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October is Breast Cancer Awareness Month

Source: <https://www.aacr.org/patients-caregivers/awareness-months/breast-cancer-awareness-month/>

October is Breast Cancer Awareness Month. It's a time for reflection on trends in breast cancer research, prevention, and treatment. According to the National Cancer Institute, approximately 310,720 women in the United States will be diagnosed with breast cancer in 2024. Furthermore, about 42,250 will die of the disease.

Breast cancer is the most common type of non-skin cancer in women in the United States. Notably, it accounts for 30% of all new cancer cases in women. It is second only to lung cancer as a cause of cancer death in American women. About one woman in eight in the United States will develop breast cancer during her lifetime—about 13% of all women.

Breast cancer occurs in many different forms. The most common form is ductal carcinoma, which begins in the cells of the ducts. Cancer that begins in the lobes or lobules is called lobular carcinoma. It is found in both breasts more often than other types of breast cancer. Inflammatory breast cancer is a rare type in which the breast is warm, red, and swollen.

Risk Factors

Being female and older in age are the main risk factors for breast cancer. Others include exposure to estrogen made by the body; presence of dense breast tissue; early onset of menstruation; older age at first birth; the use of hormones for symptoms of menopause; smoking; obesity; and not getting enough exercise.

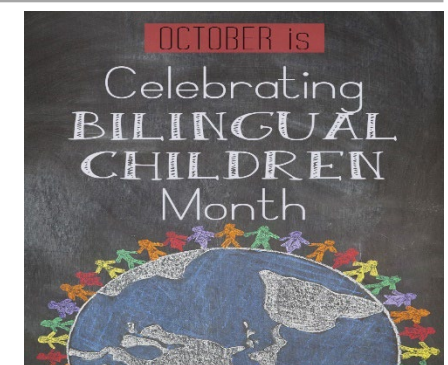
Hereditary breast cancer makes up 5% to 10% of all breast cancer diagnoses. Women who have mutations in certain genes, such as BRCA1 and BRCA2, can have a higher level of risk.

Breast cancer in men

Men can also get breast cancer. An estimated 2,790 men are expected to be diagnosed with breast cancer in 2024, and about 530 will die of the disease. Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of the disease.

More about breast cancer

- Research suggests postmenopausal women over 50 with low-risk hormone receptor-positive breast cancer may forgo radiation after surgery.
- The AACR and the Lobular Breast Cancer Alliance are facilitating research into an understudied form of breast cancer.
- New recommendations clarify when women diagnosed with breast cancer should consider genetic testing for inherited cancer risk.
- Breast cancer survival rates continue to rise: New report highlights decades of progress, as well as a persisting disparity.



October 2024 Calendar

ADHD Awareness Month
Global Diversity Awareness Month

- 1 – Buddhist Pchum Ben (Buddhism)
- 3 – Mysore Dasara (Hinduism)
- 4 – St. Francis of Assisi Feast Day (Christianity)
- 4 – World Animal Day
- 5 – World Teachers' Day
- 6-12 – Mental Illness Awareness Week (International)
- 12 – Yom Kippur (Judaism)
- 17 – World Trauma Day
- 20-26 – Healthcare Quality Week (US)
- 24 – World Polio Day
- 26 – National Transgender Children Day (US)
- 28 – National Immigrants Day (US)
- 29 – World Stroke Day
- 31 – Diwali (Hinduism)

A Self-Assessment Is the Key to Being a Better Interpreter

Source: https://certifiedlanguages.com/blog/self-assessment-for-interpreters-communications-professionals/?utm_content=262460183&utm_medium=social&utm_source=linkedin&hss_channel=lcp-926791



Contrary to popular belief, it takes more than being bilingual to effectively bridge a language gap between two people. Interpreters must also be good listeners, have the ability to code switch effectively, and have a cultural understanding of the languages they work with.

What's more, interpreters should strive to have sufficient knowledge of the fields they service so that they understand what is at stake during an interpreting session. Thoughtful dialogue with yourself in the form of self-assessment is key to developing the necessary skills to become a successful interpreter.

Almost 10 years ago, as I was interviewing for my very first interpreting position I found myself constantly asking myself if my voice was clear enough, if I was using the best vocabulary to match the speakers and to appear professionally competent. I was hyper-aware and asked myself constantly if I was staying away from slang. I did not realize it then, but this questioning was a form of self-assessment.

What is a self-assessment?

To self-assess means to look at oneself and one's interpreting performance from an outside perspective as one reflects on one's skills.

With the years, I learned to automatically ask myself important questions like these as I interpreted:

- Is my tone cordial?
- Do all parties know who I am and what my purpose in the call is?
- Am I using the proper register?
- Do I sound confident?

After I complete my interpreting sessions, I always ask myself, "Did I do a good job? Did I solve the issue?" If the answer was no, I try to dig deeper to understand where my shortcomings occurred.

Practice makes perfect

Being an interpreter does not stop when the session ends, and the headset comes off. Practice is the best form of self-assessment.

Here are a few tips for self-assessments on the go:

- Create glossaries with unfamiliar vocabulary.
- Get a pocket-sized bilingual dictionary, like an English to Spanish dictionary, and read it when you're on the train or during your commute.
- Read books in your target language.
- Read industry literature. For example, go to bank websites and read their FAQ sections on finance and the services they offer to gain a better understanding of the industry.
- Request an interpreter in your target language for your own needs. This will give you an opportunity to experience the call from an LEP point of view and will allow you to learn from others' performance.
- Practice simultaneous interpretation when listening to the news in the car. This helps the brain to learn how to process information rapidly and improves cognitive skills.

UCDH Medical Interpreters Celebrate International Interpreter/Translator Day

International Translation Day, annually on September 30th, serves as a global celebration dedicated to recognizing the invaluable contributions of translators and interpreters in bridging linguistic and cultural divides. In fiscal year 2024, UCD interpreters saw a 33% increase in telephone interpretation requests, and 21% increase in video interpretation sessions. Our dedicated team of interpreters handled approximately 175,000 patient care encounters over the last fiscal year.

To honor their hard work and dedication, the department held a catered lunch in celebration of International Interpreter/Translator Day.

Happy Interpreter/Translator Day to our dedicated language professionals!

