



TOILET TALK



MANCHESTER UNIVERSITY

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THINK BEFORE YOU DRINK!

October 18th is the official start of National Collegiate Alcohol Awareness Week! Alcohol and other drug use is one of the most relevant issues for college students across the country. The abuse of alcohol is a significant barrier to the educational goals of higher education institutions. Around 25 percent of college students report academic consequences of their drinking. This includes missing class, falling behind, doing poorly on exams or papers, and even receiving lower grades overall. Even worse, 1,825 college students between the ages of 18 and 24 die each year from alcohol-related injuries.

With Homecoming approaching along with the Halloween season, here are some tips to stay smart and safe if you do plan on drinking:

- Never get behind the wheel of a vehicle if you have been drinking. If you plan on drinking, have a designated driver already figured out.
- Use the buddy system. If you plan on drinking, make sure you have responsible friends around you who will look out for your best interest.
- Do not drink alcohol on an empty stomach.
- KNOW YOUR LIMIT! Make sure you know how much alcohol is too much for you to handle. Don't drink more than you can handle for your own safety and well-being.

Time to Break Out the Tissues!

Fall is here, and so are the allergies that come with it! Fall allergies are typically caused by tiny pollen cells being released into the air during this time of year. Your immune system mistakes these as foreign invaders causing a release of antibodies. Ragweed is one of the biggest fall allergy triggers; its pollen can travel for hundreds of miles with the help of the wind. Mold and dust mites can also cause allergies as they can get stirred up in the air when the furnace is turned on for the first time.

Symptoms of fall allergies can include:

- Coughing
- Itchy and watery eyes
- Itchy and runny nose
- Sneezing

Breast Cancer Awareness Month!

Breast Cancer is a disease where malignant (cancer) cells form in breast tissues. Breast cancer is the second highest occurring cancer in U.S. women next to melanoma. In regards to death, breast cancer is the second highest cause of death for women. Every year, an estimated 220,000 women will be diagnosed with breast cancer, and more than 40,000 will die because of it.

Breast cancer does not just affect women; each year an estimated 2,150 men will be diagnosed with breast cancer and around 410 will die from it.

The most common signs of breast cancer are lumps in the breast, abnormal thickening of the breast, or a change in the shape or color. Although not every lump that may develop may be cancerous, it is best to get any abnormalities checked just to be sure. Be aware and be proactive! Early detection is key to saving lives from breast cancer!

Early Breast Cancer Detection Plan

Start at Age 20: be proactive and begin performing breast self-exams and looking for any signs of change.

Age 20-39: Begin scheduling clinical breast exams every 3 years.

By age 40: Obtain a baseline mammogram and be receiving annual clinical breast exams.

Age 40-49: Schedule a mammogram every 1-2 years based off of previous mammogram results.

Age 50+: Begin receiving annual mammograms.

REMEMBER: Risk of breast cancer is greatly reduced through the maintenance of a healthy weight, following a low-fat diet, reducing alcohol consumption, and avoiding activities like smoking.

**If you don't build your dream,
someone will hire you to help build theirs.**

- Tony Gaskins

Brought to you by Wellness Services! ☺

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