

# Toilet Talk

MANCHESTER UNIVERSITY

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## Breast Cancer Awareness Month!

Breast Cancer is the second most common cancer found in American women. It is also the second leading cause of cancer death among women. About 1 in 8 women will develop breast cancer in her lifetime. The American Cancer Society estimates that in 2012, about 226,870 women will be diagnosed with invasive breast cancer and about 39,510 will die from breast cancer. Unfortunately, the causes of breast cancer are uncertain, but it is known that some factors including a person's age, genetic factors, personal health history, and diet contribute to the risk. Early detection is key in the fight against breast cancer. Women in their early 20s can use breast self exams to detect early signs of breast cancer. The purpose of a self exam is to note any breast changes and report them to your doctor right away. For more information visit: <http://www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastCancerEarlyDetection/breast-cancer-early-detection-acs-recs>

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.

**-Henry David Thoreau**

## To Drink or Not To Drink

### October 21<sup>st</sup> -27<sup>th</sup> National Collegiate Alcohol Awareness Week

The effects of alcohol are different for everyone. Factors including gender, mood, body weight and type of alcohol can all play a role in how consumption will affect a particular person. If a person drinks at a rate of more than one drink per hour the alcohol simply stays in the body waiting to be metabolized, which leads to intoxication. Alcohol poisoning occurs when a person puts large amounts of alcohol in their body, which can inhibit brain functions and become fatal. Preventative measures can and should be taken in situations involving the use of alcohol to avoid alcohol related tragedies.

| Drinks | Body Weight in Pounds |     |     |     |     |     |     |     | Only Safe Driving Limit                               |
|--------|-----------------------|-----|-----|-----|-----|-----|-----|-----|---|
|        | 100                   | 120 | 140 | 160 | 180 | 200 | 220 | 240 |   |
| 0      | .00                   | .00 | .00 | .00 | .00 | .00 | .00 | .00 | Impairment Begins                                     |
| 1      | .04                   | .03 | .03 | .02 | .02 | .02 | .02 | .02 |   |
| 2      | .08                   | .06 | .05 | .05 | .04 | .04 | .03 | .03 | Driving Skills Affected - Possible Criminal Penalties |
| 3      | .11                   | .09 | .08 | .07 | .06 | .06 | .05 | .05 |   |
| 4      | .15                   | .12 | .11 | .09 | .08 | .08 | .07 | .06 |   |
| 5      | .19                   | .16 | .13 | .12 | .11 | .09 | .09 | .08 | Legally Intoxicated - Criminal Penalties              |
| 6      | .23                   | .19 | .16 | .14 | .13 | .11 | .10 | .09 |   |
| 7      | .26                   | .22 | .19 | .16 | .15 | .13 | .12 | .11 |   |
| 8      | .30                   | .25 | .21 | .19 | .17 | .15 | .14 | .13 |   |
| 9      | .34                   | .28 | .24 | .21 | .19 | .17 | .15 | .14 |   |
| 10     | .38                   | .31 | .27 | .23 | .21 | .19 | .17 | .16 |   |

[www.bacchusnetwork.org/ncaaw.html](http://www.bacchusnetwork.org/ncaaw.html)

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Questions? Comments? Please e-mail [HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)