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Commission for Women

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For UTK Women: Students, Faculty and Staff

Mobile Mammography Unit to visit UTK

The Commission for Women, in conjunction with Women's - A Health Promotion Center of the University's Medical Center, is sponsoring a breast cancer screening program for women over the age of 35, from March 7 to April 8. The program is open to faculty, staff, dependents, and students.

The Mobile Medical Unit is scheduled to be at the University Center on Mondays and Tuesdays, at Circle Park on Wednesdays, at the Aquatic Center on Thursdays, and the Agricultural Campus on Fridays. The cost is $60 and may be paid by cash, check or major credit card. For an appointment call 544-9833.

Mammography is a simple and relatively quick procedure, taking about 15 minutes at the mobile unit. The mammogram itself is a low dosage X-ray of the soft tissue of the breast, the exposure to X-rays being comparable to that of a dental X-ray.

Why the need for a mammography? According to the American Cancer Society, one in ten women born today will develop breast cancer. This year alone, 130,000 American women will be diagnosed and more than half of them will die of it. Breast cancer is the most common cancer affecting American women and kills more women than any other cancer, except lung cancer. Yet it is one of the relatively few cancers that can be detected early and successfully treated.

Research suggests that mammograms can detect breast cancer up to two-and-one-half years earlier than with self-examination alone and improve the survival rate up to 40 percent. However, the National Cancer Institute and the American Cancer Society report that fewer than 15 percent of women receive mammograms.

Like most cancers, there is no conclusive evidence about how to prevent breast cancer. However, research indicates there are several factors which contribute to higher incidence of the disease. Those at high risk include women whose mother or sisters have had breast cancer, women who have no children or do not get pregnant until after age 30, and women who either go through menopause before age 50 or who begin menstruation before age 12. In addition, some experts believe there is a high correlation between a high fat diet and breast cancer.

Women between the ages of 35 and 40 should have a mammogram, women between 40 and 50 should have one every one to two years, and women over 50 should have the procedure done annually.

Finding cancer early increases not only a woman's chance of survival, but also her treatment options. Instead of a routine mastectomy, or removal of the breast, earlier detection of smaller tumors may allow a woman to save her breast and have only the lump removed. A lumpectomy involves surgical removal of the lump followed by about five weeks of radiation therapy to ensure that all cancer cells have been destroyed. David Kinne, head of breast service at Memorial Sloan-Kettering Cancer Research Center in New York City says the survival rate with a lumpectomy is equal to that of mastectomy.

The Commission for Women is now sponsoring Professional Development Grants for Women. The purpose of the grants is to provide funds to enable women to attend local, one-day workshops geared to professional developments.

The CFW has issued guidelines for women interested in applying for the grants:

1. The workshop or seminar must be offered in the local area.
2. The program must be appropriate to professional development.
3. The grant is open to UTK faculty, exempt, and non-exempt women.
4. The CFW programming committee will make recommendations for funding to the Chancellor.
5. The CFW programming committee will announce the availability of the grants.
6. The applicants should submit request to the Chair, CFW, 2012 Lake Avenue. Applicants should include a description of the event, cost and resume.
7. The Office of Affirmative Action will serve as record keeper in the event that participants may be asked to serve as resource advisors.
8. The CFW office, 2012 Lake Avenue, will maintain a current listing of workshops and seminars.

Linda Burton, Chair of the CFW, said the grants provide women, who might not otherwise have the means, with an opportunity to attend seminars and workshops which will enhance their professional growth and assist them in making career advancements.

During the upcoming months is the Keye Productivity Center's "How to Make Powerful Presentations," to be held March 25 at the Knoxville Airport Hilton Inn. This seminar provides instruction in presentation effectiveness, teleconferencing, body language, using humor in presentations, selecting and utilizing visual aids, and improving public speaking skills. The cost is $125. For more information contact Keye at 1-800-821-3919.

The National Businesswomen's Leadership Association will be holding a workshop on "Leadership and Supervisory Skills for Women" on March 15 in Knoxville at the Holiday Inn World's Fair Site and March 17 in Chattanooga at the Chattanooga Choo Choo Hotel. The workshop offers suggestions and training in how to project a positive and powerful self-image, improve personal leadership style, delegate authority and motivate employees, improve communication skills, handle conflict, and cope with stress management. The cost is $59 and the phone number for more information is 1-800-258-7246.

On May 5 at the Hyatt Regency, Career Development Seminars is offering a seminar on "Supervising People." It will include instruction in how to give criticism without offending people, how the supervisor's attitude affects productivity, how to improve supervisory human relations, how to motivate employees, how to teach and shape good work habits, how to eliminate misunderstandings, and how to improve communications skills. The fee is $185. For more information contact David Marcum at 1-984-7788.

To find out more about these and other local seminars, and to find out more about the Professional Development Grants, call the Commission for Women Office at 974-4739.
Women & smoking: What are the risks?

In today's society smoking is increasingly becoming a virtual taboo. Business and stores are banning smoking on their premises. Cigarette packages carry warnings about the dangers of smoking. Yet people continue to smoke. What are specific risks for women who smoke? Are they greater than or less than for men? How dangerous is smoking for women?

In the past, women have always smoked much less than men, largely because of societal sanctions connected with smoking. Women took up cigarette smoking fairly rapidly in the twentieth century, but even by the 1950's only half as many women as men smoked. From the period of the first Surgeon General's report in 1965 to 1980 the percentages of smokers of both sexes declined. At this point fewer than 25 per cent of American women are cigarette smokers. Of these women, forty per cent smoke so called "low tar" cigarettes, cigarettes with a tar content less than 15 milligrams.

Disturbingly, however, the average age to begin cigarette smoking for women has declined considerably since the turn of the century. The 1980 Surgeon General's study The Health Consequences of Smoking for Women, reported that the average age of onset of regular smoking among American women 17 to 19 is higher than for men of the same age. The implications of this for women, who once had a considerably lower risk for lung cancer, is clear. An increase of mortality occurs with an increase in number of cigarettes smoked per day, an earlier age of beginning cigarette smoking, a longer duration of smoking, inhalation of cigarette smoke, and a higher tar and nicotine component for cigarettes. As women begin smoking earlier and longer they will be more at risk for health problems.

What are some of the health hazards for women? In general, female cigarette smokers report more acute and chronic conditions such as chronic bronchitis and emphysema, chronic sinusitis, peptic ulcer disease, and arteriosclerotic heart disease than women who never smoked. In addition, risk for diseases such as influenza are greatly increased among cigarette smokers. What this means in very real terms is that women who smoke have more days lost from work due to illness and injury than working women who do not smoke. Also, limitation of activity is reported more commonly among women under 65 who smoke.

The major risks to cigarette smokers come from cancer and cardiovascular disease. It is in these areas that the risks involved in cigarette smoking become much greater for women than for men. Cigarette smoking is causally associated with lung, larynx, oral cavity and esophageal cavity cancer in men and women. In women, more than men, smoking is associated with kidney, bladder and pancreatic cancer. Cigarette smoking accounts for 18 per cent of all new cancers and 25 per cent of all cancer deaths among women. The risk difference for smoking versus nonsmoking women is different than for smoking and nonsmoking men as well. Women cigarette smokers have between a 250 and 500 percent greater likelihood of developing cancer than nonsmoking women.

Cigarette smoking also increases chances of development of cardiovascular problems. It is a major risk factor in the development of heart disease and hypertension. An area of particular concern for women is the interaction between oral contraception (the Pill) and smoking. Indications are that the use of oral contraceptives by women cigarette smokers increases the risk of myocardial infarction tenfold.

The final area that cigarette smoking shows a major impact on women is that of pregnancy and fetal development. The relationship between smoking and reduced birth weight is an independent factor, that is, it happens without regard to other factors that influence birth weight, such as maternal age and sex of child. Babies born to women who smoke during pregnancy are, on the average, 200 grams lighter than those born to nonsmokers. The risk of miscarriage, fetal death and neonatal death increases as well. Finally, an infant's risk of developing SIDS, Sudden Infant Death Syndrome, is increased by maternal smoking during pregnancy.

Risks to the mother during pregnancy also increase. Premature delivery occurs more often as does early and late bleeding in pregnancy, and prolonged rupture of membranes. Finally, cigarette smoking appears to impair fertility in both women and men.

Most studies seem to indicate that women who stop smoking have all risks substantially reduced, particularly in pregnancy. Behaviorally, it is less likely that you will smoke if you reduce stress, have many nonsmoking friends and attempt regularly to reduce the number of cigarettes smoked per day.

Quit smoking today, your life depends on it.

WHET seeks members

Women in Higher Education in Tennessee (WHET), a professional organization of persons interested in promoting equity for women in the academic and administrative ranks in higher education in Tennessee, is currently seeking to expand its membership ranks among women at UT.K.

Organized in 1979, WHET's members include female faculty and administrators in colleges and universities in Tennessee. Wylene Vrba, an Administrative Assistant in the Science Alliance and member of WHET, reported to the February Commission for Women Meeting that WHET wanted to interest women in East Tennessee in the organization. "WHET's membership presently comes from primarily Middle and West Tennessee," said Vrba.

In addition to promoting equity for women, WHET seeks to enhance opportunities for upward mobility in higher education and career development for women, to provide a forum for involvement in activities that foster professional growth, and to form a major coalition of women in Tennessee's higher education community to work with other organizations and serve as advocates for women.

In the past, WHET has held workshops at Tennessee Tech and M.T.S.U.

There is a nominal annual membership fee for joining WHET which includes a subscription to the WHET Bulletin published quarterly. For more information about WHET contact Phyllis Davidson, WHET President, Box 5035, Tennessee Technological University, Cookeville, TN 38505. Interested persons may also contact Wylene Vrba care of the Science Alliance, 974-4561.
The Women's Coordinating Council has set their schedule for spring quarter.

Highlighting the WCC's spring offerings is a series of films on women. On March 30 at 1:15 p.m. in the Shiloh Room, For Love or Money will be shown. It is a documentary tracing the history of women and work in Australia from the 1780's to the present, utilizing newsreel footage, movies, Aboriginal rock carvings, advertisements and snapshots.

On April 6 at 1:15 in the University Center room 226/227, a double feature of Master Smart Woman and The Yellow Wallpaper is scheduled. The Yellow Wallpaper is a short dramatic film which brings to life the classic Charlotte Perkins Gillman story set in the late 1800's.

On April 13, 1:15 p.m. in the University Center, For Love or Money will be shown. It is a documentary which chronicles the experiences of the National Black Women's Health Project at the United Nation's End of the Decade for Women Conference in July 1985. The film will be shown at 7:30 p.m. in 226/227.

Admission to the films is free and the public is invited to attend. More information contact Jill Hargin at 974-1029.

In addition to the film series, Kathleen Barry will present a recitation and reading on Susan B. Anthony, May 7, in the Music Hall.

Finally, Pam Gillis is planning an International series on women. For more information about topics and times, contact the Women's Center at 974-1029.

As in the past, the WCC will provide free child care services whenever there is an event scheduled. Because the service is free, the WCC would like to request donations for small, preferably non-violent toys suitable for small children.

Networker seeks input

The Networker is a newsletter which addresses issues relevant to women. We try to include news items and announcements that will be of interest to women on campus, but we do not always hear or read about everything going on at UTK. If you have and announcement, know of someone whose received an award or honor, or know of an issue you would like to see explored in greater depth, contact Carol Guthrie at 2012 Lake Ave., 974-4739.
Recent research by Myra and David Sadker of American University indicates that teachers interact with male students at every grade level more than with female students. They found that girls start school with higher achievement on standardized tests, but by the time they take the SAT, girls trail boys by 57 points. This is significant for the educational development of women because standardized tests are used as guidelines for acceptance to prestigious schools and in winning scholarships. In New York, for example, 67 percent of Empire State Scholarships go to boys and 27 percent girls (names for the other 6 percent could have been male or female, so they were not counted).

Other findings show that in coed schools, women speak two-and-one-half times less often in class than their male college classmates. After the first year of college, women show sharper drops in self-confidence, and the longer they stay in college, the lower their self-confidence becomes.

Dr. Barbara Kerr, author of *Smart Girls, Gifted Women* says teachers do not deliberately exclude girls. The problem is they often are not aware that they treat boys and girls differently. Research has shown that teachers praise boys far more than girls and criticize them more. The result is that boys get more encouragement, more chances to improve, and learn how to handle criticism.

The Sadkers found that boys call out for teacher attention eight times more than girls, and they get it. When boys speak out of turn in discussions, teachers accept the remarks as contributions, girls are told to raise their hands. In addition, teachers tend to give boys more detailed directions, but usually do the work for the girls.

This lopsided treatment also plays into course selection for boys and girls. The Project on Equal Rights found that schools discourage girls from taking math, science, computer, and vocational classes. The impact of such direction has been that women get less than 17 percent of all doctorates in math and physics.

In terms of higher education, women make up only 11 percent of all full professors in American Colleges and Universities. Only 10 percent of all high school principals are women - a smaller percentage than in the 1950's.