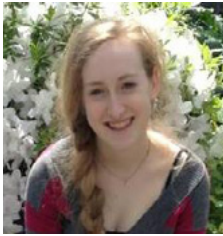


The SATO Scoop

USY's Monthly Social Action/Tikun Olam Newsletter

October 2015



Letter from the Editor

October is breast cancer awareness month. In the United States, nearly 230,000 women are diagnosed with breast cancer each year, as well as approximately 2,300 men. Breast cancer is a disease that affects mainly women; however, it also afflicts men. For most of us, breast cancer is no new issue. We've heard about walks in our area; we've seen NFL players wear pink to support the cause; we've encountered solicitors for the Susan G. Komen organization. But we've also had family members diagnosed with breast cancers, aunts that passed away from it, grandmothers weakened from chemotherapy.

This isn't an issue we should brush aside. It affects an unbelievable number of women as well as the families and friends of each of those women. It is still our obligation to learn about this cause at its root and to see how we can help fight this.

So as always, please read on and learn with me. Then, go out and do something, because just reading about it isn't enough.

Hannah Smith, *The SATO Scoop Editor*

In this issue:

► Breast Cancer Awareness

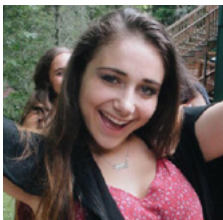
- Understand the Issue
- Know the Facts
- Make a Difference

► International SATO Week 2015

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Q & A with a USY Changemaker

Jen Berenson, Hanegev



Q: What does being a SATO mean to you?

A: Giving back to a community that has given me so much.

Q: What is your favorite organization to work with in your community?

A: Boca Helping Hands - they provide food and basic needs to people that really need it.

When I volunteer there I usually go through pantries and make sure that all of the produce being given out is okay for people to eat.

Q: Who do you look up to most as a social activist?

A: I look up to Emma Watson the most as a social activist because she fights for what she believes in. Even if she gets threats from other people she always makes it positive. She uses her anger to

come up with more ideas on how to help. She is a very positive person, who makes the best out of every situation.

Q: What's the best way for someone to make an impact in their community?

A: The best way for someone to make an impact in their community is to start with themselves. They first have to see their self as some kind of leader. They should know what they could do to make an impact in their community and just go out and do it! There is no harm in asking someone else for help. You might have to call a lot of different numbers before you get a yes, but do not ever give up.

*No one has ever
become poor by giving.
-Anne Frank*

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Understand the Issue - What is Breast Cancer?

Most breast cancer develops within the ducts, the tubes that reach from the lobules (milk manufacturers) to the nipple. There are two main categorizations of breast cancer; non-invasive and invasive.

Non-invasive cancer occurs when a tumor develops in the ducts, but doesn't spread to nearby tissue. The abnormal cells are thus contained within the ducts, however, they still do have the potential to develop into invasive cancer.

Invasive cancer occurs when the abnormal cells from the ducts spread to nearby tissue. From there, the cells can spread through the blood stream or the lymphatic system to other parts of the body including the liver, lungs, bones and even the brain. This process is called metastasis. From there, the abnormal cells can create tumors in these other parts of the body.

There are many different kinds of breast cancer and each instance is different for every patient. Thus, treatment differs for each patient as well. Early cancer is often treated by some combination of surgery, radiation therapy, chemotherapy, hormone therapy and targeted therapy.

Know the Facts

- 🎗️ 12.4% of women develop breast cancer in their lifetime
- 🎗️ About 40,290 women in the U.S. are expected to die in 2015 from breast cancer, though death rates have been decreasing since 1989
- 🎗️ About 85% of breast cancers occur in women who have no family history of breast cancer
- 🎗️ 2,240 new cases of breast cancer in men will be reported in the U.S. this year

Source: Susan G. Komen
Breast Cancer Foundation

Make a Difference

1. Use the Susan G. Komen website to find their organization in your community and investigate ways to help (click [here](#) to access their website).
2. Join a Race for the Cure in your area
3. Start a breast cancer awareness club at your school
4. Work with a professor in college to research breast cancer or intern for a company now
5. Check out the National Cancer Institute YouTube Channel to learn more
6. Listen to your friends whose lives have been affected by breast cancer and support them through the difficult times

International SATO Week 2015

This November 1st-6th, join USY for a week-long celebration of social action and tikun olam! SATO Week 2015 will feature daily SATO challenges, social action opportunities, and a variety of SATO-related programs in your community and on social media. Follow @USYSATO on Twitter for daily challenges during SATO Week and other SATO related news and activities. For more information about activities in your community, contact your chapter SATO VP, your Regional SATO VP, or sato@usyorg.

SATO Monthly Challenge

Number of Hours Doing SATO Work

This month we're focusing on the number of hours of SATO-related work done in your chapter, region, or individually. Whether this be a SATO program in your chapter or your region, a buy-in game where you raise TO, or individuals going out to help in your community, count up all the hours of SATO in your region and email a report of them to sato@usy.org before November 1st. May the hours be ever in your favor!

DON'T FORGET TO SIGN UP FOR IC 2015 IN BALTIMORE! JOIN USYERS FROM ACROSS NORTH AMERICA FOR A WEEK IN MARYLAND'S GREATEST CITY MAKING FRIENDS AND MEMORIES TO LAST A LIFETIME, AND, OF COURSE, ENJOYING AMAZING SATO PROGRAMMING! [CLICK HERE](#) FOR MORE INFORMATION AND TO SIGN UP TODAY!