

ANESTHESIOLOGY & PAIN MEDICINE

EDI BRIEF OCTOBER 2025

BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month: *Stronger Together: Uniting voices for prevention and support*

At the onset of the 20th century, breast cancer, and cancer in general, were considered unspeakable and untreatable. Thanks to the efforts of women who identified and spoke out about the invisibility of the disease and the stigma this created, awareness grew throughout the 20th century. This month, we take a historical look at the activism that improved breast cancer care over the past decades ([Osuch, et al, 2022](#)).

Betty Ford made history in 1972 by sharing her diagnosis and treatment, which included a radical mastectomy, the common surgery at the time. When Audre Lourde, award-winning poet, lesbian, African-American, and feminist, was later diagnosed with breast cancer, she skewered oppressive societal views in [The Cancer Journals](#). Both of these women and many others led the charge for increased research and humanized care for breast cancer patients.

Although women are more likely to be diagnosed with breast cancer, men are still at risk. The tendency to feminize the disease leads to stigma and a tendency to avoid preventative care among men.

World Mental Health Day: *Access to Services – Mental health in catastrophes and emergencies*

Stressful events, from large-scale catastrophes and personal emergencies to consequential federal policy changes, can contribute to anxiety, depression, and PTSD. As members of the UW Medicine community, approaching our patients, learners, colleagues, and staff with a [trauma-informed care approach](#) helps to affirm people's experiences and strengths for relationship building and improved outcomes

Learn more:

- Explore resources for [Breast Cancer Awareness Month](#), [National Council for Mental Wellbeing](#), [World Health Organization](#), [UW Mental Health Care Services](#), [UW Mental Health Support Resources](#), [UW Peer to Peer Program](#), [UW Faculty Affairs Support and Resources](#), [UW Employee Assistance Program](#) and [American Cancer Society](#).

Department Highlights

Welcome Anesthesia Visiting Scholars:

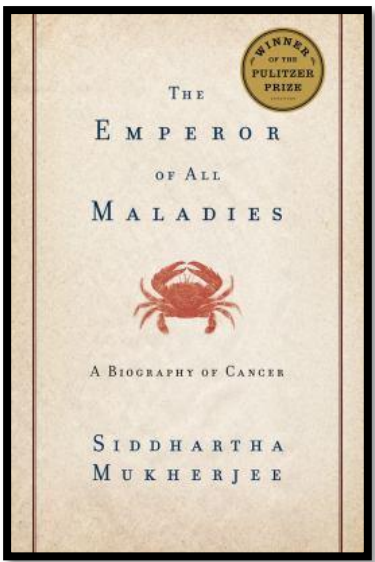
- Mitchell Lopes**, PNW University Health Sciences College of Osteopathic Medicine will do a rotation at Harborview (10/20/25-11/14/25).
- Shengying Angela Chen**, Loma Linda University School of Medicine will do a rotation at UWMC-Montlake (10/20/25-11/14-25).

Call for Mentors & Speakers:

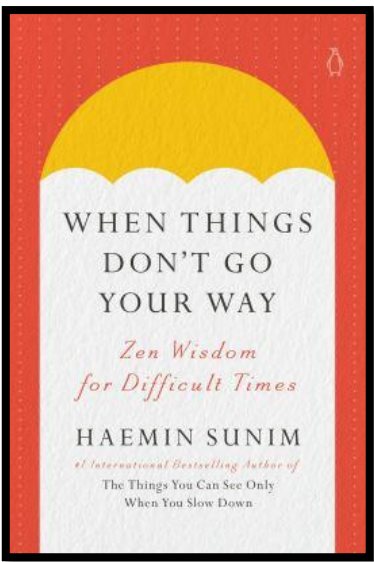
- The APM Postbaccalaureate Mentorship Program is looking for faculty mentors to support students in the Edmonds Postbaccalaureate Program. If interested, please contact Jaelen Barnett (jb82@uw.edu).

Resources

Recommended Reading:



[*The Emperor of all Maladies*](#), Siddhartha Mukherjee



[*When Things Don't Go Your Way*](#), Haemin Sunim

Visit [The Whole U](#) for events happening in the community and at UW:

- October 17 (12-12:50pm): [Wellness Connection Series: Social Wellness and Cultivating Joy](#)
- October 22 (12-1pm): [Pronoun Competency Training](#)