

OCTOBER 2014

the  
**LSU Women's Center  
Digest**

Vol. 1, Issue 2

## Spotlight

Don't know about the  
LSU Women's Center?  
Come check us out!

### LSU's Office of Advocacy and Accountability

This summer, associate dean of students and director of LSU's Student Advocacy and Accountability Office, Matt Gregory traveled to Washington, D.C. to meet with government officials. Gregory went as a member of the Association for Student Conduct Administration, or ASCA.

Gregory explained that he traveled to D.C. with three main goals—to familiarize himself with the discussion of gender issues in Washington, to spread awareness about student advocacy, while also explaining the role of the ASCA, and to propose legislation and meet with lawmakers on how gender issues are treated on college campuses.

"In many cases associations like this [the ASCA] don't want legislation. But in this case, we're in favor of it, and we want to be at the table helping to craft it," said Gregory. He explained that the ASCA is making an effort to take a proactive approach to these issues.

On LSU's campus, Gregory said the role of the Office of Advocacy and Accountability is to aid students who have faced gender-related issues.

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October Awareness:

## Breast Cancer Awareness Month

See Page 4 for more information!



# Upcoming Events!



Food, Music, and Tabling starts at 5PM!



Join the Women's Center for Zumba  
**Thursday nights at 8 PM!**  
**October 9, 16, 23**

Genres Include:  
 Reggaeton, Merengue, Salsa, Bachata, Dembow, &  
 Pop!  
 Special Guest: Amaris del Carmen  
 Hope to see you there!

**LSU Women's Center Hosts**

## Survivor Speak Out

Whether you are a survivor, a friend, a family member or someone who is just passionate about sexual assault, abuse, inequality and that fully support survivors, we invite you to come out and share experiences, thoughts, and feelings to create a united community.

Wednesday, October 8, 2014

5:00 pm to 6:30 pm

5 Union Square

Baton Rouge, LA 70803

**LSU** OFFICE OF DIVERSITY  
Women's Center

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# FAQ

## **What does the LSU Women's Center do?**

The Women's Center provides services in three main areas: Programs & Events, Information & Referrals, and Gathering Space.

**Programs & Events:** The staff and volunteers of the Women's Center plan many programs throughout the year to inform and engage the community. The Women's Center is the central planner for the Gender on Film Series, Esprit de Femme Sunrise Celebration, and many others. To connect campus with the community, the Women's Center sponsors community events such as Take Back the Night.

**Information & Referrals:** The Women's Center is a conduit to connect students, faculty, staff, and community members with the information that they need to make educated choices in their lives. Answering questions ranging from where to get a pregnancy test to starting a women-owned business, the Center's staff is able to refer callers and walk-ins about a variety of campus and community organizations that fit their needs.

**Gathering Space:** The Center offers a multipurpose room, conference rooms, library, and family resource room. For more information about the physical space, take our virtual tour! The facility is open for students, staff, faculty, and community to gather, study, and relax.

## **2015 Esprit de Femme**

The LSU Women's Center is pleased to announce that nominations for the 2015 Esprit de Femme Awards are open. Nominations can be submitted through Friday, October 17. Please visit our website for more details!

## The Facts

- 1 in 8 women who live to be 80 will develop breast cancer in their lifetime (National Cancer Institute).
- After skin cancer, breast cancer is the second most highly diagnosed cancer for women.
- 1 in 4 cancers diagnosed in the United States is breast cancer.
- Approximately 1,700 American men are diagnosed with breast cancer each year.



## Schedule a Screening

- Getting a mammogram or breast exam can help to detect breast cancer early on.
- Catching breast cancer early can less extensive surgery, more treatment options, and better treatment outcomes.

## Learn How to Self-Examine

For more information visit the following websites:

<http://www.cancercenter.com/breast-cancer/learning/>

<http://www.cancer.org/healthy/toolsandcalculators/remind-me>

### Examine yourself

Women are often the first to discover lumps in their breasts, even before doctors. Experts recommend that women begin monthly self-examinations at age 20; the best time to do it is a couple of days after your period, when your breasts are least likely to be swollen or tender.

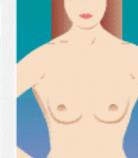
#### Breast self-examination



① Stand in front of a mirror with your arms relaxed at your sides. Look for changes in the breasts such as swelling, dimpling, or puckering of the skin.



② Clasp hands behind your head, press hands forward and look for any changes in the shape or contour of the breasts.



③ Continue checking as you press your hands firmly on your hips, hunch your shoulders and lean forward slightly.

④ Gently squeeze each nipple and look for discharge.

⑤ Raise one arm. Using one or more of the methods below, press firmly with your fingers and feel around the entire breast area for lumps or thickening.

⑥ Repeat this step in the shower; it's often easier to find lumps when your skin is slick and soapy.



⑦ Repeat this step while lying on your back. Put the hand of the side you want to examine behind your head. Flatten the breast by placing a folded towel underneath the same shoulder.

#### Choose a method

Follow one or more of these patterns when conducting a breast self-examination. Pay attention to the area between the breast and underarm, and to the underarm itself. Check above breast, up to collarbone and all the way over to shoulder.



**Lines**  
Start in underarm area. Slowly move fingers downward until they are below the breast, move slightly toward the middle and move back up. Repeat over whole breast.



**Circles**  
Begin at outer edge of breast. Move fingers slowly around whole breast in a circle. Work in increasingly smaller circles until reaching nipple.



**Wedges**  
Start at outer edge of breast. Move fingers toward nipple, then back to edge. Check whole breast, covering one small wedge-shaped section at a time.

Source: Pharmaceutical Research and Manufacturers Association

Gannett News Service