

# TOILET TALK

Stay Well Manchester College!



## Dehydration

Dehydration means your body does not have as much water and fluids as it should. Dehydration can be caused by losing too much fluid, not drinking enough water or fluids, or both.

### Symptoms include:

- ✓ Thirst
- ✓ Reduction in the volume of urine or discharge of dark yellow colored urine
- ✓ Dry mouth
- ✓ Headache
- ✓ Dizziness

### Prevention:

- ✓ Drink plenty of water before, during, and after exercise.
- ✓ Do not drink coffee, colas, or other drinks that contain caffeine. They increase urine output and make you dehydrate faster.
- ✓ Do not drink alcohol, including beer and wine.

<http://www.webmd.com/fitness-exercise/tc/dehydration-prevention>

## It's the 4th of July! Fireworks!

The 4th of July is known for fireworks throughout the night and celebrating the independence of the United State of America. While it is terrific to be patriotic, keep in mind that fireworks are extremely dangerous, even "kid" fireworks, such as sparklers which can heat up to 3,000 degrees Fahrenheit, are still dangerous. In fact, more than 10,000 people are injured so severely from fireworks that they have to go to the emergency room. If you are going to create your own firework display in your backyard, be precautious. Make sure you have purchased your fireworks from a trusted vendor, not just from someone selling fireworks out of their garage. Secondly, know what each firework does and stay back at an appropriate distance. Keep in mind that some fireworks may shoot in an unexpected direction, so keep clear of houses, trees and cars.

([chemistry.about.com/b/2007/07/01/fireworks-facts.htm](http://chemistry.about.com/b/2007/07/01/fireworks-facts.htm))

## 7 Summer Myths

### Lemonades and sodas don't count towards hydration during the summer:

It is a **myth**. According to a recent research, beverages such as lemonades and sodas can contribute to overall water intake.

### Putting butter on a burn heals:

Sunburns are the most common concerns in summer and the most common home remedy for this is butter. Please do not follow this **myth** as butter and oils trap heat and make your sunburn worse, instead try aloe to sooth tender skin.

### Tilting your head back with a nosebleed:

Nosebleeds are more common in the summer heat and dry air. Truth is, leaning back just makes you swallow blood. This could get into windpipe causing a blocked airway, or go into the stomach. Blood may irritate the stomach lining and cause the victim to vomit.

### If you go swimming less than an hour after eating, you will get stomach cramps.

It is a **myth**. While it's true that the digestive process does divert the circulation of the blood toward the gut and to a certain extent, away from the muscles, the fact is that an episode of drowning caused by swimming on a full stomach has never been documented.

### Six months old infants cannot use sunscreen:

It's a **myth**. Babies can use sunscreens. However, it is best to avoid exposing infants to sun at all, because they burn easily. If infants do go out in the sun, then dress them in lightweight long pants, light-colored long-sleeve shirts and brimmed hats.

### Poison ivy rashes are contagious:

The fact is poison ivy, oak and sumac rashes are not contagious no matter how much crusting and oozing occurs. These rashes are actually delayed allergic reactions to oil called urushiol that is found on the plants. About 50 percent of people are allergic to it. Once the oil is washed off the skin and clothes there is no risk of spreading the rash.

### Sunscreen sprays work on hair.

It's a **myth**. SPF is only measurable on skin, not hair. Therefore, douse your locks with a conditioner to create a physical barrier between your hair and the sun

<http://living.oneindia.in/health/science-study/2008/summer-health-myths-facts.html>

*"Life may not be the party we hoped for, but while we're here, we might as well dance."*  
-Unknown

