



Toilet Talk



Manchester University

May 2014

Issue 148

Have (Safe) Fun in the Sun!

It's **National Melanoma/Skin Cancer Detection & Prevention Month!**

Skin cancer is the most common form of cancer in the United States and more than 3.5 million skin cancers are diagnosed annually. To prevent the various types of skin cancers from affecting you, follow these tips to help you have fun this summer while also protecting yourself from skin cancer:

- Use a sunscreen with an **SPF 15** or higher
- Seek the shade between 10 AM and 4 PM
- Avoid tanning and UV tanning booths
- Do not burn
- Use a broad spectrum (UVA/UVB) sunscreen
- Apply sunscreen to entire body 30 minutes before going outside for a long period of time and reapply every two hours
- Be cautious of any changes in your skin, such as any new or change in color or shape of any moles or marks.

For more information, please go to <http://www.skincancer.org>

“Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more.”

-Anthony Robbins

Common Summer Health Myths!!

- Put butter on sunburns – butter is just a moisturizer with no specific burn-healing properties.
- Poison ivy is contagious – this rash is only contagious if the chemical from the plant is not washed off.
- Urinating on a jellyfish sting helps relieve pain – vinegar is actually more effective if you can get your hands on it.
- Don't swim on a full stomach – eating may make you less comfortable to exercise but deciding to swim after eating is entirely up to you.

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

Sprint to the Finish!

There's only a couple weeks left in the semester! Although this does mean that summer is just a hop and a skip away, it also means that the dreaded Finals week is coming up (May 12th – May 15th) and it is time to start studying! Here are some quick tips to help you do your best on final exams:

- **Study in bursts** – studying for too many consecutive hours actually causes more harm than good.
- **Manage your time wisely** – set time limits to your studying bursts and break periods.
- **Limit distractions** – even listening to music is considered a distraction.
- **Do not cram** – studies have shown that when students cram, they remember the first and last thing they studied, with much of the middle being lost.
- **Get enough sleep** – at least a full eight hours the night before the exam.

For more information, please visit <http://www.universityherald.com/articles>

Ride Smart

May is **National Bike Month!** Now is the chance to discover the many benefits of bicycling that may encourage you to start riding smart! Cycling is one of the easiest ways to exercise without spending a fortune. You can bike almost anywhere and all you need is a bike, a half an hour here or there when it suits you, and a bit of confidence. Bicycling not only works your legs, it also involves every part of the body which leads to building strength and muscle tone without a risk of over exercise or strain. Bicycling can also build stamina, improve cardio-vascular fitness, eat up calories, improve coordination, and reduce stress! Before you start riding your bike, remember to start slowly before you increase your cycling amount, increase speeds gradually, and wear proper bicycling safety equipment (better safe than sorry).

For more information, please visit <http://bikeleague.org/bikemonth> and <http://www.adultbicycling.com>

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