

FALL 2010



## STUDENT HEALTH PROMOTIONS

OCTOBER 2010

# CANCER AWARENESS MONTH

IN A SPRING 2010 SURVEY OF 164 MALES AND 317 FEMALE SCSU STUDENTS ONLY 12% OF MALES AND 42% OF FEMALES RECEIVED THE HUMAN PAPILLOMAVIRUS/HPV (CERVICAL CANCER) VACCINE.

Cancer is the general name for a group of more than 100 diseases in which abnormal cells in a part of the body begin to grow out of control. Untreated cancers can cause serious illness and even death. Cancer cell growth is different from normal cell growth. Instead of dying, cancer cells continue to grow and form new, abnormal cells.

Cancer cells can also invade (grow into) other tissues, something that normal cells cannot do. Growing out of control and invading other tissues are what makes a cell a cancer cell. In most cases the cancer cells form a tumor. Some cancers, like leukemia, rarely form tumors. Instead, these cancer cells involve the blood and blood-forming organs and circulate through other tissues where they grow.

Different types of cancer can behave very differently. For example, lung cancer and breast cancer are very different diseases. They grow at different rates and respond to different treatments. That is why people with cancer need treatment that is aimed at their particular kind of cancer.

**Half of all men and one-third of all women in the US will develop cancer during their lifetimes.** Today, millions of people are living with cancer or have had cancer. The risk of developing most types of cancer can be reduced by changes in a person's lifestyle. The sooner a cancer is found and treated, the better the chances are for living for many years. For more information visit Center for Disease Control [www.cdc.gov](http://www.cdc.gov), American Cancer Society [www.cancer.org](http://www.cancer.org), or the American Academy for Dermatology [www.aad.org](http://www.aad.org).

### Cancer Among Women and Men

#### The three most common cancers among women include:

- **Breast cancer:** First among women of all races and Hispanic origin populations.
- **Lung cancer:** Second among white, black, and American Indian/Alaska Native women, and third among Asian/Pacific Islander and Hispanic women.
- **Colorectal cancer:** Second among Asian/Pacific Islander and Hispanic women and third among white, black, and American Indian/Alaska Native women.

#### The three most common cancers among men include:

- **Prostate cancer:** First among men of all races and Hispanic origin populations.
- **Lung cancer:** Second among white, black, American Indian/Alaska Native, and Asian/Pacific Islander men; third among Hispanic men.
- **Colorectal cancer:** Second among Hispanic men; third among white, black, American Indian/Alaska Native, and Asian/Pacific Islander men.

**PREVENTION**

The number of new cancer cases can be reduced, and many cancer deaths can be prevented. Research shows that screening for cervical and colorectal cancers as recommended helps prevent these diseases by finding precancerous lesions so they can be treated before they become cancerous. Screening for cervical, colorectal, and breast cancers also helps find these diseases at an early, often treatable stage. A person’s cancer risk can be reduced in other ways by receiving regular medical care, avoiding tobacco, limiting alcohol use, avoiding excessive exposure to ultraviolet rays from the sun and tanning beds, eating a diet rich in fruits and vegetables, maintaining a healthy weight, and being physically active.

**HUMAN PAPILLOMA VIRUS - HPV**

Is the **most common sexually transmitted virus** in the U.S. In fact, about 50-75% of sexually active men and women are infected with HPV at some time in their lives. Although **HPV infections can occur without symptoms** and go away without treatment over the course of a few years, other HPV infections persist for many years. HPV is the primary cause of cervical cancer and plays a role in cancers of the anus, vulva, vagina, and penis. Every year about 10,000 women get cervical cancer and 3,700 die from it. Some types of HPV cause genital warts. The best way to avoid HPV is to avoid genital contact. It is also recommended that women and men ages 9 – 26 get the HPV vaccine. The vaccine protects against 4 types of the 126 HPV viruses. It’s best to be vaccinated before sexual activity, but sexually active people still benefit.

**STUDENT HEALTH SERVICES**

The student Health Services is located on the first floor of Hill Hall. The pharmacy and clinic is available for SCSU/SCTC students.



**CONDOM CLUB**

**October Special: Free key chains to the 1<sup>st</sup> 100 members.** Stop in at the Health Promotions area in Student Health Services to join the Condom Club. Watch a 6-minute video and you will receive a “Condom Club Card” entitling you to a dozen condoms for only \$2.

**SKIN CANCER**



People of **all colors and races get skin cancer.** Those with light skin who sunburn easily have a higher risk. Risk factors include: sunburns, family history of skin cancer, exposure to x-rays, and weakened immune system. Using indoor tanning devices such as tanning beds and sunlamps also increases the risk of developing skin cancer.

- It is estimated that more than 120,000 Americans will develop melanoma this year.
- Important to get checked by a dermatologist and self exams
- Use Protection Factor (SPF) of 30 or more to all exposed skin
- In the United States skin cancer is rising in all races.

**The Best Defense Against Cancer**

*EARLY DETECTION – FINDING A CANCER EARLY BEFORE IT HAS SPREAD – GIVES YOU THE BEST CHANCE TO DO SOMETHING ABOUT IT. KNOWING ABOUT THESE CANCERS AND HOW THEY CAN BE PREVENTED OR FOUND EARLY CAN SAVE YOUR LIFE.*

**SAVE THE DATE**

<p><b>LIBERATION OR BUST</b> <b>OCTOBER 4<sup>TH</sup></b>  Breast Casting Event  Atwood</p>	<p><b>PINK PARTY</b> <b>OCTOBER 7<sup>TH</sup></b>  Cancer Awareness Event  Atwood</p>	<p><b>CANCER AWARENESS BOOTH</b> <b>OCTOBER 11<sup>TH</sup></b> FREE skin check for cancerous moles by doctors. 11:00-1:00PM Atwood</p>	<p><b>BLIZZARD SHACK</b> <b>OCTOBER 21<sup>ST</sup></b> Alcohol Awareness Event  Atwood Mall</p>	<p><b>HOMECOMING</b> <b>OCTOBER 23<sup>RD</sup></b> Homecoming Fun Run Strides  Halenbeck Hall Field house</p>
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**WALK IN FLU SHOT CLINIC**

**When:** September 9<sup>th</sup> - 30<sup>th</sup> 8:30 am -11:30 am **OR** schedule an appointment 320-308-3193.  
**Cost:** \$27, able to bill some insurance. **Location:** Student Health Services – First floor of hill hall



