



Toilet Talk



Manchester University

January 2015

Issue 158

Got Blood?

January is **National Blood Donor Month!** Every two seconds someone in the U.S. needs blood and more than 41,000 blood donations are needed every day. Although an estimated 38% of the U.S. population is eligible to donate blood, less than 10% actually do donate. Since blood cannot be manufactured (it's only source is generous donors), it is important for individuals to donate if they are able. Donating blood is a safe process that only takes an hour and fifteen minutes of your time; this time includes the four-step process involving registration, medical history, and a mini-physical. One blood donation can help save up to three lives! Imagine how many one could help if he or she donated every 56 days (which is the limit to how many times an individual can give blood: once every 56 days)! If donating blood interests you, be on the lookout for blood drives around your area, including campus! Next one is on February 19th.

For more information, please visit www.redcrossblood.org/

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”

~Unknown~

Cervical Cancer Awareness Month!

When thinking of cervical cancer, one also thinks of **HPV**, which stands for **H**uman **P**apilloma **V**irus. This is most likely due to the fact that this virus is linked to abnormal cell changes on the cervix, which can lead to cervical cancer if not detected. January is cervical cancer awareness month and the **NCCC (National Cervical Cancer Coalition)** dedicates this month to raising awareness and knowledge for HPV and cervical cancer. **First things first; knowledge is key when raising awareness, so here are some fast facts about HPV and cervical cancer:**

- **It is estimated that 70% of women and men will come into contact with HPV during his or her lifetime. (Fortunately 80 to 90 % of those individuals can naturally eliminate the virus; however, that does not mean this virus should not be taken seriously!)**
- **HPV can infect anyone who has ever had a sexual encounter, even without going “all the way.”**
- **HPV can be contracted from one partner, remain dormant, and then later be unknowingly transferred to another sexual partner.**
- **Some high-risk types of HPV cause cervical cell changes that, if not detected, can turn into cervical cancer. Pap tests and knowledge of family history is important!**
- **Latex condoms can reduce the risk of HPV transmission – always use protection!**
- **HPV can affect women AND men (it's not just a lady problem!) however, women are the individuals at risk for developing cervical cancer.**

Cervical cancer CAN be prevented with regular pap tests detecting abnormal cervical cells along with the practice of safe sex.

For more info, go to www.nccc-online.org/

Did you know outside exercise in the winter is NOT bad for you?? **January 19th through the 25th** is Healthy Weight Week and exercise along with healthy eating habits (which does not include skipping meals to lose weight) is the number one way to remain at a healthy weight. Don't be discouraged by the cold! Just be prepared, keep yourself warm, and continue getting your minimum 30 minutes of exercise per day! ☺



Brought to you by Wellness Services! ☺

Questions? Comments? Please email us at HealthServices@manchester.edu