

# Toilet Talk

## Manchester University

### SHARE THE CLEAN AIR

It's time to give up that cigarette! MU has recently become a smoke-free campus and there is not a better time to start thinking about your future health. According to the American Cancer Society, over 48 million Americans have quit smoking because of the harmful consequences associated with the habit. Some of these risks include difficulty breathing,

chronic bronchitis, emphysema and lung cancer. Lung cancer death rates are about 23% higher in males and 11% higher in females than in those who have never smoked. The longer the smoking persists, the risk of lung cancer increases dramatically. The probability of death due to lung cancer among heavy smokers (more than 2 packs a day) is 30

times higher than those who do not smoke. Fortunately, there is help! The Great American Smoke-Out was established by the American Cancer Society in 1976 and is designed to help smokers plan a day to quit smoking. This year's date is November 15th. Once a smoker takes the steps to quit smoking, the risks decrease immediately and will eventually reach the level of a non-smoker.

#### Did you know...

- Lung cancer is the leading cause of cancer death among women
- Smoking causes 400,000 deaths each year due to cancer, heart disease and stroke.
- 2 weeks to 3 months after quitting your lung function increases.

#### Common Symptoms of eating disorders:

- Chronic dieting
- Constant weight fluctuations
- Depression or lethargic stage
- Avoidance of social situations
- Enamel erosion
- Painful burning in throat
- Low energy

### EATING DISORDERS: WHAT ARE THEY?

Eating Disorders affect millions of people everyday. They are classified as a mental illness and not only have physical symptoms but also mental. Some of these disorders

include anorexia nervosa, bulimia nervosa, and binge eating disorder. These disorders affect all age groups, males and females. Most eating disorders are caused by a combination of biological, environmental, and

psychological factors. These can include poor self-image, irregular hormone functions and stressful life changes. Treatments of these disorders are usually therapy and/or medication.

Brought to you by Wellness Services - October 2012  
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