



STALL TALK



Your Source for health events, news and tidbits

OCTOBER: BREAST CANCER AWARENESS MONTH

BREAST CANCER RISK FACTORS

Myth or Fact?

Myth: I'm only 25, breast cancer happens only in older women.

Fact: Although the risk increases as you get older, all women are at risk for getting breast cancer. The two most important risk factors for breast cancer are being female and getting older.

Myth: Women with a family history of breast cancer typically get breast cancer.

Fact: Most women who get cancer have no family history of the disease. Although, a person whose mother, sister or daughter had breast cancer has an increased risk.

Myth: Men cannot get breast cancer.

Fact: Breast cancer in men is rare, but it does happen. In 2009, an estimated 1,910 men will be diagnosed with breast cancer

BYSTANDER Intervention

STRIVE TO BE THE OWL!

Have you ever witnessed an event that made you feel uneasy? Did you intervene or think about intervening? *Bystander intervention is the act of assisting someone in an emergency.* There are 5 intervention styles people use when intervening. What animal are you like? We all portray different animals at different times, but we should strive to be the owl.

ARE YOU LIKE A TURTLE?

"It's none of my business."

DO YOU:

- ⇒ Avoid the situation?
- ⇒ Think problems will go away if you ignore them?
- ⇒ Think that you should intervene, but don't because you think you'll be going against the norm?
- ⇒ If YES, you are like a **TURTLE**.



ADVANTAGE: If you ignore a problem, small issues may not become bigger ones.

DISADVANTAGE: You miss important times to intervene early.

YOU NEED: COURAGE

Hiding under your shell could be beneficial in some situations, but in many of them it is better to speak up.

Look for the next stall talk to see what animal will be featured next!

THE POWER OF PINK

Wear pink on Thursdays in October to show support for Breast Cancer Awareness month!

Visit the Student Wellness Network in the Union October 8 and 15 from 11 AM - 2 PM for pink ribbons and self-exam cards!

SCREENING METHODS

Breast Self Exam:

You should become familiar with the look and feel of your breasts and report changes to your healthcare provider right away.

Mammogram:

A mammogram is an X-ray of the breast. Women should have a mammogram once a year beginning at age 40

Clinical Breast Exam:

The breasts are checked for any changes or abnormalities by a healthcare provider. Have a clinical breast exam every 3 years starting at 20, and every year starting at 40.

BREAST CANCER STATS

- Breast cancer is the most common type of cancer and is the 2nd leading cause of death in women.
- An estimated 192,370 new cases of invasive breast cancer will occur among women in the United States during 2009.
- About 1,910 men will be diagnosed and 440 men will die of breast cancer during 2009 in the US.

Get Your Flu Shot!

Flu shots will be offered by the Student Health Service to BGSU students, faculty/staff, spouses, and alumni. The vaccination is \$23 and can be paid with cash, check or BG1 card. Please bring your BGSU ID as well as a photocopy of the front and back of your current insurance card if you wish to bill your insurance. Visit www.bgsu.edu/health to see all location sites and times.

Upcoming Dates:

- 10/05/09- 208 Union, 5:00pm-7:00pm
- 10/06/09- Kreisler Sundial, 11:00am-2:00pm
- 10/08/09- McFall (Gallery), 4:00pm-6:00pm
- 10/15/09- Mileti Alumni Center, 3:00pm-5:00pm

WARNING SIGNS

Most common signs are changes in the look or feel of the breast or nipple:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away



If you have any of these symptoms you should discuss them with your healthcare provider.



Skate for the Cure

NOVEMBER 1, 2009 FROM 7:30-10:30 PM AT THE ICE ARENA

Cost: \$4 General Admission
\$3 BGSU Students
\$2 Skate Rental

**T-shirts will be sold throughout October at public skating sessions.*

ALL proceeds go to the Susan G. Komen Foundation!

Healthy Choices!



BGSU Dining is announcing the new Balanced Choices program starting September 30th. The program is created around health & wellness including sustainability, vegan, vegetarian and balanced meals using whole grains and "lighter preparations." For more information please visit www.dineoncampus.com/bgsu

Breast Cancer Awareness Forum

WHO: Precious Stones

WHAT: Breast cancer survivors will be telling their stories and giving information about Breast Cancer detection and what to do if you have it!

WHEN: October 6, 2009 at 7 PM

WHERE: BTSU Room 315

They will also have tables set up the week prior to sell items to donate to the Breast Cancer Awareness Foundation! Check it out!

Brought to you by the Wellness Connection and Recreation and Wellness

• 214 Student Recreation Center • Phone 372-9355 (WELL) • www.bgsu.edu/wellness •