Consequences of College Drinking

Spring fling! A time to enjoy friends, music, blow off some steam before finals...but there can be consequences if you over indulge. Each year:

- About 1,825 college students die from alcohol-related unintentional injuries.
- Thousands of college students are transported to the emergency room each year for alcohol poisoning.
- About 97,000 students report experiencing alcohol-related sexual assault or date rape.
- 1 in 4 college student report academic problems due to drinking
- Other consequences include suicide attempts, health problems, unsafe sex, DUI, vandalism, property damage, assaults, police involvement...

If you are drinking too much, you can improve your health by cutting back or quitting. During this Spring fling, try some strategies to help reduce your risks:

- Limit your drinking, space it out, drink water in between each drink.
- Avoid places where there is excessive drinking,
- Buddy up! Set up a plan with a friend to make sure someone has your back, knows where you are and will help keep you safe if you drink too much.
- Don’t be afraid to call for help! If you are concerned that someone is experiencing signs of alcohol poisoning, please get help! You will never get in trouble for trying to save a life.

So enjoy this great event, but if you drink, drink responsibly and keep yourself and others safe.

April is National STD Testing Month—GYT!

Spring is in the air…Thoughts of love and romance…

Take three simple actions to protect your health: Talk. Test. Treat.

STD Awareness Month is here, along with the alarming news that sexually-transmitted diseases (STDs) are on the rise. Recent CDC data for three nationally-reported STDs—chlamydia, gonorrhea, and syphilis—show staggering numbers, with cases of all three diseases increasing for the first time since 2006.

Young people ages 15–24, and gay, bisexual, and other men who have sex with men continue to be at greatest risk for infection. We know that individual risk behaviors aren’t the only cause. Environmental, social and cultural factors, difficulty accessing quality health care, contribute to the higher STD burden.

The good news? STDs are preventable! There are steps each of us can take to minimize the negative, long-term consequences of these infections. CDC’s STD Awareness Month web pages are filled with resources and guidance. If our goal is to prevent STDs, then we need to know how to talk about them, when to test for them, and how to treat them. Talk. Test. Treat.

To show how these actions can become a regular part of your life. Here’s the rundown:

- **TALK**: Talk openly to your partner(s) about sexual health and STDs.
- **TEST**: Ensure everyone knows who should be tested and when.
- **TREAT**: Healthcare providers play an important role in making sure STDs are treated correctly. Talk openly to your healthcare provider about all of your concerns, lifestyle and potential risk factors.

*Health Services is offering free routine STD testing in April! (no symptoms or exposure)*

*Office visit fee will be waived. Your insurance will be billed for all testing. Insurance coverage is not guaranteed. Please check with your insurance for coverage.*
Mark Your Calendars!
Please mark your calendars to come join us for our second annual Fresh Check Day!
Fresh Check Day is not your typical health/wellness event. The booths - the heart of Fresh Check Day - strive to engage students through interactive activities. Instead of collecting pamphlets and brochures that all too often end up in trash cans, our participants at Fresh Check Day will have engaging activities that will create memories that will last long after the event is over.

The event will be held on April 12th from 12-3p on the GSU lawn. This is huge event! There will be activities, games, education material, giveaways, food tastings, music and so much more...come be part of great event!!

April is National Distracted Driving Month
Take the pledge to Take Back My Drive for your own safety and for others that you share the roads with.
I will not:
- Have a phone conversation – handheld, hands-free, or via Bluetooth
- Text or check messages
- Use voice-to-text features in my vehicle’s dashboard system
- Update Facebook, Twitter, Instagram, Vine or other social media
- Check or send emails
- Take selfies or film videos
- Input destinations into GPS (while the vehicle is in motion)
- Call or message someone else when I know they are driving
- Eat while driving
Be safe while driving 😊

Healthy Me--PROBIOTICS: SHOULD I TAKE THEM?
Probiotics are live microorganisms that may be able to help prevent and treat some illnesses. Probiotics can be supplied through foods, beverages, and dietary supplements.
There’s encouraging evidence that probiotics may help:
- Treat diarrhea, especially following treatment with certain antibiotics
- Prevent and treat vaginal yeast infections and urinary tract infections
- Treat irritable bowel syndrome
- Speed treatment of certain intestinal infections
- Prevent or reduce the severity of colds and flu
Side effects are rare, check with your medical provider to be sure they’re right for you.

Interaction with Antibiotics
Even if you choose not to consistently take probiotics, it is important to do so if you are on antibiotics. Antibiotics kill bacteria in the body; this often includes the “good” bacteria that keep the intestinal track working. This is the reason why a third of people who take antibiotics end up with a case of diarrhea.

Probiotics in Food
There are several foods to eat on a regular basis to help keep your digestive tract full of beneficial bacteria. Fermented dairy products like kefir, yogurt or cottage cheese with live cultures, or fermented vegetables like sauerkraut and kim Chi all contain “good” bacteria that you can use to improve your digestive health instead of taking supplements. And remember, as with probiotic supplements, consistency in eating these foods on a regular basis is key.