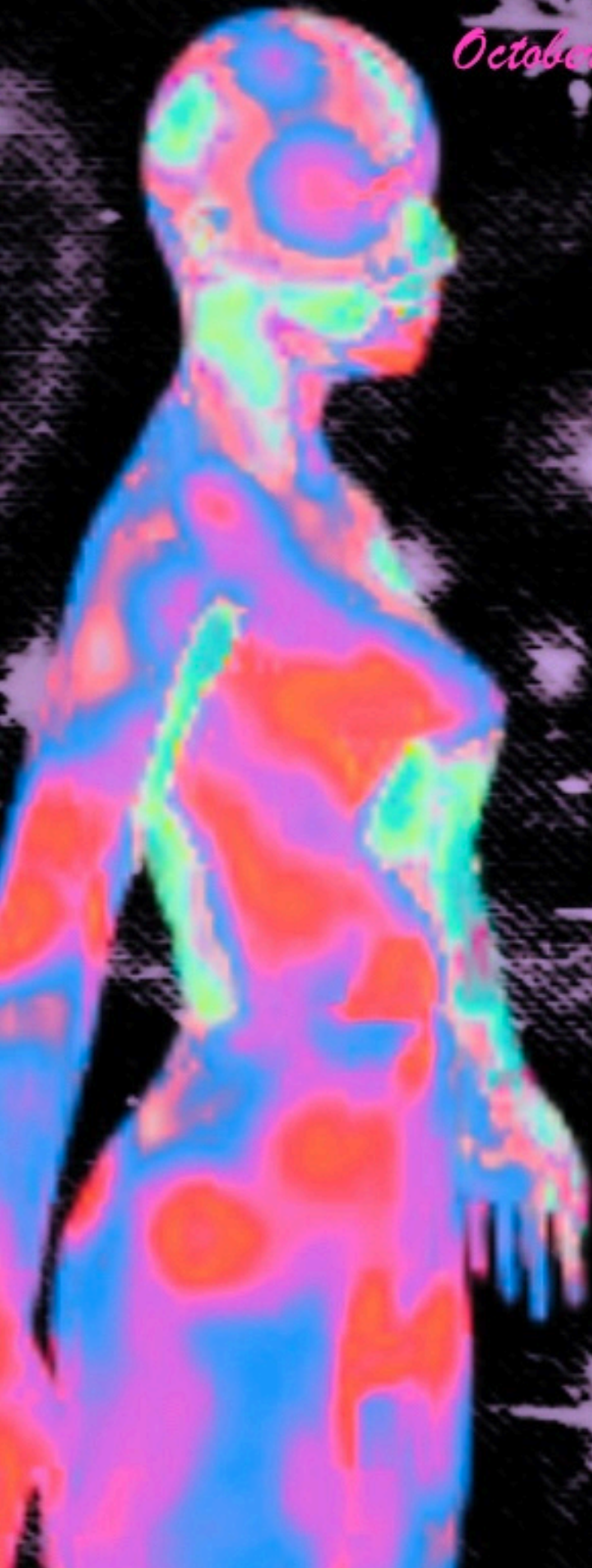


*Heartbeat Of PULSE Embodied*

*October 2024*



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# PULSE Mission

**Powerful United Ladies Striving to Elevate or P.U.L.S.E. is a non-profit organization whose purpose is to create a safe, inclusive space for women of color on the Binghamton University campus. Although women of color are not the only group we serve, they are our primary focus.**

**That is why we strive to educate, elevate, and empower every woman we meet. To let them know that regardless of their background, religion, identity, or race, they are capable of anything they put their mind to and strive for excellence in every way. Powerful United Ladies Striving to Elevate's goal is to create a space for all to talk about social issues facing women while having the sanctity of privacy and confidentiality on the Binghamton University campus. To let them know that the women of P.U.L.S.E. are always there for them.**

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# Pink Power

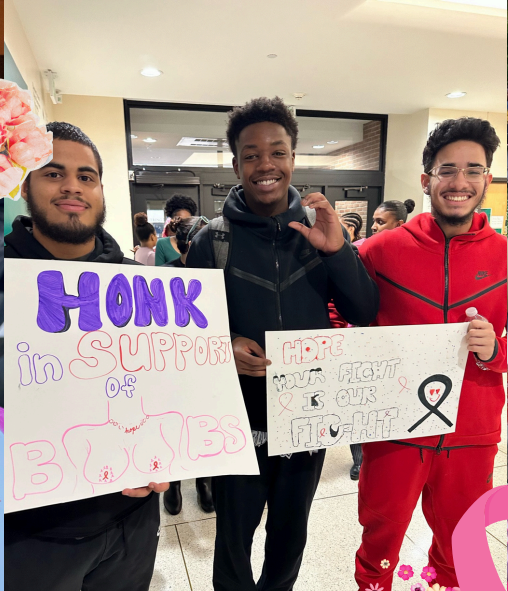
## My Body My Cure

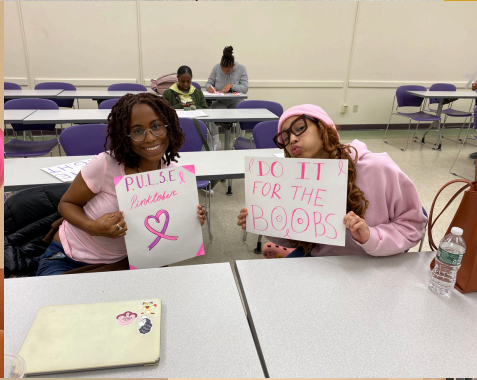


*Meet Samecha, the brains behind the operations*

As the 2024 Community Service Events Coordinator, I will be hosting this year's Breast Cancer Walk & Festival, entitled "My Body, My Cure: The Food & Fitness Fight"! Black women are more likely to face more aggressive and advanced-stage breast cancer at a younger age, and they have a higher mortality rate from the disease.

These disparities in outcomes may stem from systemic issues, such as lower quality healthcare and limited access to mammograms, along with lifestyle factors like diet and weight that differ across ethnic groups. Communities of color also often do not have as much access to nutritious food options. Processed foods, fast foods, food dye and preservatives are all linked to developing various forms of cancer. Obesity can also increase your risk. While a nutritious diet and exercise cannot fully mitigate one's chances of developing cancer, it does increase your chances of overcoming chemotherapy. It's crucial to acknowledge that when systemic failures put women of color at greater risk, we must be proactive, informed, and resourceful to overcome these challenges and protect our health. My Body, My Cure refers to our ability to reclaim our health through meaningful lifestyle practices. Through Food and Fitness, we can take precautionary measures to combat the disparities that women of color face when fighting breast cancer.





# Stats

Breast cancer is the most common cancer in women in the United States, except for skin cancers. It accounts for about 30% of all new female cancers each year.

Black women have a 40 % higher death rate from breast cancer. Among women under 50, the disparity is even greater:

According to the American Cancer Society, triple-negative breast cancer is about twice as common in Black women than white women in the U.S., and a contributor to the lower breast cancer survival rate among Black patients.

Black women have the lowest 5-year relative breast cancer survival rate compared to all other racial/ethnic groups for every stage of diagnosis and every breast cancer subtype.

There has been an overall 42% decline in breast cancer deaths over the last three decades—thanks to gains in awareness, earlier diagnoses, and more effective treatments



# Testing



## Breast Exams

During a clinical breast exam, a healthcare professional looks at the breasts for anything that's not typical. This may include looking for any changes in the skin and feeling for any lumps in the breast or surrounding area.

## Mammograms

A mammogram is an X-ray of the breast tissue. This is commonly used to screen for breast cancer.

Women who are at average risk for breast cancer should start mammogram screening at age 40 and get one every two years until age 74.

## Breast Ultrasounds

Ultrasound uses sound waves to make pictures of structures inside the body. A breast ultrasound may give your healthcare team more information about a breast lump.

## Breast MRI

MRI machines use a magnetic field and radio waves to create pictures of the inside of the body. Before a breast MRI, you usually receive an injection of dye. The dye helps the tissue show up better in the images.

Further testing may be done to determine the stage of your breast cancer and understare your prognosis. Breast cancer stages range from 0 to 4. Tests and procedures used to stage breast cancer may include: Blood tests, Bone scan, CT scan, MRI, Positron emission tomography scan (PETscan).

# Women Who Lead

## Jennifer Salvador

Meet Jennifer Salvador, a Salvadoran American senior majoring in Integrative Neuroscience. She is the senior Advisor of Corazoncitos, a Latine based but not exclusive, philanthropic group that raises money for non-profit groups in Latin America, do community service and provide a safe space for all students! she is also the Executive Director of American Cancer Society on Campus where they host one of the biggest fundraisers on campus, with all the proceeds going to the fight against cancer. We were able to have an enlightening conversation with her about her experience being a Latin leader on campus.



Q: What do you want to be/ do in the future?

A: In the future, I aspire to become a nurse! Unfortunately, my dad was diagnosed with cancer last year. Witnessing everything he went through has motivated me to use my cultural competency to support Latine individuals who rely on healthcare workers. What's your favorite part about your culture?

What I love most about my culture is the sense of intersectionality. As a Salvadoran, my culture has really empowered me through community. I'm from a small town called Sociedad, Morazán, where everyone knows each other, loves to share a meal, have great conversations, and celebrate together. I'm also super proud and lucky to be from Brentwood, a small, mostly Hispanic community. While living there, I got to learn about so many different Latin American traditions, all while experiencing the same warmth and connection I felt back in Sociedad!

Q: How has being a woman in leadership in these orgs and on campus impacted you?

A: Being a woman in leadership has been such a rewarding experience! It's helped me grow more confident and stand tall when it comes to making things fair and ensuring everyone feels included. I've also learned the importance of recognizing and working through my own biases to create a more supportive and open environment for everyone around me. It's definitely shaped how I approach challenges and work with diverse teams on campus!

Q: How and why did you get involved with the American breast cancer society? I got involved with the American Cancer Society On Campus A: thanks to one of my best friends. He invited me to their General Interest Meeting, and hearing everyone's passion and personal stories really touched my heart. At first, I was hesitant to join since it was a primarily white club, but I used that as motivation to advocate for BIPOC on campus, especially since they are often the most affected and underrepresented.

My passion really solidified when my dad was diagnosed with cancer last semester. He's a Salvadoran immigrant who only went to high school for one year, speaks only Spanish, and fled El Salvador due to the Civil War. Navigating language, educational, and financial barriers during that time, was one of the hardest experiences of my life. With his permission, I share his story to advocate for minorities.

I even came up with the idea to create the first Event Leadership Team position focused solely on the multicultural community, and I've been reaching out to collaborate with amazing organizations like PULSE!

Q: What's some advice you would have for a young WOC on this campus?

A: Our experiences will always be valid and that is something no one can take away from you. It's essential to continue sharing our stories and advocating for representation, because our voices matter and deserve to be heard. We face unique challenges, but those challenges also give us a perspective and strength that's invaluable. Together, we can break down barriers, create more inclusive spaces, and ensure that future generations see themselves represented in all areas of life.

Q: Anything else you want to let us know about yourself?

A: Please don't ever be afraid to reach out if you have any questions about the American Cancer Society or Corazoncitos! You are always welcome to join and I can go with you!!



# Healthy Recipes!

*Brought To You By Our Very Own Powerful Ladies*



## *One-Pan Chicken And Quinoa*

Here's a quick and easy dinner that's high in protein and takes very little effort. Season chicken thighs all over with chili powder, salt, and pepper. In a large skillet over medium-high heat, heat oil. Add chicken and cook until golden, about 4 minutes per side. Remove chicken from skillet and place on a plate. Reduce heat to medium and add onion and poblano pepper. Cook until soft, about 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add tomato paste and stir to coat veggies. Pour in broth and scrape up any bits from the bottom of pan. Add tomatoes, beans, corn, and quinoa. Stir in cumin, oregano, and cayenne and season with salt and pepper. Return thighs to skillet. Bring mixture to a boil, then reduce heat and cook, covered, 20 minutes. Remove lid and continue cooking, uncovered, until quinoa is tender and chicken is cooked through, 10 to 15 minutes more. Remove chicken from the skillet, then stir in cilantro and lime juice. Serve quinoa with chicken, avocado, sour cream, and lime wedges.



## *Caramelized Tofu Lettuce Cup*

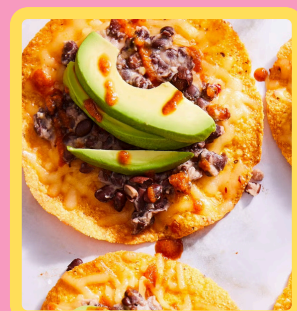
Craving something fresh and healthy yet satisfying? These Tofu Lettuce Wraps fit the bill! Not to mention, this is a great vegan meal prep concept!

Wrap tofu in a clean kitchen towel or paper towels and place on a cutting board. Place a heavy flat object on top of tofu (like a skillet or baking sheet) and weigh it down with cans or another skillet. Let tofu drain for at least 15 minutes, and up to 45 minutes. Crumble tofu into a medium bowl using your fingers. The biggest pieces should be about the size of a pea. In another medium bowl, whisk together soy sauce, sugar, vinegar, sesame oil, red pepper flakes, and fish sauce, if using. (It's OK if the sugar doesn't dissolve completely; it will once added to the pan.) In a large cast-iron skillet or nonstick pan over medium-high heat, heat vegetable oil until shimmering. Add tofu, shake into an even layer, and let cook undisturbed until deeply golden on the bottom, about 5 minutes. Stir the tofu and continue to cook, stirring occasionally, until the tofu is crispy and golden throughout, about 4 minutes more. Add ginger and garlic and cook until fragrant, about 1 minute. Add soy mixture to pan and cook, stirring occasionally, until no liquid remains, about 3 minutes more. Add heaping spoonfuls of tofu mixture to the center of each lettuce leaf. Top with cilantro leaves, peanuts, and a squeeze of lime before serving.



## *Black Bean Tostadas*

Toasted tortillas topped with flavorful black beans and fresh vegetables make a quick and delicious light meal. This is also a great recipe for entertaining or meal prep, because of its ease and high yield. Toasted tortillas topped with flavorful black beans and fresh vegetables make a quick and delicious light meal. This is also a great recipe for entertaining, because of its ease and high yield. To spice things up, top black bean tostadas with slices of fresh jalapeño just before serving. Preheat the oven to 350°F. Arrange tortillas in a single layer on baking sheets. Bake for 20 minutes or until crisp. Meanwhile, in a medium saucepan combine the black beans, lemon juice, onion powder, garlic powder, and ground cumin. Add ½ cup of water and cook over medium heat 10 minutes, adding additional water, 1 to 2 Tbsp. at a time, if needed to prevent sticking. Mash bean mixture to reach desired consistency, adding additional water if desired to make creamier. Season with salt and pepper. To assemble, spread tortillas with bean mixture, using ¼ cup for each tortilla. Top with lettuce, green onions, tomato, and cilantro. To spice things up, top black bean tostadas with slices of fresh jalapeño just before serving.



# Breast Cancer: Breaking Down the Disparities

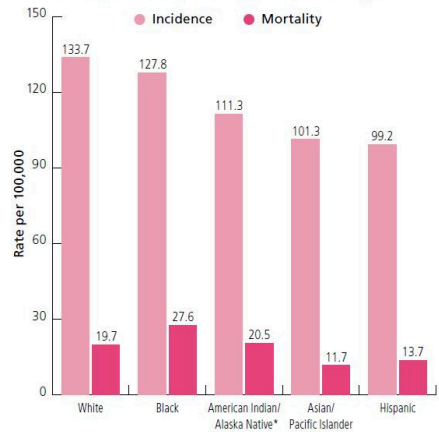


Breast cancer is one of the most common and widely known cancers, but there's much more to the story than just statistics. While it affects millions of people, the experience can vary greatly depending on factors like race, genetics, and access to care. For Black women, the journey can be especially challenging, with a higher likelihood of developing more aggressive forms of breast cancer, like triple-negative breast cancer. Despite advances in treatment and awareness, significant disparities in outcomes remain, raising important questions about what more needs to be done to close this gap.

Breast cancer starts when cells in the breast tissue grow out of control. It's the most common cancer for women in the U.S. after skin cancer, but it's not just a women's issue—anyone with breast tissue can develop it. In fact, according to the National Breast Cancer Foundation, 1 in 8 women will face a breast cancer diagnosis in their lifetime. For 2024, the numbers are stark: an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer.

While overall breast cancer deaths have dropped 42% over the past 30 years—thanks to increased awareness, early detection, and better treatments—a troubling gap remains between Black and white women. Dr. Bea from New York Presbyterian, explains that the disparity isn't just about healthcare access. Despite better screening policies and wider insurance coverage, Black women still face worse outcomes, and researchers are digging into genetics and tumor biology for answers.

Figure 3. Female Breast Cancer Incidence (2015-2019) and Death (2016-2020) Rates by Race/Ethnicity, US



Note: Rates are per 100,000 and age adjusted to the 2000 US standard population. Race is exclusive of Hispanic origin. \*To reduce racial misclassification, incidence data are confined to PRCD counties, while mortality data are for the entire US with adjustment factors for racial misclassification applied. (See Sources of Statistics, page 34).

Sources: Incidence – NAACCR, 2022. Mortality – National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention, 2022.

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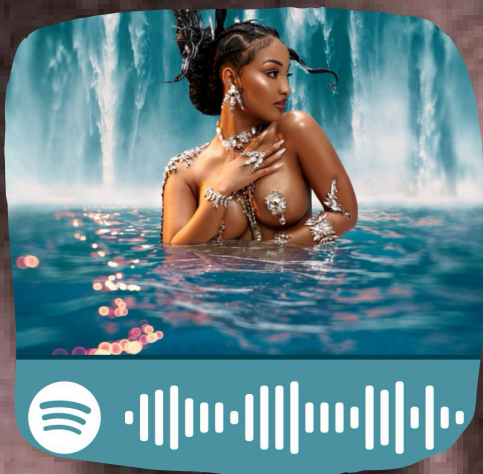
One reason for this disparity is the greater risk of triple-negative breast cancer (TNBC) in Black women. TNBC is a particularly aggressive form of breast cancer that spreads quickly, has fewer treatment options, and frequently results in poorer survival rates. A study led by Mayo Clinic's Fergus Couch, Ph.D., discovered that TNBC accounts for 35% of breast cancer diagnoses in African American women. This type is also associated with a high recurrence rate and poor five-year survival rates.

Genetics may play a role in this increased risk, especially for Black women of specific ancestry. TNBC is difficult to treat because it does not respond to hormonal therapies, making it a risky diagnosis that necessitates additional research and targeted solutions.

Black women are more likely to be diagnosed with aggressive breast cancer at a younger age, so it is recommended that they seek a risk assessment with an experienced breast expert by age 25, or at least by age 30. While screening for average-risk women typically begins at age 40, those at higher risk should start sooner. To alleviate the anxiety of a mammogram, consider bringing a friend for support and making the day a fun outing, such as a spa or girls' day, to shift the focus away from the stress of the screening.

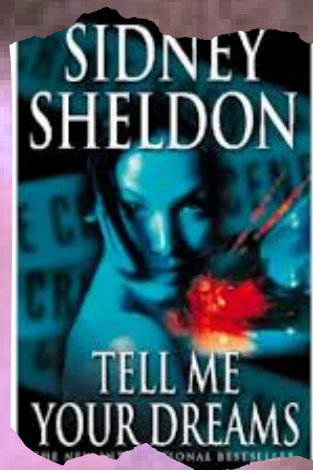


# PULSE PRESS



## Samecha

Sun Comes Up, Shenseea  
I love Caribbean music, but I specifically love this Shenseea song because everyday is a new day to change your life, no matter what the current situation is. I also take a lot of inspiration from nature and frequently admire the sky, so the song ties into this as well.

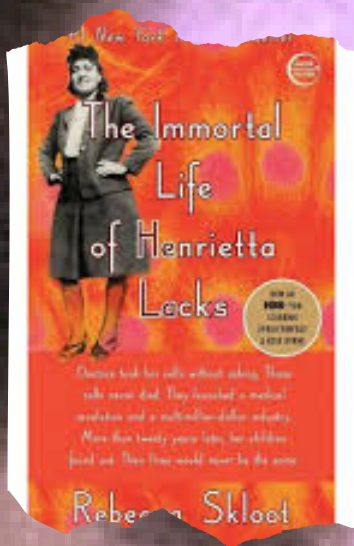


## Sabrina

Tell Me Your Dreams by Sidney Sheldon  
Personally I am not much of a reader, but one of my goals is to change that. My current favorite book is Sidney Sheldon's Tell Me Your Dreams. My mom introduced it to me, and from the minute I started reading it I could not put it down! It follows three young women who are somehow suspected of committing a series of violent murders. Once the police make a vital arrest, it begins a spiral of twists and unexpected turns! My mom's favorite author is Sidney Sheldon and the reason why is because his main character in each of his books are women! I definitely recommend this great book, especially if you are interested in mysteries and thrillers!

## Jordanne

The Immortal Life of Henrietta Lacks by Rebecca Skloot  
This book blew my mind! It's a must read to understand where so much of science has come from and how it's rooted in the exploitation of black people. This non-fiction based on the true life events of Henrietta Lacks brings to light the story of a woman who unknowingly changed the course of medical science and discovery. The book tells the story of Henrietta Lacks, a Black woman whose cells were taken without her consent in the 1950s and became one of the most significant tools in modern medicine. It's an important exploration of the intersection between science, ethics, and race.



## Anna

Golden by Jill Scott  
This classic always gets me moving no matter the mood I am in. I feel this song demonstrates the power in taking control of your circumstances, and more importantly, understanding the blessing that is being alive.

## Hiskairy

Young Love by Cleo Sol.  
Cleo Sol's recent album "Rose in the Dark," is a beautiful work of art that uplifts young women who currently are in a time of uncertainty. Specifically her song "Young love," it has aided me in becoming patient and understanding when it comes to situations that are out of my control. This song makes me feel heard and appreciated. I always play it when I need a boost of motivation!



POWERFUL UNITED LADIES STRIVING TO ELEVATE PRESENTS

# Breast Cancer

## Walk

FRIDAY, OCTOBER 25TH

2:30 PM | PEACE QUAD



POWERFUL UNITED LADIES STRIVING TO ELEVATE PRESENTS

# Breast Cancer Festival 2024

MY BODY MY CURE

THE FOOD AND FITNESS FIGHT

Saturday, October 26th 12pm -3:30pm

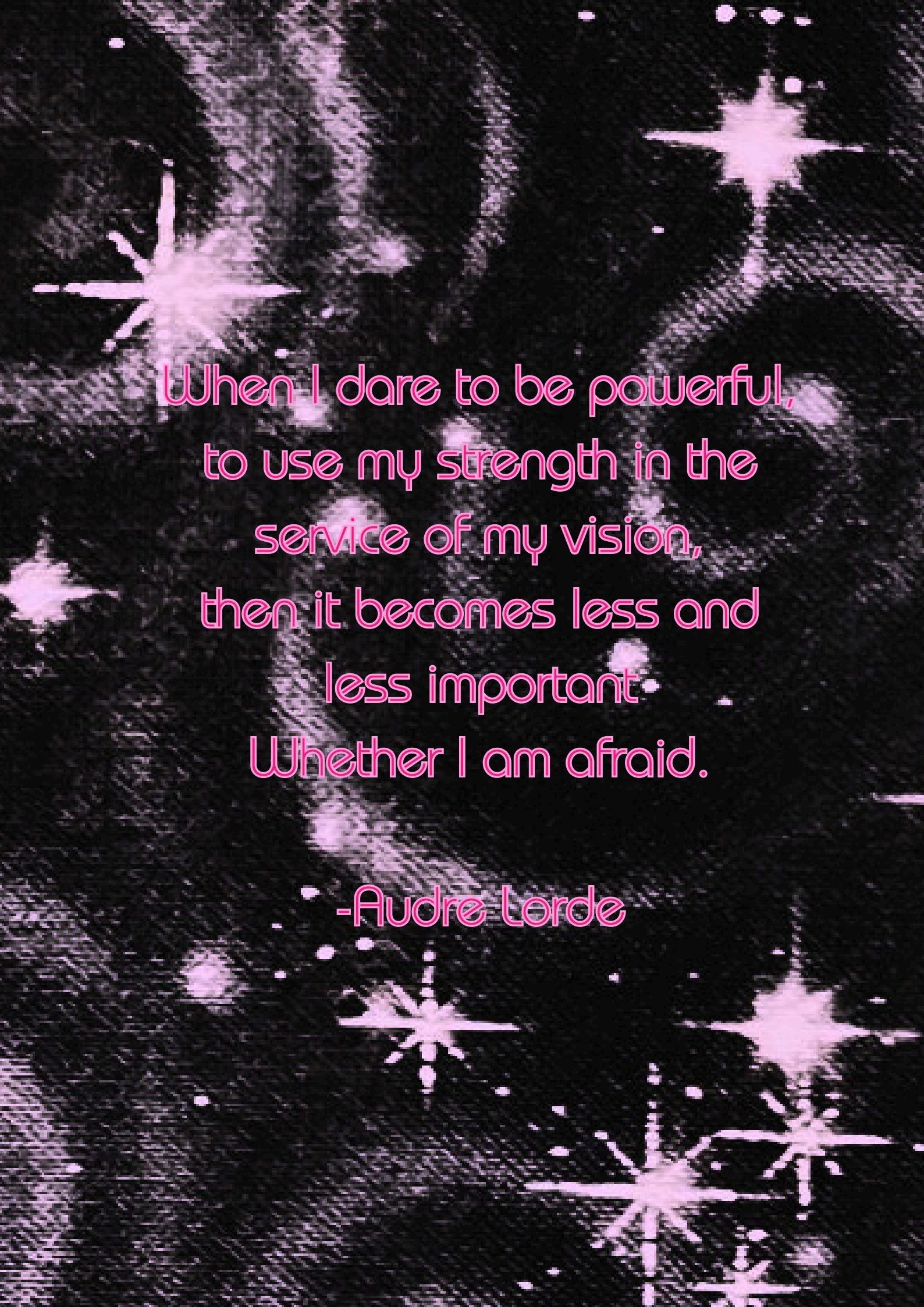
Mandela Room

\$8





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When I dare to be powerful,  
to use my strength in the  
service of my vision,  
then it becomes less and  
less important.  
Whether I am afraid.

-Audre Lorde