

Potty

For students



Mouth

by students

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FALL 2009

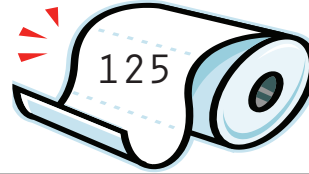
VOLUME 13 ISSUE 5

Breath Be Kickin'?

Halitosis is the medical term for bad breath. It is caused by not brushing or flossing daily, which allows food particles to remain in the mouth. This allows bacteria to grow around the gums, between the teeth, and on the tongue. Halitosis can lead to gum disease. To prevent bad breath, practice good oral hygiene by brushing twice a day and after meals, flossing once a day, drinking lots of water, and seeing your dentist regularly. For more information, visit www.ada.org.



Potty Mouth by the NUMBERS



The number of strands of hair the average person loses each day.

Source: http://www.carefair.com/hair/Hair_Loss_How_Much_Is_Normal_718.html

Huh? Whatcha Say?

Hearing loss is more common now than ever before. Our technology driven generation, filled with cell phones, HD televisions, and iPods, has failed to consider the effects these devices have on our hearing. Listening to an iPod at an increased volume for 2 hours a day, 5 days a week, can destroy your ability to hear higher pitches, in turn increasing background noise during everyday conversations. Be more conscious of the volume on your various electronics to save your hearing for the future.

Source: <http://www.time.com/time/health/article/0,8599,1827159,00.html>

Click It or Ticket®!

Do you take two seconds to buckle your seatbelt every time you get into a car? Do you know the importance of wearing your seatbelt? Well, here are some facts that might make you think twice before driving or riding without your safety belt. With the proper use of seatbelts, you are 40% less likely to be fatally injured during a crash. Seatbelts can save you money on hospital bills, insurance fees, and tickets. As a driver, you can be charged with a seatbelt violation if you, the front seat passenger, or children under 16 are not properly buckled. So the next time you prepare to hit the road, remember to "Buckle up; It is a law we can live with.®"

Sources: www.dmvnow.com

Don't Blink on the Pink

Conjunctivitis, or pink eye, is caused by the inflammation or infection of the transparent membrane (conjunctiva) covering your eye. Pink eye can be caused by either bacterial, viral, or allergic reactions. The most common symptoms of conjunctivitis include redness, itchiness, crusty discharge, and a gritty feeling in one or both eyes. A person with conjunctivitis can be contagious for seven to fourteen days after symptoms appear. Antibiotic eye drops and cremes are available if pink eye does develop. Keep in mind that if you've got the stink eye, you may have pink eye! Check out the UHC website for self-care guidelines.

Source: <http://www.mayoclinic.com/health/pink-eye/DS00258>

Summer's Gone, But Don't Get SAD!

As the days get shorter and the temperature drops, many of us may start to feel a little down, but did you know that Seasonal Affective Disorder (SAD) is real? If you start to feel increasingly depressed, sleep too much, have little energy, and crave sweets and starchy foods, you may have SAD. There are a number of different treatments (including light therapy), but getting outside, staying in well-lit environments, and exercising are also easy solutions to help kick those winter blues.

Source: <http://www.cnn.com/HEALTH/library/seasonal-affective-disorder/DS00195.html>

X Marks the Spot



Geocaching is a treasure hunting game played worldwide by those who are equipped with a Global Positioning System (GPS) device. The idea is to locate geocaches, hidden containers with various "treasures," by entering your zip code on the website and then to share your experiences online. GPS coordinates and clues will be given to help you locate the hidden treasure. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment. To start your adventure, visit <http://www.geocaching.com/>.

UPCOMING EVENTS

- 10/21 Brian Simms, HHS 2301, 1 p.m.
- 10/23 Seasonal FLU Vaccine Clinic, Convo Center, 10 a.m.-8 p.m.
- 10/23 Body Groove, Festival Ballroom, 7:30-9 p.m.
- 10/27 Big Man On Campus, ZTA Date Auction, 8 p.m., \$5
- 10/28 Brown Bag Lunch, Dating Violence, Taylor 306, 12-1 p.m.
- Take Back The Night Coalition Meeting - every Wed. 8-9 p.m. Taylor 304 "help end sexual assault and violence"

It'll Be a Graveyard Smash!

Looking for fun things to do this Halloween? JMU and the Harrisonburg community have plenty of ghoulish events planned to make this Halloween extra spooky! At JMU there is Scary-O-Kee, a Halloween themed karaoke contest in TDU, a Harry Potter dress up contest at Grafton-Stovall, and a Ghost Hunter put on by UPB. In Harrisonburg there's Halloween on the Square and a Haunted Harrisonburg Tour. There's also the Darkwood Manor Haunted House in Luray, Va. So have a monster mash!

Sources: <http://www.darkwoodmanor.net/>

Know Your Hepatitis

Five different viruses lettered A-E can cause hepatitis, which is an inflammation of the liver. Only hepatitis A and B have vaccines. While hepatitis A and E cause only acute hepatitis, the others may cause either acute or chronic hepatitis, leading to a life of suffering. Hepatitis may be transmitted through blood, food or water contaminated with human waste, or sex with an infected person. Wear condoms, never share needles or razors, and mind the food and water when abroad. If you are travelling abroad, a Hepatitis A shot is wise.

Source: <http://digestive.niddk.nih.gov/ddiseases/pubs/viralhepatitis/#points>

Drop by the Student Wellness and Outreach Wellness Resource Library

The Wellness Resource Library is home of the LGBT and Ally Education Program and home of resources on sexual assault, LGBT issues, women's issues, nutritional information, and more. The program offers special events, like guest speakers and monthly Tea Times. You can find more information and upcoming events on the website. Stop by and enjoy what the library has to offer!

Source: www.jmu.edu/lgbta

Should You Sweat the Net?

Do you feel the need to use the Internet for increased amounts of time in order to feel complete? Although the Internet has numerous benefits for its users, it does have its negative consequences. Some people are preoccupied with using the Internet, and thus suffer from Internet Addiction Disorder (IAD). Since they are unable to control their use of the Internet, they end up jeopardizing their jobs, studies, and relationships. If you find yourself neglecting sleep to stay online, withdrawing from other pleasurable activities, or neglecting friends and family, then try distancing yourself from the Internet as much as possible. Hanging out with friends or spending some time outside can be great alternatives. If necessary, you can seek help through counseling.

Source: <http://www.netaddiction.com/>

Email us with your ideas at: pottymouth@jmu.edu

Potty Mouth is brought to you by the University Health Center's Student Wellness and Outreach and the Potty Mouth staff. For more information regarding SWO, call 568-2831 or visit www.jmu.edu/healthctr/swo.

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