



Stay Well, Manchester College!!

Issue 3 -October



Toilet Talk

MC Wellness Extravaganza Coming Soon!!

- Homecoming Week
Oct. 10-14
- MC Wellness Extravaganza
Oct. 25
7AM-1PM
- Breast and Testicular Informational Booth
Oct. 17,18,19
Upper Union
4:30-6:30PM
- Relay for Life Meeting
Oct. 18 7:00PM

When: October 25, 2005
7 AM—1 PM

Where: PERC Arena

Who: Everyone's Invited!

Faculty, Staff, Students, Immediate Family, and Retirees.

What: A great opportunity to learn more about your overall health and wellness! The new "Thank Goodness I'm Fit" (TGIF) Wellness Program and the Wabash County Hospital will be offering a variety of services.

These services include:

Lab work (best if fasting for 12 hrs.) from 7 -10:30AM, including hemograms, prostate cancer, vascular, thyroid testing. CHEM 17 (17 different lab values, including cholesterol & triglycerides), and Lipid profile (for upper class students only). FREE blood sugar testing . Information on ergonomics, healthy diet , depression and stress management, disease education.

Height, weight, blood pressure, and body fat composition will be available. Also, be sure to receive your FLU VACCINE (\$10)! Wabash County Hospital will have information bags and giveaways for all attendees (2-3 bags will have coupons to redeem a larger prize)! In addition to these wonderful health services, there will be a masseuse! Questions? Call 5306 or 5353

In 2003, U.S. residents and businesses produced more than 236 million tons of municipal solid waste, which is approximately 4.5 pounds of waste per person per day. Please try your best to minimize this waste! (EPA)

Alcohol Statistic

An average mixed drink contains nearly twice as much alcohol as a 12-oz. beer. (www.brad21.org)

October - Breast Cancer Awareness Month

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 and as women get older. Some women, because of certain factors, may have a greater chance of having breast cancer than other women. In either case, women 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:

- Women should have yearly mammograms, starting at age 40 and continuing for as long as they are in good health.
- Clinical breast exam (CBE) should be part of a periodic health exam, preferably at least every three

years for women in their 20's and 30's, and every year for women 40 and older.

- Women should report any breast change to their doctors without delay. Breast self-exam (BSE) is an option for women starting in their 20's.
- Women at increased risk should talk with their doctors about the benefits and limitations of starting screening earlier or having additional tests such as an MRI.