

Equality  
Opportunity  
Justice  
Respect  
Empowerment  
Freedom

# Berkeley NOW October Newsletter

## Breast Cancer Awareness Month

Show your solidarity and educate yourself. Drop by the NOW table throughout this month to pick up pink ribbons and information on breast cancer and the importance of monthly self-breast exams.

*A few facts about breast cancer:*

- ❖ *Breast cancer is the most common cancer among women, besides nonmelanoma skin cancers.*
- ❖ *It is the second leading cause of death for women, exceeded only by lung cancer.*
- ❖ *The chance of developing invasive breast cancer in a woman's lifetime is 1 in 8 (13% of women.)*
- ❖ *Women living in North America have the highest rate of breast cancer in the world.*
- ❖ *It is estimate that throughout this year about 212,920 new cases of invasive breast cancer will be diagnosed among women in the U.S.*
- ❖ *Breast cancer also affects men. This year it is predicted that 1,720 new cases will be diagnosed in men.*
- ❖ *The chance that breast cancer will be the cause of death for a woman is about 1 in 33 (3%)*
- ❖ *It is predicted that 40,970 women and 460 men will die from breast cancer in the United States.*

While death rates of breast cancer continue to decline, especially for women under 50, this is mostly attributed to early detection through screening, improved treatment, and most importantly increased awareness. So drop by, show your support, but most importantly learn and spread the word! ☺ facts from: [www.cancer.org](http://www.cancer.org)



## Making Strides Against Breast Cancer 2006 San Francisco

If you are interested in a more proactive approach, join the Bay Area's 9<sup>th</sup> annual breast cancer walk. This walk is organized by the American Cancer Society and was successful in raising \$1.3 million last year. It will take place in Golden Gate Park on October 21<sup>st</sup>.

Interested? Register at [www.makingstrides.acsevents.org](http://www.makingstrides.acsevents.org)

## LOVE YOUR BODY DAY

Wednesday, October 16<sup>th</sup> on Upper Sproul

This is the day to celebrate and embrace your body... just the way it is!!! We live in a society that is constantly obsessed with letting us know what we should look like. We either need to grow 5 more inches, increase our breast size 2 more cups, lose 6 sizes around our waist, or spend thousands/millions of dollars on unnecessary "beautifying" procedures and accessories. The sad part about all these messages is that we actually believe them! ☹ This is a day to feel proud of all your attributes and to enjoy your body!!!

Come join the celebration and drop by the NOW and GenEq tables to get more information and see the



The facts:

- ❖ The body type portrayed in advertising as the ideal is possessed naturally by less than 5% of females.
- ❖ The average weight of a model is 23% lower than that of an average woman; 20 years ago, the differential was only 8%
- ❖ An estimated 85-95% of people with anorexia nervosa and bulimia and 65% of people with binge eating disorders are female.
- ❖ Approximately one million men and boys/ ten million women and girls suffer from anorexia and/or bulimia, in the United States alone.

Facts from: [loveyourbody.nowfoundation.org](http://loveyourbody.nowfoundation.org)



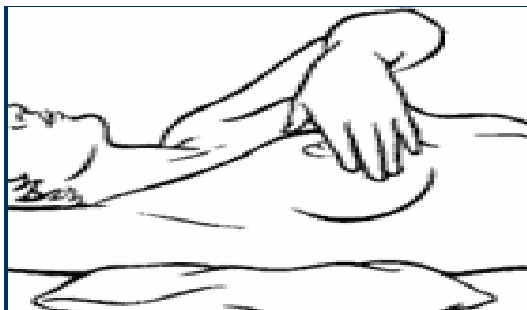
# Checking for lumps



So how is cancer awareness month relevant to us? Well although we are not at the high risk in our age, it is important to make sure that we begin to get into a habit of examining our breasts. The American Cancer Society recommends that women begin checking their breasts in their 20s on a regular basis. Women are recommended to be aware of how their breasts normally look and feel so that when there is a change they can report it to their doctor right away. Here are some step-by-step directions on how to do a breast-self exam.

## Breast-Self Exam

❖ Lie down and place your right arm behind your head. The exam is done while lying down, and not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and it is as thin as possible, making it much easier to feel all the breast tissue.

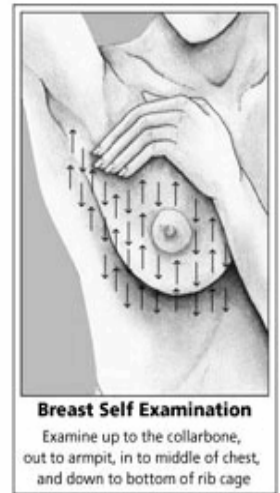


❖ Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.

❖ Use three different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. A firm ridge in the lower curve of each breast is normal. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.

Instructions from [www.webmd.com](http://www.webmd.com)

❖ Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone. (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collarbone.



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

❖ There is some evidence to suggest that the up and down pattern is the most effective pattern for covering the entire breast without missing any breast tissue.

❖ Repeat the exam on your left breast, using the finger pads of the right hand.

❖ While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, dimpling, pulling, or redness or scaliness of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes.) Continue to look for changes with your arms down at your sides and then with your arms raised up over your head with your palms pressed together.

❖ Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it difficult to examine.

Whether or not you perform breast self-exams in your 20s it is recommended you have a breast exam by a health professional every three years until you're 40. After 40, schedule a breast exam and a mammogram every year. Breast self-exams can miss tumors, as can other methods of screening. That's why it's important to rely on more than one method.

# Human Papilloma Virus Vaccine

Did you know that there is a vaccine for Human Papilloma Virus (HPV) and that it is now available at TANG???



...Well there is and it is available to you at TANG! So here is the deal...

**First of all, what is Human Papilloma Virus?** Human Papilloma virus causes genital warts through sexual contact. The reason why it is important to get tested for HPV is because some forms of it can cause cervical or penile cancer. Here are some facts:

- HPV infections are the most common STDs and it is estimated that at least 50% of sexually active women and men will get a genital HPV infection at some point in their lives.
- When someone gets infected it may take from one to three months for warts to appear. Some people don't even get warts and therefore have no way to knowing that they are infected and can infect others as well.
- In women, warts can develop on the outside and inside of the vagina, on the cervix (the opening to the uterus), or around the anus.
- In men, they may be seen on the tip of the penis, the shaft of the penis, on the scrotum, or around the anus.
- Genital warts also can develop in the mouth or throat of a person who has had oral sex with an infected person.
- In the United States, approximately 4,000 women die from cervical cancer each year; worldwide deaths from cervical cancer number approximately 270,000 (something to think about: rates are higher in areas where Pap smear screening and early treatment are not readily available).

**More Info on HPV...** It is recommended that you get tested for STDs if you are sexually active whether you are in a monogamous relationship or not. A complete pelvic exam and Pap smear is usually a good way to get tested not only for HPV, but other STDs. Unfortunately, even if you do get tested for HPV you can be at a higher risk of developing cervical or penile cancer. But not all forms of the virus are associated with these cancers. So if you have genital warts, it is important to get annual check-ups to screen for cervical or penile cancer.

This vaccine is available by appointment in the Allergy/Travel clinic. This 3-dose vaccine costs \$135 per dose and is covered by the Student Health Insurance Plan (SHIP) at 80%.

**So how can I prevent this from happening?** There are options and it is your choice how you decide to go about them. You can choose to be abstinent or to only have sex with a person who you know has been tested. Another option may be to go get tested with the person/ people you are planning to have sexual contact with... you just have to keep in mind that with some STDs there is lag time between the time the disease is contracted and the time it can actually show up as positive. So if you get tested once and the results are negative it does not necessarily mean that you or the other person is 100% STD free. So just watch out for that. Condoms or dental dams are always an option, but they are not 100% effective. So the new option as of June 8, 2006 is...

## The HPV Vaccine!

**What is it?** Gardasil is the new and first Human Papilloma virus (HPV) vaccine. It is recommended for girls and women from ages 9-26. The vaccine is a 3 dose vaccine over the course of 6 months and mostly benefits girls/women who have not yet been exposed to HPV. Minimum protection is reached a month after the 3<sup>rd</sup> dose. The vaccine protects against infection from four strains of the virus. Two of these strains, HPV-16 and HPV-18, account for about 70% of cervical cancers. The other two strains covered by the vaccine, HPV- 6 and HPV-11, account for about 90% of genital warts. *More about the vaccine :*

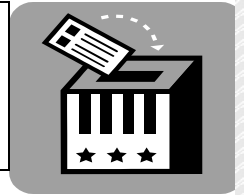
- Gardasil does not protect against the HPV types responsible for 30% of cervical cancer, therefore it is highly recommended that women who receive the vaccine still schedule yearly pap smears.
- Women who do not receive all three doses of the vaccine, or who were not vaccinated on the correct schedule, will not receive the vaccine's full benefits.
- Effectiveness: Women who had never been exposed to HPV: 98.8% effective in preventing HPV & 93.4% in preventing genital warts. Women who had been previously exposed to HPV: 40% effective in preventing serious cervical disease & 68.5% in reducing genital warts.

Please call (510) 643-7177 to make an appointment.  
Facts from [www.webmd.com](http://www.webmd.com) & [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu)

# Teen Health On the Ballot

On November 7<sup>th</sup> we as Californians will have many important decisions to make. One of those decisions will be whether we will vote yes or no on Proposition 85. Things you should consider before

**Time to Vote!!!**  
Register to vote at  
[www.rockthevote.org](http://www.rockthevote.org)



## Proposition 85

Proposition 85 is basically Prop 73 from last year minus 200 words. It is a proposition that if passed amends California Constitution to prohibit abortion for unemancipated minors until 48 hours after a physician notifies the minor's parent or legal guardian. The exceptions to this are medical emergencies or a parental waiver. In the case that the minor does not want to or cannot notify their legal guardians, the minor can obtain a court order waiving the notice. This waiver is granted based on clear and convincing evidence of minor's maturity or that having the abortion is in the minor's best interest. In addition, it mandates various reporting requirements, including reports from physicians regarding abortions performed on minors. In

**So who is supporting Prop 85?** According to the California Secretary of State website, the group supporting Proposition 85 is YES ON 85. A great majority of their funding is provided by Jim Holman, Don Sebastiani, and many others who are interested in overturning Roe vs. Wade. Organizations like the Traditional Values Coalition, Evangelicals for Social Action, Right to Life of Central California are also in support of and leading the YES ON 85 campaign.

**...Just a lil background on this Jim Holman guy...** He is a publisher of the San Diego reader, San Diego News Notes and three Catholic newspapers. Nicknamed "the Catholic Crusader of Coronado," he has provided the more than \$2 million to Prop 85 and not only opposes choice, but also contraception,

Although YES ON 85 stresses on parent's right to know and teen safety, the campaign, based on their supporters and arguments (check out [www.yeson85.net](http://www.yeson85.net) for more info) is a tactful move to chip away at choice than to truly protect California's youth, who would have no choice on voting yes or no on this proposition that solely affects them directly.

Parents do rightfully want to be involved in their daughter's or son's lives, but laws cannot legislate family communication or parent understanding. In reality, not all teenagers live in ideal homes where their parents are open to listen and support them. Many minors live in abusive homes with violent parents with which they cannot communicate nor talk to about something as an unplanned pregnancy. This means that if Prop 85 passed, it would place these vulnerable minors in a dangerous circumstance where they can resort to unsafe alternatives, like ...

The No ON 85 also claims that parental notification laws will decrease sexual assault on young girls, but what if the guardian is the one sexually assaulting the child? In the case that the child cannot discuss the pregnancy with their guardians, supporters of 85 say that a judicial bypass is an alternative. But what 12 or even 17 year old can navigate the court system? In addition, there are many small towns and cities in which going to court puts minors at risk of bumping into people they know that can jeopardize their privacy. Also, there are also many places that are far

In terms of teen pregnancy and the argument that with a parent notification law teen pregnancy would decrease, this is not actually true. Up until now, California has been successful in reducing its teen pregnancy rates by 46% over the past 10 years and

**So who supports NO ON 85?** The big supports of NO ON 85 are Planned Parenthood Affiliates in California, NARAL Pro-Choice California, ACLU, Northern & Southern California, California NOW, AFL-CIO, the California Medical Association, California Nurses Association, and many more.

**Berkeley NOW is endorsing the NO ON 85 campaign and is proactively involved in the NO ON 85 Coalition on Campus. If you are interested in working to defeat Proposition 85 email [ucbrealteensafety@gmail.com](mailto:ucbrealteensafety@gmail.com) and join the effort!**

# Upcoming Events/ Activities

Real Teen Safety Campaign

**October 21:** Voter Outreach - Football Meet @ I-house one hour before the game

**October 23:** WEEK OF ACTION!!! (email [ucbrealteensafety@gmail.com](mailto:ucbrealteensafety@gmail.com) to get more info on activities)

**October 26:** Pub Crawl! 830P Meet at Bancroft & Telegraph

**November 4:** Voter Outreach- Football Meet @ I-house an hour before the game Questions? Email [ucbrealteensafety@gmail.com](mailto:ucbrealteensafety@gmail.com)



Save the Date!!!

**First Women of Color Festival**

A celebration of Women of Color through poetry, music & dance

**Wednesday, November 8 from 12-1P on Upper Sproul**

**The Theme: Reclaiming Our Bodies, Minds, and Spirits  
Post Fest will be from 7-9P at the Multicultural Center in Heller Lounge ☺**

**Brown Bag with Barrie Thorne, Chair of Gender & Women's Studies Department on Thursday, October 26 at noon in the department**

Bring your lunch and chat with Barrie Thorne. She will talk a little about the competitive hierarchical vanity-envy culture of academia and how to counter it, including her own experiences as a woman in academia.

**Brown Bag with Carla Trujillo, Director of the Graduate Diversity Program and author on Thursday, November 2 at noon in the department**

Bring your lunch and chat with Carla Trujillo about her experiences and perspectives.

This brown-bag is a part of a project of the Gender Equity Resource Center called "Herizons: Cal Women

**Campus LGBT History Tour... Wednesday, October 25 @ 515P... meet at the Campanile**

Explore the LGBT history that has taken place at UC Berkeley! Tour guides Bill Benemann (Boalt Hall librarian) and Steve Finacom (Physical & Environmental Planning Department) will go through an hour-long tour of campus history.

Look Ahead!!!

March 3, 2006

**Empowering Women of Color Conference**



**Berkeley National Organization for Women**

Meetings every Wednesday @ 5P in the Gender Equity Center

Are you passionate about feminism, gender equity, eco-feminism, human rights, and activism? Come check us out at

[www.ucbnow.berkeley.edu](http://www.ucbnow.berkeley.edu) or drop by during a meeting!

This year, BNOW is incorporating an international component to the chapter. We are fundraising to take a community service trip during Spring Break so we are currently selling handmade crafts (bags, jewelry, etc.) made by women survivors of sex trafficking. 25% of the money made goes to NOW, the rest is given to the women. If you are interested in buying something or if we can sell some of these crafts at an event you are hosting please email Carly Krause at [crk@berkeley.edu](mailto:crk@berkeley.edu) or me at [g\\_mina@berkeley.edu](mailto:g_mina@berkeley.edu). BNOW would greatly appreciate it!!! Thank you ☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺

Note from the Health Worker: Hello my name is Mina Garcia and I am NOW's health worker. This is the first year that we are trying this out so if you have any suggestions about what type of topics or issues you would like discussed or presented please feel free to email me at [g\\_mina@berkeley.edu](mailto:g_mina@berkeley.edu). I am very excited about these monthly newsletters and I would really like to get some feedback ☺. Also, if you are a student group and you are putting on an event that is relevant to NOW, email me ahead of time and I can advertise it on the newsletter. Happy reading!