

Toilet Talk

Manchester University

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Healthy Heart, Healthy You

February is **American Heart Health Month!** Heart disease accounts for 40% of all deaths in the United States, which is a higher percentage than all forms of cancer combined. Heart disease is an umbrella term that includes conditions such as coronary artery disease, heart attack, cardiac arrest, congestive heart failure, and congenital heart diseases. Many heart diseases are caused by narrowed, blocked or stiffened blood vessels that prevent your heart, brain or other parts of your body from receiving enough blood. Symptoms of this type of heart diseases can include chest pain, shortness of breath, pain or numbness in your arms or legs, and pain in the neck area. Getting smart about your heart early on in life can only benefit your health as you get older. Follow these healthful tips to get a jump start on your heart health:

- Choose a healthy eating plan – the foods you eat can decrease your risk of heart disease and stroke. It is important to choose foods low in saturated fat, trans fat, cholesterol, sodium and added sugars & sweeteners. Eat plenty of fruits and vegetables, fiber-rich whole grains, fish, and nuts.
- Find a doctor and have regular wellness exams – check things such as blood pressure, cholesterol, heart rate, body mass index, and blood sugar.
- Be physically active – this doesn't have to be extensive or time consuming!
- Don't smoke and avoid secondhand smoke. It's not cool.

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

“If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.”

~Theodore Roosevelt

Start the Semester Off Right!

It's a new semester at MU! New semesters can be exciting and refreshing or stressful and overwhelming. Follow these tips to stay organized and have the best semester possible:

- **Keep checklists – after writing down tasks, you will be more likely to remember and complete your duties.**
- **Plan – write down important due dates in a calendar.**
- **Pick a designated spot for your school supplies to stay organized and make mornings less hectic.**
- **Get plenty of sleep – at least 8 hours a night!**
- **Have fun and enjoy your experiences this semester! ☺**

Safe Sex is Great Sex!

February is **National Condom Month** and February 8th through the 15th is **National Condom Week!** All jokes aside, the purpose of this month/week is to advocate and promote healthy sexual habits. Condoms date back to ancient Egypt and today, male condoms are the only widely available, proven method for reducing transmission of HIV and other sexual transmitted infections (STIs). Although not as widely available, female condoms are also an option that offers protection against unintended pregnancy and STIs. Both female condoms and male condoms are only effective when used correctly and consistently (and yes, consistently means using condoms during 100% of sexual encounters)! 50 % of all new cases of STIs are among young people ages 15 to 25 and 19 million new STIs occur each year in the U.S. Practicing healthy sexual habits by using condoms greatly decreases your risk for STIs, HPV, and unintended pregnancy. As cupid's arrows are soaring around this year, be smart, be safe and use your condom sense!

Brought to you by Wellness Services! ☺

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

