



USAC News



Volume 17, Issue 4

December 12, 2006

CANCER AND NUTRITION

According to the National Cancer Institute, at least 35% of all cancers have a nutritional connection. When other life-style factors and smoking are considered, the rate increases to 85%. Healthier, balanced diets and lifestyles are good for general health and specifically for reducing the risk of cancer.

Dark green leafy vegetables including spinach, kale, romaine lettuce, and collard greens are excellent sources of fiber, folate, and many carotenoids. Carotenoids can inhibit the growth of certain types of breast cancer cells, skin cancer cells, lung cancer, and skin cancer. Dietary folate, which is a type of carotenoids found in these vegetables, may reduce the risk of colorectal cancer, and may reduce breast cancer in women who drink alcohol. In one study, it cut the rate of ovarian cancer in women to less than half.

Cruciferous vegetables include broccoli, cauliflower, Brussels sprouts, and bok choy. In various cell, tissue, and animal models, components of these vegetables have shown the ability to stop the growth of breast, uterine, lung, colon, liver, and cervical tumors. They may also regulate a complex system of body enzymes that defend against cancer.

Berries are good sources of vitamin C and fiber, which have been linked to lower cancer risks. Ellagic acid, which is in all berries, especially strawberries and raspberries, has been shown to prevent skin, bladder, lung, esophageal, and breast cancers.

Grapes and grape juice are both good sources of resveratrol, which has been shown to slow the growth of cancer cells and inhibit the formation of tumors in lymph, liver, stomach, and breast cells. It has even triggered the death of leukemic and colon cancer tumors.

Whole-grains are grains that keep all three parts of the grain kernel. They are rich in fiber, vitamins, minerals, and have hundreds of helpful phytonutrients (nutrients coming from a plant source). Several substances in whole-grains have been linked to lower cancer risk, including soluble and insoluble fiber, antioxidants, phenols, lignans, phytoestrogens, and saponins. Look for whole-grains in certain breads, pastas, and cereals. Brown rice is a whole-grain, while white rice is not.

NEXT SEMESTER'S MEETINGS

Wednesday, January 17 at 8pm: Union—Parker Room (the location may be changed, so make sure your on the USAC e-mail list and also check the website for updates)

Tuesday, February 13 at 8pm: Union—Wolverine Room

Tuesday, March 13 at 8pm: Union—Anderson Room

Wednesday, April 4 at 8pm: Union—Kuenzel Room

Inside this issue:

Cancer and Nutrition	1
Next Semester's Meetings	1
Success!!	2
Committee Updates	2
Members of the Month	2
Looking Forward	3
After the Meeting	3
Other USAC News	3
Board Contact Info	4
USAC Quick Facts	4

SUCCESS!!

LUNgevity Walk-a-thon

On Sunday, November 12, we had our Walk-a-thon kickoff at Yelena's house, which was a huge success. Nurse Sue An-suri made us a delicious raw food meal; thoracic oncologist David Reisman and smoking cessation nurse Susan Gross discussed their work. If you are interested in getting involved in our April 15th walk, please check out our website at www.lungevity.org. We encourage you to sign up to be a walker or a team captain if you have not done so already. Remember the holidays are a great time to ask your friends and family for sponsorship!

Locks of Love

The tally for Locks of Love ponytails is now 51! If you would like to add a hair donation of your own, USAC will give you 3 membership points! You can even get your hair cut for free or save money at numerous salons in Ann Arbor. Please contact Rebecca at rungera@umich.edu for more information.

See the Locks of Love section on the USAC website (in the Committees section) for a list of local salons that offer discounts for donors.

Education Outreach

Last month we co-sponsored with UHS on a talk about the new HPV vaccine. The talk was very informational and there was a great turnout—thanks to everyone who came! Take a look at the cancer-fighting foods sheet (on your chair) and see if you can incorporate them into your holiday meals! Have a great break.

COMMITTEE UPDATES

Cancer Awareness Week

Hi USAC,

The Cancer Awareness Week committee has been in the process of planning the individual events and fundraisers. We will be having a bake sale early next semester, so look out for the time and location so you can stop by! We'd like to thank all of our sub-chairs for all the great work they've done this semester! We are anticipating the best Cancer Awareness Week yet. If you would still like to get involved with CAW, please contact one of the chairs. Our info can be found on the back of the newsletter. Have a great break! Shelly, Melissa, Katie & Lexie

MEMBERS OF THE MONTH

Congratulations to the November Members of the Month!

Mary Meram did a great job for the Smokeout Diag day. She agreed to visit some local businesses asking for donations of prizes, but when she was turned down by the places we asked her to go, she took the initiative to go other places we hadn't even considered and was able to get prizes from them.

Yunzhi Huang was extremely helpful with publicity for LUNgevity. She made copies of brochures and fliers, and most importantly was very reliable and followed up with everything.

LOOKING FORWARD

You should get involved now in these big USAC events!

Relay For Life

This year's Relay for Life is on April 14-15 at Palmer Field. USAC is looking to have this year be the best ever! We are hoping to have 20 members on the USAC team and we hope to raise over \$500. If you are interested in joining our team you can sign up online at www.umich.edu/~umrelay on the University Students Against Cancer team or talk with Mitchell or Heidi to get more information.

LUNgevity Walk-a-thon

If you are interested in getting involved in our April 15th walk, please check out our website at www.lungevity.org. We encourage you to sign up to be a walker or a team captain if you have not done so already. Remember the holidays are a great time to ask your friends and family for sponsorship! Talk to Yelena (yelz@umich.edu), K.K. (Schmier@umich.edu), or Jeff (cheek@umich.edu) for more information.

AFTER THE MEETING

CHEERS/Sunshine

Immediately following tonight's mass meeting, we encourage everyone to come join the Cheers/Sunshine Committee for our final project of the semester. This is a great way to not only explore your artistic side, but also meet new club members. This week we will be making decorative holiday bouquets for our adult cancer patients. Remember, participation in these crafts earns you points toward becoming an active member in USAC, so be sure to find Katie and Emily after the meeting!

OTHER USAC NEWS

Ronald McDonald House

The Ronald McDonald House Committee is still collecting your pop can tabs at every mass meeting. These tabs support families staying at the Ronald McDonald House by paying their nightly fee. Thank you!

Fundraising Discount Cards

The discount cards are nearly ready. Talk to Jing Jing (jsquare) or Kyle (kyday) or e-mail them to order your card! They will be available at this meeting, or very shortly after.

Breast Cancer Awareness: Yoplait Lids

If you have any leftover Yoplait lids, it's not too late to donate them! There will be a folder on the USAC office door where you can drop them off until Monday, December 18th. After that, they'll be mailed to the Yoplait people!

Breast Cancer Awareness T-Shirts

T-Shirts will be available all next semester AND they make excellent Holiday gifts! If you want a shirt but forgot your money today, contact Laurie (laurtega@umich.edu). All sizes Youth Large to Adult XL are still available!

BOARD CONTACT INFO

EXEC BOARD

Kathryn Blake, kbrlake, President
Jenny Huang, jenyh, Vice President
Meghan Beach, beachme, Treasurer
Kelsey Collins, kelslynn, Secretary

ATHLETIC COMMITTEE

Heidi Fisher, fisherhe
Mitchell Zoerhoff, zoerhoff

BREAST CANCER AWARENESS

Laura Bourdon, lbourdon
Laurie Ortega, laurtega
Samantha Starr, samastar

CANCER AWARENESS WEEK

Melissa Beglin, mbeglin
Katherine McMahan, mckather
Lexie Mitter, amitter
Shelly Weiss, shellmw

C.H.E.E.R.S./SUNSHINE

Katie Caretti, caretti
Emily Parus, eparus

EDUCATION OUTREACH

Chelsea Ams, clams
Seema Bhandari, seemab

ELEMENTARY OUTREACH

Alena Smalligan, alenaks
Ashlea Surles, ajsurles

FUNDRAISING

Kyle Davis, kyday
Jing Jing Wang, jsquare

HISTORIAN

Jessica Petrella, jessp

LOCKS OF LOVE

Rebecca Runge, rungera
Sarah Stevens, sarahts

LUNGeivity

Yelena Adelman, yelz
Jeff Cheek, cheek
KK Schmier, schmier

NEWSLETTER

Mark Hodges, hodgesm

RONALD MCDONALD HOUSE

Jeff Tosoian, jtosoian
Kate Zahn, kmzahn

SKIN CANCER AWARENESS

Nour Abdul-baki, nour
Kory West, kowest

SMOKEOUT

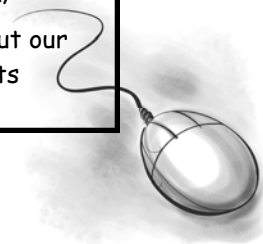
Alana Otto, alanako
Christine Rickard, rickardc

USAC QUICK FACTS

**Executive Board Office Hours:
USAC Office- 4134 Michigan Union**

**Monday 4-5pm: Jenny Huang
Tuesday 4-5pm: Kelsey Collins
Wednesday 1-2pm: Meghan Beach
Thursday 10am-12pm: Kathryn Blake**

Check out the USAC website:
www.umich.edu/~usac/
To find out more about our
committees and events



NEXT MEETING

**1/17/06 Parker Rm., Union, 8pm
(location may be changed, please
check the website for updates)**