

WHAT THE HEALTH!?

Domestic Violence and Intimate Partner Violence

- 1 in 4 women and 1 in 9 men in the United States have experienced contact sexual violence, physical violence, or stalking by an intimate partner.
- Almost 1/3 of women and more than 1/4 of men experienced physical violence by an intimate partner in their lifetime. This includes being hit with something hard, being kicked or beaten, or being burned.
- 1 in 6 women and 1 in 14 men experienced contact sexual violence by an intimate partner during their lifetime.
- Among victims of contact sexual violence, physical violence, or stalking by an intimate partner, 71% of women and 58% of men first experienced these types of violence before the age of 25.

A key strategy in preventing domestic violence, or intimate partner violence, is promoting respectful, nonviolent relationships.

Looking for help in Tioga County? Contact A New Hope Center at 607-687-6866.

Visit The National Domestic Violence Hotline at www.thehotline.org or call 1-800-799-7233 for more help.



Breast Cancer Myth Vs. Fact

- Myth:** If I find a lump in my breast, I have cancer.
- Fact:** 80% of lumps in women's breasts are caused by benign (noncancerous) changes, cysts, or other conditions.
- Myth:** Only women with a history of breast cancer are at risk.
- Fact:** 70% of women diagnosed with breast cancer have no identifiable risk factors for the disease.
- Myth:** I'm too young to get breast cancer.
- Fact:** 25% of women with breast cancer are younger than 50 years old.
- Myth:** Wearing an underwire bra increases my risk of getting breast cancer.
- Fact:** National Breast Institute and the ACS have refuted the claim that non-bra-wearers get breast cancer less often.
- Myth:** Men cannot get breast cancer.
- Fact:** Each year it is estimated that approximately 1,700 men will be diagnosed with breast cancer and 450 will die.
- Myth:** Wearing antiperspirant increases my risk of getting breast cancer.
- Fact:** The National Cancer Institute is not aware of any conclusive evidence linking the use of antiperspirants or deodorants and the subsequent development of breast cancer.



TIOGA
Smiles
DENTAL SERVICES

Brush.
Floss.
Rinse.
Chew.



Public Health
Prevent. Promote. Protect.

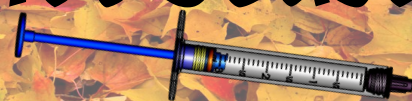
Tioga County
October 2018

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Schedule!**

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**Fall Is Flu
Shot Season!**



Get Your Flu Shot Before Flu Season Starts!