

October, 2015

Wellness Events this Month!



October is Breast Cancer Awareness Month



Change for a Change



All month long we'll be taking donations in HR (Hannah Hall room 126) to support the [Sisters Network](#).

- Stop by and make a donation
- Leave a supportive note or write the name of someone you are honoring on our board
- Start a collection in your own department and join us in raising funds.



National Mammography Day – October 16, 2015

The third Friday in October is reserved for National Mammography Day. On this day, and throughout the month, women are encouraged to make a mammography appointment.

Six Good Reasons to Get a Mammogram



1. The American Cancer Society recommends that all women, age 40 and older, should get an annual screening mammogram.
2. Studies have shown that mammography is the only method of screening for breast cancer that saves lives.
3. Mammograms can find cancers in early stages—nearly one-to-three years before you could actually feel a lump in your breast—which greatly improves a woman's chance for successful treatment.
4. A woman's risk of breast cancer increases with age.
5. Regular mammograms give radiologists a basis for comparison, which helps doctors find small changes in breast tissue and thus cancers are detected as early as possible.
6. Although mammograms can be uncomfortable for some women, the entire procedure takes only about 20 minutes. It's also important to know that the radiation exposure of a mammogram is no more than the amount experienced from several trips on an airplane. So, while a mammogram may be something that's easy to put off, there are plenty of great reasons to talk to your physician about your next mammogram.



Get Your Free 3-D Mammogram and Bone Density Scan on Campus!



Covia Health Mobile Wellness Day at TSU

The Mobile Suite will be onsite **October 26 – 27**

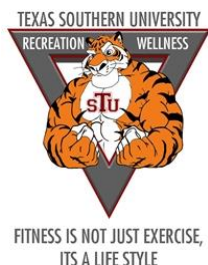
FREE 3D Mammograms and **Bone Density Scans** for *eligible employees*.

Walk-Ins Welcome!

Early detection saves

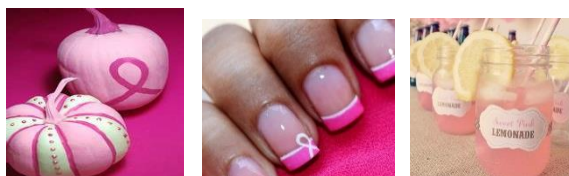
Contact Libby Mondello for more information 832-476-9660 ext 123

Breast Cancer PINK OUT Event at the Rec Center



October 19, 2pm – 5pm

- Pink Lemonade Stand
- Pumpkin Painting
- Nail Bar
- T-Shirts
- Guest Speaker



Men's Breast Cancer Awareness Week (Oct 18-24)



Breast cancer in men is rare, but it does happen. In the U.S., about one percent of all breast cancer cases occur in men. Survival rates for men are about the same as for women with the same stage of cancer at the time of diagnosis. Men may be less likely than women to report symptoms, which may lead to delays in diagnosis.



For more information visit: <http://www.nationalbreastcancer.org/male-breast-cancer>

THE SPOTLIGHT

Wellness Champion of the Month!

Antayvia Walker, Department of Human Resources and Payroll Services



I decided to join the Wellness Team because as an Undergrad Student, I could never balance work, school, homework, being healthy, and my social life. Something would always get left out and most of the time it was healthy eating and exercise. After a while, it began to affect my daily performance and cause health problems and I knew I needed help. It became very noticeable to my colleagues and coworkers as well. One day Ms. Keisha David pulled me to the side and created a set schedule and grocery list for me, and it changed my life for the better forever. Now *I am mentally and physically healthy and able to balance everything I want in my life by prioritizing.*