extend survival in patients with advanced prostate cancer by four months, more than twice as long as chemotherapy, and to increase three year survival by 38%.

About 192,000 new cases of prostate cancer were diagnosed in the United States in 2009, making it the second most common type of cancer in men after lung cancer, according to the National Cancer Institute. About 27,000 men died from it last year.

Provenge's marketing appeared imminent in 2007 when an advisory panel for the FDA recommended its approval. But agency officials were concerned that, even though the vaccine extended lifespan in men with metastatic cancer who did not respond to hormone deprivation therapy (the first line treatment) approach in prostate cancer), it did not slow tumor growth.

Provenge extends the median survival of patients from 21.7 months to 25.8 months. Though 4.1 months may not seem like much, the only approved chemotherapy for advance prostate cancer, Taxotere, known generically as docetaxel – extends survival by a little more than two months.

The biggest drawback to the vaccine may be its cost, which analysts estimate will be about \$70,000 to \$100,000 for a course of treatment. Because many insurance companies require a co-payment of about 20%, many families may be hard pressed to pay for the drug.

(Excerpted from the Los Angeles Times – April 30, 2010).

PLEASE CALL 1-800-ACS-2345 FOR CANCER INFORMATION

SIGMOIDOSCOPY – A COLORECTAL CANCER TEST

A single sigmoidoscopy between ages 55 and 64 can reduce deaths from colorectal cancer by at least 43% British researchers reported.

The test not only identified tumors in their early stage of development, when cure rates are about 90%, but also identifies and allows removal of polyps that may later grow into tumors.

Colorectal cancer is the third leading cause of cancer in the U.S., diagnosed in about 147,000 people every year and killing almost 50,000. But only about half the eligible U.S. population takes advantage of screening tests for it, according to the American Cancer Society.

U.S. recommendations call for a colonoscopy, in which the entire length of the large intestine is examined – every 10 years after the age of 50 if it reveals no abnormalities or a sigmoidoscopy every five years.

Con't on page 3

Speaking of Health Issues...Cont'd from p. 2

Virtual colonoscopies performed by CT scans and fecal blood tests are less effective. In many ways, a sigmoidoscopy is more convenient than a colonoscopy. The patient takes only an enema on the morning of the test, not the unpleasant bowel cleaning products. The patient also does not need to be sedated, which is generally done for colonoscopies, and the procedure can be done in the office by a nurse practitioner or physician's assistant. (Excerpted from the Los Angeles Times, April 28, 2010).

PLEASE CALL 1-800-ACS-2345 FOR CANCER INFORMATION

Preventing Colorectal Cancer

In addition to screening and counseling:

Eat a healthy diet:

- ♦East 5 servings of fruits and vegetables a day.
- ♦Replace red meat with chicken, fish, nuts and legumes.
- ♦Take multivitamins containing 0.4 mg of folic acid.
- ♦Limit alcohol intake to 2 drinks/day for men and 1 drink/day for women.

For information on how to reduce your cancer risk and other questions about cancer, please call anytime, day or night, at 1-800-227-2345 or online at www.cancer.org

Los Angeles Belizeans Donate \$8,650.62 To Haitian Relief Drive



The Los Angeles Belizeans Haiti Fundraising Committee planned four events plus some direct cash donations and a concert by Belizean American entertainers to raise \$8,650.62 for donation to the Haitian earthquake relief effort.

Committee members gathered on the evening of March 26, 2010, to join in the presentation of a check in the amount of \$8,650.62 to Amy Keller, Director of Financial Development – American Red Cross of Greater Los Angeles. In her acceptance remarks Ms. Keller thanked the Belize American community and committee members, “please convey to all those who contributed to your drive, I am touched by the generosity of your community.”

Near the conclusion of the presentation a brief discussion was held with respect to the Belizean American community participating in an Emergency Response Training Program, equipping them with the necessary tools to render assistance in times of disaster.

Thanks and appreciation is extended to everyone who participated in the fundraising activities and contributed funds.

In October of 2009, with the approval of the Cabinet of Belize, Ministry of Foreign Affairs and Foreign Trade established a **Diaspora Desk** in its Belmopan's office.

The main purpose of the desk is to respond to inquires submitted by Belizeans residing outside the boarders of the country of Belize.

The desk is the first of several impending programs which will be implemented under the **Belize Diaspora Initiative**, a bold move the Government of Belize is undertaking to reengage Belizeans in the Diaspora.

The Belize Diaspora Desk

For Further Information Contact:
belizemfa@btl.net

Belizeans living abroad has been a major factor to the Belizean economy throughout the years. In addition to remittances being sent back to Belize, Belizean retirees are now going back home to open new businesses and to invest in established ones with a proven track records.

Retirees who find themselves capable, are not ready to quit the workforce, instead they are taking expertise they

have honed over the years and now using it to benefit the country of Belize.

The Consulate of Belize is committed to working with the Embassy of Belize in Washington, the Belize Mission in New York, and the Honorary Consulates across the United States to engage Belizeans in the U.S. and to be responsive to their needs.

The **Diaspora Desk** exists to aid Belizeans abroad to comprehend and navigate requirements, regulations and concerns . ☺

MINISTRY SPOTLIGHT

Ministry of Health—The Hon. Pablo Marin is responsible for the Ministry of Health. The Ministry services four regions, the Northern, Central, Western and Southern Health Regions. Its vision is to have a national health care system based upon equity, affordability, accessibility, quality and sustainability. The aim is to build an effective partnership with all sectors of government and society to develop and maintain an environment that is conducive to health.

The Ministry of Health has identified the following ten national goals:

1. To ensure universal access to an agreed upon set of health services of acceptable quality, utilizing the strategy of primary health care.
2. To ensure survival and healthy development of children and adolescents.
3. To improve the health, well-being and development for all men and women in such a way that health disparities between social groups are reduced.
4. To enable all people to adopt and maintain healthy lifestyles and behaviour.
5. To enable universal access to safe and healthy environments and living conditions.
6. To eradicate, eliminate or control major diseases constituting national health problems.
7. To reduce avoidable disabilities through appropriate preventive and rehabilitation measures.
8. To strengthen policy, planning, information systems, organization and management in the public sector, in partnership with the private sector.
9. To improve efficiency, effectiveness and accountability in the use of all resources (financial, material and human).
10. To ensure the ongoing viability and sustainability of the health sector, both public and private.



Consulate of Belize

4801 Wilshire Blvd., Suite 250
Los Angeles, California 90010

Tel: 323-634-9900

Fax: 323-634-9903

belizeconsulate@sbcglobal.net

www.consulateofbelizelosangeles.org

www.consulateofbelizelosangeles.com

Open Mon-Thu, 9:00 am - 5:00 pm, &
Fri, 9:00 am - 4:30 pm (PST);

Closed Saturdays, Sundays and on
Belizean and American Holidays. All
inquiries will be answered within 24 hours
of the first business day.

Newsletter Contributors

Hon. Roland Yorke ~ *Publisher/Writer*

Kim Hernandez ~ *Writer*

Helen Laurie ~ *Layout/Design*

Consulate News is published for general information purposes only. Every attempt has been made to ensure the accuracy of information. Only Consulate related events will be published. *Consulate News* accepts no liability for any losses or damages (whether direct, indirect, special, consequential or otherwise) arising out of errors or omissions contained herein. *Consulate News* contributors are not compensated financially or otherwise. All production, printing and distribution costs are donated.

Consular Staff

Hon. Roland H. Yorke
Consul General

Mrs. Carolyn McKenzie
Vice Consul/Executive Assistant

Mrs. Irene Wu
Vice Consul

Mrs. Linda Lewis-Brown
Honorary Consul (Designate)

Mrs. Tricia Jones-Logan
Receptionist/Secretary