

SPECIAL EDITION

Health Pink

A Division of Student Services, Student Health Services, Health Resource Center
Volume 8, Issue 6

EVENTS

10/8 - 10/12
National Coming
Out Week

10/17
Domestic Violence
Awareness Outreach
Maxson Plaza
12 PM - 2 PM

10/23 - 10/25
Pink October Outreach
Maxson Plaza & Campus
11 PM - 1 PM

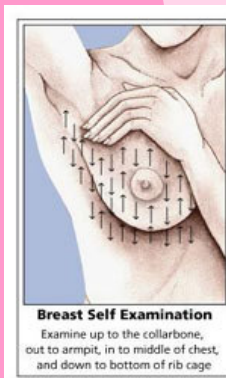
10/23 - 10/24
Breast Cancer
Prevention Workshop
HRC & WRC
12 PM - 1 PM

10/24
Pink October
Speakers Panel of Breast
Cancer Survivors/Caregivers.
Location TBA
5:30 PM - 7:00 PM

11/27 - 11/29
World AIDS Day Week

How Well Do You Know Your Breasts?

By Samantha Kunemoto



Breast Self Examination
Examine up to the collarbone,
out to armpit, in to middle of chest,
and down to bottom of rib cage

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 Maxson Plaza, October 23-25th, or visit www.csulb.edu/hrc 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.^{1,2} 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/CRI/content/CRI_2_6x_How_to_perform_a_breast_self_exam_5.asp?sitearea= This method proves more effective because of greater mean area coverage.³ 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 (ranging 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/bse and view this new ACS endorsed BSE technique and/or for further breast health information visit 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 be used 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,² while the majority of the cancers are referred to as "sporadic."¹ 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.²

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 better 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:

1. Young Survival Coalition. Young Women United Against Breast Cancer. Retrieved August 25, 2007 from <http://www.youngsurvival.org/news-and-events/press-releases/?itemid=621>
2. American Cancer Society. Detailed Guide: Breast Cancer. Retrieved August 26, 2007 from http://www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=5
3. Saunders KJ, Pilgrim CA, Pennypacker HS. Increased Proficiency of Search in Breast Self-Examination. *Cancer*. 1986;58(11):2531-7.

SPECIAL EDITION

Health Beat

A Division of Student Services, Student Health Services, Health Resource Center

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 summer and the beginning of winter. In modern civilizations, this festive day is called Halloween and occurs on October 31st, a day in which costumes are worn and children receive treats. Sadly, some university students choose to celebrate 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, Tobacco and Other Drugs (ATOD) program sponsors Octofoerfest, an event which promotes having a fun and safe Halloween. As in past years, there will be different university groups, such as Project Choice and the University Police, participating to make this event fun, interactive, and informative. This year's Octofoerfest will be held on Halloween, October 31st from 11am - 2pm on the USU South West Terrace and it is an open invitation to all CSULB students to come and begin their Halloween celebration safely.

Halloween is a day to be enjoyed. Remember to think SAFE when planning or attending 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.¹

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.

- Choking and/or persistent vomiting
- Irregular breathing: fewer than 12 breaths per minute; no breathing for 10 seconds; slow or shallow breathing
- Cold, clammy or bluish skin
- The person won't wake up²

Follow these suggestions, and everyone will be able to avoid alcohol's trickery and instead, enjoy the fun of Halloween treats.

References

1. Hanson David J. (2007) Teach Safe Drinking. *Alcohol Problems and Solutions*. Retrieved on August 28, 2007 from <http://www2.potsdam.edu/hansondj/youthissues/1044362486.html>
2. The Bacchus Network. (2007) Alcohol Poisoning. *Alcohol Poisoning and BAC*. Retrieved on August 28, 2007 from <http://www.bacchusgamma.org/alcohol-poisoning.asp>

The Health Beat Newsletter is published by California State University, Long Beach, Division of Student Services, 1250 Bellflower Blvd., Long Beach, CA 90840. Printed in the USA Copyright © 2007 by the Student Health Services. All rights reserved. Contact CSULB, Division of Student Services, Health Resource Center for a free subscription at (562) 985-4609.

Editorial Policies

The Health Resource Center does not accept responsibility for views expressed in articles, reviews and other contributions that appear in its pages. The purpose of the Health Beat Newsletter is to serve college students and related professionals with health-related information, which may help understand a diagnosis to treatment, yet cannot serve as a replacement 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.



10/15
"Making Wise
Beach Choices"
Presented by CSULB
Athletics Department
8 PM
Beach Auditorium
Free food, free t-shirts and
free fun.

10/31
Octofoerfest
Presented by ATOD
11 AM - 2 PM
USU Southwest Terrace
Free food, giveaways,
music and fun!

11/15
The Great American
Smoke Out
Details TBA

Health Beat Contributors

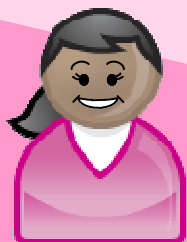
Publisher:
Renee Twigg, P.H.N., M.S.

Editor-in-Chief:
Linda Peña

Editors:
Heidi Burkey, M.P.H., C.H.E.S.
Ralph Davis, M.S.
Christina Goldpaint
Jennifer Layno
Nop Ratanasiripong, R.N.,
M.S.N., C.C.R.C.

Writers:
Samantha Kunemoto
Linda Peña
Antonya Jackson
Jeff Nabity

Design/Layout:
Arianne Stamps



National Coming Out Day

By Linda Peña



Twenty years ago, on October 11, 1987, half a million courageous men and women pledged their support by participating in the March on Washington for Lesbian and Gay Rights.¹ This year students can follow suit by taking part in CSULB's observance of National Coming Out Week from Monday, October 8th - 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 right's 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 mind.² On behalf of open-mindedness, the LGBT Center establishes an atmosphere in which new ideas may be freely exchanged and discussed. The cen-

ter 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 OUTlist. 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 Chun, LGBT Resource Center Faculty Co-Advisor at 562-985-4001 and become proactive!

References

1. University of Michigan. (2007) National Coming Out Day. *Lesbian Gay Bisexual & Transgender Affairs*. Retrieved on August 29, 2007 from <http://www.umich.edu/~lgbta/ncod.html>
2. Lambert EG, Ventura LA, Hall, DE, Cluse-Tolar T. College students' views on gay and lesbian issues: Does education make a difference? *Journal of Homosexuality*. 2006;50(4):1-30.

Mon.	10/8	1-2 pm -LGBT Health Issues (USU 305) Sponsored by Student Health Services (SHS)
Tues.	10/9	1-2 pm -Coming Out Issues in Communities of Color (USU Ballroom A) Sponsored by Counseling and Psychological Services (CaPS)
Wed.	10/10	1-2 pm -LGBT Spirituality Film Screening (USU Ballroom A) Sponsored by Episcopal Campus Ministries 3-4 pm - Out at Work: Job Search and Workplace Issues for Lesbian, Gay, Bisexual, Transgender, and Ally Students (Career Develop. Cntr.) Sponsored by Career Development Center
Thurs.	10/11	12-1 pm. - Student Open Mic & Resource Fair (Speakers' Platform) Sponsored by the LGBT Resource Center

On-Campus LGBT Links

CSULB Counseling and Psychological Services (CAPS)

LGBT2IQ2 Support Group. Tuesdays, 3:30 PM to 5:00 PM. Brotman Hall, Rm. 226. (562) 985-4001. csulb.edu/caps

Safe Zone Project Facilitated by CAPS
safezone@csulb.edu

Lesbian, Gay, Bisexual, Transgender Student Resource Center (LGBTRC)
FO4, Rm. 165. (562) 985-4585. lgbtrc@csulb.edu. csulb.edu/lgbt

There is No Excuse for Abuse

By Jeff Nability

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.¹ 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.¹

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."² 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 two million physical injuries and 1,300 deaths every year.³

With the strong need for awareness, CSU 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 a 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. This October participate in Domestic Violence Awareness Week and help spread the message.

References

1. National Coalition Against Domestic Violence (2007). *Domestic Violence Facts*. Retrieved on August 21, 2007 from <http://www.ncadv.org/files/domesticviolencefacts.pdf>.
2. U.S. Department of Agriculture, Safety, Health, and Employee Welfare Division (2007). *Domestic Violence Awareness Handbook*. Retrieved on August 21, 2007 from <http://www.usda.gov/da/shmd/aware.htm>.
3. Centers for Disease Control (2006). *Intimate Partner Facts*. Retrieved on August 21, 2007 from <http://www.cdc.gov/ncipc/factsheets/ipvfacts.htm>.



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.