

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

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Co-Editors Shannan Breault and Cheryl Perog

The Female Orgasm

February 9, 2016

8:30 p.m.

Bouck Theater

Join us to laugh and learn about the "Big O" as this popular program stops at our campus along its national tour! Orgasm aficionados and beginners of all genders are welcome to come learn about everything from multiple orgasms to that mysterious G-spot. Whether you want to learn how to have your first orgasm, how to have better ones, or how to help your partner, these sex educators cover it all with lots of humor, plenty of honesty, and an underlying message of sexual health and women's empowerment. Are you coming?

Valentine's Day

Despite the romantic environment, you don't need a special someone to celebrate Valentine's Day. Your friends, siblings, parents and grandparents all have an influential role in your life. Valentine's Day is the perfect opportunity to show appreciation for the people who are important to you the other 364 days a year. Social interactions can have a significant influence on an individual's mental health and psychological well-being. The close social relationships we develop can not only boost our happiness and reduce stress, but drastically increase feelings of self-worth. Make the effort to spend time with them – take them out for a coffee, make them a gift or even make a quick phone call to let them know you are thinking of them. These small gestures cost very little, but can be incredibly rewarding and meaningful. So reach out to someone this Valentine's Day. You will make them feel special, and you may be surprised at how good you feel as well!

Cold Facts

How long does a cold virus last on a surface such as a doorknob or tabletop?

Usually a few hours. Although cold viruses can be transmitted by touching inanimate objects (called fomites in medicalese) and then touching your mouth, nose or eye, the greater risk comes from a sick person who coughs or sneezes near you, or from shaking hands with someone who has a cold.

If you kiss a sick person on the lips, does that dramatically increase your risk of getting a cold, compared with shaking hands, say, or just talking to him or her?

When people with a cold are talking, they are aerosolizing droplets, and the closer you get, the greater your risk of inhaling these particles. If you hug, you are really close so there is more of a chance of inhaling them. If you kiss on the lips or cheek, you are directly inoculating the virus onto your mucus membranes. It's proximity that counts.

Thinking of Indoor Tanning?

The Tan Fades but the Damage Lasts Forever

Indoor tanning is dangerous. It exposes you to high levels of ultraviolet radiation in a short time. Tanning beds are much more intense than natural sun exposure.

Indoor tanning is particularly dangerous for younger users. The more you tan, the greater your risk.

- If you indoor tan before age 30, you have a 75 percent increased risk of melanoma.
- Even **one** tanning session increases the risk of melanoma. Your risk increases every time you tan.
- The incidence of melanoma has dramatically increased among young women. Melanoma is the third most common cancer in people from 15 to 39.
- Tanning changes skin texture causing your skin to age earlier with sagging, wrinkles, and age spots.
- Tanning while using some medications or cosmetics can increase sensitivity to ultraviolet radiation and cause burns, itching, scaling, rashes or swelling.

There is no such thing as a safe tan.

- A tan is what happens when your body is damaged from ultraviolet rays.
- A base tan is not a safe tan.
- Indoor tanning is not a safe way to get Vitamin D.
- You can get more than a tan from a tanning bed! If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like genital warts, skin rashes, skin warts, and flaky discolored patches on your skin.

<http://www.health.ny.gov/environmental/indoors/tanning/landing.htm>

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around. – Leo Buscaglia



The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR 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)