



John Dewey High School Pre-Med and Health Academy

# NEWSLETTER #1

October 2017

## Say Hello to Breast Cancer Awareness



By EDIT BRIO

It is common for most people to be so consumed with their daily duties that detecting breast cancer might fall through the cracks. But did you know that one in every eight women develop breast cancer throughout the world? A main question of mine is *how does breast cancer actually develop?* And to my disappointment there are no clear answers to that. However, there are many theories that have circulated. With awareness throughout the past two decades, researchers were able to determine the main symptoms and risk factors that could contribute to breast cancer.

Some symptoms are the following: pain in your armpits or breast(s) that does not change with the monthly cycle, orange or redness of the skin on the breast, a rash around the nipple(s), discharge from a nipple possibly containing blood, a sunken or inverted nipple, a change in the size or shape of the breast and peeling, flaking, or scaling of the skin on

the breast or nipple.

Some of the risk factors include age and family history. As we grow older in age the risk factor for breast cancer also increases. Within 20 years of age, the chance of developing breast cancer in the next decade goes up to 3.84 percent. If a close relative has had breast cancer, the risk is actually higher. Women who carry two specific genes known as BRCA1 and BRCA2 have a higher risk of developing breast cancer, ovarian cancer or both. These genes can be easily transmitted through inheritance. A TP53 is another gene that is linked towards breast cancer as it is the cause for the breast cancer causing lumps. Women who have had breast cancer before are more likely to have it again, compared with those who have no history of the disease.

→ To continue reading the full version of this article, go to the Pre-Med & Health section of the John Dewey High School website ([johndweyhighschool.org](http://johndweyhighschool.org)).

→ Breast Cancer Self- Check: [nationalbreastcancer.org/breast-self-exam](http://nationalbreastcancer.org/breast-self-exam)

## What Have We Done for Breast Cancer Awareness?

By NIETCHKA ALEXANDRE



Thanks to the Making Strides Against Breast Cancer Walk (October 15, 2017 in Coney Island, Brooklyn) we have been able to advance our breast cancer knowledge.

Here in Brooklyn, our school, John Dewey High School and H.O.S.A. (Health Occupation Students of America), have been making great efforts in helping our community recognize breast cancer, its prevention and support the cause in getting technology or a cure that may someday eliminate the cancer altogether. As president of HOSA, our members and I have

decided to fundraise for the cause by creating and selling handmade buttons, designing shirts, creating inspirational snap bracelets as well as selling candy.

HOSA's goal was \$700 this year as we raised \$500 last year. Although we fell short this year, we were still able to raise \$254. And everyone who donated, including teachers and students alike, played a big part in helping raise money as well as awareness. On behalf of HOSA and all those that have supported breast cancer, we thank you!

## Coastal Cleanup: Estuary Day (October 14, 2017)

By RAISA METHILA

What is coastal cleanup? Well, it is a volunteering effort for the ocean, so there will be less water pollution. Within our school, Marine scientist Lane Rosen plays a big role in getting students from John Dewey High School to volunteer for coastal cleanup at Coney Island's Kaiser Park.

Coney Island born native Ms. Alton (Ms. A.) stated, "What Lane Rosen has decided to do for our park is very much appreciated, and what makes matters better is that he has our students involved in helping our ocean and all aquatic life within it."

Coastal cleanup is a very important task as litter has been a huge form of pollution for many years. It is an opportunity to show humanitarianism by providing a clean environment for all!

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