

The KANDAYAN

The Official Club Bulletin of the Rotary Club of Kandaya, Tacloban

DISTRICT 3860

AREA 3B-2

CLUB NO. 29316

BREAST CANCER AWARENESS PROJECT

"Time is gold... the time to spread awareness is now, in every encounters, in every opportunity, we have to share what we know about early detection...."

KATHLEEN A. QUINTERO
PROJECT CHAIRMAN
BREAST CANCER AWARENESS
ROTARY CLUB OF KANDAYA, TACLOBAN
R.Y. 2024-2025



TRANSFORMING OUR
COMMUNITY



IMPROVE PHYSICAL AND
MENTAL HEALTH



WATER, SANITATION,
AND HYGIENE



NUTRITION AND
FOOD SECURITY



BASIC EDUCATION
AND LITERACY



COMMUNITY ECONOMIC
DEVELOPMENT



ENVIRONMENT



ABOUT THE COVER

Kathleen A. Quintero is serving as the project chairman for the Breast Cancer Awareness Program of the Rotary Club of Kandaya, Tacloban. She served as the club president for Rotary Year 2023-2024 under the theme Create Hope in the World.

During her term, she successfully raised a significant amount for the Breast Cancer Awareness Program of the club thru the ABBA Revisited Concert held last June 26 2024.

The Rotary Club of Kandaya Breast Cancer Awareness Project is a vital initiative aimed at raising awareness, promoting early detection, and providing support for those affected by breast cancer. As one of the most common cancers affecting women worldwide, breast cancer requires comprehensive education and community engagement to reduce its impact.

Through this project, the club aims to create widespread awareness campaigns. This initiative includes educational workshops, distribution of informational materials, and public awareness events. By spreading knowledge about the importance of self-examinations, regular screenings, and mammograms, the project seeks to empower individuals to take charge of their health.

One of the key goals of the project is to promote early detection, which greatly increases the chances of successful treatment.

"Time is Gold, the time to spread awareness is now, in every encounter, in every opportunity we have to share what we know about early detection, about Cash Assistance Fund, about the free treatment, tomorrow, next week, next month & next year might be too late. Breast Cancer is real so are the cures & breakthrough in science for treatment, yes it's real ... there is help.. what's more real is the FREE TREATMENT & the Cash assistance fund. "Huwag matakot, may gamot, may ayuda ang Philhealth, DOH, EVMC, Tingog at Roche" -

KATHLEEN A. QUINTERO
PROJECT CHAIRMAN
BREAST CANCER AWARENESS
ROTARY CLUB OF KANDAYA, TACLOBAN
R.Y. 2024-2025



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**EARLY
DETECTION
SAVES LIVES**



The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- **FIRST.** The development of acquaintance as an opportunity for service;
- **SECOND.** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- **THIRD.** The application of the ideal of service in each Rotarian's personal, business, and community life;
- **FOURTH.** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Rotary



THE FOUR-WAY TEST

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Rotary



MISSION

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders

DIVERSITY, EQUITY, AND INCLUSION CODE OF CONDUCT

Rotary Core Values:

- Fellowship
- Integrity
- Diversity
- Service
- Leadership



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Rotary International President



Caroline L. Andrade
District Governor
District 3860



Jonathan Tse
District Executive
Secretary



Ralph Martel
Assistant Governor, Area 3B-2

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R.I. PRESIDENTIAL MESSAGE

October 2024

With World Polio Day on 24 October, I'm proudly rooting for Rotary as we team up around the world to End Polio Now.

I had the honor of attending a Strike Out Polio event in July at PNC Park, home of the Pittsburgh Pirates MLB team. The Rotary Club of Delmont-Salem hosted the event, which raised \$1.3 million for PolioPlus.

Later in the summer, I joined members of our Rotary family in supporting the Más Millas Menos Polio (More Miles Less Polio) bike ride. Felipe Meza Chávez and his team rode all the way from Ciudad Juárez, Mexico, to One Rotary Center in Evanston, Illinois, to raise money and awareness. The ride took 12 days, and Felipe and his team collected more than \$100,000 to support the fight against polio. It was a joy to greet them as they arrived in Evanston.

And I was thrilled to see Team End Polio raise global awareness around the 2024 Paris Olympics. This world-class roster of athletes, global leaders, and polio eradication supporters came together to advocate for a world where no child has to live in fear of being paralyzed by polio. Some of the athletes on Team End Polio are polio survivors themselves, adding weight to their advocacy.

These are just a few examples of the many ways Rotary has teamed up recently to End Polio Now. It is vital that we continue to seek out and recruit teammates in polio eradication, especially after the challenges our eradication efforts have faced this year.

The Rotary world was heartbroken to learn about the tragic passing in August of Aidan O'Leary, director for polio eradication at the World Health Organization.

I knew Aidan and worked with him directly. He was a tireless advocate in the fight against polio and a kind, genuine man. We will remember him both for his advocacy and his warmth.

But where there is hardship, there is also hope. I feel hopeful whenever I consider the countless ways Rotary supports the fight every day to eradicate polio.

As people of action, we don't have the luxury of giving in to despair, even in the face of tragedy. The best way to honor Aidan's memory is by teaming up and reaching our goal to End Polio Now.

We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district, or take inspiration from the fundraisers I mentioned above.

I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.



Stephanie A. Urchick
Rotary International President

CLUB PRESIDENT'S NOTE

Raising Awareness, Saving Lives: THE FIGHT AGAINST BREAST CANCER

Breast cancer is one of the most common cancer affecting women worldwide, and the fight against it, continues. However, there is hope. Through early detection, awareness, and education, we can significantly reduce the number of lives lost to this disease.

October, recognized globally as Breast Cancer Awareness Month, serves as a reminder of the importance of understanding breast cancer and the steps we can all take to combat it. This initiative focuses on three critical aspects: prevention, detection, and support.

Prevention and Early Detection Early detection is key to improving survival rates. Regular self-examinations and annual mammograms for women over 40 can help identify cancer in its earliest stages when it is most treatable. It's crucial to know the warning signs, including lumps, changes in breast size, and skin dimpling, and to seek medical advice if any of these symptoms is present.

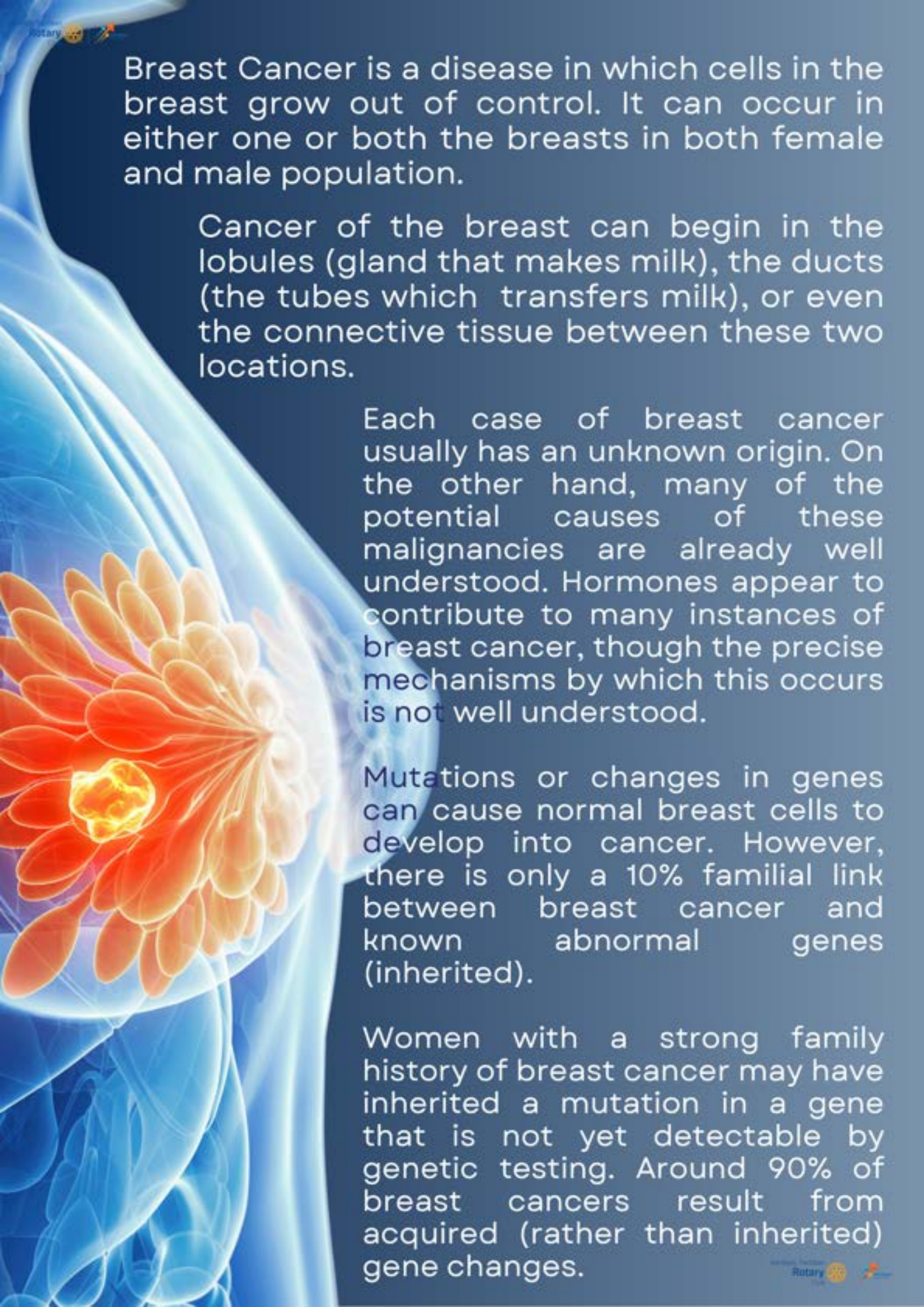
Education and awareness programs are essential to spreading knowledge about breast cancer risk factors. By educating individuals on how to lower their risk through a healthy diet, regular exercise, and avoiding harmful habits like smoking, we empower women to take charge of their health.

By raising awareness and encouraging early detection, we can help save lives and bring hope to countless women. Let's unite in this fight against breast cancer and make a lasting impact together.



ANNABELLE J. VY
PRESIDENT
ROTARY CLUB OF KANDAYA, TACLOBAN
R.Y. 2024-2025





Breast Cancer is a disease in which cells in the breast grow out of control. It can occur in either one or both the breasts in both female and male population.

Cancer of the breast can begin in the lobules (gland that makes milk), the ducts (the tubes which transfers milk), or even the connective tissue between these two locations.

Each case of breast cancer usually has an unknown origin. On the other hand, many of the potential causes of these malignancies are already well understood. Hormones appear to contribute to many instances of breast cancer, though the precise mechanisms by which this occurs is not well understood.

Mutations or changes in genes can cause normal breast cells to develop into cancer. However, there is only a 10% familial link between breast cancer and known abnormal genes (inherited).

Women with a strong family history of breast cancer may have inherited a mutation in a gene that is not yet detectable by genetic testing. Around 90% of breast cancers result from acquired (rather than inherited) gene changes.

EARLY SIGNS OF BREAST CANCER



Nipple Discharge



Lumping or Thickening



Skin texture change



Visible Lump



Dimpling

nipple looks



Pulled in Nipple



Skin Irritation



Skin Dimpling



Armpit Pain

BREAST SELF EXAMINATION



Check your breast once a month, 7-10 days after your period start. If you are no longer menstruating, pick any date



Examine your breast with raised arms, then with both hands on your hip bones, then with arms down and relaxed



Look for any physical change, example lumps or swelling, redness or rash, any changes in the shape or position of the nipples.



Gently squeeze each nipple to check it for pain or discharge.



Raise one hand, and use the pads of 3-4 fingers of the other hand to check breast. Examine your armpit first



To check breast, start at the outer edge and move toward the nipple. As much as possible, cover a small section at a time.



Do the same moving your fingertips up and downwards, then in round movements, starting from the outer part



Do the same steps lying on your back. Use a pillow under your shoulders if you want to.



Do these self examination regularly, especially if you are aging over 40 years old.

THE FIGHT AGAINST BREAST CANCER

Progress, Challenges and Future Directions

Breast cancer is one of the most common cancers affecting women worldwide. It is a complex and multifactorial disease, posing challenges for healthcare systems, patients, and families across the globe. The fight against breast cancer has been ongoing for decades, marked by advances in early detection, treatments, and patient support initiatives. However, the battle is far from over, as various challenges still impede the progress toward eliminating the disease. This essay explores the multifaceted fight against breast cancer, covering the historical context, advances in detection and treatment, prevention strategies, challenges faced, and future directions for achieving progress in this ongoing battle.

Historical Context

The history of breast cancer treatment has been a journey from darkness to hope. In ancient times, breast cancer was largely considered untreatable, with Hippocrates describing it as a fatal disease. For centuries, the treatment options were limited, and the disease was surrounded by stigma and fear. It wasn't until the 19th and 20th centuries that medical advancements led to more structured surgical interventions, such as the radical mastectomy introduced by Dr. William Halsted in the late 1800s. This surgical technique remained the standard treatment for several decades.

The latter half of the 20th century saw significant progress, driven by advancements in medical research, chemotherapy, radiation, and hormone therapies. More importantly, the recognition of the psychological and social impact of breast cancer on patients led to a shift towards patient-centered care, which emphasized quality of life, emotional support, and less invasive treatment options. The rise of advocacy movements further empowered patients, spreading awareness about breast cancer and promoting research and funding for a cure.

Advances in Detection and Treatment

Early detection and effective treatment are at the core of the fight against breast cancer. One of the most significant advancements in breast cancer control has been the development of early detection methods, particularly mammography. Mammograms, a type of X-ray imaging, have become the gold standard for early breast cancer detection, enabling the identification of cancerous changes before any symptoms appear. Regular mammographic screening is crucial, as early detection is associated with higher survival rates and better treatment outcomes.

Apart from mammography, other imaging technologies, such as ultrasound and magnetic resonance imaging (MRI), have also improved the precision of breast cancer diagnosis. In recent years, the development of digital mammography and 3D mammography, also known as tomosynthesis, has further enhanced the ability to detect breast cancer accurately, reducing false positives and improving diagnostic sensitivity.

In terms of treatment, breast cancer therapy has evolved significantly, moving away from the "one-size-fits-all" approach to more personalized and targeted therapies. The development of targeted therapies has been a game-changer, allowing doctors to treat cancer based on its specific genetic characteristics. For example, the discovery of the HER2 gene has led to the development of targeted drugs such as trastuzumab (Herceptin), which specifically targets HER2-positive breast cancers, improving patient outcomes.

Hormonal therapies, such as tamoxifen and aromatase inhibitors, have been effective in treating hormone receptor-positive breast cancers, reducing the risk of recurrence. Immunotherapy, which involves stimulating the body's immune system to attack cancer cells, has also emerged as a promising treatment approach in recent years. Additionally, advances in chemotherapy regimens and radiation techniques have reduced side effects and improved survival rates for patients.

Surgery, too, has become more refined. Breast-conserving surgeries, such as lumpectomies, are now preferred over radical mastectomies when possible, allowing for effective cancer removal while preserving breast tissue. Reconstruction techniques have also advanced, providing women with more options to restore their appearance and improve their quality of life.

Prevention Strategies

Prevention plays a crucial role in the fight against breast cancer. While some risk factors, such as age, gender, and genetic predisposition, cannot be modified, there are several lifestyle changes that can help reduce the risk of breast cancer. Maintaining a healthy weight, engaging in regular physical activity, limiting alcohol consumption, and avoiding tobacco are all associated with a lower risk of developing breast cancer.

Chemoprevention is another preventive strategy that involves the use of drugs to reduce the risk of cancer in high-risk individuals. Tamoxifen and raloxifene are examples of drugs that have been used to lower the risk of breast cancer in women at increased risk due to genetic factors or family history.

Moreover, genetic testing and counseling have become important tools for prevention. Genetic mutations, such as BRCA1 and BRCA2, significantly increase the risk of developing breast cancer. Women who are identified as carriers of these mutations can take preventive measures, such as enhanced screening, chemoprevention, or prophylactic surgery, to reduce their risk of developing breast cancer.

Challenges in the Fight against Breast Cancer

Despite significant progress, numerous challenges remain in the fight against breast cancer. One of the main challenges is the disparity in access to breast cancer care. In many low- and middle-income countries, access to early detection, quality treatment, and support services is limited. Socioeconomic factors, lack of healthcare infrastructure, and cultural barriers contribute to lower survival rates in these regions compared to high-income countries.

Another challenge is the complexity of breast cancer itself. Breast cancer is not a single disease but a group of diseases with diverse characteristics. Some forms of breast cancer, such as triple-negative breast cancer, are more aggressive and lack targeted treatment options, making them harder to treat effectively. Understanding the biology of these subtypes and developing effective treatments remains a priority for researchers.

Late-stage diagnosis is still a major issue in many parts of the world. Women often delay seeking medical attention due to a lack of awareness, fear of diagnosis, or stigma associated with breast cancer. This delay results in more advanced cancer at the time of diagnosis, reducing the likelihood of successful treatment.

Moreover, the cost of breast cancer treatment is another significant barrier. Treatments, especially newer targeted therapies and immunotherapies, can be prohibitively expensive, making them inaccessible to many patients. The financial burden of breast cancer treatment is a source of stress for patients and families, impacting the overall quality of life.

Role of Advocacy and Awareness

Advocacy and awareness are crucial components of the fight against breast cancer. Breast cancer awareness campaigns, such as those held during Breast Cancer Awareness Month in October, play a key role in educating the public, encouraging early detection, and reducing stigma. These campaigns also help raise funds for research and patient support services.

Non-governmental organizations (NGOs), support groups, and cancer survivors have been instrumental in spreading awareness and advocating for policy changes. Their efforts have led to increased funding for breast cancer research, improved screening programs, and enhanced patient rights. Advocacy groups have also highlighted the importance of mental health support for breast cancer patients, ensuring a holistic approach to care that addresses both physical and emotional needs.

Future Directions in the Fight Against Breast Cancer

The future of the fight against breast cancer holds promise, with ongoing research and innovations paving the way for better outcomes. The advent of precision medicine, which tailors treatment based on an individual's genetic makeup and the characteristics of their cancer, is revolutionizing breast cancer care. Advances in genomics are allowing researchers to identify new molecular targets for treatment, leading to the development of more effective and less toxic therapies.

Artificial intelligence (AI) and machine learning are also being integrated into breast cancer care, particularly in early detection and diagnosis. AI algorithms can analyze mammograms more accurately and quickly, helping radiologists identify abnormalities that may be missed by the human eye. This technology has the potential to improve the accuracy of breast cancer screening and reduce false positives.

Liquid biopsy, a less invasive method for detecting cancer-related genetic mutations through a blood test, is another promising development. Liquid biopsies have the potential to detect breast cancer earlier and monitor treatment response in real-time, allowing for more personalized and effective treatment adjustments. In the field of prevention, vaccines for breast cancer are being explored. Researchers are investigating the potential of vaccines that can prevent the onset of breast cancer or prevent recurrence in patients who have already been treated.

Kandaya, Tacloban

Rotary
Club



**AT THE
FOREFRONT**

**IN THE FIGHT AGAINST
BREAST
CANCER**

KICK-OFF OF BREAST CANCER AWARENESS PROGRAM

AUGUST 27, 2024, SAN JOSE, TACLOBAN CITY



KICK-OFF OF EASTERN VISAYAS BREASTFRIENDS

OCTOBER 3, 2024 ROBINSONS NORTH, TACLOBAN CITY





KICK-OFF OF EASTERN VISAYAS BREASTFRIENDS

OCTOBER 3, 2024 ROBINSONS NORTH, TACLOBAN CITY



RI DISTRICT 3860 AREA 3B BREAST CANCER AWARENESS PROJECT



Rotary
District 3860

THE MAGIC OF ROTARY

Pink October 2024

BREAST CANCER AWARENESS MONTH

October 5, 2024 | Ground Floor, Manuel Ngo Student Center
Saint Paul School of Professional Studies Palo, Leyte

LEAD CLUB:
Kandaya, Tacloban
Rotary Club

PARTICIPATED BY:

AREA 3B1
Rotary Club of Kankabato
Rotary Club of San Juanico
Rotary Club of Tacloban

AREA 3B2
Rotary Club of Central Baluarte Tacloban
Rotary Club of Central Tacloban City
Rotary Club of Leyte Gulf

Rotaract Clubs of Leyte Council
Rotaract Club of Kandaya-Tacloban
Rotaract Club of Kankabato
Rotaract Club of San Juanico
Rotaract Club of Tacloban

SAINT PAUL SCHOOL of PROFESSIONAL STUDIES

EARLY DETECTION SAVES LIVES

BREAST PREVENTION AND TREATMENT



Rotary
District 3860

THE MAGIC OF ROTARY

Pink October 2024

"WE CARE" - BREAST CANCER AWARENESS
OCTOBER 5, 2024

Prayer	Past Pres Miranda
Opening Community Dance	AVP
Welcome Remarks	Pres. Annabelle
Project overview	DCOS Irish
Presentation of Club Presidents	AG Paul
Activity Flow - Opening of ibreast Screening	AG Ralph
Introduction of Guest Speaker	Louisa Rio, MSHS
BC Awareness Talk	Integrative Medicine
Ice breaker	Dir Kimi
Testimony	
RAFFLE Snacks	
Closing Remarks	Pres Annabelle

EARLY DETECTION SAVES LIVES

RI DISTRICT 3860 AREA 3B BREAST CANCER AWARENESS PROJECT



PINK PARTY



PINK PARTY



Kandaya, Tacloban

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JOIN US IN OUR FIGHT AGAINST BREAST CANCER



**SUPPORTING THE
FIGHTERS**

**ADMIRING THE
SURVIVORS**

HONORING THE TAKEN

AND

**NEVER EVER GIVING UP
HOPE**



PEACEBUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION,
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