

# Stall Talk

Your source for healthy events, news, & tidbits

October 2007 | Volume 2 | Issue 2: Alcohol Awareness

## 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



## Did you know...

October is breast cancer awareness month.

American cancer society estimates that 1 in 2 males & 1 in 3 females will develop cancer in their lives.

2-4% of all cancer cases are related to alcohol.

An estimated 178,480 new cases of breast cancer will be diagnosed in American women in 2007 alone.

## 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 than men.
5. High blood alcohol levels share no correlation with rape, unplanned pregnancies, and S.T.I.s.

Fact: 1, 2, 4 Flush: 3, 5

## 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.

## 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

12 oz beer = 150  
12 oz light beer = 100  
6 oz of wine = 128  
1.5 oz of liquor = 100

## 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.

## OCTOBER MISSION:

**RUN OR WALK THE THINK PINK 5K IN HONOR OF BREAST CANCER AWARENESS MONTH.**

Brought to you by: The Porcelain Princess

• Burns Recreation Center • Phone 310-338-2912 •

## 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.

• E V E N T S \* E V E N T S \*

### 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