



Toilet Talk

Manchester University

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Save Second Base!

October is Breast Cancer Awareness Month! This month serves as an annual campaign to increase awareness of this disease. Early detection is key in fighting breast cancer. Early warning signs include a change in how the breast or nipple feels, a change in the appearance of the breast or nipple, and/or any discharge from the nipple. Any abnormalities should not go unnoticed! By performing monthly self-breast exams, these abnormalities can be noticed and detected early! Many myths exist about breast cancer and it is important for you to distinguish these myths from truth. For more information, go to <http://www.nationalbreastcancer.org/breast-cancer-myths>.

Myth

- Finding a lump means you have breast cancer
- Men do not get breast cancer
- Antiperspirants and deodorants cause breast cancer

Fact

- Only a small percentage of lumps turn out to be cancer
- Each year 2,190 men are diagnosed with breast cancer
- Researchers have not found any conclusive evidence linking deodorants to breast cancer

It's Right around the Corner!

Are you frightened about your fitness level?! Stop by our annual MU Health and Fitness Fair that is coming up on **October 29th from 8 am to 1 pm (Lab draws begin at 7 am)** in the **Upper JYSC!** Many activities and services will be provided for all students, staff, faculty, retirees, and their immediate families!

Come to:

Get A Smoothie!

Door Prizes!

Good Food!

GERMS

Healthy Habits!

★ Make sure you stop by on **October 29th** and have the opportunity to win **door prizes** and participate in many **fun activities** while learning about your health! ★

Stomp Out Bullying

October is National Bullying Prevention Month! The purpose of this month is to raise awareness and encourage positive steps towards ending bullying and cyberbullying. Bullying is a form of aggressive behavior that is intentional, hurtful (physical and psychological), and/or threatening and persistent. Bullying can be either physical, verbal, social/relational, or cyber bullying. Bullying occurs at all ages and can affect individuals mentally, physically and emotionally. Some warning signs that an individual is being bullied include sudden decrease in school attendance, increased anxiety, sudden change in behavior, expresses lack of self-value and self-confidence, etc. Bullying is a serious issue and if you witness someone being bullied, do not just stay silent. Join in the efforts to stomp out bullying!

For more information, please visit <http://bullyfree.com> and <http://www.stompoutbullying.org>

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”

~Corrie ten Boom~

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