

## Library

from pg. 6

time gathering of company information in preparation for future contact. If you don't intend to contact the company, don't gather the information.

But at the same time, don't be so narrow in your approach that you exclude companies that you were not previously aware of. That's what research is about—uncovering potential new avenues for your job search.

One of your greatest allies in your job search is the research librarian. This person has trained their entire life just to help you locate that elusive bit of information that may generate the eventual job offer. Get to know this person. They can truly make the difference in finding that "right" company. You will find most of the library materials with the best information are in the reference section and not available for check out. These reference guides will keep you busy manually or photo copying information.

An important point to consider in doing your library research is that some of the best job search information might not be located at the library. It may be located instead at your campus career placement office, which typically has a library of its own and information that is specifically geared to your job search.

Make sure you are equally comfortable with accessing either library of information in your job search. In addition, the career placement office has another invaluable resource to guide you in your search: professional career counselors who can serve as your guide and mentor.

In my next column I will steer you directly to where to find the jobs in print. There are several research guides dedicated specifically to guiding you in your quest. Assisting you in reaching out to companies far beyond the

*Krueger is the author of College Grad Job Hunter (©1995, \$14.95, Quantum Leap Publishing).*

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## Low-fat diet won't help women avoid breast cancer

BY MALCOLM RITTER  
AP SCIENCE WRITER

NEW YORK (AP) — Adopting a low-fat diet at midlife or later probably won't reduce a woman's risk of breast cancer, a study suggests.

Pooling and analyzing the results of seven previous studies involving a total of 337,819 women, mostly middle-aged or older, scientists found that the amount of fat in the participants' diets had no effect on their risk of breast cancer.

The researchers in the earlier studies didn't find out how long the women had been on their diets, so the results don't rule out the possibility that women who have avoided fat for most of their lives run a lower breast cancer risk.

Indeed, other studies suggest that a low-fat diet has to be adopted in childhood or adolescence to influence the decades-long processes that lead to cancer.

"There are other, very good reasons to stick to a diet which is relatively low in red meat, and low in high-fat dairy products, and high in fruits and vegetables," said Dr. David Hunter, citing evidence of reduced risk for heart disease and colorectal cancer. "Unfortunately, it doesn't appear that

breast cancer protection, at least in midlife, is one of those good reasons."

Hunter is executive director of the Harvard Center for Cancer Prevention at the Harvard School of Public Health. He and other scientists reported the work in Thursday's issue of the New England Journal of Medicine.

The idea that lowering fat intake during middle age could help protect against breast cancer had appeared to be promising, but it shows "less promise all the time," said Robert Smith, an epidemiologist and senior director for detection and treatment at the American Cancer Society.

The report comes as the federal government is conducting a major study of whether a low-fat diet can reduce breast cancer. It aims to enroll 48,000 women and follow them for an average of nine years. More than 16,000 women ages 50 to 79 have already signed up for the study, which will assign some participants to follow a diet in which 20 percent of calories come from fat.

The typical American woman gets 30 percent to 35 percent of calories from fat, Hunter said.

The new analysis found no evidence of protection in wom-

### Breast self exam guidelines

The American Cancer Society recommends the following guidelines for women of all ages in the fight against breast cancer.

1. At age 20, women should do a monthly breast self-exam seven-10 days after the menstruation period begins; after menopause, on the first day of each month.

2. Women between the ages of 20-40 should have a health care professional examine their breasts every three years; at age 40 and older, an annual examination is recommended.

3. Women age 40-49 should have regular mammography done every one to two years, and annual mammograms after age 50.

en getting smaller percentages of calories from fat. The results actually suggested an increase in risk for diets of less than 15 percent, but Hunter dismissed that as probably a chance finding.

Smith said the study, which looked at women in the United States and Northern Europe, can't rule out the possibility that a very low-fat diet, with less than 20 percent of calories from fat, can reduce breast cancer risk when adopted at middle age. Such a diet is very uncommon in the Western world, he said.

Dr. Peter Greenwald, director of the division of cancer prevention and control at the National Cancer Institute, said the lack of protection found in the new study could

be due to an inability to accurately measure women's fat intake. The estimates were done with questionnaires in which women estimated how often they ate various foods during the preceding year.

Hunter disagreed. All the studies in the report included steps to check up on the accuracy of what the women reported, including asking some women to keep precise diet records for up to four weeks, or asking some of them at random times what they'd eaten in the prior 24 hours.

The results were adjusted to correct for errors in questionnaire responses, he said, and even after that was done the researchers saw no evidence of breast cancer protection.

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