



# Toilet Talk



“The first wealth is health.” Ralph Waldo Emerson

## SEXUAL ASSAULT AWARENESS MONTH

April is sexual awareness month. You may think that sexual assault only occurs when someone walks down a dark alley in the middle of the night; unfortunately, sexual assault is much more common. 20-25% of women will be raped during their college career. 90% of women know who sexually assaulted or raped them. Alcohol also plays a huge factor: 75% of the time the offender, the victim or both have been drinking. Sexual assault has become a “silent epidemic” as 65% of attacks are not reported, and sexual assault remains the most drastically underreported crime.

Sexual assault victims need the help and support of their friends. Listen, and be available and understand the difficulty the victim may have in telling the story. Also, believe and don’t judge the victim. They have come to you because they want your help. Finally, you have to respect the decision the victim makes.

-ncjrs.org

## Are you an Alcoholic?

Alcoholism is a serious condition that affects millions and millions of people around the world. Alcoholism is more than being able to drink a lot of alcohol, it’s also a mental disorder that can be extremely destructive. Review the following questions and determine if you may have a drinking problem:

- 1) Have you decided to stop drinking for a week or so, but only lasted a couple of days?
- 2) Do you wish people would mind their own business about your drinking and not tell you what to do?
- 3) Have you missed days of work or school because of drinking?
- 4) Has drinking caused trouble at home, with your significant other and/or your friends?
- 5) Do you have “blackouts” in which you cannot remember several hours of the previous day?
- 6) Have you ever felt that your life would be better if you did not drink?
- 7) Have you ever had to have an eye-opener upon awakening the next day, in which you need to consume alcohol to stop shaking or get the day started?

If you honestly answered yes to any of these questions, it could be a sign that you have a drinking problem. Many of you reading this will brush this story off, laugh about it or justify your heavy drinking because “it’s college,” but the fact of the matter remains that alcoholism is an all too real and present danger and will affect you for the rest of your life. If anyone in your family is an alcoholic, your likelihood of becoming one increases. If you would like to talk about this issue Health and Counseling Services is here to help.

-AA.org

## Can’t Live Without Starbucks®?

Do you have headaches and feel sluggish if you don’t have your daily iced French vanilla cappuccino with a double shot of espresso? While you may enjoy drinking coffee, soda and energy drinks; you could also have a caffeine addiction. About 90% of Americans consume caffeine on a daily basis, and about half will experience withdrawal symptoms if they don’t consume caffeine. Symptoms of caffeine withdrawal include fatigue, irritability, sleepiness and inability to focus. The higher the caffeine intake, the more likely a person is to suffer from caffeine withdrawal. Trying to eliminate caffeine from your daily life can be difficult, and trying the “cold turkey” approach can lead to withdrawal symptoms. Doctors suggest trying to decrease your caffeine intake gradually, such as drinking a cup less of coffee or soda a day. Coffee, soda, energy drinks and chocolate all contain high levels of caffeine, so if you are trying to reduce your caffeine intake, keep that in mind.

Also, the cost of a caffeine addiction can be astonishing. If you are purchasing a \$3 coffee, prepared by a barista, 5 days a week, you’re going to spend \$780 yearly. Three dollars is relatively cheap at coffee shops, so imagine the yearly cost of those orange mocha frappuccinos!

-CNN

## You don’t want to miss this...

On April 23rd, author and father Kirk Forbes will be discussing the dangers of the human papillomavirus (HPV) and cervical cancer for a Lunch and Learn program at noon in the President’s Conference room. He will also be speaking at 7:00 pm in the Wine Recital Hall for which you can receive VIA credit if you attend. The discussion will not just be about the risks and dangers of HPV and cervical cancer, but will also provide real life experiences from Kirk Forbes’ own daughter’s 11 month battle fighting cervical cancer.

About 4,000 people a year die from cervical cancer which is particularly alarming considering a recent survey stated that only 40% of American women have heard of HPV and only 20% had heard of its link to cervical cancer.

Please attend the Lunch and Learn and/or the discussion at Wine Recital Hall to get informed about the risks of HPV and cervical cancer.

## What’s G? Apparently bad teeth?

Are you one of the many people who were confused by the “What’s G?” commercials a few months ago? While you may have figured out that “G” is Gatorade®, you may be shocked to learn that sports drinks are bad for your teeth. Prolonged consumption of these types of beverages can lead to erosive tooth wear. What’s even more interesting is that these sports drinks, including Propel, Gatorade, Life Water, Powerade and Vitamin Water are more detrimental to your teeth than even soda, because these sports drinks include a combination of acidic components, sugars and additives. The study also showed drinking a sports drink all at once is less erosive than sipping on them throughout the day. Sports drinks are beneficial for you, especially to rehydrate after workouts, practices and games, but drinking them throughout the day can irreparably damage your teeth. Maybe that’s why Lil’ Wayne, the new spokesman for “G” has a platinum grill.

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