Think Before You Drink

Alcohol Abuse can cause:
- Liver Disease; (Hepatitis, Cirrhosis)
- Heart or Respiratory Failure
- Impaired Judgement
- High Blood Pressure
- Depressed Immune System
- Central Nervous System Damage
- Weight Gain
- Cancer
- Alcohol Poisoning
- Sexual Impotence

Wellness Wipes: Moderation vs. Abuse

Moderation:
- Make a plan & set a limit.
- Eat before you drink.
- Keep track your of intake.
- Space and pace your drinks.
- Alternate alcoholic drinks with water.

Abuse:
- Pattern of drinking more than intended.
- Blacking out, hangovers, injuries, vomiting, and/or passing out.
- Feel compelled, rather than choosing.

Sobering Statistics

Alcohol related car crashes kill someone every 31 minutes.
Alcohol kills 6.5 times more youth than all other illicit drugs combined.
1 in 13 adults abuse alcohol or are alcoholics.
300,000 of today’s college students will eventually die of alcohol-related causes.
90% of all campus rapes occur when alcohol has been used.

Fact vs. Flush

1. One night of heavy drinking can impair your ability to think abstractly for up to 30 days.
2. One in three 18-24 year olds admitted to the ER for serious injuries is intoxicated.
3. Cold showers, drinking water, eating food, & vomiting have sobering effects.
4. Women absorb alcohol into the bloodstream faster and metabolize it slower then men.
5. High blood alcohol levels share no correlation with rape, unplanned pregnancies, and S.T.I.s.

Think About It:

Why is abbreviated such a long word?

Why are they called apartments, if they are all stuck together?

Why do we put suits in garment bags and garments in suitcases?

Caloric Intake

<table>
<thead>
<tr>
<th>Drink</th>
<th>Caloric Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz beer</td>
<td>150</td>
</tr>
<tr>
<td>12 oz light beer</td>
<td>100</td>
</tr>
<tr>
<td>6 oz of wine</td>
<td>128</td>
</tr>
<tr>
<td>1.5 oz of liquor</td>
<td>100</td>
</tr>
</tbody>
</table>

October Mission:

Run or walk the Think Pink 5K in honor of Breast Cancer Awareness Month.

Toilet Talk Trivia

TRUE OR FALSE?

ONE THIRD OF SUICIDES ARE ASSOCIATED WITH ALCOHOL MISUSE.

Last Issue’s Answer: True, Drinking Chocolate Milk After Exercise Helps Rehydrate Exercisers By Replacing Minerals Lost Through Sweat.

Think Pink: 5K run/walk in support of the Susan G. Komen Breast Cancer Foundation on October 11th. Register at Burns Rec Center.

WELLNESS WEDNESDAYS:
Massage therapy every Wednesday; only $20 for a 30 minute massage. Methods of payment: credit card, check, cash, or student account. Call 310-338-1720 to make your appointment.

Mixed Martial Arts Class:
Sign up for a 6-week instructional class. Mondays, 9/22 - 10/27 8:30-10pm in Studio I at Burns Rec Center. Call 310-338-4430 to sign up today! Cost: $40 for students.