



Toilet Talk



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Great American Smokeout!

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year to encourage smokers to make a plan to quit using tobacco products. Tobacco use remains the single largest preventable cause of disease and premature death in the United States and still 1 in every 5 adults smoke cigarettes. Even quitting for one day can help you take an important step in starting a healthier life style. Only 20 minutes after quitting your heart rate and blood pressure drop to normal levels; can you imagine the health benefits if one person quits for a day, a week, or even a year? Quitting smoking lowers your risk for diabetes and gives back years of life that would be lost due to smoking. Take this month to raise awareness and encourage tobacco users to quit and begin a healthier lifestyle!

For more info, go to <http://www.cancer.org>

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never have enough”
-Oprah Winfrey

Get Cooking To Stop Diabetes!

November is American Diabetes Month! Did you know that nearly 30 million children and adults have diabetes? And that another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes? The purpose of American diabetes month is to raise awareness for the disease and to educate Americans on effective preventative techniques. One vital preventative technique involves eating well and being active. Watching what you eat and getting your 30 minutes of exercise per day can greatly reduce your risk of getting type 2 diabetes and heart disease. Follow these helpful tips to build a healthier plate and to start your healthier lifestyle:

- **Choose more fresh vegetables and fruits to cut down on sodium and sugar intake.**
- **For snacks, choose peanuts or whole grain crackers and cereals.**
- **Eat leaner meats such as chicken or turkey.**
- **Start drinking lower fat dairy products, like low-fat or skim milk and yogurt.**
- **Try starting meals off with salads or soups containing a lot of vegetables before you get to the higher fat and calorie courses.**

For more info, please visit <http://www.diabetes.org/are-you-at-risk/lower-your-risk/healthy-eating.html>

Cold vs Flu: Can you tell the difference?

Yes, cold and flu season is here. The common cold and the influenza virus are both respiratory illnesses that share many of the same symptoms and it can be difficult to tell the difference between these two viruses based on symptoms alone. Knowing the key symptoms of each virus helps individuals know what type of treatment to get and when to receive this treatment. The flu is generally worse than the common cold and it is important to know how to distinguish these diseases from each other.

Cold Symptoms

- Runny/Stuffy Nose
- Sneezing
- Cough
- Sore Throat

Flu Symptoms

- Fever (101 or above)
- Headache
- Vomiting/Diarrhea
- Body and Muscle Aches

Prevention starts with proper hand washing and avoiding close contact with anyone showing symptoms!! ☺

Brought to you by Wellness Services! ☺

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