

# WOMEN'S POST

## Emily Taylor Women's Resource Center

VOLUME 2, ISSUE 1

AUGUST/SEPTEMBER 2008

### September is Gynecologic Cancer Awareness Month

#### Five Things You Can Do!

1. *Get Educated! Know the symptoms, signs, prevention methods and ask questions.*
2. *Know your family history.*
3. *Schedule an annual appointment for a gynecologic exam.*
4. *Conduct an online risk assessment at [www.wcn.org](http://www.wcn.org).*
5. *Consider the HPV vaccine.*

Did you know that approximately 78,000 women will be diagnosed with a reproductive cancer this year (Podratz, K.C.). As women, it is important to know what to look for and what we can do to take care of our selves and our bodies.

#### Some Facts and Figures

Types of Cancer	Diagnose/yr	Symptoms
Cervical	11,070	Bleeding after intercourse, excessive discharge, abnormal bleeding between periods
Ovarian	21,650	Bloating, pelvic/abdominal pain, difficulty eating/feeling full quickly, urgent or frequent urination
Uterine	40,100	Irregular vaginal bleeding or bleeding after menopause
Vaginal	2,210	No signs except possible bleeding or abnormal discharge
Vulvar	3,460	Itching, burning, bleeding, pain, new lump or ulcer
Fallopian Tubes	Rare	Similar to those of ovarian cancer
Peritoneum	Rare	Similar to those of ovarian cancer

### Did You Know?

-Ovarian cancer causes more deaths than any other reproductive cancer and ranks fifth in cancer deaths in women.

#### Healthy Preventative Habits

- Do not smoke or quit if you do
- Exercise
- Eat a well balanced diet
- Know your family history

### EVENTS CORNER

#### TAKE BACK THE NIGHT:

##### *Taking a Stand Against Sexual Violence*

September 18, South Park

5p (March begins at 7p)

(Women's Transitional Care Services in collaboration with KU & community agencies)

#### Critical Conversation

##### *'Revenge of the Nerettes' New Power for Women in Science?*

September 24

#### Self Defense Programs

##### *'EmPower'*

12:30p-2:30p

Saturday, September 6

Saturday, September 27

KU Student Recreation & Fitness Center

For more information on any of these events, please contact ETWRC at:

[etwrc@ku.edu](mailto:etwrc@ku.edu)  
or  
(785) 864-3552

Woman in HerStory



## Janice-Lee Romary

A 6 time Olympian in women's foil fencing, Romary was the first woman to carry the U.S. flag during the Olympic opening ceremonies in 1968. After her competitive career ended, she served as Commissioner of Fencing at the 1984 Olympic Games held in Los Angeles, where she was born. She is 1 of 7 U.S. athletes to participate in 6 or more Olympic games and she is the ONLY woman in this elite group.

For more information on Janice-Lee, go to: <http://www.tributes.com/obituary/show/83729809>

# From the Front Lines...

## FROM THE INSIDE OUT FTIO

From The Inside Out (FTIO) is a positive-body image group on campus. We thrive on presenting our ideas about body image in the media, eating disorders and healthy living through presentations at sororities, classrooms and other group meetings on campus and in the Lawrence community. Our hope is to promote positive-body image in a society where thin seems to always "be in."

Our executive board is very knowledgeable on anything regarding body image. And, if we don't have an answer for your question, we will find someone who does. We have extensive resources to aid in our ability to help others.

Please contact our president, Lesley Latham ([ljlatham@ku.edu](mailto:ljlatham@ku.edu)) if you are interested in having our group present or if you are interested in joining. We are ready for anything and everything!



Love your body from the inside,  
out!



October is  
*Breast Cancer Awareness*  
Month  
*October 12-18, 2008*

*October 8, 9, & 15*  
Join us in the Union at our  
Interactive table.  
Get your Pink Ribbon!  
Knowledge is Power.  
Awareness is Key.

*October 14*  
Survivor's Panel  
8:00p.m.—9:00p.m.  
Malott Room in the  
Kansas Union

More events & information to  
come!

### SAVE THE DATE

The 3rd Annual 5k Run for  
Breast Cancer Awareness  
April 11, 2009

Want to join the ETWRC listserv?

Email Donna Adams at  
[dadams2@ku.edu](mailto:dadams2@ku.edu)

Want to know more about us?

Visit our website:

<http://www.etwrc.ku.edu/>

## COMMISSION ON THE STATUS OF WOMEN CSW

Greetings from your friendly feminist student organization! A little about us: The Commission on the Status of Women works to promote the rights and accomplishments of individuals who work to create a society where people are not judged by their gender, but by their merits.

We're incredibly excited to begin the year with 2 new areas focus and multiple new officers. Help us to welcome Tanner Willbanks, who's heading up our sexual violence prevention efforts and outreach to the men of KU, and Samantha Snyder, who's leading our reproductive justice work. Other officers include Christie Jones, Vice President, Andrea Peterson, Secretary, Gina Burrows, Treasurer, Zahra Nasrazadani, Salon Nouveau Coordinator, Corey Flanders, Outreach Coordinator, Laura Kozak, Take Back the Night Coordinator, George Dungan, Residence Hall Outreach Coordinator, Kelly Gibson, Scholarship Hall Outreach Coordinator and JJ Siler, Greek Outreach Coordinator.

Join CSW on Wescoe Beach next **Wednesday and Thursday, September 3rd and 4th**, for demonstrating, phone-banking and informational tabling. We'd also love to see you on **Tuesday, September 16th** for our very first Salon Nouveau, "This is What a Feminist Looks Like," at 7pm in the Hawk's Nest, (first floor of the Kansas Union). Finally, CSW is very excited to partner with Women's Transitional Care Services for Lawrence's annual Take Back the Night march and rally beginning at 5pm on September 18th in South Park. We'll see you soon!