

Breast exams help with detection

Women should practice breast self-exams each month, according to the Student Health Center

By Megan Turner
Higher Education Reporter

According to recent statistics collected by the American Cancer Society, around 200,000 women are diagnosed with breast cancer every year; 45,000 of those people will die. One in nine women on average will be diagnosed with breast cancer during her lifetime.

In light of these statistics, it is not surprising that breast cancer is the leading cause of death among women. Health care professionals recommend that young women start to educate themselves on breast health and breast cancer.

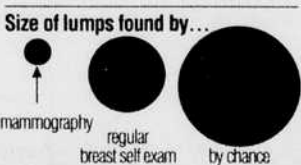
There are several risk factors that can increase a woman's chances of developing breast cancer. Women 35 years and older, as well as women who have a history of breast cancer in their immediate family are at higher risk. Because breast cancer also is related to abnormal estrogen levels, women going through menopause have a slightly higher risk, as do women who had an onset of menstruation before age 12. Obesity can also be a risk, as well as eating a high-fat diet.

Even if these risk factors are not applicable, health care specialists still recommend that every woman practice breast self-exams (BSEs) and see her doctor regularly for a clinical exam. Both exams are essential for early detection,

Breast self exam



- Lie down on your back.
- Place a pillow under your right shoulder.
- Putting your right arm behind your head, use your left hand to examine your right breast.
- Use circular motions, with your fingers held flat together, roll and press your right breast firmly against the chest wall.
- When satisfied with examination, move pillow under your left shoulder and examine your left breast with your right hand.



MAIT GARTON/Emerald

said Anne Mattson, adult nurse practitioner at the Student Health Center. Prompt treatment can increase a woman's chance of survival if a lump is found to be malignant.

Women are highly recommended to come in for an annual pap smear, during which time a health care provider can perform a clinical breast exam. In a clinical exam, the doctor will check each breast for changes and explain the steps of performing a BSE properly.

"This is a time to learn about

your bodies, to capitalize on the opportunity while you're here," Mattson said.

Students are encouraged to continue doing BSEs at home. Mattson recommends practicing the self-examination a few minutes before you fall asleep at night at least once a month. She suggests performing the exam lying down with one hand behind the head because this spreads the breast tissue out and makes it easier to check. Mattson said this is better than other options, such as checking in the shower and before a mirror. Placing a pillow under the shoulder is also recommended for added accuracy.

In giving a BSE, a woman should make overlapping circular motions around the breast using three finger pads. Starting at the nipple, the circular patterns should reach up into the armpit area. The process should be repeated twice with complete coverage and in a consistent pattern. Be sure to use firm pressure, enough to feel the different breast textures.

What a woman should be looking for is "anything that stands out from normal tissue," Mattson said. A woman should "feel the landscape and architecture" of each breast and how that structure changes over the month, she said. By knowing the hills and valleys of each breast, a woman can compare each month with the last and notice changes. If there is any doubt about a certain area, do not hesitate to contact the health center, Mattson said.

STUDENTS • FACULTY • STAFF Flu Vaccination

Influenza vaccinations will be given at the Health Center for faculty and staff every Wednesday, Thursday and Friday from 8:00 a.m. to 9:00 a.m. and for students Monday - Friday from 9:00 a.m. to 4:00 p.m. **Beginning Wednesday, Oct. 15**

**Students \$3.50
Faculty and Staff \$4.00**

Annual flu immunizations are recommended for the following:

1. Healthy persons 65 years or older.
2. Persons with long-term heart or lung problems.
3. Persons with any of the following: kidney disease, cystic fibrosis, diabetes, anemia, severe asthma and conditions which compromise immune mechanism.

Influenza vaccine may be given to persons wishing to reduce their chances of catching the flu, persons who provide essential community services and students or others in schools or colleges.

For more information, call the Health Center at 346-4441

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EMU NEWS



EMU Ticket Office

feature events for the week are:

- John Prine.....October 27, Hult Center
- Let's Go Bowling.....October 23, W.O.W. Hall
- Rocky Horror Picture Show (the movie).....October 24-25, Agate Hall

**OPEN: Monday-Friday 9-7:30
Saturday 10-4, Sunday 12-4**

The EMU Ticket Office is a ticket outlet for: Fastixx, Hult Center, W.O.W. Hall, LCC Theater, EMU and UO Athletics.

We now sell passport photos, LTD tokens and provide a fax sending service.



The Craft Center a place where you can do

woodworking • photography • fibers • papermaking • glass • ceramics • drawing • bike repair • jewelry • more

Register for workshops now, they fill fast!
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EVEN THOUGH our coffee prices went up by a nickel over the summer, our refill prices have remained the same! A great value if you bring your own mug or purchase one of our refillable mugs.

Burlaps Gourmet Coffee 16 oz AutoMugs — \$2.00 for the mug and the first refill is FREE!

Coffee Refill Prices (if you bring your own mug)	
13 Oz or less	60¢
14 oz to 23 oz	90¢
24 oz to 32 oz	\$1.50
more than 32 oz	\$2.50

We have discounted refill prices for fountain soda and juices too!



October 23 O.P. TRIP INITIATOR'S CLINIC

The most exciting element of Outdoor Program cooperative trips is the opportunity for anyone to shape their own outdoor adventure. No specialized skills are required, just a desire to participate and get trip process rolling. This event will cover the basic steps of initiating a common adventure trip as well as outlining the economic and spiritual benefits of being a trip volunteer, such as free equipment rental, leadership training, and opportunity for personal growth and more. Refreshments!

Saturday, 7am-10am • The Barn

October 23 & 25 O.P. TRIP INITIATOR'S CLINIC

Really? Access to all that boating and transportation equipment to do river trips when and where I want?

Yep! Become an OP raft trip initiator; it's easy! The first night covers OP philosophy, liability, trip planning, and procedures. Saturday, we'll do a short fun river trip on the McKenzie and go over equipment barn, vehicles, safety and more. **Attendance at both sessions is required to become an initiator.**

Cost is \$8-10 for river trip.

Thursday, 7:30pm
EMU Outdoor Program
Saturday, 9am
meet at The Barn



CHILD CARE AVAILABLE



The EMU Child Care and Development Centers

(CCDC) still has a few full time slots for preschool age children and part time slots for all age groups available.

For information/application call 346-4384.



Accredited by the National Academy of Early Childhood Programs

CLUB SPORTS

Men's water polo game:

Leighton Pool
Friday, October 24th
8-10pm

Men's Soccer game:

Southbank Field
Saturday, October 25th 10:30 am

