



Toilet Talk



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You're nose isn't lying...

Is there anything worse than going to the bar with your new outfit and have it reek of cigarette smoke when you get home? Well according to a new study from MassGeneral Hospital, the answer is yes. Third-hand smoke is a term used to describe the invisible, toxic brew of gases and particles clinging to everything; clothes, hair, cushions and carpeting that lingers long after second-hand smoke has cleared from a room. The residue contains heavy metals, carcinogens and radioactive materials. Third-hand smoke also contained hydrogen cyanide, commonly used in chemical weapons; butane, used in lighter fluid; toluene, found in paint thinners; arsenic; lead; carbon monoxide and polonium-210, a highly radioactive carcinogen that was used to murder former Russian spy Alexander V. Litvinenko in 2006. So, as a general rule, if you smell smoke, whether in the air or on your clothes, you are endangering your health.

-The New York Times

Sir Mix-A-Lot: Baby Got Back...And No Diabetes?

Remember going to middle school and high school dances; dancing in a dimly light, hot gymnasium, sweating more than Michael Jordan while dancing to Sir Mix-A-Lot, Mystikal and Master P? While you may have enjoyed dancing to "Baby Got Back," and probably sang right along with it, you were probably unaware that Sir Mix-A-Lot was far ahead of his time, health wise anyway.

Researchers from Harvard Medical School have found that buttocks and hip fat may protect women against type 2 diabetes. When buttocks and hip fat from mice was injected into other mice, their bodies easily used the blood sugar-regulating hormone insulin and lost weight. However, not all types of fat produce these same results. People whom have more of an apple shape, where fat collects around the stomach, are more prone to type 2 diabetes and heart disease. More research is needed, but even when the buttock and hip fat were injected into the mice's stomach, the mice lost and their fat cells actually shrank.

—Fox News Health

Vampires love the night, but I don't...

Despite the mania surrounding the new movie and book series, *Twilight*, the vampire lifestyle is not for everyone. In fact, the longer nights and shorter days in the winter months can be difficult for some people; even leading to a condition called Seasonal Affective Disorder. This disorder can severely affect your life, and can include anxiety, hopelessness, social withdrawal, weight gain, depression, and in extreme cases, suicidal thoughts. Seasonal Affective Disorder is more than the "winter blues," but if you have been feeling down for several days and cannot get motivated for activities you normally enjoy, contact Health & Counseling Services (x5306). —Mayo Clinic

So don't feel bad if you can't live the vampire lifestyle like Edward, just remember that real vampires die in sunlight and get impaled by wooden stakes.

Colorectal Cancer Risk Assessment

Colorectal cancer refers to cancer that occurs in the colon and the rectal tissues. There were about 150,000 new cases of Colorectal Cancer in the United States in 2008, and about 50,000 deaths attributed to it. Now there is an online website that allows users to assess their risk of colorectal cancer. The assessment tool is designed for men and women over 50 (faculty and staff). The assessment tool, as well as information regarding colorectal cancer can be found at:

<http://www.cancer.gov/colorectalcancerrisk>

Students, encourage your parents and grandparents to check out this assessment tool. Email or text your this link and let them know that you care about their health and want to talk to them!

Chartwells is online, and provides much more than the menu...

We've all checked the menu for the Union on the college website, especially during these frigid, winter months to ponder if the menu is worth the hike. Pizza bagels, wraps, salads and paninis are now available Monday-Friday at Baker's Crust in the Union.

However, Chartwells Dining's website provides much more information than just what they are serving. For example; you can fill out a nutrition journal that will track what you eat and your caloric intake. There are also nutrition calculators that can calculate your body mass index, your resting metabolic rate and a calorie calculator that can determine how many calories a given activity will burn, based on your weight and duration of the activity. Much more information is available, so when you check the menu, browse around for more information.