

Breast Cancer History

-The earliest recorded cases of the disease date back to ancient Egypt.

-The 3 earliest documented cases come from the famous E. Smith Papyrus, one of whom was a man.
-Breast cancer treatment began in the 18th century.

Self-exam Steps

1. Examine breasts in a mirror while standing with shoulders straight and hands on hips. Look for changes in shape, size, color, etc.
2. Repeat step 1 with your arms over your head.
3. Check for fluid coming from nipples. Report any signs of this to your doctor.
4. Lie down and feel your breast using the opposite hand for each breast (left for right, right for left). Use a firm but smooth touch and check your entire breast from your armpit to your cleavage and collarbone to abdomen. Feel for lumps or changes in tissue.
5. Repeat step 4 while standing.

Video Dance Party

Thursday, Sept. 10th at 9p.m.
Hewitt Union Ballroom



Toilet Talk

October 2, 2009

Save the TaTa's

Did You Know...

...In 2008, there was an estimated 1,990 new cases of men who have breast cancer in the U.S.

...Every 13 minutes a women dies of breast cancer.

...Seventy-seven percent of women with breast cancer are over 50.

...After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States.

Answer to Last Week's Question: 96% of women who find and treat breast cancer early will be cancer-free after five years.

Easy Tip on Living Laker Green: If you take vitamins, consider switching to a liquid variety -- more servings in less packaging.

Question of the Week: In 2002, what was the United States legal gambling revenue?

Events of the Week:

Saturday, Oct. 3rd: Shaun Cassidy Fan Cub Improv. SUNY Oswego's own improvisational comedy show. FREE. Call 886-2592 for more information. Located in the Campus Center Auditorium from 8-9p.m.

Sunday, Oct 4th: Movie: "The Proposal." 4p.m.-6p.m. in the Campus Center Auditorium. The cost is \$1.

Monday, Oct. 5th: Open Mic and Jazz Night! Located in Funnelle Main Lounge at 7:30p.m.

Thursday, Oct. 8th: Video Dance Party - Located in Hewitt Union Ballroom from 9p.m-12a.m. This is a FREE event!

Saturday, Oct. 10th: Oswego County Senior Health Fair.

Located in Swetman Gym from 10a.m.- 2:30p.m.

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu

Toilet Talk Back

Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.

Words to whiz by...

"When life's problems seem overwhelming, look around and see what other people are coping with. You may consider yourself fortunate."

- Ann Landers

Statistics on Breast Cancer

-Breast cancer incidence in women in the U.S. is 1 in 8 (about 13%).

-As of 2008, there are about 2.5 million women in the U.S. who have survived breast cancer.

-About 90% of breast cancers are due not to heredity, but to genetic abnormalities that happen as a result of the aging process and life in general.

Warning Signs

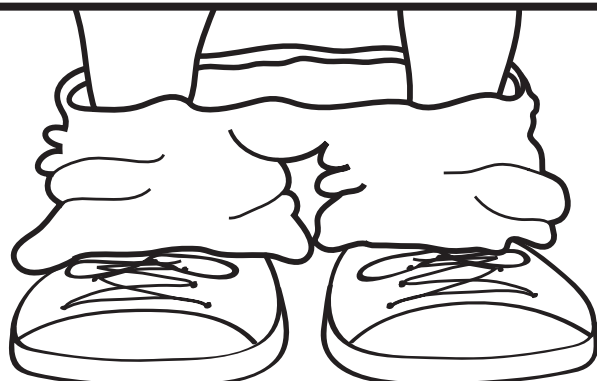
-A mass or lump, can be as small as a pea.

-A change in size, shape, or contour of the breast.

-A blood-stained or clear fluid discharge from the nipple.

-Redness of the skin on the breast or nipple.

-A change in the feel or appearance of the skin on the breast (dimpled, scaly, or inflamed).



Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint. Sources available upon request. Watch for our ads on WTOP and digital signage!