



February Newsflush



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Q: What did the French Chef give his wife on Valentine's Day?

* Grab your Bras and Get in the
* 
* We will be collecting new or gently used bras from February 1st through the 19th. The bras will be donated to the Sexual Assault Treatment Center of Milwaukee. Keep a look out for pink collection bins at the AMU info desk, Mashuda, McCormick, Schroeder, Cobeen, Rec Center, the Rec Plex, and the AI. The bra drive is sponsored by the Center for Health Education and Promotion, in conjunction with the "Pink Zone" Marquette Women's Basketball game on Saturday, February 19th at 2 PM.

Can an Apple a Day Keep the Doctor Away?



Apples have long had the reputation of being able to keep the doctor away for many good reasons. They contain vitamin C to help boost the immune system, and flavonoids known for their antioxidant effects. An apple helps you save calories. A regular-sized apple has between 70-100 calories. Eating an apple when craving candy or chocolate can make the desire disappear since the apple also contains sugar, but gives you only 1/4 of the calories. Apples also contain phenols, which have a double effect on cholesterol. It reduces bad cholesterol and increases good cholesterol. Best of all....Apples Are Delicious! Grab one today and keep the doctor away!

For more food facts visit Sodexo's website at <http://www.balancemindbodysoul.com>

Love Your Body Week

Mark your calendars to join us for the 13th annual "Love Your Body Week" set to take place *the week of February 21st, 2011!* Watch for upcoming publicity on events intended to provide interactive education about positive body image, self-esteem and overall wellness. Highlights will include the fourth annual "Freezin' for a Reason" Swing-a-thon, sponsored by Cobeen Residence Hall. If you have any questions regarding the upcoming events, or would like to get involved, please call the Center for Health Education and Promotion at 288-5217 or email healthyeagle@marquette.edu

Decoding Your Blood Alcohol Level

- ⇒ **.02**= Slight mood changes; mellow felling; less inhibited.
- ⇒ **.05**= Most drinkers report beginning to feel relaxed.
- ⇒ **.08**= Slurred speech; judgment further impaired; memory impaired – Legally Drunk.
- ⇒ **.10**= Reaction time and muscle control impaired; noisy; mood swings.
- ⇒ **.15**= Impaired balance, movement and coordination; difficulty walking, standing and talking, but person thinks they are fine; risk of injury; possible blackouts (memory loss).
- ⇒ **.20**= Decrease pain sensation; erratic emotions; vomiting; black outs likely.
- ⇒ **.25**= Emotionally and physically numb.
- ⇒ **.30**= Diminished reflexes; semi-consciousness; may experience signs of alcohol overdose and may need medical attention; people with substantial tolerance may remain conscious.
- ⇒ **.35**= Loss of consciousness; very limited reflexes; anesthetic effect; may stop breathing.
- ⇒ **.40**= Coma and/or death.

REMEMBER: These are general guidelines; every individual reacts differently to alcohol! Know your limits and don't drink if you are under 21 years of age.

A hug and a pinch!



The Language of Love



Discuss abstinence, sex, and safer sex:

You have the right to decide whether or not you want to have sex, and you should discuss this decision either way. If you decide not to have sex, talk about this with your partner. If your partner does not respect your decision, then he/she is not respecting you. If you decide you might want to have sex, plan a time to talk about what you want before you are intimately involved. Be honest about your sexual history and your sexual health. Discuss and make mutual decisions on your safer sex options. Go together to get tested for sexually transmitted infections.

For more information on STI testing visit the Student Health Services website at <http://www.marquette.edu/shs>

"NO" can be said in many ways:

"No" never means "maybe" or "yes." Silence is not consent– if your partner is not responding, stop and ask whether what you are doing is okay. To give consent, a person must be physically and mentally capable of making the decision– if a person is unconscious, intoxicated, or under the influence of drugs, he/she cannot give consent.