



# Toilet Talk

November

ISSUE 51

## WHILE SHE MAY SMELL BETTER THAN YOUR ROOMMATE, SHE'S PROBABLY GERMIER!

Guys, how often have you heard that you have a much messier lifestyle than your female counterparts and are just overall dirtier. However, a new study has shown that women averaged more and a greater variety of bacteria on their hands than men. While it is important to note that most of the 150 types of bacteria on your hands are harmless or beneficial to you, some still are pathogens. Another interesting find in this study is that the left and right hand only shared 17% of the same bacteria! The best advice is to continue to wash your hands, but you must do so thoroughly, otherwise you won't kill the bacteria.

-CNN Health

For some of you out there, cleaning comes at the end of the semesters and everyone in your residence hall knows it. The Hardees® bag in the corner of the room can be a breeding ground for germs and bacteria. Disinfectants are vital to the cleaning process, for your room and your health!

## Who are these Swiss Cake Rolls?

Have you ever woke up to be surrounded by empty food wrappers? Maybe you've awoken to a trail of Doritos leading to your bed. While Toilet Talk is not designed to diagnose conditions, you could have a condition called sleep eating. Sleep eating, like sleep walking, occurs when you are sleeping and have no memory of doing so when you awake. This side effect has been a bizarre trend for people whom take sleeping pills. One woman even reported to waking up to a few pieces remaining on a frozen pizza on her bed. Some sleep eaters have experienced significant weight gain, eating hundreds of calories throughout the night.

-Health.com

## Avoid Being More Stuffed than the Turkey...

1. Don't tell yourself, "it's ok, it's the holidays." That opens the door for 6 weeks of splurging.
2. Back away from the food. If you stay close to the food, you'll end up eating more.
3. Making that gingerbread house can wait. Studies have shown lack of sleep can cause weight gain.
4. Remember, liquid calories count. Don't underestimate the caloric power of egg nog!
5. Be social and generous, offer your friends and neighbors the food that wasn't eaten at the party. You can't eat it if it's not at your house.

-MSNBC Health

## College would be sweet if it weren't for those exams...

Lets face it, college can be very stressful. Worrying can not only affect your study habits, it can actually affect you physiologically. That's right, you can actually become ill from worrying. The best advice is to have long term goals set but focus on the short term steps. For example, instead of only worrying about acceptance into medical school, focus on getting an A on that upcoming exam or finishing that paper that is due soon. There are also a few things you can do for a quick fix to worrying, such as taking time just to meditate: closing your eyes, breathing deep, and only focus on your breathing. Also, take your Ipod for a walk. Put your headphones on, crank up the Death Cab for Cutie (or band of your choice), and take a walk. Taking time for a 30 minute walk may seem like a waste of time, but it is much better than worrying the entire night!

- Health.com

## THE DIFFERENCES BETWEEN THE COLD AND FLU

SYMPTOMS	COLD	FLU
Fever	Rare	Usually present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Coughing	Hacking, productive cough	Dry, unproductive cough
Sore Throat	Common	Uncommon

-flufacts.com

Flu shots are still available for \$15 in Health Services! It's a good idea to get your flu shot before you head off campus for your Jan-Term trip or if you have a chronic condition such as diabetes and asthma. You don't want to have the chills when you're in Germany!

**For your convenience, a flu shot clinic will be taking place in the Oaks on November 18th and 19th from 5:00—7:00 pm.**

### REMINDER!!!

Thank Goodness I'm Fit (T.G.I.F.) will be ending in December for the fall semester, so you'll need to turn your points in to collect your prize. T.G.I.F. will begin in February for the spring semester, contact Health Services or a Health Assistant to sign up. Points do not carry over!!!