



Stay Well, Manchester College!!

Issue 16 -October



Toilet Talk

Love Your Girls...Save the Tatas!

MC Events:

- **Breast and Testicular Informational Booth**
Oct. 1st-6th
4:30 to 6:30 pm
College Union
- **Comedian Wendi Fox**
Oct. 12th
7 pm in Cordier
Free Admission

Did you get your cholesterol checked recently? Add 10 TGIF pts!

Breast cancer is the most common cancer that women may have to face in their lifetime (excluding skin cancer). It can occur at any age, but it is much more likely to occur after age 40. However, that doesn't mean that your youth or good looks is going to protect you. Some women, because of certain factors, may have a greater chance of having breast cancer than other women. In either case,

you should know about breast cancer and what to do about it. The best defense is to find breast cancer as early as possible, when it is easier to treat. The American Cancer Society recommends the following guidelines for early detection:

-Clinical breast exam performed by a physician should be part of a periodic health exam.

- Breast self-exam is a great option for women starting in their 20's, and needs to be performed monthly after each menstrual period.

- Any changes in their breast exam should be reported to their physician.

- At increased risk? Talk to your physician or Health Services about early screening.

- *Questions about procedure? Health Services can help.*

Love this shirt? Want one of your own? Check out the health services website for more info. Women's and men's sizes available.



Breast Cancer Awareness, Not Just for Females

Breast Cancer Awareness is in full swing, but this type of cancer is not limited to only females. Listen up guys...you can get breast cancer too.

Men have the same type of breast tissue as women. That's right, milk duct tissue and all, it's just not as developed.

According to the University of Maryland Medical Center, men develop only 1% of the total breast carcinomas, but are at an increased risk for developing cancer if there

is a history of the disease within his family. The most common symptoms of breast cancer in men include:

- breast lumps
- nipple inversion
- nipple discharge
- pain or pulling sensation in the breast

Guys, DON'T FORGET to perform your testicular exam monthly in the shower. *Questions about procedure? Health Services can help.*

Comedian Wendi Fox to Perform at MC!

Wendi Fox is known nationwide for her "Alcohol Insanity" Tour and the importance of finding the funny.

While working as a stand-up comedian in the college market, Wendi realized that her personal alcohol related stories were having an impact on how people were addressing the issues of alcohol abuse and addiction.

See Wendi on October 12th at 7 pm in Cordier. Free admission.

