Women’s Health Facts

True or False?

1. We are too young to worry about breast cancer.
False. While it's true that your breast cancer risk increases as you get older, the fact is that women of all ages are at risk for developing breast cancer. That's why it's important to perform a monthly breast self-exam.

2. Breast cancer is the leading cause of death in women.
False. More women die of heart disease each year than die of all types of cancer combined. Heart disease is also very preventable. Getting exercise, maintaining a healthy diet, not smoking, and using alcohol in moderation can help prevent heart disease.

3. Women should take weight loss seriously.
True. Weight training helps make you stronger, improve your attitude, helps you lose body fat and helps reduce your risk of osteoporosis, arthritis, heart disease, and diabetes.

4. It is recommended that you get at least 30 minutes of exercise a day.
True. Exercise is an important tool for dealing with heart disease, thyroid problems, breast cancer and more.

Did You Know?

• Cervical Cancer is a type of cancer that occurs in the lower portion of the uterus and is caused by the human papillomavirus (HPV).
• If left untreated, the virus can progress to cancer.
• An estimated 10 percent of women worldwide are infected with HPV. Infection is highest in women before age 30.
• To be infected with the type of HPV that causes cervical cancer, you have to have direct genital contact with an infected partner.
• Cervical cancer is easy to prevent with regular screening tests such as Pap test and the HPV test.
• The Gardasil vaccine can protect against 4 HPV viruses that are responsible for 70% of cervical cancers. The vaccine can also reduce the risk of vaginal and vulvar cancer.

Talk Sex with the Student Wellness Network

Student Wellness peer educators and BGSU faculty/staff will answer your questions about sex, relationships and much more!

Talk Sex with the Student Wellness Network
Sept. 30 at 9:00 PM in 117 Olscamp

Transfer Your Prescription to BGSU Pharmacy...
You Could Win $25!

Transfer your prescription to BGSU Pharmacy for a chance to win a $25.00 Visa Gift Card! Anyone who transfers a prescription to BGSU Pharmacy from another pharmacy between August 22, 2009 and September 30, 2009 will be automatically entered for a chance to win a $25.00 Visa Gift Card. To transfer your prescription, please call 419-372-7443 with the name and phone number of your pharmacy, or email rxtalk@bgsu.edu. BGSU Pharmacy will take care of the rest. Drawing to be held on September 30.

FREE & CONFIDENTIAL HIV Testing
Appointments Available
Fridays 9:30 am-3:30 pm
Call the Wellness Connection at 419-372-9355 to schedule an appointment!

Health Homecoming Trivia Questions

Monday, September 28
Homecoming Concert: Girl Talk
8-10 PM BTSU 202

Friday, October 2
Homecoming Parade
5:00 PM Wooster St.
Homecoming Pep Rally
6:15 PM University Lawn

Saturday, October 3
Freddie & Frieda 5K Fun Run/Walk
8-10 AM Student Rec Center
Alumni B!G BBQ
2-4 PM Mileti Alumni Center
Falcon Football vs. OU Bobcats
4 PM Doyt Perry Stadium

Did You Know?

• What happened to the papier-mache Freddie Falcon mask during the summer of 1950?
• What’s the mascot of Ohio University, the Homecoming football opponent?
• How did BGSU choose its school colors?
• What big event is BGSU celebrating this year?
• What’s the mascot of Ohio University, the Bobcat?
• What year did Freddie Falcon make his debut?

Answers

• It was eaten by mice
• The Bobcat
• The colors were suggested after Professor Winslow saw them on a woman’s hat in 1914
• It’s Centennial
• Tailgates & Tail feathers
• 1950

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HOME COMING EVENTS

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Brought to you by the Wellness Connection and Recreation and Wellness
• 214 Student Recreation Center • Phone 372-9355 (WELL) • www.bgsu.edu/wellness