URINE THE NEWS!
Thanks to Straz RAs Emery Nelson and Natasha Teetsov for proudly displaying December's NewsFlush!

February NewsFlush

Colleen, Ellen, Jenny C., Jen W., Kathleen, Lindsey J., Lindsey T., Amy, Erin, Jess, Julie

Q: What did the boyfriend volcano say to the girlfriend volcano on Valentine's Day?

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Center for Health Education and Promotion
Student Health Service
February 2008, Volume 80
Healthyeagle@mu.edu
www.marquette.edu/healthed

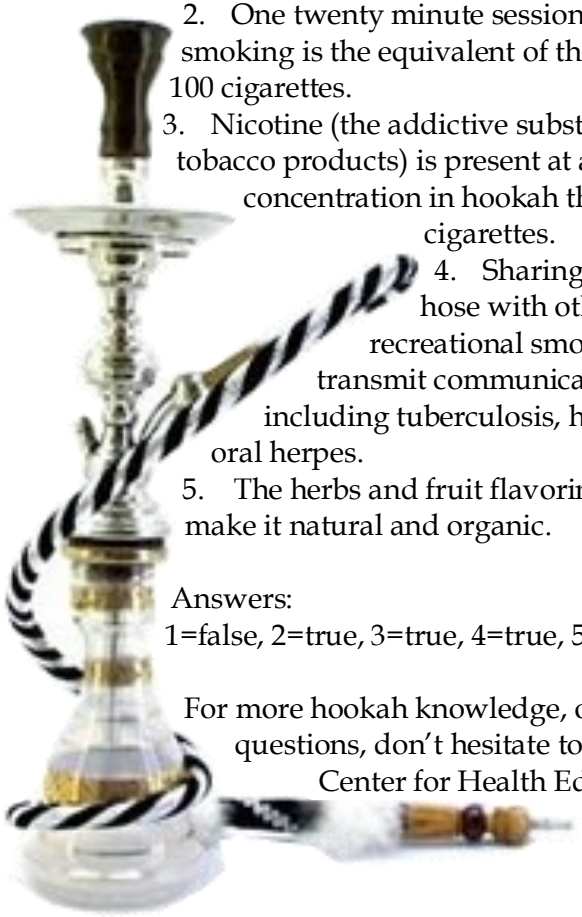
FLU SEASON IS UPON US!

Cases of the flu have been confirmed in Wisconsin and at Marquette. It's not too late to get your flu shot and protect yourself from the flu. Call Student Health Service at 288-7184 and make an appointment while supplies last.

hookah myths

Test your hookah knowledge! True or false?

1. The smoke filters through water in the hookah before inhalation, so the harmful substances are removed.
2. One twenty minute session of hookah smoking is the equivalent of the smoke from 100 cigarettes.
3. Nicotine (the addictive substance in tobacco products) is present at a higher concentration in hookah than in cigarettes.
4. Sharing your hookah hose with other recreational smokers can transmit communicable diseases, including tuberculosis, hepatitis, and oral herpes.
5. The herbs and fruit flavorings in hookah make it natural and organic.



Answers:
1=false, 2=true, 3=true, 4=true, 5=false

For more hookah knowledge, or with any questions, don't hesitate to contact the Center for Health Education and Promotion at 288-5217!

High-Energy Drinking: Harmful to your health!

Energy drinks like Rockstar, Monster, or Red Bull are becoming increasingly common among college students who frequently use them for their stimulating "benefits." However, when these large doses of caffeine are combined with the effects of alcohol (which, as you may remember from AlcoholEdu, is a depressant on your nervous system), the effects could be hazardous to your health.

According to the National Institute of Health, caffeine elevates your heart rate and blood pressure. The effects of alcohol on your central nervous system can combine with these elevations to cause irregular heart rhythms or other heart problems.

Caffeine is a diuretic, which means it makes your body lose water. Alcohol has a similar dehydrating effect, which is the cause of most hangovers.

How healthy is your relationship?

If you are in a healthy relationship this Valentine's Day, you should agree with all of these statements…

- My partner and I make decisions equally.
- I have enough personal space and time alone.
- My partner respects my sexual boundaries.
- My partner and I express and listen to each other's feelings, needs, and desires.
- I am not suspicious of my partner lying or hiding something from me.
- I am not afraid to disagree with my partner's ideas.
- We are open to learning more about each other as we develop and mature.
- Our arguments are resolved in a rational, peaceful way and do not resort to violence.
- I feel comfortable being myself around my partner.
- My partner respects that I have a life outside the relationship, and I respect that same ideal as well.

LOVE YOUR BODY WEEK

Join the women of Cobeen Hall for the second annual Freezin' for a Reason Swing-A-Thon! Cobeen women will be swinging for 36.5 hours, from 8:00 a.m. Monday Feb. 25th to 9:30 p.m. Tuesday Feb. 26th, to remind students and faculty to love their bodies 365 days a year. Donations will be sent to the Roger Memorial Hospital Eating Disorder Center in Oconomowoc, WI.

The program is a part of the University's Love Your Body Week (February 25—29). For more information, visit our website at www.marquette.edu/healthed.

A: I love you!

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Valentine's Day Trivia

- 15% of women send themselves flowers on Valentine's Day.
- About 1 billion Valentine's Day cards are sent each year.
- Hallmark has over 1,330 cards specifically made for valentines.
- Penicillin was discovered by Alexander Fleming on Feb. 14, 1929.

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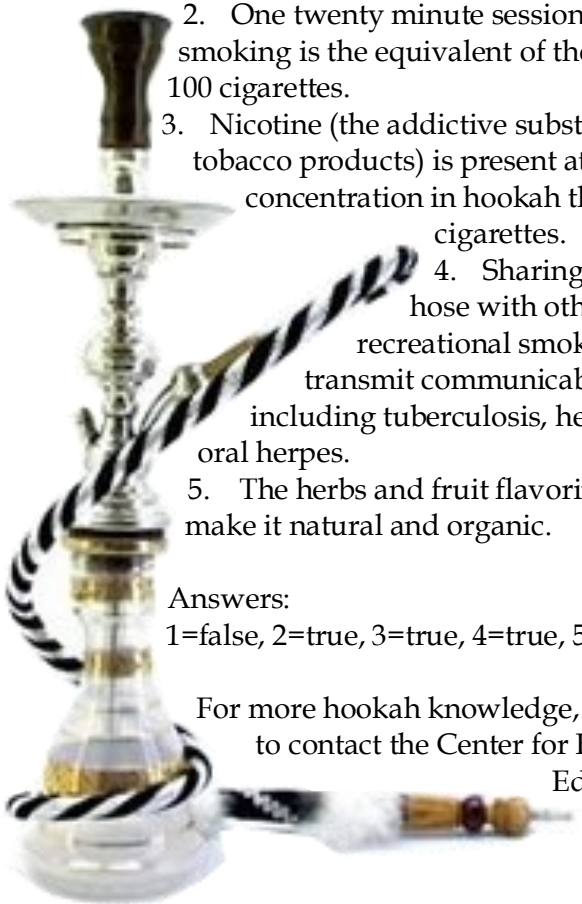

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