

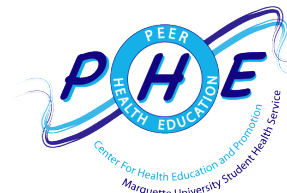


Urine the News!
Thank you to Karen Nelli
(Carpenter), Michael
Matias (Carpenter) and
Megan Kenny (Schroeder)
for posting
November's Newsflush.

DECEMBER

NEWSFLUSH

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Amy, Jessica, Julie



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FROSTBITE: Wear Your Mittens!

- * Frostbite is damage to the skin and underlying tissues caused by extreme cold temperatures.
- * Frostbitten skin is hard, pale, cold, and has no feeling. When skin has thawed out, it becomes red and painful (early frostbite). With more severe frostbite, the skin may appear white and numb (tissue has started to freeze).
- * Hands, feet, nose and ears are the most vulnerable to frostbite.
- * Damage can be permanent depending on length of exposure and amount of tissue affected.
- * Allow damaged area to thaw out naturally- do not apply heat! Do not allow to refreeze.
- * Contact Student Health Service if there has been severe frostbite, or if normal feeling and color do not return promptly after home treatment for mild frostbite.

Prevention:

- * Be aware of extreme cold, wet clothes and high winds.
- * Wear suitable clothing in cold temperatures- mittens (not gloves!), wind-proof, water-resistant, many-layered clothing, two pairs of socks, scarf and hat- cover ears, fingers, toes and nose!
- * Poor circulation can be caused by tight clothing or boots.
- * Do not drink alcoholic or caffeinated beverages- they cause your body to lose heat more rapidly. Instead, drink warm beverages or broth to help maintain your body temperature.

[Medline.com](http://www.nlm.nih.gov/medlineplus/ency/article/000001.htm)

Binge Thinking: Exam Style

One night of drinking can impair your thinking for up to 30 days. Check out the Marquette Late Night homepage for a calendar of upcoming university events for fun, alternative activities to do the last few weeks before exams.

<http://latenight.marquette.edu/>

Home for the Holidays!

During the holiday season, more Americans will be traveling than at any other time of the year. To get to and from your gatherings safely, please keep these tips in mind:

- * Bring your cell phone.
- * Plan ahead. Leave early.
- * Keep an eye on weather conditions.
- * Carry a First Aid kit.



World AIDS Day December 1st: Are you Aware?



- In 2004, an estimated 4,883 young people aged 13-24 in the 33 states reporting to the CDC were diagnosed with HIV/AIDS. This represents about 13% of the persons diagnosed that year.
- Each year, there are approximately 19 million new STD Infections diagnosed. Almost half of them are among youth aged 15 to 24.
- During 2001-2004, in the 33 states with long-term, confidential name-based HIV reporting, 62% of the 17,824 persons 13-24 years of age given a diagnoses of HIV/AIDS were males, and 38% were females.

For more information on HIV/AIDS visit our website at www.marquette.edu/healthed or the United States Center for Disease



HOLIDAY FUN FACTS:

- * The biggest selling Christmas single of all time is Bing Crosby's "White Christmas."
- * During the Christmas buying season, Visa cards alone are used an average of 5,340 times every minute in the U.S.
- * Artificial Christmas trees have outsold real ones since 1991.
- * During the Christmas/Hanukkah season, more than 1.76 billion candy canes are made.

<http://www.twinklebulbs.com/trivia.htm>