

Breast Cancer Awareness October 2007

Breast Cancer is a type of cancer where cells in the breast tissue divide and grow without the normal control. About 85 percent of breast cancers originate in the mammary ducts, while about 15 percent arise in the lobules. Cancerous tumors in the breast usually grow very slowly so that by the time one is large enough to be felt as a lump, it may have been growing for as long as ten years. There are two types of breast cancer:

- **Carcinoma In Situ** is when abnormal cells grow inside the lobules or milk ducts but have **not** spread to the surrounding tissue or beyond.
- **Invasive Cancer** (The more serious of the two) develops when abnormal cells from inside the lobules or ducts break out into the surrounding breast tissue. This provides an opportunity for cancer to spread to the lymph nodes and, in advanced stages, to organs like the liver, lungs and bones.

Why you should care: In the United States, breast cancer is the third most common cause of cancer death (after lung cancer and colon cancer). Because the breast is composed of identical tissues in males and females, breast cancer also occurs in males, though it is less common. In 2007, breast cancer is expected to cause 40,910 deaths in the U.S. (40,460 women, 450 men). <http://www.cancer.org>

Warning signs, detection, and screening:

Warning signs:

A change in the look or feel of the breast or nipple or skin

- A change in the size or shape of the breast.
- A lump or thickening in the breast, the area surrounding the breast or the underarm.
- A warm sensation in the breast.
- A nipple turned inward or sunken into the breast.
- The shape of the nipple becomes irregular.
- A rash on the nipple or areola.
- Nipple tenderness, increased sensitivity or pain.
- Dimpling of the skin on the breast (appears like the skin on an orange).
- The appearance of irritated, red, scaly, or swollen skin on the breast, nipple, or areola.

Nipple discharge

- Blood or fluid other than breast milk secreted from the nipple.

Detection and Screening:

Some Screening Methods recommended by Doctors and The American Cancer Society:

Breast Self-Exam: performed once a month starting at age 20

Clinical Breast Exam: Once at least every 3 years between the ages of 20-39, then once a year beginning at age 40

Mammogram: Every year beginning at age 40

Treatment: There are many treatment options available to those with breast cancer. Among those are:

- Surgery
- Radiation Therapy
- Chemotherapy
- Immunotherapy

Surgery not only has a significant role in diagnosing and finding the extent of the cancer, but is also the oldest form of cancer treatment. Advances in surgical methods have allowed surgeons to successfully operate on an ever increasing number of patients. Today, less invasive operations often can be done to extract tumors while saving as much normal tissue and function as possible. Surgery offers the greatest chance for cure for many types of cancer, **especially** those that have not spread to other parts of the body. Most people with cancer will have some type of surgery.

Radiation Therapy is an important part of cancer treatment – about half of all people with cancer will receive radiation therapy for their cancer treatment. Radiation therapy is similar to an x-ray but for a longer period of time. What radiation therapy does is it attacks cancer cells that are dividing; however it can also affect dividing cells of normal tissues. This damage to normal cells is what onsets the side effects – such as: fatigue, skin problems, changes in brain function, swollen digestive tract (esophagus, stomach, intestine).

Chemotherapy or “chemo” most often refers to taking medicines (pills, shots, IV), or drugs, to treat cancer. One might receive the medication before or after surgery, during radiation treatment or one might take them on their own. If chemotherapy is used, most often times this means that something can be done to attempt to control the cancer. Some side effects of chemotherapy include: hair loss, fatigue, easy bruising, weak immune system, mouth sores, dry skin, nausea, vomiting, and/or diarrhea.

Immunotherapy a.k.a biotherapy Is treatment that uses part of the immune system to fight disease/cancer. This is done by stimulating one’s own immune system to work harder/better or by giving one’s system man made immunoproteins. Many oncologists now regard immunotherapy as the "fourth modality," or fourth way, to treat cancer. Many advances against cancer in the future will probably come from this field. Immunotherapy is most often used with another treatment.

After Cancer:

Support Groups:

- American Cancer Society’s “In my Community” program
 - http://www.cancer.org/docroot/COM/COM_0.asp
- Association of Cancer Online Resources
 - <http://www.acor.org/>
- Cancer Care
 - http://www.cancercare.org/get_help/online.php

Forums and Helplines:

- Komen Message Boards
 - <http://apps.komen.org/forums/>
- Helpline resource guide
 - <http://www.imaginis.com/breasthealth/links/helplines.asp>

Informational Websites:

- American Cancer Society
 - <http://www.cancer.org/docroot/home/index.asp>
- National Cancer Institute
 - <http://www.cancer.gov/cancertopics/types/breast>
- Susan G. Komen Foundation
 - <http://cms.komen.org/komen/index.htm>
- National Breast Cancer Foundation
 - <http://www.nationalbreastcancer.org/>

“Pink” Products:

- Energizer® Batteries
 - http://www.energizer.com/komen/index_flash.aspx
- Kitchen Aid® Products “Cook for the Cure”
 - <http://www.kitchenaid.com/catalog/category.jsp?categoryId=1302>
- M&M®'s
 - <http://www.mms.com/us/news/promotions/komen/>
- New Balance®
 - <http://www.newbalance.com/events/komenpartnership.php>
- Additional Items List
 - <http://bellaonline.com/articles/art5098.asp>

Events:

The Leadership and Service Center:

- **Save Lids to Save Lives Campaign:**

The **Leadership and Service Center** in the Department of Student Activities will be pairing up with **Zeta Tau Alpha** to collect Yoplait® Yogurt Lids through the month of October and November to benefit Yoplait's® “Save Lids to Save Lives” program.

- **About the program:** for every lid received, General Mills (maker of Yoplait®) will donate 10 cents to Susan G. Komen Foundation (Up to \$1.5 million and guaranteed to donate at least \$500,000).
- **What to do:** Beginning in Fall 2007, look for the pink lids on packages of Yoplait® Original, Light, Thick and Creamy, Light Thick and Creamy, Whips!, and Yoplait Smoothies. **Save them, wash them, and Give them to us before November 30, 2007!!**
- **Lid drop off:** From October 1 – October 5 there will be drop off bins located at the **Zeta Tau Alpha** tables located in Whener, Commons, MSC Breezeway, and Blocker - as well as on the **Leadership and Service Center** table outside of Koldus 140 and 141 (behind the student organization cubicles) from October 1 – November 30.

- **Think Pink Day:**

The **Leadership and Service Center** is encouraging Students, Faculty, and Staff to wear Pink on Friday, October 19. Your pink can be as discreet or daring as you like. You can wear pink socks, pajamas, shirts, wigs, hats, nail polish etc. Wear pink to show your support for breast cancer awareness, cancer survivors, and continued research for a cure.

- **Click for the cause:**

Click the link below **daily** to help fund **free** mammograms for women in need (low-income, inner-city and minority women whose awareness of breast cancer and opportunity for help is often limited). It is 100% free and an excellent way to help out.

- http://www.thebreastcancersite.com/clickToGive/home.faces?siteId=2&link=ctg_bcs_home_from_bcs_thankyou_sitenav

- **Aggie Serve:**

- Don't forget to check <http://aggieserve.tamu.edu/> for different events going on in the community!

Zeta Tau Alpha:

- **Strike-A-Thon**

When: Sunday, October 21

Where: Grand Station Entertainment (Formerly Wolfpen Bowling Alley off of Highway 6)

Cost: \$75 per team (each team is allowed 5 players)

How to Sign up: Registration will be open for teams October 1 – October 5 at the “Think Pink” tables located in Whener, MSC breezeway, Commons, and Blocker.

Strike-A-Thon will consist of 160 teams playing in one of four 2 hour shifts. Cost includes 2 hours of bowling, shoe rental, a t-shirt, and the opportunity to win door prizes and awards (top 3 individuals, top team, pity prize, best dressed, and the spirit award, all awarded for each shift). Local businesses in the Bryan/College Station area are also sought out to sponsor the event. These businesses are recognized on the back of the Strike-A-Thon shirts, as well as on a banner at the event itself. There are three levels of sponsorship: \$50, \$250, and \$500 (the more money donated the more recognition received) For more information or to download a Strike-A-Thon application go to: www.strikeathon.com

- **Information Tables:**

Along with the Strike-A-Thon, **Zeta Tau Alpha** will have information tables located in Whener, MSC breezeway, Commons, and Blocker where there will be donation jars, members passing out Pink Ribbons, Self-Exam Shower Cards, and sales of Breast Cancer Education/Awareness t-shirts with all proceeds benefiting Breast Cancer Education and Awareness.

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- **Donation Campaigns:**

Zeta Tau Alpha also does a letter writing campaign to raise money. Each member in the chapter is asked to write home to local businesses, family, and friends asking if they would be willing to donate to the cause. Last year **Zeta Tau Alpha** raised \$50,000 dollars to donate to the cause, and hopes to raise 60,000 dollars this year.

- **Contact Info:**

For more information you may contact Laura Locke at strikeathon@hotmail.com

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