

Toilet Talk

May 2013

Issue 131

Common Health Myths

- You can get the flu from flu shots.
- Cold weather causes colds.
- You can catch up on missed sleep.
- Wearing hats causes baldness.
- An apple a day keeps the doctor away.

Bone Health

It takes more than calcium to build strong bones. Many factors can affect bone density, and a lacking bone density can lead to osteoporosis. Although calcium intake is key to healthy bones, regular exercise and vitamin D consumption are also contributing factors. Negative (and preventable) factors leading to bone loss include smoking, eating disorders, high alcohol consumption, low calcium intake and lack of exercise. The more preventative measures taken now will lead to healthier bones in the future!

ZZZ...

Have you been keeping up on your sleep? Many people are plagued with sleep disorders which can keep them awake at night and/or cause potential health problems in the future.

Insomnia: symptoms include difficulty falling asleep and staying asleep

Sleep Apnea: occurs when breathing is interrupted during sleep

Sleepwalking: disorder which causes a person to get up and walk during their deepest stages of sleep

Narcolepsy: disorder in which sleep-wake cycles are inconsistent or abnormal

For more info, visit: <http://www.bettersleep.org/better-sleep/sleep-disorders/>

Finals Week

May 13th - 16th

Finals week approaches as yet another year at Manchester University comes to a close. Unnecessary stress can put a damper on the end of an exciting year. Avoid stress during finals week with some of the suggestions below:

1. Be active
2. Study early
3. Sleep, Sleep, Sleep!
4. Listen to Music
5. Eat a balanced diet
6. Reduce caffeine intake
7. Laugh!
8. Meditation/Yoga
9. Pick up a hobby
10. Think Positive!

Commitment leads to action. Action brings your dream closer. -**Marcia Wieder**