



# Kepakemapa

Monthly Newsletter of the Hawai'i Student Nurses Association

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Aloha everyone,

I hope you are all adjusting to the school year well. Let us all continue to push through. Although we are faced with challenges, whether that be in school or even life in general, let this be a reminder that each day is a step closer to achieving our goals! I am confident that each of you have the capability to succeed. Be sure to be kind to your mind, and take care of yourselves along the way!

We are currently in the process of planning our 10th annual HISNA conference and can't wait to share what we have in store for you folks! Our conference will be held on October 28th, 2023. Registration will be open soon and will be sent your way!

Mahalo,  
Lilinoe Cabico-Akiona  
HISNA President



# HISNA Conference Updates:

**Location for 10th Annual Conference:  
Chaminade University, Conference Center**

*“Passion Beyond duty”*

October 28th, 2023

A registration link will be created soon!



# Meet the UH Mānoa SNA Executive Board



**PRESIDENT**  
Melanie Yang



**VICE PRESIDENT**  
Marissa Iwahashi



**SECRETARY**  
Colton Blackmon



**TREASURER**  
Kaile Oleyar



**LIAISON**  
Sandra Xiao



**DELEGATE**  
Namie Sato



**COMMITTEES  
DIRECTOR**  
Kaialani Stubblefield



**MARKETING  
DIRECTOR**  
Angelica Barroga



**DIGITAL MEDIA  
DIRECTOR**  
Milana Camilon



**CO-MEMBERSHIP  
DIRECTOR**  
Shirayuki Takemoto



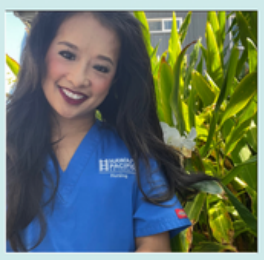
**CO-MEMBERSHIP  
DIRECTOR**  
Lyla Kaneshiro



**CO-MEMBERSHIP  
DIRECTOR**  
CourtneyMae Corpuz

# Meet the HPU SNA Executive Board

*President*



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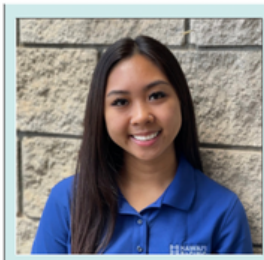
*Vice President*



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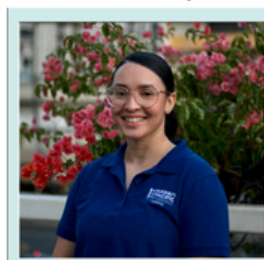
*Secretary*



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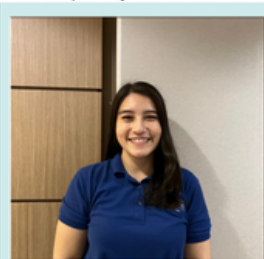
*Secretary*



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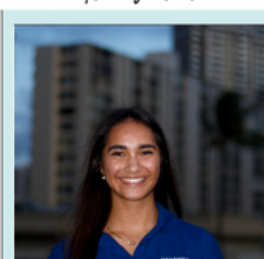
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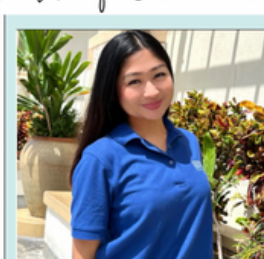
*Treasurer*



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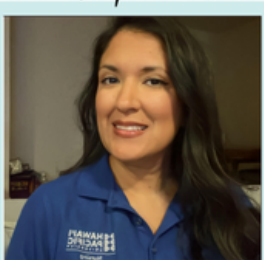
*Director of Communication*



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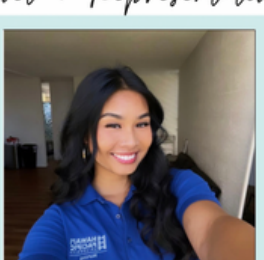
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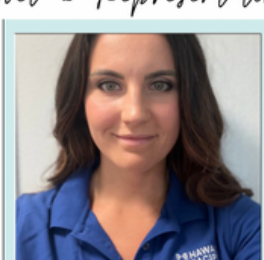
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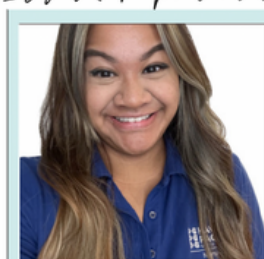
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*HISNA Representative*



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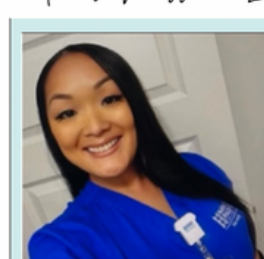
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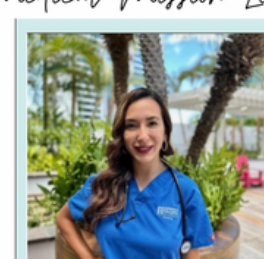
*Medical Mission Lead*



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*Medical Mission Lead*



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# September Awareness

**NATIONAL SICKLE CELL AWARENESS**

Most common inherited blood disorder in the US.

It is where a blood cell has an abnormal crescent or "sickle" shape that blocks the flow of blood through the body. This causes lack of oxygen delivered to different parts of the body.

@HISNA

<https://www.nhlbi.nih.gov>

**OVARIAN CANCER AWARENESS**

@hawaii\_sna

**SYMPTOMS**

Only about 20% of cases are diagnosed in the early stages (Stages I-II), since symptoms often don't appear until the disease is in more advanced stages (stages III-IV).

- Bloating
- Trouble eating or feeling full quickly
- Pelvic/abdominal pain
- Urinary frequency
- Fatigue
- Menstrual changes
- Back pain
- Upset stomach, heartburn, or constipation

**RISK FACTORS**

Certain factors can increase your risk of developing ovarian cancer.

- Being a woman
- Overweight or obese
- Childbirth later in life or never having a full-term pregnancy
- Hormone replacement therapy
- Family history of ovarian cancer, breast cancer, or colorectal cancer
- Personal history of breast cancer
- Fertility treatment
- Smoking

**TREATMENT**

Treatment can include a combination of surgery, chemotherapy, and radiation.

Integrative medicine such as massage, acupuncture, and yoga can help as well.

Visit <https://caringhouse.org/news/september-is-ovarian-cancer-awareness-month> for more information.

# KEEP UP TO DATE WITH HISNA



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WEBSITE

[WWW.HISNA.ORG](http://WWW.HISNA.ORG)

