How Well Do You Know Your Breasts? By Samantha Kuroimoto

Some might think this is an odd question. However, during the month of October, Breast Health Awareness Month, this question becomes relevant for every age, including all college women. CSULB’s Pink October Week, sponsored by the Health Resource Center and Women’s Resource Center, will promote breast cancer education and awareness with events, giveaways and speaker’s panel. Stop by the Maxwell Plaza, October 23-25th, or visit www.cslub.edu for further Pink October details.

The breast self-exam (BSE) is a valuable technique used by women to become familiar with their breasts and to check for any abnormalities. Since breast cancer is the leading cause of death for women between the ages of 15 – 24, the American Cancer Society (ACS) recommends a monthly BSE, starting at the age of twenty.1 A monthly BSE is an effective monthly health habit to establish. By doing so, female CSULB students develop their own breast awareness program that ensures screening for early detection of breast abnormalities. Remember most changes in the breast are not a result of cancer. However, early diagnosis allows the appropriate treatment to commence for better prognosis. For many years a “spiral” or “radial spoke” technique was the accepted BSE method. Recently, breast cancer detection and prevention research recommends a new technique, the “up and down” or “vertical” pattern, as documented at http://www.cancer.org/docroot/CR1/content/CR1_2_6x_How_to_perform_a_breast_self_exam_.5.asp?sitearea=2. This method proves more effective because of greater area coverage.2 BSE proficiency tests revealed a significant difference between the techniques, proving that the vertical-strip pattern was more effective in examining the entire area of breast tissue (running from the bottom of the rib cage to the clavicle, armpit and sternum).3 Also, check your breasts in a mirror looking for changes in size or contour, dimpling of the skin or spontaneous nipple discharge. Click on to www.komen.org/ breasthealth/handout/index.html to view this new ACS recommended techni- que and/or for further breast health visit information the Health Resource Center, Rm. 268, Student Health Services.

Breast cancer has been linked to heredity, but a family line free of breast cancer does not grant you immunity from developing the cancer. In addition, a family history of breast cancer does not seal one’s fate of developing it. However, family history can serve as a positive factor for earlier diagnosis and treatment. Just as other types, breast cancer develops from a mutation or cellular change in the genes. According to the American Cancer Society, approximately 5-10% of breast cancer is considered hereditary,4 while the majority of the cancers are referred to as “sporadic.”5 Unlike lung or skin cancers that have specific risk factors, the cause of breast cancer is still relatively unknown; therefore even more reason to be cognizant of breast tissue and any changes or abnormalities.5 While the clinical breast exam is executed by a clinician during a woman’s annual exam, while a BSE is recommended to be performed once a month, one week after menstruation, when breast tissue is less sensitive. Although college women have busy schedules, it is essential to include a monthly BSE into their lives. Early detection of any abnormalities is of the utmost importance for a bet- ter prognosis. The BSE is an important way in which women can protect their health. So take that big step and get to know your breasts!

References:

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Editorial Policies
The Health Beat Newsletter does not accept responsibility for views expressed in articles, reviews and other contribu- tions that appear in this page. The purpose of the Health Beat Newsletter is to inform college students and faculty profes- sionals with health-related information, which may help understand a diagnosis to treatment, yet cannot serve as a re- placement for the services of a licensed health care practitioner. The information and opinions presented in the Health Beat Newsletter reflect the views of the authors.

Volume 8, Issue 6

SPOOKY SAFE
By Antonya Jackson

A traditional celebration honored by the early Celts, Druids, Romans, and Christians occurred around November 1st, marking the end of the harvest. But in modern civilizations, this festive day is called Hallow- een and occurs on October 31st, a day in which costumes are worn and children receive treats. So, many university students choose to cele- brate by drinking excessive amounts of alcohol, resulting in first-hand injuries or even death as a result of their consumption.

Therefore each year, the Alcohol, To- bacco and Other Drugs (ATOD) program spons- ors Octoberfest, an event which promotes hav- ing a fun and safe Halloween. As in past years, there will be different university groups, such as Project Choice and the University Police, partici- pating to make this event fun, interactive, and informative. This year’s Octoberfest will be held on Halloween, October 31st from 11 am - 2pm on the USU South West Terrace and it is an open invitation to all CSULB students to come and begin their Halloween celebrations early.

Halloween is a day to be enjoyed. Be mem- ber to think SAFE when planning or attend- ing a party.

• Never drink just for the sake of drinking, as a game or contest, or with the aim of getting drunk or forgetting troubles.
• Don’t drink on an empty stomach. Eat both before and while drinking.
• Pace yourself. Be familiar with your own reactions to alcohol, and don’t consume more than one drink per hour. One drink can be a 12-ounce can or bottle of beer, a 4-ounce glass of wine, or 1 ounce of liquor in a mixed drink. Remember that carbonated drinks get alcohol into the bloodstream faster.
• Know when to say “when.” Monitor your own feelings. Be wary of any changes in mood or perceptions.4
• Also, monitor those around you at the party. If someone passes out or goes to sleep, check for signs of alcohol poisoning. Call 911, if any of these following symptoms occur.

Follow these suggestions, and everyone will be able to avoid alcohol’s tricks and in- stead, enjoy the fun of Halloween treats.

References

10/8 – 10/12 National Coming Out Week
10/17 Domestic Violence Awareness Outreach Maxwell Plaza 12 PM - 2PM
10/23 - 10/24 Pink October Outreach Maxwell Plaza & Campus 11 PM - 1 PM
10/23 - 10/24 Breast Cancer Prevention Workshop HRC & WRC 12 PM - 1 PM
10/24 Pink October Speakers Panel of Breast Cancer Survivors/Caregivers. Location TBA
5:30 PM - 7:00PM
11/27 - 11/29 World AIDS Day Week
National Coming Out Day
By Linda Peña

Twenty years ago, on October 11, 1987, half a million courageous men and women pledged their support for participating in the March on Washington for Lesbian and Gay Rights. This year students can follow suit by taking part in CSULB’s observance of National Coming Out Week from Monday, October 8th through Thursday, October 11th. Throughout the week, the CSULB Lesbian Gay Bisexual Transgender (LGBT) Resource Center will sponsor events highlighting lesbian, gay, transgender, transsexual, intersex, and queer rights issues. The CSULB LGBT Center was established in 1989, providing a location for students to come together. A recognized goal of higher education is to create a university that supports an environment in which students are introduced to new ideas and lifestyles that help create an open-minded attitude of openness. Although the LGBT Center is an established atmosphere in which new ideas may be freely exchanged and discussed, the center provides a well-stocked, informative resource library, lists of related current events and opportunities for student participation in such events and programs as Transgender Day of Remembrance, World AIDS Day, Day of Silence, and Long Beach Pride. This October support some of these events during National Coming Out Week in addition, the LGBT Resource Center takes out a full-page ad in the Daily 49er on Thursday, October 11, 2007 featuring the OUTlook. The page begins with the following introduction: “We are students, professors, coworkers, roommates, teammates, alumni/ae, friends, and family, and we are just a few of the intelligent, creative, and supportive lesbian, gay, bisexual, and transgender individuals— or allies of LGBT individuals—who are part of the diverse Cal State Long Beach community. We invite you to join us in celebrating National Coming Out Day.”

If interested in having your name added to this list, contact Kirstyn Chiu, LGBT Resource Center Faculty Co-Advisor at 562-985-4001 and become proactive!

References

On-Campus LGBT Links
CSULB Counseling and Psychological Services (CAPS)
LGBT2Q Support Group
Tuesdays, 3:30 PM to 5:00 PM, Britton Hall, Rm. 226. (562) 985-4001. csulb.edu/caps
Safe Zone Project Facilitated by CAPS
safezone@csulb.edu
LGBTQ Student Resource Center (LGBTRC)
FO4, Rm. 165, (562) 985-4855. lgbr@csulb.edu. csulb.edu/lgbt

There is No Excuse for Abuse
By Jeff Nabity

One in every four women will experience domestic violence at some point in their life, with intimate partner violence resulting in more than 18.5 million mental health care visits every year. It is essential to educate and inform others about domestic violence and to work towards ending this abuse. Every year in October, Domestic Violence Awareness Month is observed as an event that provides information to men and women of all ages across the nation.

Domestic Violence Awareness Month started originally with the first Day of Unity in 1981. Established as a day to connect all battered women’s advocates nationwide, the National Coalition Against Domestic Violence also created this day to mourn the deaths of victims and to celebrate those who survived. This single day, first observed 16 years ago, has slowly evolved into the widely observed Domestic Violence Awareness Month. It was also in 1987, the first national toll-free hotline was created.

Domestic violence is defined in numerous ways. Legally, it is important to clarify who can be victims of domestic violence. According to the USDA Safety, Health and Employee Welfare Division: “The laws in many states cover incidents of violence occurring between married couples, as well as abuse of elders by family members, abuse between roommates, dating couples and those in lesbian and gay relationships.” As indicated, domestic violence happens in a variety of different relationships and universally across all races, religions, and genders. Intimate partner violence alone results in over 5.2 million injuries and 1,300 deaths every year.

The need for awareness, CSULB Long Beach promotes October 15th-19th as Domestic Violence Awareness Week. During this week, there will be a campus wide event planned for Wednesday, October 17th, which will include musical/vocal entertainment, a speaker’s forum, opportunities to gain information, and an all day Clothesline Project.

In 1990, the Clothesline Project started in Massachusetts, as means for women affected by violence to express their emotions and heal. On the 17th, CSULB students will be able to view and create shirts that will hang along a clothesline, each representing victims and survivors of violence. This powerful visual puts faces and stories behind those survivors that are often viewed as numbers. The Clothesline Project’s purpose is:
1. To bear witness to the survivors as well as the victims of the war against women.
2. To help with the healing process for people who have lost a loved one or are survivors of this violence.
3. To educate, document, and raise society’s awareness of the extent of the problem of violence against women.
4. To provide a nationwide network of support, encouragement, and information for other communities starting their own Clothesline Project. October participate in Domestic Violence Awareness Week and help spread the message.

References

How to Support a Friend
Listen without interrupting.
Validate your friend’s experiences or reactions.
Remind your friend that he/she is not at fault.
Encourage your friend to seek medical attention and/or counseling.