

The Outhouse

News you can use
When you gotta go...

Issue 3 - March 01, 2021
Shannan Breault, Editor

Cocaine

Cocaine is a powerfully addictive substance that can alter brain structure and function. Cocaine hijacks the brain's reward system and diminishes the ability to manage stress. Chronic use causes issues with insight, decision-making, and adaptability. Initially cocaine in small amounts may cause euphoria, energy, being talkative and alert, as well as hypersensitivity to one's sensory experience. Physical effects include constriction of blood vessels, increased heart rate and body temperature, tremors, agitation, paranoia, and more. Severe medical complications can occur with cocaine use, including disturbances in heart rhythm and heart attacks, headaches, seizures, gastrointestinal complications, strokes, and coma. Long-term use causes more significant risk and damage in these areas. Users require more of the substance to get the same effects. Long-term use can also cause panic attacks, severe anxiety and psychosis, as well as a higher risk of illnesses and infections.

As with any substance, there is a risk that drugs can be mixed/cut with other substances. Recent reports have indicated an increase in Fentanyl being mixed with other substances. Fentanyl is extremely dangerous and often fatal.

If you, or someone you know, is dealing with a drug addiction - help is available. Contact the Wellness Center for assistance in getting the resources you need to live a healthy and successful life, or to get support as a friend or family member of someone struggling with addiction.

The Truth About STIs

Sexually Transmitted Infections (STIs) are common among college students. One in four sexually active people will get an STI by the age of 25, and most won't know it. Many STIs are asymptomatic, meaning they don't show any symptoms.

Abstinence or the maintenance of a mutually monogamous relationship with an uninfected partner decreases the risk for all STI's. The consistent use of barrier methods such as latex condoms, dental dams, and female condoms prevent the spread of STI's. Getting annual STI and HIV testing is important to maintain your general wellness during college.

To make an appointment for testing contact the Beard Wellness Center at 518-255-5225 from 8am to 4:15pm weekdays.

★★
*pleasure*package
love the experience. safely.

Order your Pleasure Package on the Wellness Center website.

★★
!!!ATTENTION!!!
If you have received a confirmed positive COVID 19 test result, or if you have completed your COVID vaccinations, please provide copies of your documentation to the Wellness Center for your health records.

The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

