

Toilet Talk

Manchester University

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Men's Health Month

June is Men's Health Month! The goal of this month is to raise awareness of the preventable health problems and encourage early detection and treatment of diseases among men and boys. Although every individual can be at risk of the same diseases regardless of gender, men appear to be more prone to diseases such as heart disease, certain types of cancers, injuries, and stroke than women. Men's Health Week (**June 9th – June 15th**) is designed to give health care providers, the media, and individuals the opportunity to discover more about men's health and encourage men and boys to regularly seek medical advice as a way to prevent and provide early treatment for disease and injury. Let's promote a healthier lifestyle and make an effort to better men's health!

For more information, please go to <http://www.menshealthmonth.org/week/index.html>

Ticks are Ick!!

The most common insect-borne disease in the U.S. is Lyme disease that is caused by bacteria that can be spread when ticks feed. This disease peaks during the summer months when individuals are exposed to ticks in yards and wooded areas. Tick bites can be prevented by using an effective insect repellent when going outside to wooded areas. Lyme disease can be treated with antibiotics and you should seek medical treatment if you experience fever, headache, body aches, rash, facial paralysis, or arthritis after a tick bite.

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

“Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.”

-Steve Maraboli -

Got Burnt???

The main concern with sunburns is causing irreversible damage to the skin that could lead to various types of skin cancers, including melanoma. Although getting sunburn is a very bad idea, it is summer time and sunburn most likely will occur. Sunburns are completely preventable with sunscreen, shade and clothing; however, here are five ways to help ease the pain and maybe limit the damage that can be done by sunburn:

- Act Quickly – once you start to feel the tingling of a burn or see any signs of reddening, get out of the sun and start treatment.
- Moisturize – after a cool shower or bath, put on moisturizing cream or lotion (preferably containing vitamin C and vitamin E) to soothe the skin and to make peeling and flaking less noticeable.
- Hydrate – any burn draws fluid to the surface of the skin and away from the rest of the body; so, drink extra water, juice and sports drinks for a couple days after you got the sunburn. Watch for signs of dehydration, which are dry mouth, thirst, reduced urination, headache, dizziness and sleepiness.
- Don't Wait to Medicate – take a dose of ibuprofen once you notice the sunburn to help with the pain and swelling.
- Assess the Damage – most sunburns can be treated at home. However, if a blistering burn covers 20% or more of the body, you may want to consider medical attention.

For more information, please visit <http://www.skincancer.org/prevention/sunburn>

Brought to you by Wellness Services! ☺

Questions? Comments? Contact us at HealthServices@manchester.edu