

TOILET TALK

September 18th, 2012 Issue 121

An Apple a Day...



It's National Fruit and Vegetable—More Matters Month! There are numerous benefits of adding more fruits and vegetables to your diet including lowering the risk of chronic diseases. So before you pass up that apple in the Union, here are some reasons to add these nutrient rich

foods to your plate!

Color & Texture— Add color, texture and appeal to your plate.

Fiber— Provide fiber that helps fill you up and keeps your digestive system happy!

May Reduce Disease Risk— Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Vitamins and Minerals— Rich in nutrients that help you feel healthy and energized.

For more information, visit www.fruitsandveggiesmorematters.org/

Cold vs. Flu

Oftentimes the symptoms of a cold can be confused with those of the flu, especially when you are just feeling under the weather. Symptoms of the flu tend to be more severe than symptoms of the common cold. They usually include fever, body aches, fatigue and a dry cough while cold symptoms include runny nose and sneezing. Regular hand washing prevents the spread of germs. For more information, visit <http://www.cdc.gov/flu/about/qa/coldflu.htm>

West Nile Virus

The West Nile Virus has once again become a health concern for the Midwest. Here are some easy steps to prevent exposure to WNV:

- Apply insect repellent
- Wear long sleeves and pants when outdoors, as weather permits
- Avoid spending time outdoors at dusk and dawn when mosquitos are most active

For more facts on WNV go to <http://www.cdc.gov/ncidod/dvbid/westnile/> wnv_factsheet.htm#prevent

Health Fair is October 9th

Mark your calendars! The Health Fair is October 9th from 7 am to 11 am in the PERC. Some of the booths include:

- Massages
- Acupuncture
- Orthodontist
- Lab Work
- Canine companions
- Bone Density

Be sure to stop by and take advantage of these great services!

Important Dates

- Sept. 23th- Camp MACK
- Sept. 28th— Last day to withdraw with a W for first half-semester or convert to P/NP

You miss 100% of the shots you don't take.

- Wayne Gretzky

Brought to you by Wellness Services - September 2012

Questions? Comments? Please e-mail HealthServices@manchester.edu