

Weekend

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SAM RUIZ/THE STATE NEWS

Nancy Elsworth works out Tuesday morning at Curves, 1561 Haslett Road, Suite 2. Elsworth was diagnosed with breast cancer last October and had surgery that December. After surgery, she went through radiation therapy but still worked out every day during radiation in order to help her recovery. Elsworth is now cancer-free and attributes it to support from her family, friends and exercise.

EDUCATE YOURSELF

Here are some statistics and breast cancer facts found through the American Cancer Society's research.

98%

5-year survival rate if breast cancer is detected early

1,990

expected new cases of breast cancer in men in 2008

40,480

estimated breast cancer deaths in women in 2008

450

estimated breast cancer deaths in men in 2008

182,460

expected new cases of breast cancer in women in 2008

27%

5-year survival rate if breast cancer is detected at later stage

49%

more likely uninsured women will die in 5-7 years following diagnosis than insured women

22%

decrease in breast cancer death rates in U.S. from 1990 to 2001

40

age women should start getting an annual mammogram

STILL IN THE FIGHT

Women share their experiences with breast cancer from every angle as battle to find cure for disease continues

"You never really can enjoy it. Before blood work or all visits, you get a little nervous, whether you tell yourself to or not, because a percentage of them do come back."

Eileen Cocklin, Haslett resident and breast cancer survivor

By Allison Bush
THE STATE NEWS

A "hush-hush disease" — these are the words Okemos resident Nancy Elsworth used to describe the way breast cancer was thought of in the past. Since 1985, October has been designated Breast Cancer Awareness Month, and with the awareness growing, more can be done to help raise money for research, Elsworth said. "You're getting whacked almost from every different direction that I think you have to pay way more attention to it," said Bianca Glendinning, franchise owner of Curves Haslett, Grand Ledge and East Lansing.

Surviving breast cancer

Elsworth, 52, said she always knew there was a chance she could get breast cancer, but was still surprised when her yearly mammogram looked suspicious last October.

After her biopsy came back positive, she was diagnosed with breast cancer and had the lump removed Dec. 5.

Elsworth said she has been doing breast self-examinations since she was a teenager because she was an adopted child and did not know her medical history. However, she didn't feel the lump

during her self exams.

"By the time I would have felt the lump, it would have been a totally different scenario," she said.

Although a mammogram is the best diagnostic tool at this point, it only detects about 80 percent of breast cancer, said Sharolyn Gonzalez, breast health specialist for Sparrow Regional Cancer Center.

Eileen Cocklin, a Haslett resident, said she has lost some faith in mammograms after she noticed a lump on the side of her breast about

See CANCER on page 2A

To hear Dr. Maude Guerin of Alliance OB-GYN discuss risk factors for breast cancer, go to stateneews.com/multimedia

you oughta know

ELECTION Granholm shares hopes to keep graduates in Mich.

Gov. Jennifer Granholm talked with students Thursday at Anthony Hall, where she shared her ideas on keeping young people in Michigan through green jobs. Granholm pushed voting for Sen. Barack Obama, D-Ill. — saying that if elected president, Obama's withdrawal of troops in Iraq will fund renewable energy plants across the country. The governor also took a page from King Carl XVI Gustaf of Sweden. He visited the capital and was surprised at the large amount of energy used for air conditioning in the city.

For more on this story, see page 3A.

CITY Members of MSU greek community promote safe holiday

Children and their parents flocked to M.A.C. Avenue on Thursday night for the 10th annual Safe Halloween event. More than 2,000 children and 2,000 greeks were estimated in attendance. Children enjoyed face painting, mummy-wrapping, story time and more. The event was sponsored by the MSU Panhellenic and Interfraternity councils. The purpose of Safe Halloween is to provide a safe alternative for children in the community as well as help strengthen the relationship between East Lansing residents and MSU's greek organizations.

For more on this story, see page 3A.

EVENT Award-winning writer to hold poetry reading at MSU Union

Shihan the Poet, the 2004 National Poetry Slam Champion, will be reading his nationally renowned poetry 9 p.m. today in the Union Main Lounge. Shihan, who has appeared in five national tours and several Def Poetry events, is currently on his "The Balance Tour" and traveling to colleges throughout the country, including MSU. Four MSU poets will join Shihan, including the MSU Slam Poetry Club's president William Langford and vice president Zain Shamoon, who also will be recruiting members for their club.

For more on this story, see page 6A.

FOOTBALL Spartans prepare to face off with Wolverines Saturday

After 12 months of waiting to get another shot at the Michigan Wolverines, the day of redemption has finally arrived for Spartans football. Records, trends and stats will be thrown out the window when the Spartans travel to Ann Arbor this weekend for the annual rivalry game between MSU and U-M. Following last year's war of words from both teams, there will be no love lost leading up to Saturday's 3:30 p.m. kickoff. Check out the best "bulletin board material" compiled by football reporter Jacob Carpenter.

For more on this story, see B section.