



MusEvenings

Please join us tonight for an evening of music by the

Oregon String Quartet

5:00 to 8:00 P.M.
Performance at 6:00 P.M.
Free

University of Oregon
Museum of Art

Art is Living

Health: All women are at risk for cancer

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more risk factors for breast cancer. However, most risks are at such a low level that they only partly explain the high frequency of the disease in the population," according to an American Cancer Society brochure.

"To date, knowledge about risk factors has not translated into practical ways to prevent breast cancer.

"Since women may not be able to alter their personal risk factors, the best opportunity at present for reducing mortality is through early detection."

The American Cancer Society recommends doing a monthly breast check.

Women under 30 years don't need to have a mammogram. Women from 40 to 50 years need to have a mammogram every two years and women over 50 years need to have one every year.

It also recommends having an annual exam.

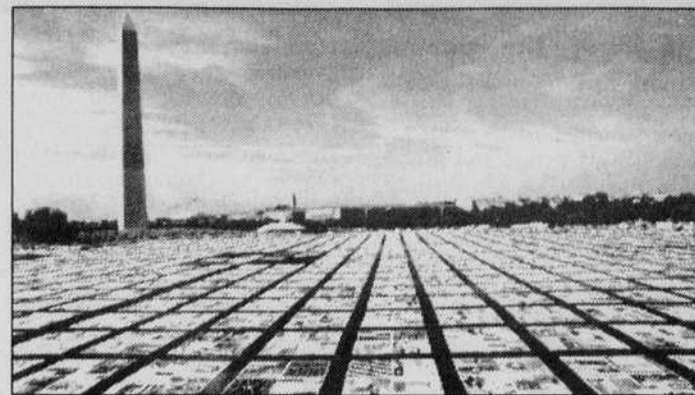
Jones said, "These three things together are all we have and work better together than any one of them alone."

THE FACTS

Breast cancer risk factors

- Increases with age
- Higher with personal/family history
- Presence of some benign breast diseases
- Late menopause
- Lengthy exposure to cyclic estrogen
- Never having children
- Having the first live birth at a later age
- Higher education/socio-economic status
- High fat diet
- Exposure to pesticides/chemicals
- Alcohol
- Induced abortion
- Physical inactivity

Source: American Cancer Society, 1996.



COURTESY PHOTO

A UO student team will join other volunteers in the assembly and display of the NAMES AIDS Memorial quilt, pictured here in 1992.

Project: Quilt now consists of more than 40,000 panels

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coordinator for the NAMES Project, said, "The quilt will gain national recognition and dispel the myth that AIDS is a gay disease.

"The NAMES quilt gives a type of solidarity for people with AIDS. It's going to uplift people who are survivors."

Mace agreed. "People stereotype that people get AIDS through IV drug use and gay sex, but it is being contracted through heterosexual sex, and there are many innocent bystanders who are unknowingly

contracting the disease."

For Small, who is going to Washington, D.C. as a volunteer, the display of the quilt "gives AIDS a voice."

"It actually put a face to the people who have died from AIDS and gave it some realism," she explained.

Mace, whose nephew is dying of complications of AIDS, said, "AIDS touches all of our lives in some way or another. Until we see it as a disease that affects people, we will not find a cure."

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