



Toilet Talk

ISSUE 40



National Health Month

March is National Health Month, so take a little extra time this month and devote it to your health. It is recommended that you should walk at least 30 minutes a day to help with cardiovascular health. Taking preventative measures, such as eating healthier, is the best defense against all diseases and illnesses. Here are some healthy food suggestions from the State Department of Health:

- Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health.
- Choose foods sensibly by looking at the big picture. A single food or meal doesn't make or break a healthful diet. When consumed in moderation and in the appropriate portion size, most foods can fit into a healthful diet.
- Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

-e Max Health

Talking to my girlfriend for six hours a day on my cell phone does what?!

The saving grace of long distance relationships has been the cell phone. Guys, while it is important to hear every single event that took place in your girlfriend's life that day, keep in mind that every minute you talk on the phone, the quality of your sperm may be diminishing. In a recent study at the Cleveland Clinic of 361 men, the more hours spent on their cell phone, the lower their sperm count and the greater percentage of abnormal sperm. Men who talked on their cell phone for at least four hours daily had the lowest average sperm count and the fewest, normal viable sperm. The researchers said that heavy cell phone use is associated with decreased semen quality; but is not a cause-effect relationship. So maybe it's a good idea to hang up the phone, besides, your friends miss you!

-Reuters

Spring Break...

According to a study from the University of Wisconsin, 75% of males and 43.6% of females admitted to being intoxicated on a daily basis during spring break. Nearly half the males and 40% of the females admitted to being drunk to the point of vomiting and passing out at least once during spring break. Binge drinking on spring break can lead to alcohol poisoning and potentially death.

In that same University of Wisconsin study, few students, male or female, used condoms when they had sex on spring break even if a condom was available. Among women, those with alcohol consumption were more likely to have been the victim of sexual assault. Never allow yourself to be taken to an isolated location by anyone, and never leave with someone you just met. Only drink something with a lid and keep it with you at all times.

Getting a tattoo or a piercing is a popular decision on spring break, but you need to be careful. Make sure the artist uses a brand new, sterile needle as well as laying everything out for you, such as single use disposable ink bottles. As a general rule of thumb, if the tattoo/piercing parlor looks unclean, go elsewhere.

Remember to leave your door locked, and look through the peephole before answering the door. Do not leave any valuables in your room when you leave.

You may be so excited to leave frigid North Manchester for warmer weather that you never want to leave the beach. Too much sun can not only damage our skin and dry it out over time, but the immediate effects are a nasty sunburn and in severe cases, death. In later years, too much sun exposure can lead to skin cancer. Prevention is the best defense. Avoid sun exposure during the hottest hours of the sun's rays (usually 10:00 am to 3:00 pm) and make sure that you limit your time in the sun regardless of the time of day. Apply a sunscreen with an SPF of at least 15; paying special attention to the nose, ears, face and shoulders. Even if your sunscreen claims to be water and sweat proof; they aren't really, so you need to reapply after swimming or sweating profusely. Wear a hat and sunglasses with UV (Ultraviolet) protection to protect your head, face and eyes. Dehydration can occur faster than you know it on the beach, so make sure you drink plenty of water and other non-carbonated, non-alcoholic drinks even if you do not feel thirsty.

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Toilet Talk wants YOU!

If you have any questions, comments, or concerns regarding Toilet Talk, we want to know! Feel free to call x5306 or email TDYeager@manchester.edu at any time. Any and all input is welcome and encouraged!



