

University Students Acting Against Cancer

08-09 Academic Year
Issue No. 5

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Newsletter



In This Semester
we Have.....

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

AND MORE....

Details on The 2nd Page

Think You Know Well About Cancer?

-- Learn about Top Ten Cancer Myths More info on www.health.discovery.com

Myth # 10 - What someone does as a young adult has little impact on their chances of getting cancer later in life.

Truth - lifestyle choices made as a young adult do increase your risk of developing cancer, particularly the use of tobacco, but also your diet, the amount of physical activity you get, and your exposure to the sun.

Myth # 9 - There is currently a cure for cancer, but the medical industry won't tell the public about it because they make too much money treating cancer patients.

Truth - Why would anyone hide a cure for cancer? Medical breakthroughs of all kinds are quickly announced and applied — as the world has seen with antibiotics and vaccines, such as the polio vaccine. Also, finding one all-encompassing cure for cancer is unlikely. Cancer comes in many different forms, and for several of them, there are already cures available for the majority of patients.

Myth # 8 - Electronic devices, like cell phones, can cause cancer in the people who use them.

Truth - Research has found neither consistent association between cell phone use and brain cancer, nor clear association between any other electronic consumer products and cancer. Ionizing radiation such as gamma rays and X-rays can increase cancer risk by causing changes to DNA in cells of the body. Cell phones, microwave ovens and related appliances emit low-frequency, which does not cause these DNA changes.

Myth # 7 - Some injuries can cause cancer later in life.

Truth - A bruise or any other injury is almost never the cause of a cancer. Sometimes a person might visit the doctor for an injury and a tumor is found at that time. But the injury did not cause the tumor; it was already there. Long-standing infections, however, such as certain forms of hepatitis or the bacteria that contribute to stomach ulcers, lead to more cancers than injuries do.

Myth # 6 - Living in a polluted city is a greater risk for lung cancer than smoking a pack of cigarettes a day.

Truth - Air pollution is far less likely to cause lung cancer than smoking cigarettes. Being a smoker, or even being frequently exposed to secondhand smoke is more dangerous than the level of air pollution encountered in U.S. cities. Dirty air does contribute to lung cancer risk, but has a greater impact on heart disease, asthma and chronic bronchitis. American Cancer Society (ACS) vice president of epidemiology and surveillance Michael Thun, M.D., estimates that air pollution increases the risk of lung cancer by 1/100th of the increased risk brought on by smoking a pack of cigarettes a day.

Myth # 5 - Treating cancer with surgery causes it to spread throughout the body.

Truth - Specialists in cancer surgery know how to safely take biopsy samples and to remove tumors without causing spread of the cancer. In many cases, surgery is an essential part of the cancer treatment plan. For a few types of cancer, surgeons take extra precautions to prevent any chance of the cancer spreading. For example, in testicular cancer the entire testicle containing the cancer is removed, so no cancer cells are dislodged. Doctors who perform surgery for cancer are specialists and are highly trained in the intricacies of cancer and anatomy.

Myth # 4 - Household bug spray can cause cancer.

Truth - Available evidence does not suggest a link between household use of pesticides (bug spray) and cancer. On the other hand, these products can be dangerous if precautions regarding breathing and direct contact are not followed. Careful use of pesticides is especially important for agricultural workers, who may be exposed at much higher levels than people who occasionally spray a bug in their home or garden.

Myth # 3 - You can prevent skin cancer by putting on one application of sunscreen at the start of each day.

Truth - The use of sunscreen on a daily basis is a good practice for reducing skin cancer risk. But it needs to be reapplied, and even then it still only confers a certain amount of protection. Mistakes in sunscreen use are common and may indicate that people don't understand the importance of protecting themselves from skin cancer. Visible symptoms of skin cancer don't show up for many years, and not long ago a tan was considered healthy. A sunburn will fade in a few days — out of sight, out of mind. The problem is what people don't see *can* hurt them. Sun damage remains in deeper layers of skin. It's cumulative and can eventually cause cancer.

Myth # 2 - Regularly eating meat cooked on a charcoal grill won't increase cancer risk.

Truth - You can increase your cancer risk by eating too much grilled red meat or chicken or even meat pan-fried at a very high temperature. Meat or chicken that is well-done or burnt appears to be the most problematic. Based on the existing research, the best approach may be to enjoy grilled meats occasionally, but not on a regular basis. This is a judgment call, but it makes sense to limit your exposure to carcinogens (chemicals linked to cancer), which are found in these grilled meats.

Myth # 1 - The risk of dying from cancer in the United States is increasing.

Truth - The risk of being diagnosed with cancer and the risk of dying of cancer have decreased since the early 1990s. Fewer than half the people diagnosed with cancer today will die of the disease. Some are completely cured, and many more people survive for years with a good quality of life, thanks to treatments that control many types of cancer. Cancer is not one disease, but many different diseases with different causes. For that reason one breakthrough "cure for cancer" is probably not likely to come along. There probably won't be one date in history when people remember that the cure for cancer was announced — just as infectious diseases weren't conquered on one particular day. Instead, every year will bring more and more cures for more and more types of cancer.

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 and search for team USAAC to join. After you register you can send emails to family and friends to raise money. If you have any ideas or questions please contact **Athletic Committee** chairs Amanda King, kamanda@umich.edu, or Anne Bowlby, abowlby@umich.edu.



Cancer Awareness Week will be held this year from March 9th to 15th. A series of events will be held throughout the week to increase awareness about cancer and to raise funds for our three charities, the Coach Carr Cancer Fund, Special Days Camp and PanCan. We will kick off the week with Diag Day on Monday, followed by a Band Night and Bar Crawl on Wednesday. On Thursday, a Fashion Show will be held in the League Ballroom. A new event for CAW this year, a dance competition, will be held on Friday and feature diverse dance groups. We will end the week on Sunday (3/15) with an Art Show and Candlelight Vigil. A Bone Marrow Registry will also be held throughout the week from Monday to Friday, at various locations on campus.



For the Fashion Show, we hope to have more models, especially guys, to join the show. If you are or know anyone interested in modeling, please e-mail us at cawchairs0809@umich.edu. Our next Fashion Show Meeting will be on Thursday, Feb 12th at 8pm meeting at the posting wall in Mason hall. Feel free to e-mail us if you are interested in helping out in CAW in any other way.



Lung Cancer Awareness Committee will have a bake sale at Mason Hall on February 12 from 9am-3pm to support lung cancer research. Make sure to stop by and please let all of your friends know! The "Find Your Breath" LUNgevity walk will be taking place at Ingalls Mall on April 11, 2009. Registration for the event is now open: please go to www.lungevity.org/findyourbreath. You may either sign up on the USAAC team or create your own team. Registration fee is \$10 for students and you will receive a free t-shirt! 100% of proceeds will support lung cancer research. Please invite all of your family and friends; if they are unable to attend, it is also possible to donate online using LUNgevity's online secure transaction services. If you have any questions, feel free to contact the co-chairs!



February is an important month for the Skin Cancer Awareness committee! **The Skin Cancer Awareness** will be having a speaker at the February mass meeting. It will be really interesting so please come! We will have our "Don't Get Burned over Break" event before spring break. We would love your ideas and will also need volunteers so please see us if you can help!

Quick Announcements

Our New website Is Updated!
-- Learn more about us at <http://www.umich.edu/~usac/about.html>

Come buy USAAC T-shirt for \$10!

Learn to Live. Live to Save.

university students
Acting Against Cancer

Questions? More Details? Contact Us!!

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