



# Toilet Talk

Manchester University

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## Go Red This February!

February is American Heart Health Month and February 7<sup>th</sup> this year is National Wear Red Day. Heart disease, the Silent Killer, often has no noticeable symptoms and can affect women of all ages. In 2003, research revealed that heart disease kills more women than all forms of cancer combined. National Wear Red Day is a special day to bring awareness to this silent killer of women. Here are some helpful prevention tips to lower your risk for heart disease:

- Don't smoke
- Choose birth control carefully
- Exercise 3-4 times per week
- Know your numbers (blood pressure, cholesterol, etc.)
- Know your family history
- Stay active
- Drink in moderation (or not at all)
- Eat healthy, balanced meals

Studies show that healthy lifestyle choices have resulted in 330 fewer women dying from heart disease.

Show your support and raise awareness here at Manchester and wear red on February 7<sup>th</sup>!

For more information please visit  
<https://www.goredforwomen.org>

## Use Your Condom Sense!

February is National Condom Month and the American Sexual Health Association would like you to stay sexually healthy even as Cupid's arrows are taking flight this month! One in two sexually active individuals will contract an STD/STI by age 25; however, you can greatly reduce your risk by correctly using condoms (which are available, along with instructions, at all times in Wellness Services!). The American Sexual Health Association gives their most basic advice when thinking about and discussing sexual health:

- Abstinence is good and can happen at different times in one's life
- Talk to your parents and talk to your partner (communication is key!)
- Make sure you and your partner know how to use a condom correctly, if you both decide to start having sex
- Find a good healthcare provider and discuss your concerns with them and ask questions
- Get yourself tested and make sure your partner gets tested
- Take advantage of the vaccines that will help protect you
- Learn what you need to know and keep learning

For more information please go to,  
<http://www.ashasexualhealth.org/national-condom-month.html>

## Upcoming Events!

On February 25<sup>th</sup>, AIDS Task Force is providing free HIV testing, which just involves a simple mouth swab. Along with HIV testing, STD/STI prevention information will also be provided. This is a great opportunity to learn more about STDs/STIs and effective prevention techniques.

The blood drive is also on February 25<sup>th</sup> from 11:30 am to 5 pm! If you have any questions about the blood drive, please contact [embohlander@gmail.com](mailto:embohlander@gmail.com).

*"If you do not like where you are, move. You are not a tree."*

*-Unknown-*

Brought to you by Wellness Services! ☺

Questions? Comments? Please contact us at [HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)