



Stay Well, Manchester College!!

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Toilet Talk

College and Alcohol Consumption

According to the National Social Norms Research Center:

- Nearly 70% of college students consuming alcohol practice "situational abstinence" by being choosy about the social situations in which they drink.

However, the June 2006 issue of *Alcoholism: Clinical and Experimental Research* reported 20% of men and 8% of women consume more than 10 drinks per occasion.

Bad Breath?

You May Need More Than a Mint.

Do you find yourself frequently being offered gum or a mint? Bad breath happens to all of us, but if it is a reoccurring problem, it may be more than the onions you ate at lunch.

Bad breath can be a cause of several medical conditions including gum disease, tooth decay, dry mouth (from stress, medications, illness), smoking, or uncontrolled diabetes.

Sugarless mints and gum is a temporary solution to the problem, but there are other things you can do to avoid bad breath.

1. Get your teeth cleaned at

least twice a year. Proper check-ups for your oral health can help you avoid not only bad breath but other medical problems that may result from poor oral hygiene.

2. Brush your teeth and tongue at least twice a day, especially after meals. Remember that you should also be flossing daily.
1. Finally, use an antiseptic mouthwash, like Listerine or Scope, after brushing.

Foods that commonly cause bad breath include garlic, onions, coffee, and alcohol.

Remember
Participate in one Office of Volunteer Services activity and receive 5 TGIF points.

Gary's Energy Conservation Tip:

- Close curtains and blinds before going to sleep to keep heat within the room. Open them during the day to naturally heat the room.
- Use task lighting and reduce the use of overhead lighting.

Lumps and Bumps...May Be the Mumps

The mumps has resurfaced in the United States and is constituting the largest epidemic of mumps in the US since 1988. As of May 2, 2006, the Center for Disease Control (CDC) has recognized at least 11 states in which mumps have been reported including the Midwestern states of Illinois, Iowa, Missouri, and Kansas.

Mumps is an acute viral infection spread through respiratory or oral secretions. Symptoms appear as fever, sore throat and swelling of salivary or parotid glands lasting for 2 or more days. Complications include swelling of the testicles or ovaries which may

result in sterilization.

According to the CDC, the highest incidence rates are among person ages 18-24, especially on college campuses. Factors contributing to this spread include frequent and extended contact with other students.

The best way to protect yourself from this infection is with a two dose MMR (measles, mumps, rubella) vaccination. If unsure as to whether you have been vaccinated, check with your physician or stop by Health Services to check your immunization record.

If needed, Health Services offers MMR vaccinations.

World Report: Tuberculosis

Tuberculosis (TB) is a disease of poverty; virtually all deaths occur in developing countries. TB, although curable, kills 5000 people everyday, a quarter of which are HIV co-infections and occurring mostly in Sub-Sahara Africa. TB is contagious and spreads through the air, usually harboring itself within the lungs. Active TB symptoms include cough for more than two or three weeks, weight loss, fever, night sweats, and coughing up blood. Countries with the highest TB rates per capita are predominately in Africa, but also include, although not limited to, Brazil, China, India, and the Philippines. --The World Health Organization