



Toilet Talk

Manchester University

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National Healthy Skin Month

November is National Skin Month. The American Academy of Dermatology (AAD) provides numerous tips to keep your skin healthy. These tips range from how to wash your face to how to prevent skin cancer. 1 in 5 Americans will get skin cancer in his or her lifetime. There are many things you can do to prevent and detect skin cancer before it becomes a severe issue:

- Seek shade, cover up, and apply sunscreen when outside.
- Look for new or changing spots on your skin.
- See a dermatologist if any spot on your skin is changing, itching, or bleeding.

The AAD also emphasizes that National Healthy Skin month is a great time to learn new ways to keep your skin looking healthy. Washing your face properly can make an impact on the overall health of your skin:

- Use a gentle, non-abrasive cleanser
- Use lukewarm water and your fingertips to apply cleanser
- Resist temptation to scrub your skin
- Gently apply moisturizer
- Limit washing to twice a day and after sweating

For more healthy skin tips, go to <http://www.aad.org>

International Survivors of Suicide Day

November 23 is this year's International Survivors of Suicide Day. Suicide is a serious health issue that affects all of us. Over 38,000 Americans took their lives in 2010 and suicide was ranked the 10th leading cause of death in the United States that year. There are many different risk factors, including mental disorders, previous suicide attempt, family history, serious medical condition and/or pain, along with many environmental factors that can affect suicide risk. If you believe someone you know is at risk and if you are concerned for someone's mental health,

- Take it seriously – 50-75% of all people who attempt suicide tell someone of their intention.
- Ask questions – Let them know you care.
- Encourage professional help
- Follow-Up on treatment

Here at Manchester, SuccessNet, which is located under the quick links on the university's webpage, is a great way to refer someone you have any concerns about to a professional who will get him or her help as soon as possible.

For more information, visit <http://www.afsp.org/survivorday>.

3 Tips for a Healthier Thanksgiving!

1. Participate in a Turkey Trot or any type of physical activity, such as football with family outside, to help ward off some of the extra calories consumed through holiday eating.
2. Create Healthy Sides
3. Eat Breakfast – Eating breakfast will keep your energy level high and will help prevent overeating during the actual Thanksgiving dinner.

For more information, go to <http://www.fitday.com>

"Nothing is impossible. The word itself says 'I'm possible!'"

-Audrey Hepburn



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