



Toilet Talk



Manchester University

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Through With Chew (And Other Tobacco Products)!

Tobacco use is the leading cause of preventable death. One in five deaths in the United States is related to tobacco use. Tobacco use is not limited to just smoking cigarettes. Other forms of tobacco use include cigars, spit tobacco (which contains 28 cancer-causing chemicals!), hookahs, and menthol cigarettes. Hookahs can actually put twice the amount of nicotine in your system than you would get from puffing a cigarette. The consequences of tobacco use are not limited to just injury to the lungs, but also to the heart, eyes, nose and throat, mouth, skin, reproductive systems, bones, blood, digestive system, and can also cause various cancers such as lung and breast cancer. If you are already using tobacco, quitting is the #1 way of preventing the negative consequences of tobacco use. Your body starts repairing itself from smoking in just 20 minutes! It is never too late to quit!

For more information, please go to http://www.tobaccofreeu.org/cessation/how_quickly.asp

Don't Forget!

The blood drive is on February 25th from 11:30 am to 5 pm! Also on this date, AIDS Task Force is **providing free HIV testing** and STD/STI prevention information from 2 pm to 4 pm. These activities will be in the Upper Union.

Teen/Young Adult Dating Violence Awareness Month

This February, start talking about healthy relationships! It is Teen Dating Violence Awareness Month and the *National Resource Center for Teen Dating Violence Awareness and Prevention Month* would like to raise awareness and sound the call to end dating abuse. Dating violence is a pattern of abusive behaviors used to exert power and control over a dating partner and one in three young people experience some form of dating abuse.

What does dating abuse look like?

- Physical Abuse: Any intentional use of physical force with the intent to cause fear or injury.
- Verbal or Emotional Abuse: Includes threats, insults, constant monitoring, humiliation, intimidation, isolation, or stalking.
- Sexual Abuse: Any action that impacts a person's ability to control their sexual activity including rape, coercion or restricting access to birth control.
- Digital Abuse: Could include demanding passwords (36% of college students has given a dating partner their computer, email, or social network passwords), checking cell phones, cyber bullying, sexting, excessive or threatening texts, and/or stalking on Facebook or other social media.

For more information on dating violence, please visit <http://www.teendvmonth.org>

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

-Marcel Proust

National Cancer Prevention Month

February is also National Cancer Prevention Month! Cancer is the general term for over 100 diseases and more than one million people in the United States get cancer each year. The American Cancer Society encourages people to make healthy lifestyle choices to help reduce their risk of cancer. These lifestyle choices include not smoking, remaining at a healthy weight, eating right, staying active, and getting recommended screening tests. Follow those helpful tips to reduce your risk of being diagnosed with cancer.

For more information, please visit <http://www.cancer.org/healthy/index>

Brought to you by Wellness Services! ☺

Questions? Comments? Please contact us at HealthServices@manchester.edu