



# Toilet Talk



Manchester University

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**Flu season is here**, which means flu shots have arrived! Shots are available to faculty/staff and students. If you are interested in receiving a flu shot, contact wellness services. Remember, it's better to be safe than sorry!

*"The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively."*  
-Bob Marley-

### Save the date!

The annual health and fitness fair will be held in the upper Jo Young Switzer Center on November 10<sup>th</sup> from 7am to 11am. If you have any questions about your physical or mental health, this would be a great time to get them answered! The booths that will be available at the fair include:

- Bone Density Testing
- Lab work (email health services for appointment)
- Information on Donating Organs
- Depression Information
- Fitness/Workouts
- Mental Health
- Drinking Simulations
- Stress Management
- Body Composition
- Pool Promotion (Water Aerobics)
- Rehabilitation/Injury Prevention
- Smoking Cessation
- Sleep/Relaxation
- Healthy Eating
- Fitness for Busy College Students
- Breast/Testicular Information
- Suicide Prevention
- Grief Counseling
- Spiritual Health
- Dental Health
- And more...

The first 200 people through the door will receive a free gift, so make sure to arrive early! Get ready for a fun, informational event!

### National Dental Hygiene Month

October is National Dental Hygiene Month. Dental hygiene is an extremely important aspect of your overall health. Neglecting dental hygiene can result in serious health complications such as gum disease, heart disease, respiratory problems, and diabetes. Practicing good dental hygiene is easy, just follow the **Daily 4**.

#### The Daily 4

- **Brush** your teeth for two minutes, two times a day to help prevent cavities, gingivitis, and other diseases of the mouth.
- **Floss** daily to remove bacteria and food buildup between teeth. Flossing is vital to the prevention of tooth decay and gum disease.
- **Rinse** with an antimicrobial mouth wash to eliminate bacteria from areas that brushing and flossing do not.
- **Chew** sugar free gum after meals and snacks to help protect teeth and clean the mouth.

For more information on National Dental Hygiene Month, visit <http://www.adha.org/national-dental-hygiene-month>