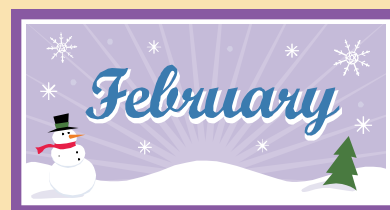




# Toilet Talk

ISSUE 55



## Oh Great, I think my roommate has been sneezing and coughing for months!

During the winter months, colds and flu seem unavoidable; especially living in a resident hall. There's nothing worse than your roommate having the flu or a cold, or the person behind you in class that has been coughing up a lung since the professor started taking attendance. There are a number of steps you can take to increase your chances of avoiding the cold and flu this winter.

- 1) Every time you shake someone's hand, wash yours.
- 2) Keep your hands away from your nose and eyes, those are the most common place for germs to enter your body.
- 3) Go to bed; when your body is tired, your immune system doesn't work as hard. You should try to get 8 to 10 hours of sleep a night.
- 4) Get your flu shot, especially considering they're **only \$15 dollars at Health Services!**
- 5) Eat plenty of fruits and vegetables; which will boost your immune system.
- 6) Exercise regularly; working out regularly enhances immune function.
- 7) Stay away from those people coughing and sneezing. While these seem fairly intuitive, most people don't consider this fact regarding their friends, significant other, and family.
- 8) Sanitize yourself; keep sanitizing gel or alcohol-based wipes with you and use them after coming in contact with another person or touching things several people touch, like a doorknob.
- 9) Stop smoking! Smoking increases the risk of infection by making structural changes in the respiratory tract and suppresses the immune system. Health Services can help with smoking cessation.
- 10) Don't double dip! Double dipping can pass germs onto you.
- 11) Don't bite your nails! Germs get under your nails and biting them is a fast way to ingest those germs.

-Health.com

### **FAFSA! Do not just delete the email reminders and forget about it!!!**

March 10, 2009 is the deadline for students to submit their FAFSA to receive financial aid. Failure to submit your FAFSA will result in you not receiving any financial aid in the coming year. Turn it in today!

### *How to Make Friends...*

February's wellness focus is social wellness. Have you ever wondered how to make friends, or possibly make more friends? The first step is to develop an outside life on your own: go see some live music, go to a MAC event, go support a Manchester team and so on. Secondly, draw on current contacts, which are seeds of social life around you. If someone has given you their number, call them to hang out sometime. When you meet someone new, make an effort to meet all of their friends as well. That way, you could meet 15 people by just meeting one. Finally, make an honest effort to accept every invitation to go out and do something with a potential friend. It's important to know that not everyone you meet will be open to being your friend. Don't let that get you down, some people just aren't interested in making any new friends.

-Succeedssuccessfully.com

## I lost 50 lbs. and all I had to do was take a pill!

Remember your New Year's resolution? For many people, that resolution is to lose weight. With 2 out of 3 Americans considered obese, quick fixes to obesity seem ideal. And why not? Why wouldn't you just want to take a pill and see the pounds fall off like a lead weight. The problem with these weight loss pills is that they pose a potentially serious health risk; in fact, the FDA recently warned consumers to avoid over 25 weight-loss supplements. Some supplements contain sibutramine, which can cause high blood pressure, seizures, rapid heartbeat, palpitations, heart attack, or stroke. The FDA has approved some weight-loss supplements, but the fact remains that weight loss takes dedication, hard work and eating fewer calories while exercising more. -Yahoo!

### **Smoking, why don't more people read the Surgeon General's Warning?**

As if more information is needed to warn people about the certain health risks resulting from smoking; a new study from the University of California Davis showed that most male cancer comes from smoking, not just smoke. The study found that men who died from cancer in Massachusetts over a 25 year period, more than 70% of deaths from cancer resulted from smoking.

-Medical News Today

### **Wow! I didn't know that!**

- Hershey's kisses are called that because that machine that makes them looks like it is kissing the conveyor belt.
- Wearing headphones in your ears for just one hour will increase the bacteria in your ear by 700 times.
- Ketchup was sold in the 1830's as medicine.
- In a year, your heart can beat 40,000,000 times!
- There are more bacteria in your mouth than the population of the United States and Canada combined.
- In Bahrain, a male gynecologist can only perform an exam through a mirror.

-Stunning-stuff.com