

Nana
and
The Bushwoman

A TALE WITH TRUTHS

NANA

WISDOM

DR. B.K. EDMOND



NANA AND THE BUSHWOMAN AUDIOBOOK PDF

By
Dr. B.K. EDMOND

A Short Story with truths, dedicated to the wisdom, versatility and greatness of African women, African American women and their sisters of all hues and colors throughout this world.

This is a work of fiction. The names characters and incidents are products of the authors imagination or used fictitiously, and any resemblance to actual persons living or dead, businesses, companies events or village locales is entirely coincidental. Some parts have been fictionalized in varying degrees for various purposes.

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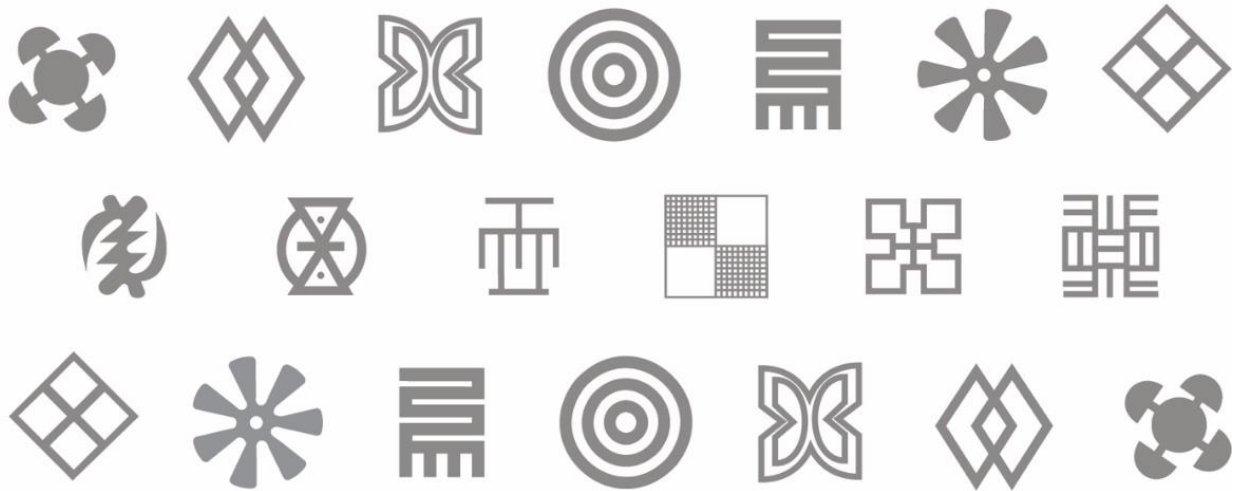
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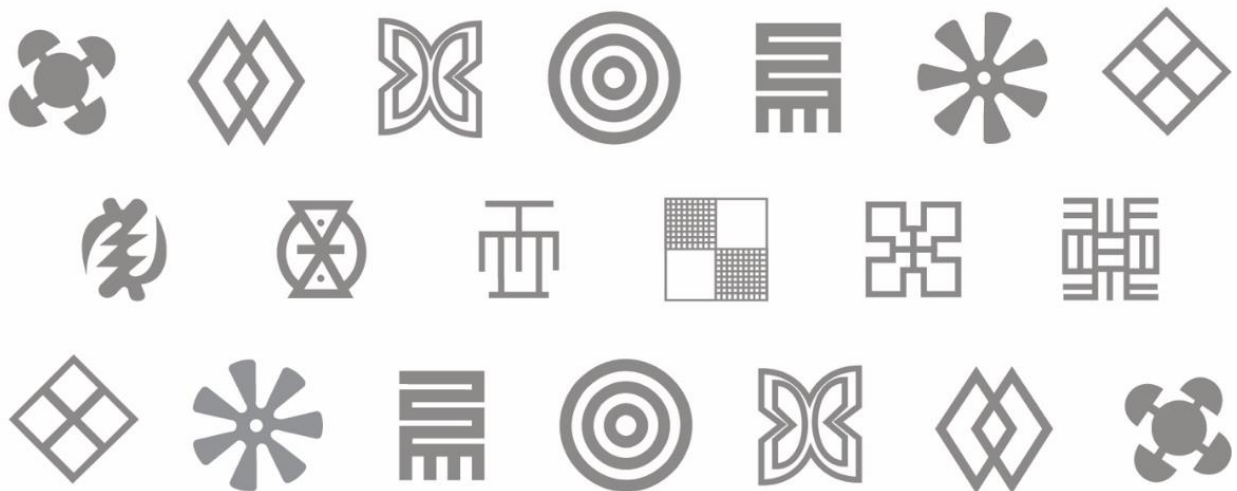
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Author's Notes

For hundreds of years Adinkra Symbols have been used in West Africa to display concepts and ideas as well as to remind people daily of parables and themes on life. Art is a powerful part of daily life as objects ranging from royal seats to dresses, pottery and architecture are adorned with the Adinkra art symbols. They are ingrained in the fabric and the culture of West Africa.

The Definition of a “Big Woman” - A woman with strong opinions and strong leadership qualities who is capable of functioning in the corridors of power on par with men. A modern woman of respect whose role in greater society is to fill the space created by Yaa Asantewaa, The Queen Mother of the Ashanti who was never conquered.



Wisdom-ANANSE NTONTAN ,



Versatility – NKYINKYIM



Greatness – ADINKRAHENE.



WISDOM



VERSATILITY



GREATNESS

$$1 + 1 = \infty \text{ Infinity}$$

Afterword

Breast cancer affects 1 in 9 women of African descent and is one of the leading cancers affecting women globally. Once diagnosed, women of African descent have a 30-40% higher death rate, are diagnosed at more advanced stages and have a higher incidence of the more aggressive “triple negative” breast tumors. In Ghana, 70% of breast cancers are diagnosed at an advanced stage. In 2018, African American women were recognized as high risk for the disease by the American College of Radiology and Society of Breast Imaging. Early diagnosis is the key. Having a breast cancer risk screen (<https://bcrisktool.cancer.gov/>) between the ages of 25 and 30 to develop a tailored lifetime breast health plan is the first step to early diagnosis. A tailored plan might incorporate the basic self-knowledge of monthly self-breast exams with a phase in, as one ages, of screening mammograms, ultrasounds, MRI’s, and genetic testing.(See website www.sistersbychoice.org Increased awareness and improved health care access may help improve survival. With new technology, the options for breast sparing techniques are available in cases of early diagnosis. Survivor’s sharing with family and friends can remove its stigma and spread the knowledge that breast cancer can be beat and full lives await those who pass through the trial. In turn, keeping one’s diagnosis and experience a secret can hurt those you love the most. **May the burden of the secrets of mothers, daughters, sisters, and aunts who have suffered in silence and perished in fear be released this day. Through Wisdom, Versatility and Greatness may each of us commit to seize all of life’s blessings and live!**

B. Edmond

This passionate story with truths is written

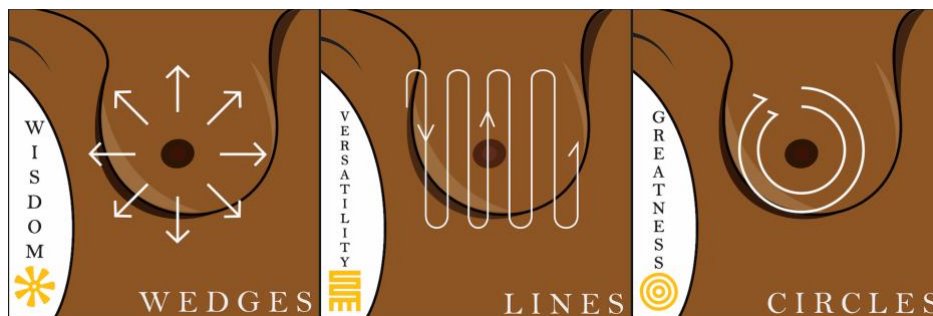
In honor of Mrs. Lee Dorothy Edmond

In memory of Delisa M. Jordan gone, but not forgotten since Aug 12, 1997

**In memory of Karen “Boom Boom” Hart lost on the book’s final draft date,
July 14, 2020**

SELF BREAST EXAM FINGERTIP MOVEMENTS in the shape of Wedges, Lines and Circles correspond to the lifesaving Adinkra Symbols for Wisdom , Versatility and Greatness.

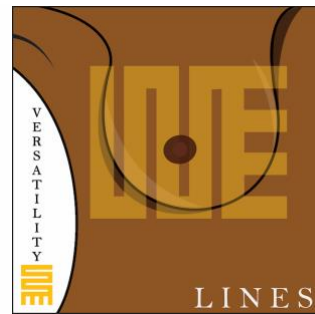
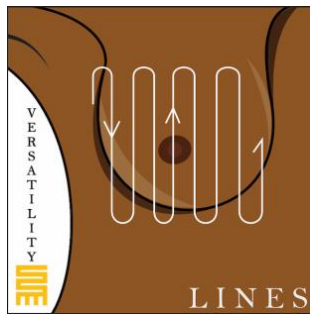
Standard Teaching Wedges Lines Circles



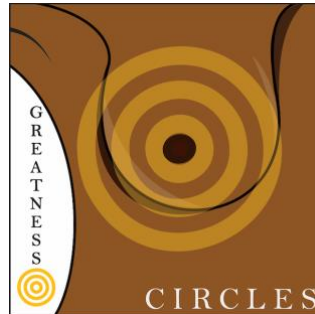
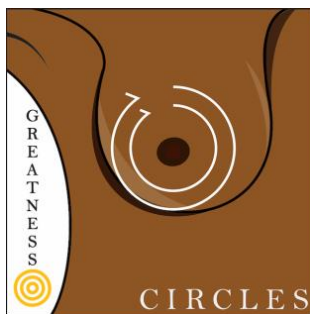
New Teaching WISDOM



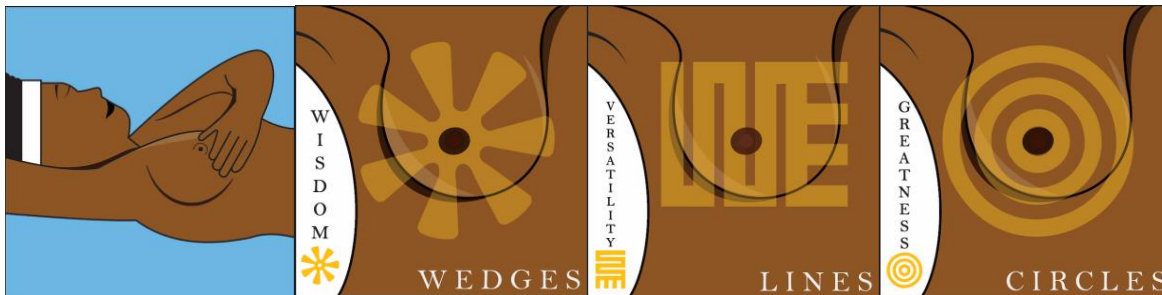
VERSATILITY



GREATNESS



THE KEY IS EARLY DIAGNOSIS



Keys to early diagnosis:

1. **Know your body:** Check once a month near the same time of the month.
Looking for skin changes, dimpling, redness, lumps
2. **Get a Free Risk Assessment** at (<https://bcrisktool.cancer.gov/>) and create a life time breast care plan that includes a target age when to start regular screening with a combination of mammograms, ultrasounds, MRI's and genetic testing.
3. **Have an up to date source for Knowledge:** Save, share and post the website www.sistersbychoice.org as far as possible to serve as a quality reference for women's health. For the latest research trends on breast health please visit The Susan Love Research Foundation site at. <https://drsusanloveresearch.org/>

The Cause: Partial proceeds from this story are directed to support:

The Pink Frog Foundation: An Atlanta based non-profit dedicated to providing support services with compassion to breast cancer patients and their families.
www.thepinkfrogfoundation.org , P.O. Box 25044, Atlanta, Georgia 30325, Telephone 404.984.FROG(3764) info@thepinkfrogfoundation.org

Sisters By Choice: Founded by Dr. Rogsbert Phillips-Reed, M.D., FACS is a multifaceted non-profit organization promoting breast cancer awareness and providing mammograms, breast exams ,free educational seminars, workshops and health fair screening. www.sistersbychoice.org
5910 Hillandale Drive, Suite 104, Lithonia GA 30058, Phone 770-987-2951, FAX 678-418-3995, info@sistersbychoice.org

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Oprah Winfrey Leadership Academy for Girls owlag.co.za

Michell Obama Girls Opportunity Alliance www.obama.org/girlsopportunityalliance

I AM A WOMAN by NOIRE youtube link www.youtube.com/watch?v=wZzyOLZ0gSo

Adinkra Symbols www.adinkrasymbols.org

About The Author

Dr. B.K. Edmond is a medical doctor a husband, a father, a brother, a son, and a friend. Raised in southwest Atlanta and a product of HBCU and Ivy League higher education he is constantly seeking new ways to serve. He has seen healthcare from the provider side, the patient side and as a member of the patient support team. This is his first use of the written medium to expand on his service commitment. His daily prayer is to have a crystal clear mind so as to use the full scope of his knowledge to effectively care for his patients, to have a silver tongue so that he might communicate in a seamless manner with the care team and to have a heart of gold such that no man may have cause to question his honorable intentions.

