Marijuana

It Doesn’t Affect ME

Although there are many dangerous effects that accompany chronic use of any drug, many people are not fully aware of the effects that marijuana may have on an individual. Many of the more commonly known side effects are short attention span, memory loss, loss of cognitive ability, impairment of judgment and many others. Although these are all very serious side effects there are more that many individuals are unaware of.

Health effects have become increasingly noticeable in chronic marijuana users. One study has indicated that an individuals risk of a heart attack can more than quadruple in the first hour after smoking marijuana. Another study found that smoking marijuana may increases the chance of developing cancer of the head or neck. The study compared cancer patients and healthy individuals and found evidence that marijuana smoking doubled or tripled the risk of these cancers. Lastly it has been found that use of marijuana may decrease the production of testosterone and estrogen. Over all it has been known that in general people who use marijuana are more likely to have more health problems than individuals who do not use the dangerous drug.

Do You Know All The Facts

~Only 17% of College Students report using Marijuana regularly.
~Marijuana smoke contains 50 to 70 percent more carcinogenic hydrocarbons than does tobacco smoke
~Research has shown that marijuana’s adverse impact on memory and learning can last for days or weeks after the acute effects of the drug wear off
~Employees who tested positive for marijuana on a pre-employment urine drug test had 55 percent more industrial accidents, 85 percent more injuries, and a 75-percent increase in absenteeism compared with those who tested negative for marijuana use
~Over 70% of Federal and State Prisoners reported using Marijuana prior to their conviction at least once a week.

THE LAW!

~ In the State of Illinois there is a zero tolerance policy for driving under the influence of drugs. This includes ANY trace of cannabis (Marijuana), cannabis metabolites, and other controlled substances. This is punishable by up to 12 months in jail on the first offense.
~ For possession under 10 grams it is considered a misdemeanor and holds a possible 6 month incarceration in addition to a $1,500 fine.
~ Possession over 10 grams would be filed as a felony and holds a possible incarceration time of 15 years in addition to a possible $25,000 fine.

Hookah: The Other Drug

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All Information was provided by: The Office of National Drug Control Policy and NIDA (National Institute on Drug Abuse)
Hookah is not addictive

Tobacco—Regardless the form can be addictive and can lead to nicotine dependence

Hookah is better than cigarettes

One report said that during a typical 20-to 80 minute hookah session a person may take 50 to 200 puffs of smoke, and that each session produces about as much smoke as the amount received from smoking 100

Hookah does not deliver as many harmful chemicals as cigarettes

At Virginia Commonwealth University, a study found that a typical session of smoking Hookah delivers 36 times more tar, and 70 percent more nicotine

The tobacco is filtered because it goes through water

The smoke passing through the water may remove few toxins, but according to World Health Organization, a hookah session lasting an hour is equivalent to 110 to 200 times the volume of smoking one cigarette.

Some hookah tobacco is 0.0% tar

Although the tobacco may be 0.0% tar when purchased, the fact is that Tar is created when the tobacco burns.

Hookah is safe, because it has been around so long

The myths surrounding hookah where invented by a Turkish enterpriser in the 1600’s claiming the water inside acts as a filter for all of the tobacco’s impurities. Other popular myths from the 1600’s are that the earth sits in the center of the universe, and the existence of sea monsters.

The Real Risks

Despite popular belief, hookah is bad for your health, the flavors are not healthy for you, and water does not filter tobacco. The truth is just how bad is it for you? Although hookah is a fairly new trend in America, it has been around for hundreds of years in the middle east. The long term health effects of hookah are apparent in their culture. A study done by Israel’s Ministry of Health in Jerusalem found an association between infertility and smoking, the same study also found a higher incidence of lung and bladder cancer and also pulmonary disease rates among Hookah smokers.

Many advocates for hookah will claim that Hookah is a better alternative to smoking cigarettes, although several studies have proved otherwise. In fact Thomas Eissenberg, a professor at Virginia Commonwealth University, found that a session of smoking hookah, which lasts about 45 minutes, delivers 36 times more tar, 15 times more carbon monoxide and 70 percent more nicotine than a single cigarette. Also supported by research, a person would have to smoke about 50-200 cigarettes to have the same equivalent to one session of Hookah. In addition a recent report by the Mayo Clinic, states that the water-filtered tobacco contains high levels of toxins such as carbon monoxide and heavy metals. A result of this is that hookah smokers are five times more likely to have gum disease than non-smokers. So to sum it up, Hookah is bad, it is very bad, and will have health consequences in the future.
TO EAT? OR NOT TO EAT?

SOME BASICS ON EATING DISORDERS

How is an eating disorder characterized? Eating disorders are characterized by serious changes in eating behavior, such as extreme and unhealthy reduction of food intake or severe overeating, as well as feelings of distress or extreme concern about body shape or weight. Although women are more likely than men to have an eating disorder, everyone can be affected by an eating disorder including: males and females of all ages, races and socioeconomic status. Even if you personally do not have an eating disorder you may come into contact with someone who does, such as a friend, acquaintance or even a family member. Anorexia Nervosa and Bulimia are eating disorders that are most commonly heard of, but compulsive overeating and binge eating can also be considered an eating disorder. There are many other eating disorders that are not heard of as much as anorexia and bulimia like, pica and sleep eating disorder.

Screening for Eating Disorders

QUESTIONS TO ASK YOURSELF:
1. Starving yourself to lose weight?
2. Vomiting or using laxatives to stay slim?
3. Eating out of control?

If you answer yes to any one of these questions or if you are concerned that you may have an eating disorder you can go to the AU WELLNESS website and take a quick and simple screening test.

https://www.mentalhealthscreening.org/screening/select_screening.asp

Things to remember ...

* Try to make eating a positive experience: eating fuels both your body and mind!
* Be yourself, don’t try to look like models in magazines.
* Identify and respect everything about yourself: the inside and the outside.

* The best ways to stay healthy are eating a healthy and balanced diet and exercise

Signs & Symptoms

- Mental and Emotional Symptoms: preoccupation with body appearance or weight, moodiness, and reduced thinking ability.
- Behavioral Symptoms: dieting, overeating, obsessive rituals, frequent visits to the bathroom, change in clothing style.
- Social Symptoms: isolation, avoidance or decreases interest in hobbies.
- Physical Warning Signs: Dramatic recent weight loss unrelated to an illness; In women, missing three consecutive menstrual periods; No energy or complaints about feeling cold all the time; Dry, lifeless hair; brittle nails, poor skin tone

Treatments

What does treatment involve?
The most effective and long-lasting treatment for an eating disorder is some form of psychotherapy or psychological counseling, coupled with careful attention to medical and nutritional needs. Ideally, this treatment is tailored to the individual and will vary according to both the severity of the disorder and the patient’s particular problems, needs, and strengths.

Are there TESTS involved?
Usually there is a standard testing for complete blood count, ECG, urine sample, and a thyroid screen. Depending on the severity of the eating disorder other test may be performed such as x-rays, brain scans and skin tests.

What is the first step?
The first step in getting help is seeing a physician. From there the physician will discuss further treatment options on a case by case assessment.

For more information on treatments visit:
http://www.nationaleatingdisorders.org
- http://www.helpguide.org

It’s Your Valentine– Keep them Safe!

Sex is a big deal. Don’t just say “yes” before you know all the facts, and have talked to your partner. Here are things you need to know about safer sex, and making it your responsibility.

Talk smart sex first. Have smart sex later
* Talk to your partner and if you can’t talk to them you shouldn’t be having sex yet!

Don’t feel pressured
* If you are not ready say so, its your body and life.

Don’t abuse alcohol or drugs if things may get physical
* This could lead to forgetting to use protection!

Remember “NO” means “NO” and passed out doesn’t mean “YES”
* Respect people and make sure it’s consensual or you can wind up in jail for rape!

Two are better than one
* Using a condom and a back up method of birth control is the best method, because what happens if the condom breaks???

Use the buddy system
* Friends keeping eyes on each other may prevent something bad from happening or letting things go “too far”

Respect others decisions
* If your partner says they aren’t ready respect that, everyone is ready at different times

Be prepared for emergencies
* Bring 2 condoms if you are expecting to have sex, one could break.

The best protection doesn’t mean less affection
* You can be intimate without having sex!

Make sexual health a priority
* Go to the doctor regularly to make sure you are healthy enough for sexual activity.

Source: http://www.SmarterSex.org

Get Tested, For Everyone’s Sake

Getting tested is necessary for being sexually responsible for yourself and your partner. If you are nervous going by yourself, ask your partner to be tested to, its better to know if you are a carrier than not to know and spreading it to the one you love! Here are places you can be tested for sexually transmitted diseases or HIV:

Kane County Health Department
Provided at: Rush-Copley Family Practice
2020 Ogden Ave. Suite 330, Aurora, IL
630-444-3026

Open Door Clinic
157 S. Lincoln
Aurora, IL 60506
630-844-2811

VNA Health Center
400 North Highland Ave.
Aurora, IL 60506
630-892-4355

Planned Parenthood Aurora Health Center
3051 East New York Street
Aurora, IL 60504
630-585-2350

Where to turn to with questions or for help
http://www.smartersex.org
http://www.plannedparenthood.org
http://www.goaskalice.columbia.edu
http://www.ashaSTD.org

You can also visit your health care provider to ask questions. They may have better answers for you specifically because they know your history, websites don’t.
Sexual Responsibility begins with values, communication and knowledge. First and foremost, one must define his/her personal values with regards to engaging in sexual activity. These values are supported by maturity, self-esteem, knowledge, self-control, and healthy attitudes and behaviors. The values of a sexually responsible person include:

*Understanding that sexuality is a natural and healthy aspect of human life;

*Communicating personal thoughts and feelings to one’s partner, and seeking to know and understand a partner’s thoughts and feelings;

*Working to achieve consensual, healthy relationships through honesty and openly valuing the rights and limits of self and others;

*Being non-manipulative and only practicing safe and mutually consensual sexual behaviors.

Source: //www.bacchusgamma.org/pdfs/SRW07Intro.pdf

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**Dates On a Dime**

**Expensive Version:**

- Going to an Arcade
- Late Night Movie
- Have a date night to show your appreciation of each other

**Cheap Version:**

- Play in the Snow (Have a Snowball fight or make snow angels)
- Try a matinee showing, and make sure to use your student discount, or rent a movie (Try RedBox, it’s only a $1.00 per night)
- Have a verbal appreciation date where you say all the things you like about one another

**Expensive Version:**

- Going to high-end art galleries or museums
- Attending a Broadway production
- Support Local bands

**Cheap Version:**

- Look out for Free-Days at museums, look for other museums that are free, or check to see if you can get a student discount.
- See a local School play, it’s cheaper and most of the time funnier.
- Have a verbal appreciation date where you say all the things you like about one another
What is WOW?

WOW is a student publication created by student workers of the Wellness Center. If you have any suggestions for future topics or issues please contact the Wellness Center.

-Thanks WOW!
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Alcohol and Endometrial Cancer Related???

Everyone is pretty familiar with the fact that consumption of alcohol during pregnancy increases the risk of having a baby with Fetal Alcohol Syndrome. We also should be aware that women who consume more than two alcoholic drinks per day increases their risk of developing breast cancer. However a new study has shown that there are more health risks associated with alcohol consumption in women. Of course we here at WOW must keep our readers in the loop. According to a new study by the National Cancer Institute women who consume more than two standard drinks a day increase their risk for developing endometrial cancer. Researchers examined a multiethnic group of 41,574 post menopausal women for about 8 years. They found that women who consumed less than two drinks per day had no increased risk of cancer while those who had more than two drinks per day had a slightly increased risk for endometrial cancer. Also it made no difference whether the women consumed beer, wine or hard liquor. The exact mechanism responsible for causing cancer is unknown but we do know that alcohol raises estrogen levels. It is also known that prolonged exposure to estrogen increases mutations and DNA replication errors which are predecesors of cancerous growths. As if there are not enough risks associated with alcohol to consider here’s one more… WHAT THE HEALTH???

Health News You Can Use!

Smoking Increases Impotence in Men???

Recent research has surfaced showing that men who smoke are at increased risk for Erectile Dysfunction than men who don’t smoke. This is because smoking delivers nicotine through the blood that constricts the blood vessels of the penis, affecting one’s ability to achieve or sustain an erection. A study published by the American Journal of Epidemiology found that male smokers in their forties were more likely to experience ED than male non-smokers in their fifties. So men if you need another reason to stop smoking besides the risk of cancer or heart disease here’s one to consider Erectile Dysfunction!!!

- www.smartsex.org

Are You Tired Of Bad Hair Days???

The secret to fewer bad hair days is a healthy diet. Eating well and getting enough rest is key according to dietitian Keri Glassman who appeared on the Early Show on CBS to healthy- good looking hair. Here are some general tips:

Stay hydrated; plenty of water
Getting enough fruits and vegetables
Get adequate sleep
Choose whole, natural, fresh foods
Avoid processed and packaged foods
Keep stress levels low

- www.cbsnews.com