



# MARIANO MARCOS STATE UNIVERSITY

## **Sexual and Reproductive Health Policies, Services and Activities**



# MARIANO MARCOS STATE UNIVERSITY EQUAL OPPORTUNITY POLICY AND IMPLEMENTING GUIDELINES





# MARIANO MARCOS STATE UNIVERSITY

## EQUAL OPPORTUNITY POLICY AND IMPLEMENTING GUIDELINES

### VII. GENERAL GUIDELINES

#### 7.1. GENERAL PROVISIONS

These provisions apply to all employees, job candidates or applicants, students, suppliers, contractors, stakeholders, partners and visitors of the University.

**7.1.1.** The University shall develop and institutionalize a sex-disaggregated databank of students, employees, job candidates, contractors, stakeholders, partners and visitors that have been systematically gathered, regularly updated, and subjected to gender analysis for planning, programming, and policy formulation.

**7.1.2.** The University shall provide comprehensive health/mental services and facilities that are gender-responsive and culture-sensitive in support to family obligations and work and school responsibilities, hence:

**7.1.2.1.** Breastfeeding rooms shall be provided and strategically located at MMSU premises to be accessible for nursing employees, students, and all clients to wash up, breastfeed, or express their milk for storage. Nursing employees/students shall be granted break intervals in addition to the regular time-off for meals to breastfeed or express milk. This interval shall include time spent in going to and from the nearest breastfeeding room and shall be counted as compensable hours worked for employees.

**7.1.2.2.** Establishment of Drop-In (Child Day Care) Center where employees, students, and other clients can entrust and leave their children for care as they perform their tasks, responsibilities or transactions in the University.

**7.1.2.3.** Provision of reproductive, sexuality education as well as prevention and management of reproductive diseases/infections, including sexually transmitted diseases, HIV, and AIDs through awareness campaign, seminars and other health-related program applicable to all to be spearheaded by the Health and Wellness Services in collaboration with the College of Medicine and College of Health Sciences.

**7.1.2.4.** Unmarried pregnant employees/students shall not be terminated/nor subject for expulsion but shall be given appropriate counselling and due assistance.

**7.1.3.** The University shall adopt a special queuing scheme that gives priority to senior citizens, pregnant women and PWD. Facilities such as seat and railings shall also be provided to ensure ease and comfort of clients.

# MARIANO MARCOS STATE UNIVERSITY ANTI-SEXUAL HARASSMENT RULES AND GUIDELINES



[https://www.mmsu.edu.ph/resources/1l-APpOTOyoQ\\_cHl9mxVR11078bP953OD/view](https://www.mmsu.edu.ph/resources/1l-APpOTOyoQ_cHl9mxVR11078bP953OD/view)





# FAQs

## ON THE UNIVERSITY'S ANTI-SEXUAL HARASSMENT POLICY



### WHO ARE COVERED BY THE UNIVERSITY'S ANTI-SEXUAL HARASSMENT POLICY?

*All MMSU students and employees,  
regardless of age, gender, year level,  
status, or rank are covered by the MMSU  
Anti-Sexual Harassment Policy.*

<https://www.facebook.com/share/p/1AqhBsoaFJ/>

## Basic Health Services and Facilities



<https://mmsu.edu.ph/about/health-and-wellness-facilities>

<https://sas.mmsu.edu.ph/services/university-clinic>

## IEC Materials

### Signs and Symptoms

There is no reliable or diagnostic test for ovarian cancer.

That is why it is important to know the signs and symptoms.



### Treatment

of ovarian cancer may vary depending on age

Because ovarian cancer tends to be a postmenopausal disease, a hysterectomy is usually performed to take out the uterus.

#### Surgery

Cancerous ovaries and fallopian tubes are also removed.

Chemotherapy can be administered intravenously or through a catheter, also known as intraperitoneal chemotherapy.

#### Chemo

Women with ovarian cancer typically get six cycles of chemotherapy.

### Ovarian Cancer Screening:

There is not a simple or reliable way to screen for ovarian cancer.

Since there is not a reliable test, it is important to pay attention to your body and know what is normal for you.

If you notice changes in your body that are not normal, reach out to your doctor.

Ask your doctor if you should have a diagnostic test, like a CA-125 blood test if you have any unexplained signs or symptoms of ovarian cancer.



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## OVARIAN CANCER

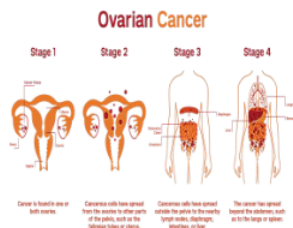
Don't Let Ovarian Cancer Dull  
You're Sparkle



### OVARIAN CANCER

Ovarian Cancer occurs when cancerous cells develop in near, or on the outer layer of one or both ovaries.

This rare, but aggressive disease ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system.



Ovarian Cancers are DISTINCT disease.

Research is CRUCIAL to fighting ALL of them.

NOT ALL ovarian cancers can be TREATED in the same way. There are three main cell types that make up the ovary, and each cell type can develop into a different kind of tumor.

### RISK FACTORS

Medical researchers do not know the precise cause of ovarian cancer. However, genetics does appear to play a role in the development of many cancers, including cancer of the ovaries.

GENETICS...THE MORE WOMEN IN YOUR FAMILY WHO HAD IT, THE HIGHER YOUR RISKS IS.



- Being overweight or obese
- Smoking
- Using fertility treatment
- Having endometriosis
- Having children later or never having a full-term pregnancy

### DIAGNOSIS

Regular checkups with your doctor are important. In some cases, they can detect a growth on an ovary during a pelvic exam, which is followed up with a Cancer Antigen-125 blood test if cancer is suspected.

**TOO MUCH CA-125 IN YOUR BLOOD CAN BE A SIGN OF OVARIAN CANCER.**

Since excess CA-125 can also be a sign of uterine fibroids, endometriosis, and other issues, a sample biopsy is the only true determinant used to detect it.





## INFLAMMATORY BREAST CANCER

Inflammatory breast cancer is a rare type of breast cancer in which the breast appears swollen and inflamed. It doesn't always involve a lump.

**PAGET'S DISEASE OF THE NIPPLE**  
A rare form of breast cancer.



## Breast Cancer Screening, Diagnosis and Treatment

### WOMEN

#### 1. Before testing (screening)

- Know if you should be tested and why.
- Know the right age to start getting tested.
- Make an appointment with your doctor or test out to talk about the test.
- Tell your doctor or nurse about any concerns.
- Know how breast and breast support you're getting tested.
- Schedule your mammogram appointment, taking work, home, childcare, and getting there into account.

#### 2. Getting a mammogram test

- Keep your appointment.
- If the doctor leaves to call you back in a week, call the office to get the test results.

#### 3. If the 1st test suggests cancer

- The results may be normal, not normal, or concerning.
- Tell your doctor or nurse.
- Ask about the mammogram results again.
- If the results are not normal, a breast ultrasound or biopsy may be recommended. Ask your doctor and nurse about the results and the next steps.
- Know and know where to go next.
- Ask your doctor, family, and friends for support.

#### 4. If the doctor tells you it's cancer

- Ask all the questions you want. The doctor, nurse, and staff are there to help you understand and make good decisions about next steps.
- Expect to be referred to a cancer specialist who will discuss the best treatment options and tell you your care for a while.
- Ask your doctor, family, and friends for support.

### DOCTORS AND NURSES

#### 1. Before testing (screening)

- Have a good idea about what you're testing and why.
- Tell your patient about the test and why it's important.
- Answer questions about your patient's breast cancer, the benefits and risks of testing, and the right age to start testing.
- Answer questions about your patient's breast cancer, the benefits and risks of testing, and the right age to start testing.
- Have the office staff help in your patient's understanding.

#### 2. Getting a mammogram test

- Help your patient understand what the tests are to do during the test.
- Answer her questions before and during the test.
- Get results quickly and provide call your patient.

#### 3. If the 1st test suggests cancer

- If possible, arrange a breast specialist to your patient.
- Tell your patient about the test and why it's important.
- Answer questions about your patient's breast cancer, the benefits and risks of testing, and the right age to start testing.
- Refer your patient to her upcoming appointments.
- Schedule a follow-up appointment, regardless of the results of the test.

#### 4. As soon as you know it's cancer

- Have the test done and the test is done.
- Refer your patient to a cancer specialist.
- Keep track of the progress as the patient is on the cancer specialist's part of the treatment plan.
- Meet with a patient regularly, if possible.

## BREAST CANCER HEALTH PROMOTION

### GOOD LIFE STYLE CHOICES

Physical activity may help lower the risk of a recurrence. Physical activity supplies oxygen to the cells and there are a growing number of doctors believing oxygen can prevent cancer.

### CANCER-FIGHTING FOODS

No single food can prevent cancer, but the right combination of foods, may help make a difference.

### FIGHTING CANCER WITH COLOUR

Fruit and vegetable are rich in cancer-fighting nutrients and the more colour, the more nutrients it contains.



### WAYS TO REDUCE BREAST CANCER RISK

4 IN 10



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**MARIANO MARCOS STATE UNIVERSITY**  
Health and wellness & Services



## BREAST CANCER

A Guide To The Symptoms  
And Preventive Measures  
Of Breast Cancer



www.mmsu.edu.ph

## Seminars and Information Drive

### AYAT Advocacy



<https://www.facebook.com/share/p/18Cfh9u5jA/>



<https://www.facebook.com/share/p/12EYQERTVY4/>



## Women's Circle



<https://www.facebook.com/share/p/188tR8eap1/>  
<https://www.facebook.com/womenscirclemmsu>

## *Red Ribbon Warriors: HIV/AIDS Awareness Campaign*



<https://mmmhmc.doh.gov.ph/about/2-uncategorised/2061-mmmh-mc-bags-3-awards-during-the-bayanihan-2023-covid-19-laboratory-network-recognition-ceremony>