

# Race for the Cure

Charleston members show their support during Breast Cancer Awareness Month

By Staff Sgt. Sharon Pace  
437 AW Judge Advocates office

More than 30 members of Team Charleston turned out Oct. 16 to volunteer for the preparation and breakdown of the Sixth Annual Susan G. Komen Breast Cancer Foundation Race for the Cure in downtown Charleston. More than 3,800 runners/walkers, including members of Charleston AFB, participated in the event and more than \$160,000 was raised for Breast Cancer research, education screening and treatment.

Twenty-five percent of the proceeds from the Charleston race go to the Komen National Grant Program and the remaining 75 percent will be used in the local community to provide education and screening for the medically underprivileged. October is Breast Cancer Awareness Month and the race was held to generate funds, recognize those winning the battle with breast cancer and to honor those who are no longer with us.



photos by Staff Brian Wilson, 437 AW JA

(above) More than 3,800 runners/walkers, including members of Charleston AFB, turned out for the Sixth Annual Susan G. Komen Breast Cancer Foundation Race for the Cure Oct. 16 downtown.

(below) Master Sgt. Ronnie Davis, 437<sup>th</sup> Aircraft Generation Squadron first Sergeant, Master Sgt. Lannette Johnson, 437<sup>th</sup> Medical Group first sergeant, and Senior Airman Gerald Thompson, 437<sup>th</sup> Communications Squadron, switch the lanes to help divert the flow of runners and walkers during the run/walk. Thirty Team Charleston members volunteered their time for the event.



## The facts about Breast Cancer

Breast cancer is the second leading cause of cancer deaths in women and the leading cause of cancer deaths among women aged 40 to 55. Each year, an estimated 180,200 new cases of breast cancer are diagnosed and 43,000 women die from this disease. In South Carolina, there were 2,600 new cases in 1999 and an estimated 600 deaths.

Early detection is key! There is no proven way to prevent breast cancer, so finding the disease as early as possible is the goal. Used on a regular basis, a mammogram offers the best chance of saving lives. Studies have shown for women ages 50-69, having a regular mammogram could reduce deaths from breast cancer by one-third or more.

### Risk factors

Family history of breast cancer, history of benign breast disease, older age at birth of first child and never having had a child all increase the odds that a woman will develop breast cancer.

### Prevention

Experts advise the first mammogram should be performed at age 40 and every one to two years thereafter. Women at high risk for breast cancer should have a mammogram every one to two years beginning at age 35.

Women over age 40 are urged to receive an annual

clinical breast examination by a health practitioner. Women should perform breast self-examinations each month. Experts recommend doing the exam at the same time each month, such as the end of the menstrual cycle.

### Treatment

Treatment depends on the tumor type, size and stage of disease. Types of treatment include surgery, chemotherapy, radiation and hormone therapy. Surgery is usually necessary and involves removal of part or the entire breast. A lumpectomy involves removal of the tumor and small amounts of surrounding breast tissue. A mastectomy is the removal of the entire breast and may or may not also include removal of the lymph glands and the chest muscles.

For more information about Breast Cancer call MUSC at (843) 792-9186 or log on at:

- Komen Foundation: <http://www.komen.org/>
- National Breast Cancer Coalition: <http://www.natlbcc.org/>
- Avon Foundation for Breast Cancer: <http://www.avoncrusade.com/> OncoLink
- National Breast Cancer Research Foundation: <http://www-med.stanford.edu/CBHP/Organizations/NBCRF.html>
- Medical Hospital of South Carolina: <http://www.musc.edu/>

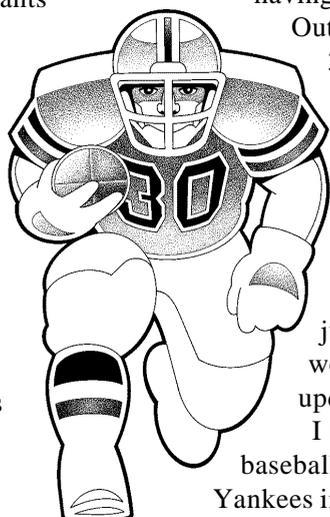
## Another rough week for The Swami

By The Swami

The best game last week was Monday night when the Giants beat the Cowboys. Other than that, it was another lousy week for me and everyone else.

I do not know what's going on, but my losing has to cease! I will not tell you my record, figure it out yourself. Put it this way- it stunk! I cannot really brag about anyone else, because no one else's record was too hot either.

The winner of week six is Benny Harvey. Harvey



went 10-4 (lost the Dallas game) edging Earl Parmenter and David Bell by having the closer tiebreaker score.

Out of the 47 entries received, 34 had records of 8-6. Seems a little fishy. I think they must get together every week trying to plot the overthrow of The Swami. Ain't gonna happen!

Do not count me out just yet. We still have 11 weeks to go. I will give you updated standings next week. I think I do better at picking

baseball games. Remember this—Yankees in five!

### WEEK 8

NAME/RANK	DUTY PHONE
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#### Sunday

**BUFFALO @ BALTIMORE**  
**CAROLINA @ ATLANTA**  
**CHICAGO @ WASHINGTON**  
**CLEVELAND @ NEW ORLEANS**  
**DALLAS @ INDIANAPOLIS**  
**JACKSONVILLE @ CINCINNATI**

**NY GIANTS @ PHILADELPHIA**  
**ST. LOUIS @ TENNESSEE**  
**SAN DIEGO @ KANSAS CITY**  
**MIAMI @ OAKLAND**  
**NEW ENGLAND @ ARIZONA**  
**MINNESOTA @ DENVER**  
**TAMPA BAY @ DETROIT**

#### Monday night

**SEATTLE @ GREEN BAY**  
**TIE BREAKER**  
**SCORE** \_\_\_\_\_  
**SWAMI'S SCORE: 35**

**Swami rules:** (1) Circle your selections of each match-up and pick the tie breaker score—combined score of both teams, without going over. (2) Turn entries into room 224 of Bldg. 1600 or e-mail [dispatch@charleston.af.mil](mailto:dispatch@charleston.af.mil) by 4 p.m., Sept. 29. (3) The Swami's picks are in bold face type and all ties go to him. (5) Submit one entry per week.