Student Health Services is committed to the promotion of wellness through health education, prevention, early diagnosis, and treatment of illness. Through a variety of programs, activities, and services, students are encouraged to develop responsibility for their own wellness and health needs.

**October was Breast Cancer Awareness Month**

- It’s very important to do self-breast cancer checks.
- It’s also important for men to do self-checks for testicular cancer.
- Statistics for breast cancer & testicular cancer:
  - Approximately 1 in 8 women will develop breast cancer
  - The American Cancer Society estimates about 39,408 women will pass away from breast cancer this month.
  - Testicular cancer is the most common type of cancer affecting men between the ages of 15 – 35.
- Be sure to check out our pamphlets in Snowden Library or visit our office for more information regarding breast cancer awareness.
- More information related to both breast & testicular cancer can be found at: [http://www.cancer.org](http://www.cancer.org)

**Comments/ suggestions for future newsletters:**

health@lycoming.edu
**FLU SEASON IS HERE**

- Handwashing is the number one way to stop the spread of infection, including the flu. Although H1N1 may not be as prevalent this fall, seasonal flu is still a concern. Treatment for the flu includes rest, fluids and over the counter medications such as tylenol or advil for fever and pain and robitussin DM for cough. A number of over the counter medications are available to students at the self-care center located in the clinic lobby at no cost to students. Symptoms of influenza include fever (>100.5), fatigue, cough, sore throat, & bodyaches.

- Centers for Disease Control and Prevention (CDC) has issued a statement encouraging *everyone* to get a flu vaccination this year.

- If you missed the on-campus flu shot clinic on October 5th & 6th, checkout [http://www.flu.gov/individualfamily/vaccination/locator.html](http://www.flu.gov/individualfamily/vaccination/locator.html) to find a flu shot clinic near you.

- Sick? Not sure if you have a cold or a flu? Visit [http://www.flufacts.com/about/cold.aspx](http://www.flufacts.com/about/cold.aspx)

**Nurse’s Corner:**

**Pink eye**

Not only is it cold & flu season but the campus is also experiencing multiple cases of pink eye. Pink eye or conjunctivitis is an inflammation or infection of the membrane lining the eyelid or conjunctiva. There are many causes of conjunctivitis to include bacterial, fungal, parasitic, & allergy. The most common cause however is viral. As with other viral illnesses antibiotics won’t help. To help with the discomfort of pink eye over the counter medicated drops may be helpful such as Naphcon A and/or applying warm compresses. Contact your healthcare provider if symptoms last longer than 4-5 days or you have severe pain in the eye, extreme sensitivity to light, significant visual changes, or a history of trauma or foreign body in the eye. Handwashing is the best way to prevent pink eye!!!
GREAT AMERICAN
SMOKE OUT

• The Great American Smoke Out will be held on November 18th. This is a national event held to encouraging smokers to make a plan to quit smoking or at the least to avoid smoking on that date.

• An average smoker spends over $1500 on cigarettes yearly.

• Over 392,000 people die yearly from tobacco-related disease.

• There are over 4,000 chemicals in a cigarette. Many of which are known to cause cancer or are poisonous.

• More information about the Great American Smoke Out and resources to help you develop a plan to quit smoking, can be found at: http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index

• The American Lung Association lists many tobacco related statistics and can also provide help to quit smoking: http://www.lungusa.org

• 1-800-QUITNOW