

Breast Cancer Awareness Month

October has been recognized as the National Breast Cancer Awareness month since 1985, when the American Academy of Family Physicians paired up with a number of organizations to distribute brochures to help educate the public. It has now grown into a much higher profile event, with athletic teams and celebrities alike spreading the word by wearing pink.

Women should perform monthly breast self-exams checking for any lumps. Early detection is the key to effective treatment! The American Cancer Society recommends getting plenty of exercise, eating a healthful diet, and not smoking as ways to lower the risk. For more info, visit www.nbcam.org.



Fastest playing surface: Turf or Grass?

Have you ever wondered whether turf is a faster surface than natural grass? That was a question addressed by a recent study involving 24 NCAA Div II football players, each a redshirt freshman. They were timed in the 40 yd. dash using ET (electronic timing) and 2 hand timers, eventually finding that straight ahead sprint speed was very similar between the two surfaces. Only change of direction speed differed, with turf being found to be significantly faster.

~Gains G.L. et al. (2010) Comparison of speed and agility performance of college football players on FT and NG. *J Strength Cond. Res.* 24, 2613-7.

Personalized Medicine

A contemporary approach to cancer care may involve harsh, non-specific chemotherapy, sometimes combined with radiotherapy. Although this has represented a significant improvement over previous options, it has a couple of drawbacks – severe side effects and differing levels of effectiveness based on an individual's own biology.

As our understanding of tumor biology and genetics has progressed, there has been a movement towards specific molecularly targeted treatments.¹ Such options greatly improve clinical outcomes, reducing side effects and offering treatments tailored to the individual. For example, the evaluation of oestrogen receptor and HER2 receptor are now established predictors of benefit from certain therapies in breast cancer.² In the future, expect to see more personalized care options.

Upcoming Events

- Oct. 28th, 8:30 All Hall Trick or Treat
- Oct. 31st, 3:00 MC symphony VIA
- Nov. 2nd, 3:30 Classical Guitarist Peter Jankovich VIA

"All virtue is summed up in dealing justly."
-Aristotle

References

1. Bono J.S. and Ashworth A. (2010) Translating cancer research into targeted therapeutics. *Nature* 467, 543-549.
2. Slamon, D.J. et al. (2001) Use of chemotherapy plus a monoclonal antibody against HER2 for metastatic breast cancer that overexpresses HER2. *N. Engl. J. Med.* 344, 783-792.