

Month Of October Named Breast Cancer Awareness Month

October has been recognized as Breast Cancer Awareness month.

Many people notice the pink ribbons and bracelets that are worn to promote breast cancer awareness, but they may not fully understand the facts behind these items, says Sally Garrett, County Extension Agent -Family Consumer Sciences.

Cancer is a disease that occurs when cells become abnormal and divide without control or order. Courtney J.Schoessow, MPH, Extension Program Specialist C Texas Cooperative Extension, states that not only is breast cancer the most common cancer in women, it is also the second leading cause of cancer death in women aside from skin cancer.

Breast cancer is a malignant tumor that grows in one or both of the breasts.

It forms in tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). Breast cancer is not limited only to women; men are also at risk, although male cases are rare.

The most common signs of

breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast.

These symptoms can be detected through self-exams, but one of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt.

Mammography screening remains the best available method for early detection of breast cancer, says Schoessow.

Breast cancers that are found because they can be felt tend to be larger and more likely to have already spread beyond the breast.

According to the American Cancer Society (ACS), most doctors feel that early detection tests for breast cancer could save many more lives if more women and their health care providers took advantage of these tests.

When should testing begin? According to ACS, women age 40 and older should have a screening mammogram every year and should continue to do so each year.

Women in their 20s and 30s should have a clinical breast

exam as part of a periodic health exam by a health professional, preferably every 3 years. It is suggested that women in their 20s do a breast self-exam, but there are limitations to self exams, and they should never be substituted for a mammogram.

Women at high risk should talk to their doctors about getting an MRI and mammogram every year, states Schoessow.

What factors increase your risk of having breast cancer? Breast cancer risk is higher among women whose close blood relatives have this disease. Race has also shown to be an indicating factor.

White women are slightly more likely to develop breast cancer than are African-American women, although African-American women are more likely to die of this cancer.

It has also been found that women who have had no children or who had their first child after age 30 have a slightly higher breast cancer risk. Having multiple pregnancies and becoming pregnant at an early age reduces breast cancer risk.

Obesity has been found to be a risk factor to many diseases; breast cancer is no exception. Being overweight or obese has been found to increase breast cancer risk, especially for women after menopause.

Likewise, evidence is growing that physical activity in the form of exercise reduces breast cancer risk.

Use of alcohol is clearly linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed.

False risk factors have been circulated through many means, including the Internet. Rumors have suggested that chemicals in underarm antiperspirants are absorbed through the skin, interfere with lymph circulation, cause toxins to build up in the breast, and eventually lead to breast cancer.

Rumor also suggested that bras cause breast cancer by obstructing lymph flow. There is very little laboratory or population-based evidence to support either rumor.

Additionally, silicone implants

have been a suggested risk factor.

Implants do make it harder to see breast tissue on standard mammograms, but additional x-ray pictures (called implant displacement views) can be used to more completely examine the breast tissue.

According to ACS, the chance of developing invasive breast cancer at some time in a woman's life is about 1 in 8. The chance that breast cancer will be responsible for a woman's death is about 1 in 35.

These statistics have been on the decline, and the reason for that decline is believed to be the result of earlier detection through screening and increased awareness, as well as improved

treatment.

What can you do to reduce your risks of breast cancer? Schoessow states that suggested practice for good breast health for women includes:

Obtain regular mammography screenings starting at the age of 40.

Obtain annual clinical breast exams.

Perform monthly breast-self exams, if you wish.

Obtain a risk assessment from a physician.

So, the next time you see someone wearing a pink ribbon or bracelet, remember the things that can be done to protect yourself or your loved one from becoming a victim of breast cancer.

Study Club Auction Brings \$60,000

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with \$30,471.90 for a total contribution to the Eula and David Wintermann Library of \$60,943.80.

The Wintermann Foundation is directed by Jack and Judi Johnson, Steve Balas and Don Bendy who continue to fulfill the generous wishes of Eula and David Wintermann.

During the main auction, ten top raffle items were given away. Lucky winners were: #1 Savage 93R17 Rifle - Baumgarten Agencies, #2 Rustic Glamour Necklace - Bryan Wiese, #3 Silver Buffet Server - Robin Thomas, #4 Stainless Steel Gas BBQ Grill - Linda Balas, #5 Children's Garden Rabbit Table and Chairs - Eugene Labay, #6 Two Framed Embroidered Silk Hangings - Connie Epps, #7 Liadro Porcelain Figure of Don Quixote - Pat Cook, #8 Set of Best Fishing Lures by Strike Pro - Jo Lou Parks, #9 Pair of Season Tickets to the Stafford Opera House - E. B. Air Conditioning, and #10 Acer Aspire Laptop



Vickie Powers (shown in picture), Ernie Sommerlatte, Becky Anderson, Meredith Nethery, and Sylvia Rucka were the Cashiers for the evening. Powers is the Librarian for the Eula and David Wintermann Library.

Computer - Class Concrete. Everyone who stayed the entire evening was treated to a special bonus drawing for raffle

items. Many nice prizes were won by people who had entered the raffle drawing.

Many thanks to all of the helpers we had throughout the evening and during our fund raising time before the auction.

We do want to further acknowledge the helpers during the main auction who walked around and displayed each auction item for everyone to see.

They were Jonna Bowen, Shaina Bowen, Taylor Gannon, Emma Kelley, Mallory Thomas and Madison Stancik.

During the live auction, another record-breaker was seen. A Gourmet Dinner for 8 in memorial of Dr. Raymond R. Thomas brought \$3,000.

So many persons are to be thanked for another very successful year! Please know that you are appreciated beyond words.

This very important fundraiser could only be possible by our continuing to work together



Fair Wells welcomed everyone to the Annual Study Club Auction held Saturday, September 22.

Subscribe To The Headlight

Dujka Performs Oct. 19 At Blinn

The multi-talented John Dujka will be the guest artist for the Blinn College Ex-Students Association annual homecoming concert on Oct. 19, at 8 p.m. in the Dr. W.W. O'Donnell Performing Arts Center on the Brenham campus.

Dujka, a well-known educator as well as musical performer, will present an evening of classical and popular piano music.

A member of the Blinn music faculty since 1990 -- teaching piano, class piano, and music

theory -- Dujka also teaches piano to grade school students at his home studio.

When not in the classroom, he keeps busy recording and performing throughout the state with his brother Mark as the Dujka Brothers. He also produces a weekly radio show with his wife Julie, "Saturday Morning Dance Time," which airs on KULP 1390 in El Campo from 10 a.m. until noon.

Dujka received his bachelor

and master of music degrees from the University of Houston Moores School of Music where he studied with the late Albert Hirsh, Ruth Tomfohrde and Abbey Simon.

While at the university, he was a winner of local and state piano competitions.

There will be a reception before the concert at 7 p.m. sponsored by

Citizens State Bank. Tickets for the evening are \$15 and are available by calling 979-830-4180.

Financial Aid Workshop Oct. 23

The Colorado County Extension Office and the Extension Youth Advisory Board are sponsoring a Scholarship and Financial Aid Workshop for high school students in Colorado County.

The program will take place on Tuesday October 23, 2007 at 6:30 p.m. at the Rice High School Commons in

Altair, Texas. The guest speaker for the program will be Mr. Roger R. Martinez, Assistant Director, Financial Aid Department, Texas A&M University, College Station.

Educational programs conducted by the Texas Cooperative Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, reli-

gion, handicap, or national origin. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any Extension Activities are encouraged to contact the County Extension Office for assistance ten days prior to the activity.

LETTER TO THE EDITOR

Reader Urges Citizens To Get Informed On Water District

Dear Friends, I attended the meeting last Monday evening where Margie Raborn discussed issues concerning the creation of a local Groundwater Conservation District (GCD.)

I've been to several meetings on this topic recently and prior to previous elections. I learned more Monday evening than at all the other meetings combined.

Mrs. Raborn presented well (pun intended) documented facts and provided them sources, so that people could look up the information for themselves. Based upon these facts, she explained why she is opposed to a local GCD, but she said that she respected other people's rights to come to a different conclusion.

Mrs. Raborn made it clear that she believes that most of the people who favor the GCD and those who are opposed to the GCD really want the same thing.

We all want to protect our

groundwater, we just disagree on what is the best way to accomplish that goal.

However, it does appear that there are some people whose goal is to promote water marketing, which will mean BIG BUCKS for a few people on the backs of the rest of us.

It has been my experience that the people who are pushing for the GCD frequently try to make those of us who oppose the GCD out to be bad people or at least that we are not very smart.

I think that is unfair and arrogant.

The citizens have voted down the GCD twice already. I think it is a shame that we are having to go through with another election. Every election on this issue

further divides our community.

It pits neighbors against neighbors, church members against church members and sometimes, even family members against family members. This is a sad and unnecessary state of affairs.

If you did not make the meeting on Monday evening, I would STRONGLY URGE you to call Mrs. Raborn. She said she would go and speak to other groups, if she were invited... even small groups.

Up until now, only one side has had a public hearing. Everyone needs to consider both sides of this issue before you cast your vote.

Sincerely, Walt Glasscock

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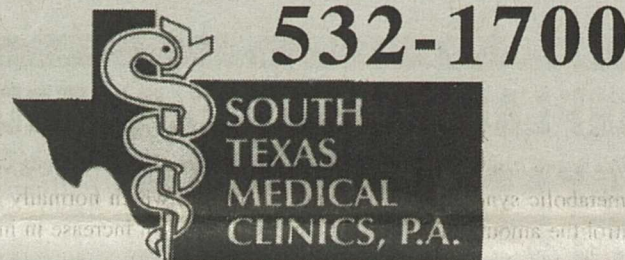
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KARYN -ANNE CUMBERBATCH, M.D. MARC SANGALLI, M.D.

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Must be 35 years of age or have a physician referral. A cash voucher must be purchased from Rice Medical Center during the month of October and expires December 15, 2007.

For more information or to schedule an appointment, contact Rice Medical Center's Radiology Department at 979.234.5571 ext. 5237 Monday -- Friday 8:00 a.m. -- 4:00 p.m.

The Best Protection Is Early Detection!