

Toilet Talk

Manchester University

March 2014

Issue 146

Suffer from Seasonal Allergies??

It's that time of year! Spring is on its way (hopefully) and for some individuals, that also means seasonal allergies are on their way. Between 5 and 10 percent of the population suffers from allergies and it is possible to develop any type of allergy at any point in your life. If you suffer from seasonal allergies, here are some tips to help reduce your allergy symptoms:

- Find your allergy triggers – note all the details surrounding your allergy flare-ups.
- Change your environment – keep pets out of certain rooms, cover your mattress, or run the air conditioner to keep air circulating, etc.
- Consider corticosteroid sprays – these sprays can relieve chronic congestion.
- Get the latest treatment
- Be persistent – See your doctor if symptoms don't improve. You don't have to suffer!

For more information, go to <http://www.weather.com/health/allergy/reduce-allergy-risks-20120417>

World Tuberculosis Day!

March 24th is World Tuberculosis Day and this day is designed to build public awareness that tuberculosis still remains an epidemic in much of the world. TB (Tuberculosis) causes the deaths of nearly 1.5 million people each year, mostly in developing countries. Ever wonder why you are required to get a TB test when you begin your college career here at Manchester? Or did you wonder, what even is TB? TB is a contagious bacterial infection that affects the lungs and may spread to other organs.

Symptoms of TB include:

- A cough that lasts more than 2-3 weeks
- Weight loss
- Fever
- Night sweats
- Loss of appetite
- Coughing up blood

About one third of the world's people are infected without showing symptoms because their immune system can keep the bacteria under control. TB can be cured with medication but untreated it can kill. Getting tested for TB is important to save the lives of those affected and also to prevent the spread of this contagious infection.

For more information, please visit <http://www.stoptb.org/resources/factsheets/fastfacts.asp>

Stay Positive!

Feeling down? Feeling stressed? One small negative thought can lead to multiple negative thoughts and take a toll on you not only mentally, but also physically. Here are some tips on how to overcome negative thoughts and better your overall health:

- Meditate or do yoga – ease your mind!
- Smile – smiling can help change your mood and relieve stress ☺
- Surround yourself with positive people
- Be optimistic – change the tone of your thoughts from negative to positive
- Don't dwell on your mistakes. Allow yourself to move forward
- Sing, dance, write, etc. – express yourself and let out those built up emotions

Counseling Services located on the 1st floor of Calvin Ulrey is ready to talk about any problem or any feelings you may be having. Don't be afraid to come see us! You can schedule an appointment by calling 260-982-5306.

For more information, please go to <http://tinybuddha.com/blog/10-tips-to-overcome-negative-thoughts-positive-thinking-made-easy/>

“It's not who you are that holds you back, it's who you think you're not.”

-Unknown-

Brought to you by Wellness Services! ☺

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