**PROGRAMME FOR A.G.M 2017**

**OCTOBER 18TH – 22ND, 2017**

**WEDNESDAY 18TH OCTOBER, 2017**

ARRIVAL AND REGISTRATION 4p.m

18TH OCTOBER, 2017 FROM 4pm

**THURSDAY 19TH OCTOBER, 2017**

INDIVIDUAL DEVOTION 6:00a.m – 6:30a.m

AEROBICS 6:30a.m – 7:15a.m

CORPORATE DEVOTION 7:15a.m – 7:45a.m

GENERAL CLEANING 7:45a.m-8:30a.m

BREAKFAST 8:30a.m-9:30a.m

**FOUNDERS DAY 2017: IDI-ABA IS 108 YEARS**

INTERACTION AND DOWN MEMORY LANE WITH CURRENT STUDENTS 10:00a.m – 12:00pm

SENIOR SECONDARY SCHOOL – CHIEF MRS. AKINTOBI

JUNIOR SECONDARY SCHOOL – MRS M. OSINAIKE

MISSION SCHOOL – MRS. W.M. SOLEYE

REST! REST! REST! 12:00p.m – 1:00p.m

LUNCH 1:00p.m – 2:00p.m

SWIMMING 2:00p.m – 6:00p.m

DINNER 6:30p.m – 7:30p.m

VARIETY NIGHT 8:00p.m – 9:30p.m

LIGHT OUT 10:00p.m

**FRIDAY 20TH OCTOBER, 2017**

INDIVIDUAL DEVOTION 6:00a.m – 6:30a.m.

CORPORATE DEVOTION 6:30a.m – 7:00a.m

MEDICAL CHECK – UP 7:00am – 8:30a.m

BREAKFAST 9:00a.m – 10:am

**HEALTH TALK: STRESS FREE (UNDERSTANDING**

**THE CAUSES, SYMPTOMS, EFFECT OF STRESS AND**

**HOW TO HANDLE STRESS)**  10:00a.m. – 12:30p.m

REST 12:30p.m – 1:30p.m

LUNCH 1:30p.m – 2:30p.m

EMPOWERMENT 3:00p.m – 6:00p.m

DINNER 6:30p.m – 7:30p.m

BRANCH BY BRANCH PRESENTATION 8:00p.m – 9:30p.m

LIGHT OUT 10:00p.m

**SATURDAY 21ST OCTOBER, 2017**

INDIVIDUAL DEVOTION 6:00a.m – 6:30a.m

AEROBICS 6:30a.m – 7:15a.m

CORPORATE DEVOTION 7:15a.m – 7:45a.m

GENERAL CLEANING 7:45a.m – 8:30a.m

BREAKFAST 8:30a.m – 9:30a.m

SIGHT SEEING 10:00a.m – 2:00p.m

LUNCH 2:00p.m – 3:00p.m

A.G.M. I 3:30p.m – 7:00p.m

DINNER 7:00p.m – 8:00p.m

A.G.M II 8:00p.m – 9:30p.m

LIGHT OUT 10:00p.m

**SUNDAY 22ND OCTOBER, 2017**

INDIVIDUAL DEVOTION 5:30a.m. – 6:00a.m

GENERAL CLEANING 6:00a.m – 7:00a.m

BREAKFAST 7:00a.m – 8:00a.m

SUNDAY SCHOOL 8:00a.m – 9:00a.m

THANKSGIVING SERVICE WITH THE STUDENTS 9:00a.m – 11:00a.m

CULLED FROM REFESING 2017 - A publication of Lagos State Baptist Student Fellowship

BREAST & CANCER – Dr. Adeleke (LUTH)

Breast Cancer is a kind of cancer that develops from breast cells. It usually starts off in the inner lining of milk ducts or the lobules that supply them with milk. A malignant tumor can spread to other parts of the body. A breast cancer that started off in the lobules is known as lobular carcinoma while the one that developed from the ducts is called ductal carcinoma. Breast cancer is the most common invasive cancer in female worldwide. It accounts for 16% of all female cancers and 22.9% of invasive cancers in women. 18.2% of all cancer deaths worldwide, including both males and females, are from breast cancer. Breast cancer rates are higher in developed nations compared to developing ones. There are several reasons for this, with life expectancy being one of the key factors-breast cancer is more common in elderly women, women in the richest countries live much longer than those in the poorest nations.

CAUSES OF BREAST CANCER

Experts are not definitively sure what causes breast cancer. It is hard to say why one person develops the disease while another does not. We know that some risk factors can impact on a woman’s like-hood of developing breast cancer. Such risk factors include the following:

1. Age: The older a woman gets the higher is her risk of developing breast cancer; age is a risk factor. Over 80% of all female breast cancers occur among women aged 50+years (after the menopause).
2. Genetics: Women who have a close relative who has/had breast or ovarian cancer are more likely to develop breast cancer. Majority of breast cancer are not hereditary. Women who carry the BRCA 1andd BRCA2 genes have a considerably higher risk of developing breast and/or ovarian cancer. These genes can be inherited. TP53, another genes, is also linked to greater breast cancer risk.
3. A history of breast cancer: Women who have had breast cancer, even on invasive are more likely to develop the disease again, compared to women who have had no history of the disease.
4. Having had certain types of breast lumps.
5. Race: White women have a higher risk.
6. Radiation exposure
7. Hormonal Replacement Therapy
8. Alcohol consumption
9. Dense breast tissue: Women with more dense breast tissue have a greater chance of developing breast cancer
10. Smoking.

TYPES OF BREAST CANCER

1. Invasive breast cancer: in this case the cancer cells break out from inside the lobules or ducts and invade nearby tissue. With this type of cancer, the abnormal cells can reach the lymph nodes and eventually make their way to other organs (metastasis), such as the bones, liver or lungs.
2. Non-invasive breast cancer: This is when the cancan is still inside its place of origin and has not broken out.

SYMPTOMS/SIGNS OF BREAST CANCER

Breast cancer does not always produce symptoms/signs. The symptoms and signs include: a lump in the breast or armpit, skin dimpling, bloody nipple discharge, inverted nipple, orange-peel texture or dimpling of the breast’s skin, breast pain or sore nipple, swollen lymph nodes in the neck or armpit and a change in the size or shape of the breast and nipple. Women/ladies who detect any of the following signs or symptoms should tell their doctor.

DIAGNOSIS OF BREAST CANCER

Breast cancer is diagnosed during a physical examination by: self-examination of breasts, mammography, ultrasound testing and biopsy.

TREATMENT OF BREAST CANCER

Treatment of breast cancer depends on the type of cancer and its state (O-IV) and may involve surgery, radiation or chemotherapy.

PROSTATE CANCER - Dr. Adeleke (LUTH)

Prostate cancer is the development of cancer in the prostate, a gland in the male reproductive system. It is a disease which only affects men. The prostate is an exocrine gland of the male reproductive system, and exists directly under the bladder , in front of the rectum. There are thousands of tiny glands in the prostate - they all produce a fluid that forms part of the semen. This fluid also protects and nourishes the sperm.

The epithelial cells in the prostate gland produce a protein call PSA (Prostate Specific Antigen). The PSA helps keep the semen in its liquid state. Some of the PSA escapes into the blood stream. We can measure a man’s PSA level by checking his blood. Prostate cancer in the fast majority of cases starts in the gland cells- this is called adenocarcinoma. Prostate cancer is mostly a very slow progressing disease. In fact, many men die of old age, without ever knowing they had prostate cancer.

CAUSES

It’s not clear what causes prostate cancer. Doctors know that prostate cancer begins when some cells in your prostate become abnormal. Mutations in the abnormal cells’DNA cause the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die. The accumulating abnormal cells form a turmor that can grow to invade nearby tissue. Some abnormal cells can break off and spread (metastasize) to other parts of the body.

SIGNS AND SYMPTOMS

Prostate cancer that is more advanced may cause signs and symptoms such as :

1. Trouble urinating
2. Decreased force in the stream of urine
3. Blood in the semen
4. Discomfort in the pelvic area
5. Bone pain
6. Erectile dysfunction

PREVENTION

You can reduce your risk of prostate cancer if you:

1. Choose a healthy diet full of fruits and vegetables. Avoid high-fat foods and instead focus on choosing a variety of fruits, vegetables, and whole grains. Fruits and vegetables contain many vitamins and nutrients that can contribute to your health. Whether you can prevent prostate cancer through diet has yet to be conclusively proved. But eating a healthy diet with a variety of fruits and vegetables can improve your overall health.
2. Choose healthy foods over supplements. No studies have shown that supplements play a role in reducing your risk of prostate cancer. Instead, choose foods that are rich in vitamins and minerals s that you can maintain healthy levels of vitamins in your body.
3. Exercise most days of the week. Exercise improves your overall health, helps you maintain your weight and improves your mood. There is some evidence that men who don’t exercise have higher PSA levels, while men who exercise may have a lower risk of prostate cancer.
4. Maintain a healthy weight. If your current weight is healthy, work to maintain it by exercising most days if the week. It you need to lose weight, add more exercise and reduce the number of calories you eat each day. Ask your doctor for help creating a plan for healthy weight loss.
5. Talk to your doctor about increased risk of prostate cancer. Men with a high risk of prostate cancer may consider medications or other treatments to reduce their risk. Some studies suggest that taking 5-aloga reductase inhibitors, including finaseride (Propecia, Prscar) and dutasteride(Avodart), may reduce the risk of developing prostate cancer . These drugs are used to control prostate gland enlargement and hair loss in men.
6. However, some evidence indicates that men taking these medications may have an increased risk of getting a more serious form of prostate cancer (high-grade prostate cancer). If you’re concerned about your risk of developing cancer, talk with your doctor.

DIAGNOSIS

Prostate cancer is diagnosed based on history of symptoms mentioned above such as trouble urinating, blood in the semen, bone pain, erectile dysfunction, weight loss. Then digital rectal examination is done to examine the prostate. Then laboratory investigation is done which is the prostate specific antigen (PSA) to confirm the diagnosis. The PSA is also used to screen for prostate cancer.

TREATMENT

Once the diagnosis of prostate cancer is made, then treatment can start. In its early stages, prostate cancer is highly treatable, with 5 –year survival rate close to 100%. When the cancer has metastasized, however, the survival rate of prostate cancer falls to less than 30%, highlighting a significant need for more effective treatment of advanced stage disease. Hormone therapy is often the first line of defense which chemotherapy is normally limited to cases of metastatic prostate cancer. The treatment can be through surgery, radiotherapy, chemotherapy, immunotherapy and hormonal therapy.