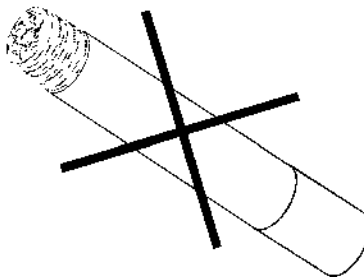




Toilet Talk

SMOKING: If only your lungs could talk...

Smoking kills more than 400,000 people a year, which is more deadly than AIDS, automobile accidents, homicides, suicides, drug overdoses and fires combined. The United States spends more than \$50 million annually in smoking-related health care costs. A recent study showed that only 42% of life-long smokers reached the age of 78, compared to 78% of nonsmokers. Smoking is one of the only things in the entire universe that will aggravate every disease, infection, ailment or condition you may have. Smoking turns your lungs black, and hinders the ability for you to take a deep breath, or exhale completely. Try this right now: 1) take a deep breath in, and make sure to fill your lungs, 2) exhale only a small amount of air, 3) take in as deep of breath as you can, making sure to fill your lungs, 4) exhale a small amount of air again 5) repeat this process a few more times. If you would enjoy breathing like that for the rest of your life, smoking is for you! **The Great American Smokeout is November 15th. Encourage your family member, a loved one, or a friend to have this day as their date they stopped smoking.**



Single and Skinny?

Tired of not having a significant other? While this may not fill that void in your heart, you may be happy to hear that in a recent study people who were single were skinnier and avoided gaining weight over the course of 5 years. Those in a relationship were 6-24 pounds heavier than their single counterparts. Note: the study did not include the emotional baggage a person may bring into a relationship, which at times, can be far more than 24 pounds...



Methicillin-resistant *Staphylococcus aureus*: MRSA

Staph infections, including MRSA, generally start as small red bumps that resemble pimples, boils or spider bites. These can quickly turn into deep, painful abscesses that require surgical draining. Sometimes the bacteria remain confined to the skin. But they can also burrow deep into the body, causing potentially life-threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs. Common causes of MRSA can be attributed to: participating in contact sports, sharing athletic towels and equipment, and living in crowded and/or living conditions. **When should you seek medical advice?** Keep an eye on minor skin problems, such as pimples, insect bites, cuts, and scrapes. If wounds become infected (skin that's red, painful, swollen, and/or filled with pus), see your doctor. Ask to have any skin infection tested for MRSA before starting antibiotic therapy. Drugs that treat ordinary staph are not effective against MRSA, and their use could lead to serious illness and more resistant bacteria. **Prevention** is the best way to protect yourself from MRSA: hand washing (alcohol-based instant hand sanitizers), do not share things, such as athletic equipment, towels, razors, and anything else that comes into contact with your skin, showering right after practice and using liquid soap not a bar soap. Keep open wounds covered and make sure your linens are always clean. MRSA is a deadly infection, but by following simple hygiene practices, you give yourself leverage over this virus.