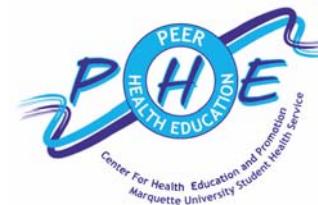


Urine the News!
 Thank you to Joe Hancox (Straz), Annie Shields (Straz), Russell Craze (O'Donnell), and Lance Brown (O'Donnell) for posting March's Newsflush.

APRIL NEWSFLUSH



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 www.marquette.edu/healthed



How do bunnies stay healthy? Eggercise!

AIDS Awareness Week

Michele, Jenny, Valerie, Lauren, Colleen, Jennifer, Kathleen, Lindsey, Molly, Andrea, Sarah, Kasey, Amber, Jessica, Amy

The Dirt on Dirt



It's springtime! Mom always said not to play in the mud, yet countless baseball, soccer, and track athletes do so daily. How healthy is it to get "down and dirty?"

In a gram of soil there is approximately 10^8 bacteria representing over 10,000 species. Although most of these bacteria are completely harmless to humans, there may also be poisonous chemicals in the soil. These chemicals either occur naturally or come from industry (i.e. gasoline and old paints) or home and garden products (i.e. pesticides, herbicides and cleaners). Arsenic and lead are two toxic examples. Luckily for us, these have not been found in high enough quantities to be an immediate health risk. The small amount we may intake will not be internally absorbed if we maintain proper nutrition. Those who happen to ingest dirt during a game may experience symptoms of intestinal obstruction causing abdominal pain, rarely anything more severe.

Although dirt may appear dangerous to our health, scientists believe that the environmental microorganisms in it drive maturation of the immune system. Exposure to dirt can prevent the immune system from mistaking harmless substances as a threat, causing allergies and asthma. Therefore, neither obsessive cleanliness, complete avoidance of dirt, or upright intake of dirt is healthy. Go outside and get dirty. After the fun, wash your hands and face, leave your shoes at the door, and keep a balanced and nutritious diet.

Let's Play Ball!!!

AIDS Awareness Week will take place April 23rd—27th. In honor of this great event, there will be information tables in the AMU and many other activities throughout the week. Check out www.marquette.edu/healthed and watch for future publicity for the upcoming events.

KEEPING UP: IS PRIDE MORE IMPORTANT THAN HEALTH?

When alcohol is consumed, it passes from the stomach and intestines into the blood. It is then metabolized by alcohol dehydrogenase (ADH) enzymes in the liver. This enzyme converts alcohol to acetaldehyde, which is converted by other enzymes into carbon dioxide and water. Women have a lower activity level of ADH than men, resulting in slower metabolism and a larger proportion of the ingested alcohol in the blood. Women also have a higher percentage of body fat, which results in the water soluble alcohol to reach the blood faster and intoxication to occur more quickly. Thus women have higher Blood Alcohol Content's after consuming the same amount of alcohol as men.

Remember: One night of drinking can impair your thinking for up to 30 days. Check out "Don't Waste the Last Two Weeks" publicity, and our website, for fun, alternative activities to do the last two weekends in April before final exams.

Peer Health Educators

Interested in health promotion?? We are looking for hardworking, creative, motivated students to be a part of the '07-08 Peer Health Education Team! For an application, stop by the Center for Health Education and Promotion located in the 707 Building. If you have questions, call us at 288-5217 or visit our website.

Easter Basket Caution for Peanut Allergies



Peanut Butter jelly beans use peanut butter and peanut flour as ingredients. None of the other flavors of jelly beans contain peanuts (or any other nuts) as an ingredients. However, all jelly bean flavors are produced in a plant that processes peanuts. There is no guarantee that all jelly beans are free of stray nut particles. Those with severe peanut allergies may want to tell the Easter Bunny they would rather receive Peeps than jelly beans.

http://www.jellybelly-uk.com/pages/q&a/ingredients_nutrition.shtml

Relay For Life Marquette



Support your peers and celebrate survivorship in Colleges Against Cancer's second annual Relay for Life Marquette, April 27-28, 6pm - 6am, at Valley Fields. Help save lives by donating to an individual team, or at www.acsevents.org/relay/wi/wearmarquette. If you or someone you know is a cancer survivor, e-mail hayley.ford@mu.edu to see how you can get involved and get a free dinner!

MU Health Survey

On April 16th check your e-mail to see if you were a lucky, randomly selected Marquette Student to participate in our first National College Health Assessment. Completion of the confidential survey could win you \$100. Health Services will use the data to better serve Marquette.