

Rotary
D3860



Rotary Opens
Opportunities

Uptown BXU

THE CLUB BULLETIN FOR ROTARY CLUB OF UPTOWN BUTUAN

"A place for young professionals and business people to share and connect"



VOL. 4: OCTOBER 2020 EDITION

MAKE IT A Pink October

Ways to reduce your risk for breast cancer



- Limit alcohol
- Be physically active
- Don't smoke
- Breastfeed your Children
- Get Screened for Breast Cancer
- Control your weight

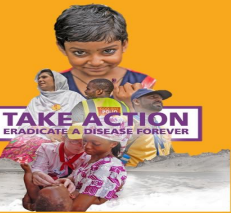
Rotary Area 3I and 3J Rotary Opens Opportunities



Rotary Area 3I and 3J Rotary Opens Opportunities

WORLD POLIO DAY IS 24 OCTOBER

endpolio.org | #endpolio



"POLIO WILL BE THE 2ND HUMAN DISEASE IN HISTORY TO BE ERADICATED"

TAKE ACTION ERADICATE A DISEASE FOREVER

JOIN THE FIGHT TO **END POLIO NOW**

Learn & Donate now at endpolio.org

BREAST CANCER WOMEN'S HEALTH INFOGRAPHIC

Breast Cancer is cancer that develops from breast tissue

2nd This is the 2nd place in the frequency among oncological diseases in the world

13 at this age, women have a risk of developing breast cancer

from 8,000 to 1,000,000 annually registered cases of breast cancer in women in the world

CAUSES

DIAGNOSTICS

- mammography, MRI
- ultrasonic research
- self-examination
- consultation with a mammologist
- biopsy, cytological analysis

BREAST CANCER STAGES

stage I stage II stage III stage IV

TREATMENT

- mastectomy surgery
- hormone therapy
- radiation therapy
- chemotherapy
- targeted therapy

SYMPTOMS

- in the early stages without symptoms
- nipple retraction
- enlarged lymph nodes in the armpits
- nipple discharge
- lump or swelling by touch
- breast differs in shape and size from the other



CELEBRATING END POLIO NOW

Rotarians from of District 3860 headed by District Polio Subcommittee Chair **Enrique Andres** from the Rotary Club of Central Butuan celebrates End Polio Now from October 16-31, 2021. Showing support to the campaign, members from our club posted The End Polio Now awareness tarp campaign to their respective workplace or establishments. As part of the opening tip off, Rotarians from Area 3I and 3J. Then 6 members from our club participated in the I RUN TO END POLIO NOW (virtual run) which was held at Caraga State University, Ampayon, Butuan City last Oct. 24, 2020.

CELEBRATING PINK OCTOBER MONTH

The Rotary Clubs of District 3860 of Areas 3I and 3J (Butuan Rotary Clubs) celebrates Pink October Month from October 1-15, 2021. Encouraging and engaging every Rotarian to make an awareness campaign most specially on the PINK OCTOBER BREAST AWARENESS Campaign.

OCTOBER REGULAR MEETINGS:

October 22, 2020 | 5th Virtual Meeting
 The 5th Virtual Meeting of Rotary Club of Uptown Butuan was participated by 11 members & 3 Invitees

The Agenda(s) were mainly focused on this months End Polio Activity.

1. End Polio Awareness Campaign

* Wherein we encourage members to put tarps on their respective place/establishments & also in social media.

2. End Polio District Virtual Run

* Encouraging members to register on the said activity which is organized by the district & hosted by RC Dadiangas.

3. End Polio Butuan City Activity

* Area 3J & 3I organized a particular place to gather but with limited members to attend due to the current situation we are facing as a tip-off for the End Polio Virtual Run which will be held this October 24, 2020. While the rest of the members will do it virtually in their homes.

