



## Health Promotion Programming

This newsletter is brought to you by Health Promotion Programming, a service area for Prairie State College (PSC) students.

Located in the Office of Student Retention and Involvement, Room 1241, this area is a part of the Student Life and Multicultural Affairs department.

Currently, Darcelle Dieudonné, retention coordinator, health promotion, and peer educators plan events. Health Promotion is also made up of student volunteers who wish to help others.

The purpose of Health Promotion Programming is to promote and preserve the well-being of students here at PSC. If you have an issue that you feel this organization can aid you with, feel free to contact Darcelle Dieudonné.

This program is for you, the student, and we pledge to do everything in our power to help you. Our job is to refer you to the right employees or offices, so that you may gain the proper assistance.

Feel free to contact Darcelle or any of the peer educators with any questions, comments, or concerns you may have regarding this newsletter – or if you would like to get involved.

## Upcoming Health Promotion Programming Events:

### October

- 12 Breast Cancer Awareness Table, Atrium 10:30 a.m.-1:30 p.m.**
- 19 National Collegiate Alcohol Awareness Table, 10:30 a.m.-1:30 p.m., Atrium**
- 20 National Collegiate Alcohol Awareness Table, 10:30 a.m.-1:30 p.m., Atrium**
- 26 Clothesline Project T-Shirts Display  
Domestic Violence Awareness Program, 2 p.m.-3 p.m. 1318/1320 Conference Center (BCEC)**
- 27 Clothesline Project T-Shirts Display**

Want more information about PSC's health related events? Check out PSC's Health Promotion Programming Website at <http://prairiestate.edu/studentlife/healthevents.html>.

**Health Promotion Programming**  
Office of Student Retention and Involvement

# Health Promotion newsletter



October 2011  
Creating a campus culture of  
informed and responsible decision-  
making about health.  
Be well.

## Think before you Drink

by Daniel Umoren, Pioneer Peer Educator and Darcelle Dieudonné, Retention Coordinator, Health Promotion

Alcohol misuse and abuse is a problem that includes hazardous use, harmful use, and dependence. Hazardous use, as defined by the World Health Organization, is "a pattern of alcohol consumption carrying a risk of harmful consequences, physical, mental, or social. It includes drinking more than the limits recommended by health authorities or imposed by the law." Harmful use, also called alcohol abuse, "involves drinking that is already provoking either physical or mental damage but has not yet led to dependence." Dependence has been described as "the loss of control to abstain from drinking." No matter your age, gender, or nationality, you are not free from the risks of hazardous drinking.

Ethanol, the active ingredient in alcoholic beverages, is a substance that can damage or destroy the nervous system. When individuals are considered drunk, they are suffering from a form of poisoning. When consumed in large quantities, ethanol can lead to comas and possibly death. If alcohol is consumed at a faster rate than the body can handle, the buildup of ethanol can cause noticeable affects on brain functionality. Some of the skills affected by alcohol include speech, vision, coordination, thought, and behavior. Consequently, when a person drinks too much, he or she develops slurred speech, blurred vision, sluggish movement, and weakened behavioral restraints.

Northern Illinois University's Health Enhancement Office has created a healthy abstainer profile. In order to teach healthy drinking practices, it is important to review the various ways that one may abstain from alcohol. Healthy abstainers:

- Make a personal healthy decision to avoid alcohol use
- Respect the choice made by healthy drinkers
- Own your abstinence
- Have the techniques to minimize the risks which may accompany abstinence
- Recognize alcohol as a potent drug
- Abstain for positive reasons

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Drinking alcohol safely and responsibly are traits of a healthy drinker. Always remember that drinking alcohol is illegal for individuals under the age of 21. For more information on the healthy abstainer profile or to receive information on the healthy drinker profile please visit <http://www.niu.edu/health/drugs/alcohol/>. For referrals to local organizations that may assist with alcohol and other drug issues, visit the Counseling and Academic Advising Center (room 1190), Health Promotion Programming (room 1241), or contact South Suburban Council on Alcoholism and Substance Abuse (708) 647-3333.

Sources: [www.niu.edu/health/drugs/alcohol/](http://www.niu.edu/health/drugs/alcohol/)  
[www.who.int](http://www.who.int)  
[www.watchtower.org](http://www.watchtower.org)

## Breast Cancer

Deba Imafidon, Pioneer Peer Coordinator and Darcelle Dieudonné, Retention Coordinator, Health Promotion

According to the National Breast Cancer Foundation, Inc., “breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. It is considered a heterogeneous disease differing by individual, age group, and even the kinds of cells within the tumors themselves.” A malignant tumor is a group of cancer cells that may grow into surrounding tissues or spread to distant areas of the body. Breast cancer can occur in both men and women, but it’s far more common in women.



Furthermore, it’s not clear what causes breast cancer. Doctors know that breast cancer occurs when some breast cells begin growing abnormally. These cells divide more rapidly than healthy cells do. It is not clear why some individuals who have no risk factors develop cancer, yet others with risk factors never do. It is likely that breast cancer is caused by family history and environment. Research has shown that women with certain risk factors are more likely than others to develop the disease. Factors that are associated with an increased risk of breast cancer include weight, lack of physical activity, menstrual and reproductive history, family history, inherited genes that increase cancer risk, and radiation exposure. Age is also a factor; half of women diagnosed with breast cancer are over the age of 65.

In general, early breast cancer symptoms do not cause pain. Although the majority of breast changes do not turn out to be cancer, make an appointment to see your doctor if you find a lump in your breast or any other breast cancer symptoms that do not go away. Common signs and symptoms of breast cancer include a change in how the breast or nipple feels or looks, and the presence of nipple discharge. Below is an early detection plan that can help you catch breast cancer before it starts spreading throughout the body.

An early breast cancer detection plan should include:

- **Beginning at age 20:** Performing breast self-exams and looking for any signs of change.
- **Age 20 to 39:** Scheduling clinical breast exams every three years.
- **By the age of 40:** Having a baseline mammogram and annual clinical breast exams.
- **Ages 40 to 49:** Having a mammogram every one to two years depending on previous findings.
- **Ages 50 and older:** Having a mammogram every year.
- **All Ages should be:**

- Recording personal exams, mammograms and doctors’ appointments on a calendar or in a detailed file.

-Maintaining a healthy weight, following a low-fat diet, getting regular exercise, quitting smoking, and reducing alcohol consumption.

For more information, please contact the following local agencies for more information on Breast Cancer:

American Cancer Society in Tinley Park - (708) 633-7770

Jennifer Fallick Cancer Support Center in Homewood -

(708) 798-9171

Sources: <http://www.nationalbreastcancer.org/>  
<http://www.cancer.org/Cancer/BreastCancer/index>  
<http://www.breastcancer.org/>

## Breast Self-Exam (BSE)

Taking a few minutes to do a breast self-exam a minimum of once a month can make a lifetime of difference. Nearly 70% of all breast cancers are found through self-exams and with early detection the 5-year survival rate is 98%. Below are the various steps on how to perform a breast self exam.

### A. In the Shower

Fingers flat move gently over every part of each breast. Use your right hand to examine the left breast, left hand for the right breast. Check for any lump, hard knot, or thickening. Carefully observe any changes in your breasts.

### B. Before a Mirror

Inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour of each breast, a swelling, a dimpling of the skin, or changes in the nipples. Then rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women’s breasts do.

### C. Lying Down

Place a pillow under your right shoulder and put your right arm behind your head. With the fingers of your left hand flat, press your right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your **left breast**.

Source: <http://www.nationalbreastcancer.org/>



## Domestic Violence

Jasmine Ditore and Charlé Williams, Pioneer Peer Educators

**Did you know** that one in three women will be assaulted by a domestic partner in her lifetime?

**Did you know** one man is murdered by their intimate partners every day in the U.S.?

Domestic violence and abuse can happen to anyone, regardless of size, gender, or strength; yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological rather than physical.

It is important that we notice when our relationships have become unhealthy. Domestic violence is not based upon gender, though we usually relate abuse to cases where a man is abusing the woman. Women are just as capable of abuse toward their partner. Men and women engage in overall comparable levels of abuse and control such as: diminishing the partner’s self-esteem, isolation and jealousy, using children and economic abuse. Men, however, engage in higher levels of sexual force and can more easily intimidate physically.

Learning the signs of domestic violence is important in order to help yourself and others so that the victim doesn’t get trapped in a cycle of violence. With domestic violence, common patterns include starting abuse toward the victim, guilt of the abuser, excuses from the abuser to blame the victim for the abusive behavior, and another event of abuse set up by the abuser in order to justify abusing the victim. It is important to remember that no one can control you or take your freedom. No one should excuse tempers, jealousy, and possessiveness as a natural way that a partner shows love. You also shouldn’t have to report your every move to someone that should trust you.

### Witnessing domestic violence

If you happen to be a witness to domestic violence it is important to contact authorities. If those around you or close to you are unknowingly victims of domestic violence you should have no shame advising them to reach out for help or leave their relationship.

Additional Information: On average, only 70% of non-fatal partner violence is reported to law enforcement. Of those not reporting, 41% of male and 27% of female victims (34% average) stated victimization being a private/personal matter as reason for not reporting, 15% of women feared reprisal, 12% of all victims wished to protect the offender, and 6% of all victims believed police would do nothing.

## Domestic Violence

### Relationship Quiz

- Do you feel nervous or fearful in your relationship?
- Are you afraid of your partner’s temper?
- Do you have to be careful to control your behavior to avoid his/her anger? Do you feel like you are always “walking on eggshells”?
- Are you afraid to say “No” to sex?
- Do you feel powerless in your relationship?
- Are you scared of disagreeing with him/her?
- Are you afraid to break up with your partner?
- Does he/she criticize you, or humiliate you in front of other people?
- Does he/she check up on you or question you about what you do without him/her?
- Does he/she act controlling?
- Does he/she repeatedly and wrongly accuse you of seeing other guys/women?
- Does he/she tell you that if you changed s/he wouldn’t abuse you?
- Does he/she act jealous of the time you spend with other people?
- Does he/she make you feel like you are wrong, stupid, crazy, or inadequate?
- Does he/she call you names?
- Does he/she ignore your feelings?
- Has he/she ridiculed your most valued beliefs, your religion, race, class, or sexual preference?
- Has he/she ever scared you with violence or threatening behavior?
- Does he/she tell you what to wear, or how to do your hair?
- Does he/she prevent you from going out or doing things you want to do?
- Do you feel that, with him/her, nothing you do is ever good enough?
- Does he/she say that he/she will kill or hurt themselves if you break up with him/her?
- Does he/she make excuses for his/her abusive behavior by saying it’s because of alcohol or drugs or because he/she can’t control his/her temper, or that he/she was ‘just joking’?
- Does he/she hate spending time with your family and keep you from seeing your friends and family?
- Does he/she withhold approval, appreciation or affection as punishment?
- Has he/she manipulated you with lies?
- Has he/she taken your car keys or money away?
- Has he/she subjected you to reckless driving?

If you answered yes to any of the questions above, you could be in an abusive relationship, or a relationship that could become abusive. If you or someone you know suspects domestic violence, please contact South Suburban Family Shelter 24-Hour Hotline (708-335-3028) or the police.

Sources: <http://www.ncadv.org/files/llinois.pdf>  
<http://www.domesticviolence.org/>  
[http://harfordmedlegal.typepad.com/forensics\\_talk/domestic\\_violence\\_relatio.html](http://harfordmedlegal.typepad.com/forensics_talk/domestic_violence_relatio.html)  
[http://helpguide.org/mental/domestic\\_violence\\_abuse\\_types\\_signs\\_causes\\_effects.html](http://helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.html)  
South Suburban Family Shelter, (708) 335-3028

