



Toilet Talk



Manchester University

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Beat the Heat!!

Risk of heat-related illnesses can occur at any time, during any season, and even indoors in hot or muggy environments. This summer take extra precaution in order to prevent heat-related illnesses, which include heatstroke, heat exhaustion, heat cramps, and heat rash.

- Heatstroke: most serious heat-related illness and occurs when the body can't control temperature. Symptoms include high body temperature, confusion, throbbing headache, and slurred speech.
 - What to do?
 - Call for immediate medical help and move the person to a cool, shaded area. Also put cold, wet cloths or ice over his or her body to lower body temperature.
- Heat Exhaustion: this condition is caused by a loss of water and salt from the body. Symptoms include rapid heartbeat, heavy sweating, extreme weakness, dizziness, and vomiting.
 - What to do?
 - Take the individual portraying the symptoms to a shaded area to rest and offer plenty of water. Apply cold water to the head, neck, face, and accompany the individual to a clinic or emergency room if needed.
- Heat Cramps: this heat-related condition is sometimes related to heat exhaustion and is a result of a drop in the body's salt and water levels.
 - What to do?
 - Sit in a cool area and drink juice or a sports drink. It is also safe to drink water and food. If cramps do not subside within an hour after treatment, it would be best to seek medical care.

For more information, please go to
http://www.carpenterssw.org/1880_July%20Monthly%20Health%20Topics

Need a Mental Health Break?

Take a Walk!

Are you stressed with work, internships, or just life in general? Need a break that will leave you feeling refreshed and energized? Try walking! A ten minute walk increases levels of serotonin and dopamine in the brain, which are vital mood-regulation chemicals, and going outside and getting some fresh air can also help with stress. Removing yourself from a stressful environment can greatly increase your mood and when you catch yourself starting to think about things that are causing you stress, just bring your mind back to focusing on the repetition of walking. Start walking five to ten minutes a day and watch your stress levels drop! ☺

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“Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift - today.” –Steve Maraboli

World Hepatitis Day

July 28th is World Hepatitis Day. Hepatitis means inflammation of the liver and refers to a group of viral infections that affect the liver. The most common forms of this disease are Hepatitis A (which is caused by eating infected food or water), Hepatitis B (which is also a type of STD), and Hepatitis C (which is most commonly spread through direct contact with the blood of a person with Hepatitis C). Raising awareness about this disease is the purpose of World Hepatitis Day and if you have any further questions, please visit
<http://www.cdc.gov/knowmorehepatitis>

Brought to you by Wellness Services! ☺

Questions? Comments? Please e-mail us at HealthServices@manchester.edu