

Toilet Talk



Manchester University

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National Blood Donor Month

January is National Blood Donor Month! Here are some little known facts about blood and blood donation:

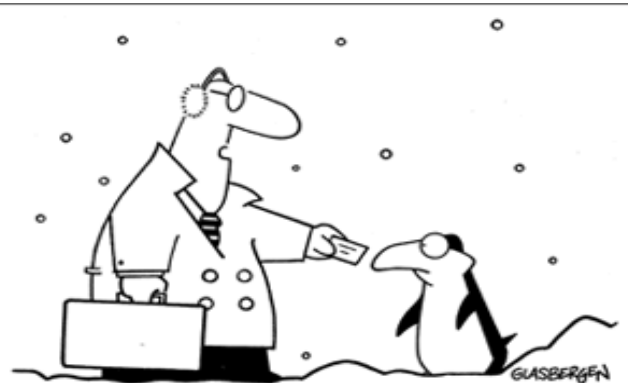
- The human body contains about 10 pints of blood
- 1 pint of blood (minimum donation) can save up to 3 lives
- Every 2 seconds someone in the U.S. needs blood
- Many patients receiving chemotherapy treatment for cancer will need a blood transfusion
- Type O negative blood is a universal donor, so this can be used for transfusion to anyone!
- Your blood will also be tested for infections such as HIV, Hepatitis B and C, and syphilis.
- An estimated 38% of the U.S. population are eligible to donate, but only about 10% do
- It only takes about 10-12 minutes to collect the blood donation

If you donate, you will receive an official Red Cross Donor card to record how often you have donated and it will show your blood type to help. The next donation date on campus will be at the end of February, but there are always donations in the surrounding areas!

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

People often say that motivation doesn't last. Well, neither does bathing- that's why we recommend it daily."

-Zig Ziglar



"We'd like to hire you for our Customer Service Department. It's practically impossible to look at a penguin and feel angry."

Cervical Health Awareness Month

January is also cervical health awareness month. Did you know that there are five types of gynecologic cancer? These include cervical, ovarian, uterine, vaginal, and vulvar cancer. Cervical cancer is cancer present in the cervix, which connects the birth canal to the womb. All women are at risk for this cancer, most likely after the age of 30. About 12,000 women are diagnosed every year only in the U.S.

The main cause of cervical cancer is the human papillomavirus (HPV), which is a common sexually transmitted virus. However, the HPV vaccine is now available for girls and women aged 13-26 in a series of three shots.

This cancer is the easiest to prevent out of all gynecologic cancers with regular screening tests (Pap smear and HPV test) and follow ups. There is a high curability rate when treated early so don't wait!

For more information, visit http://www.cdc.gov/cancer/cervical/pdf/cervical_facts.pdf

Brought to you by Wellness Services! ☺

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