

November, 2010

EVENTS

Free Walk-in HIV and STI Testing

Friday, November 5 1:30 - 3:30pm
Frank W. Hale, Jr. Black Cultural Center

Wellness Workshop: Sexual Communication

Monday, November 15 7:30 - 8:18pm
Barbie Tootle Room, Ohio Union

Wellness Workshop: Unsafe, Uncommon and Unwise

Monday, November 15 8:30 - 9:18pm
Barbie Tootle Room, Ohio Union

Wellness Workshop: Stalking

Monday, November 22 7:30 - 8:18pm
Barbie Tootle Room, Ohio Union

For more information, visit:

www.swc.osu.edu/events/

LAST CALL FOR ALCOHOL

by Lesley Schroeder

We all like to party. But how much partying is “too much”? I know what you’re thinking...this is college, there is no such thing as “too much” partying! But think about this... How many times have you ended up holding a friend’s hair back or running to grab a trashcan for them? Or maybe you were the one face down praying to the porcelain gods. You may think it’s no big deal, but sometimes your friend seems worse than usual. Something just doesn’t look or feel right. You think they might have had so much that they have alcohol poisoning, but you’re not sure. You don’t want to call an ambulance and look like a complete idiot (risking the party getting busted in the process) if they simply went a little over their limit. So how do you know when it is time to take action? Here are some signs to look for:

- Has 10 or more seconds between each breath.
- Skin is cold or clammy & pale or bluish in color.
- Vomits while passed out, and not waking up after vomiting.
- Person is unconscious and can’t be awakened.

You might think this isn’t going to happen to you or your friends because you know what you’re doing, but it happens more often than people would think. Each year **1,825 college students die from toxic drinking** or events related to it. Look out for your friends to make sure they’re around for the next party.

Protecting your identity

Remember to keep your personal information safe while you’re here at Ohio State. Here are some tips:

- Place strong passwords on bank, credit card, and other important accounts.
- Do NOT carry your social security card!
- Order a free copy of your credit report at AnnualCreditReport.com.
- Pay close attention to billing cycles – have you missed getting a bill?
- Guard your mail from theft and dispose/shred of it properly.
- Don’t give out personal information online, especially through email.
- Be aware of “[phishing](#)” and “[pharming](#).”
- When you get rid of your old gaming systems, cell phones, and computers, ask your recycler if your hard drive will be wiped or destroyed to protect your sensitive information.

If you think you have been a victim of i.d. theft, (1) contact the police, and (2) work with your bank or credit card company to close your suspicious accounts and possibly set up a credit freeze. Acting quickly is the best thing you can do to protect your identity.

Great American Smokeout

It’s quitting time! Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society’s Great American Smokeout by smoking less or quitting for the day. This year’s Smokeout will take place on Thursday, November 18. Contact the Student Wellness Center for resources and support to make this your quitting day.



Health food imposters: Part 1

From a distance, some foods and beverages seem like healthy choices because of the way they're packaged or labeled, but just because a product's marketing gives it an aura of health doesn't necessarily mean it's good for you. Check out these five health food imposters and examine whether they're really healthy for you.

Sports Drinks: Sports drinks were created to rehydrate athletes with liquids and electrolytes during and after very high intensity workouts. Somehow, this drink is now mass-marketed as an everyday beverage, even for those who never step foot in a gym. A 32-ounce bottle of Gatorade contains 55g of sugar, which is more than your average can of soda. It also has about 200 calories and a third of the sodium you need for the day. If you're looking for flavor and a way to stay hydrated but want to cut the calories, try using alternatives, such as Powerade Zero, Vitamin Water Zero, or Crystal Lite.

Protein Bars: Protein bars sound good in theory. They provide your body with a mix of protein and carbohydrates it needs. The bad news is that many protein bars are high in calories and sugar, which tend to do more harm than good. Some of these bars contain almost as much, if not more, sugar as a candy bar. A healthier choice would be a homemade trail mix of nuts, fruits, and cereal.

Granola: Granola is a whole grain, high fiber, low fat snack that should be enjoyed in small quantities. Since granola has been touted as a health food, many people overindulge in this high calorie snack, which can provide around 400 calories in a one-cup serving. To enjoy its whole-grain goodness, eat granola in smaller quantities, sprinkled as a topping on foods or yogurt.

Muffins: Muffins snuck onto the healthy foods list, disguising itself as a quick, healthy breakfast option. As time has passed, muffins have gotten bigger and bigger, but are still viewed as healthy. A typical muffin may contain 450 calories and 20g of fat. You can make your breakfast healthier by pairing half a muffin with a side of low-fat yogurt or fruit.

Smoothies: While smoothies are made with fruit, they are also loaded with calories and sugar from frozen yogurt, fruit juices, granola, and other additives. Portion control is important, as many people consume 24 or 32 ounces of smoothie at a time. For future smoothies, choose fresh fruit, 100% fruit juice or low fat yogurt as healthier options.

For more tips on how to eat healthy, consider a FREE nutrition counseling session offered in the Student Wellness Center. For more information, visit <http://www.swc.osu.edu/healthy-eating-active-living/nutrition/nutrition-counseling/>.

Emergency contraception

Emergency Contraception (EC) is a way to prevent pregnancy *after* having unprotected intercourse, such as if the condom broke, birth control was used ineffectively or not at all, or in the instance of rape. Emergency Contraception is not the abortion pill, it works by preventing, not aborting pregnancy. For more information please visit PlannedParenthood.org.

How does it work? Emergency Contraception contains hormones similar to birth control, mainly progesterin. The hormones in EC work in 3 ways:

- Prevent the release of an egg from the ovary (Ovulation)
- Thickens cervical mucus which acts as a barrier to keep sperm from getting to an egg.
- Alters the lining of the uterus to keep a fertilized egg from attaching.

Even though EC works similarly to birth control it is not to be used as a primary form of birth control.

Depending on what EC used, there will be two pills taken at the same time or one pill as soon as possible, and the second 12 hours later. It is vital to take EC as quickly as possible after unprotected sex to reduce the risk of pregnancy, but many brands will work for up to 120 hours (5 days) after intercourse.

Is it safe? Since the morning after pill is not in your body as long as birth control, it does not have the same risks. There have been no reports of serious complications in the last 30 years of emergency contraception use (Planned Parenthood). There are certain side effects present in some women such as breast tenderness, irregular bleeding, headaches, dizziness, and most commonly nausea and throwing up.

Where can I get it? Some brands of EC such as Plan B are available over the counter to those ages 17 and over and may be purchased from local drug stores, or the pharmacy in the Student Health Center on campus. Other brands, such as Ella, require a prescription and you would need to meet with your physician to obtain this brand.