

Toilet Talk



Manchester University

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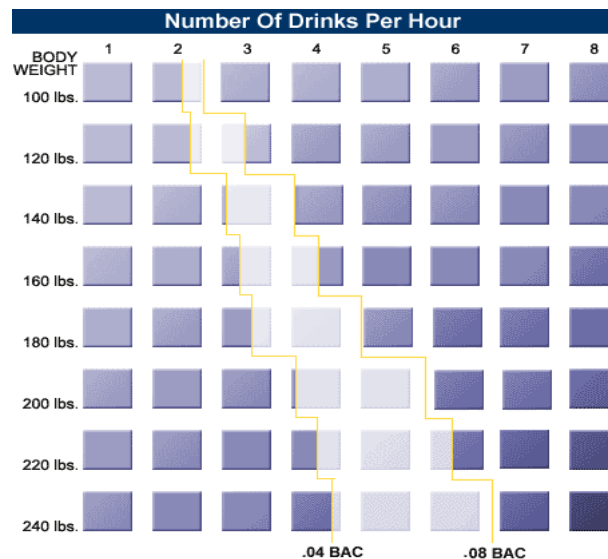
October is also **Breast Cancer Awareness Month!** Early detection is key in joining the fight against breast cancer. Perform monthly self-breast exams, if you are under age 40. Women over age 40 are recommended to schedule yearly mammograms along with completing monthly self-breast exams.

"The pain you feel today is the strength you feel tomorrow. For every challenge encountered is the opportunity for growth."

-Unknown-

National Collegiate Alcohol Awareness Week!

October 20th through the 26th is National Collegiate Alcohol Awareness Week! This is the time to raise awareness on the effects and consequences of underage drinking and if you are 21 or over, how to drink safely. The effects of alcohol vary from person to person and factors including gender, body weight, mood, and type of alcohol play a role on how alcohol affects one particular person. So, how much is too much?



Remember:

A standard drink is:

- A 12-ounce bottle or can of regular beer
- A 5-ounce glass of wine
- A one and a half ounce of 80 proof liquor

For more information, visit <http://www2.potsdam.edu/hansondj/AlcoholEquivalence.html>

Healthy Lung Month!

The average adult takes 15 to 20 breaths per minute and over 20,000 breaths per day! Keeping your lungs healthy for normal breathing patterns is an important part of a healthy lifestyle. Lung diseases include asthma, COPD, influenza, lung cancer, etc. and can cause life threatening issues.

Warning Signs of Lung Disease:

- Chronic Cough
- Shortness of Breath
- Chronic Mucus Production
- Wheezing
- Coughing up Blood
- Chronic Chest Pain

Reduce Your Risk:

- Don't Smoke
- Avoid Exposure to Pollutants
- Prevent Infection
 - Wash hands with soap and water
 - Maintain good oral hygiene
 - Get the Flu Vaccine
- Regular check-ups

For more information, visit <http://www.lung.org>

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Questions? Comments? Please e-mail us at HealthServices@manchester.edu