

# University Students Acting Against Cancer

08-09 Academic Year  
Issue No. 5

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## Newsletter

# Welcome Back

### Our New website Is Updated!

-- Learn more about us at <http://www.umich.edu/~usac/about.html>

Learn to Live. Live to Save.  
university students  
Acting Against Cancer

In This Semester  
we Have.....

- "Don't Get Burned over Break"
- Cancer Awareness Week
- Relay for Life
- LUNgevity Walk

AND MORE....

Details on The 2<sup>nd</sup> Page

### Lead Your Life

&

### Start a healthy 2009 !!!

### Learn Top 10 Ways to Prevent Cancer

1. **Avoid smoking, whether it be actual smoking or secondhand smoke.**
  - Smoking is the most significant risk factors for cancers that we can reduce.
2. **Practice sun safety and recognize when skin changes occur.**
  - Skin cancer is becoming more common, especially among young people. Wear sunscreen when outdoors, even if it is shady, and try to avoid the outdoors during the sun's peak time, which is 10 am - 2 pm.
3. **Eat your fruits and veggies**
  - Fruits and vegetables are rich in antioxidants, which help repair our damaged cells. Green veggies and orange and yellow fruits and veggies are your best bet.
4. **Watch the meats you eat, especially smoked or cured foods**
  - Research suggests that a diet high in animal fat can lead to the development of certain cancers. A diet high in smoked foods, salted fish and meat, and pickled vegetables increases your risk factor for cancer.
5. **Limit your alcohol intake.**
  - Drinking excessive amounts of alcohol regularly increases your risk factor for cancer. Studies suggest that men who consume 2 alcoholic drink per day and women who have 1 alcoholic drink per day significantly increase their risk factors for certain types of cancer.
6. **Exercise for cancer prevention.**
  - Being overweight greatly increases your risk factor for developing cancer. So, exercising to maintain or reach your ideal weight is one of the best defenses against cancer.
7. **Know your personal and family history of cancer.**
  - Research tells us that some types of cancers can be genetic. Knowing your family history of cancer can help you make more informed decisions about your healthcare. It can also aid in genetic testing and counseling, to assist you in finding out if you carry a mutated gene that increases your risk factor for cancer.
8. **Know what chemicals you are being exposed to in your work environment.**
  - If you are exposed to fumes, dust, chemicals, etc in the workplace, you have a right to know what you are being exposed to. Gasoline, diesel exhaust, arsenic, beryllium, vinyl chloride, nickel chromates, coal products, are all carcinogens and can be found in some work environments. Talk to your employer about limiting exposure.
9. **Practice safe sex.**
  - Unsafe sex can result in the infection of the HPV virus, a known cause for cervical cancer and a risk factor for many other cancers. HPV is a virus transmitted through sexual intercourse.
10. **Be sure to keep up on screening tests like the Pap, mammograms, and DREs.**
  - Make sure you have regular screening tests like the Pap smear and mammogram if you are a woman, and a DRE (digital rectal exam) if you are a man. The Pap and DRE can detect cellular changes before they become cancerous, and the mammogram may be able to detect breast cancer early. A rectal exam should be part of a woman's yearly gyn exam.

# Looking Forward...



American Cancer Society's Relay for Life will be on April 4th to April 5th 2009 at Palmer Field. This is a fun-filled overnight event designed to celebrate survivorship and raise money to help the American Cancer Society. These funds will go towards research and programs for patients and their families.

To register: Go to [www.mrelay.org](http://www.mrelay.org) and search for Team USAAC to join. After you register you can send emails to family and friends to raise money. There will be a bucket drive this month to fundraise for Relay for Life. More information will come in the future. If you have any ideas or questions please contact **Athletic Committee** Chair Amanda King, [kamanda@umich.edu](mailto:kamanda@umich.edu), or Anne Bowlby, [abowlby@umich.edu](mailto:abowlby@umich.edu).



**Cancer Awareness Week** will take place March 9th to the 15th. There will be a Diag Day, Bar Crawl, Band Night, Fashion Show, Talent Show, Art Exhibit and Candlelight Vigil. We are still looking for more sub-chairs to help organize these events. We are also looking for models for the Fashion Show (Thursday, March 12). More information coming soon about this! Email [cawchairs0809@umich.edu](mailto:cawchairs0809@umich.edu) if you have any questions or would like to help out!



**CHEERS and Sunshine** will be meeting right after the meeting to make fleece blankets for patients at the University of Michigan Cancer Center. Please stay and earn a point. It will be a fun time to get to know other members of USAAC and join in a great cause!



**Lung Cancer Awareness Committee** had a very successful turnout at The Great American Smokeout in November. Upcoming events include a bake sale in February (date to be determined) and the "Find Your Breath" LUNGEvity walk on April 11, 2009. Feel free to talk to the co-chairs for details. We hope to see all of your happy faces there!



**The Skin Cancer Awareness** will be having a speaker at the February mass meeting. It will be really interesting so please come! Also in February, we will have our "Don't Get Burned over Break" event. We would love your ideas and will also need volunteers so please see us if you can help!



## Let's Share Love

&

## Create memorable moments

## to Support Those We Care About



### Questions? More Details? Contact Us!!

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#### Board Contact INFO

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