



# The Toilet Paper

Division of Student Affairs



EASTERN  
CONNECTICUT  
STATE UNIVERSITY

## Upcoming Events

### HIV Testing

At Women's Center: **465-4313**

Wed., Nov. 28th 2 —4 pm

Tues., Dec. 11th 1—3 pm

Thurs., Dec. 13th 10 am—12 noon



At Health Services: **465-5263**

Mon., Dec. 10th 12 pm—3 pm

Wed., Dec. 12th 2 pm—4 pm

### Blood Drive

Mon., Dec. 3rd 11 am—3:45 pm

Tues., Dec 4th 12 pm—3:45 pm

Wed., Dec. 5th 12 pm—3:45 pm



To schedule an appt please call 465-0090  
or email [cretellai@easternct.edu](mailto:cretellai@easternct.edu)



**1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl  
4-chloro-4-deoxy-alpha-D-galactopyranoside ...  
...otherwise known as Splenda**



### Second part

It's 600 times sweeter than sugar, used in dozens of products and has zero calories. But, is Splenda (sucralose) safe? This seemingly simple question has turned out more difficult to answer than expected and that's because it depends on whom you ask. As far as the Food and Drug Administration (FDA) is concerned, the answer is clearly yes. The FDA approved the product in 1998 after reviewing over 100 studies submitted by Splenda's manufacturer. Among those studies' results, Splenda was found to be "weakly genotoxic" in some laboratory animal tests, meaning it caused some gene mutations. Still, a two year long study in rodents found no increase in cancer-causing activity or birth defects. Other studies showed that Splenda-fed lab animals had abnormal changes in some of their liver and kidney cells. FDA scientists concluded these findings were either unrelated to the Splenda or clinically not significant. Finally, despite the impression one gets from Splenda's marketing and advertising that it passes undigested through our gut, tests on animals and humans found that a portion of it is in fact absorbed into the bloodstream and undergoes metabolism to other substances. In human male subjects, anywhere from 11-27% of the ingested sucralose was absorbed. In the end, the FDA approved Splenda because 1) the agency felt none of the research results raised significant enough concerns and 2) the abnormalities that did occur did so in lab animals fed extremely large daily amounts of the sweetener, amounts the FDA determined no human being would or possibly could come close to consuming. Critics of sucralose disagree with some of the FDA's conclusions. We'll discuss their concerns in the final part of this series next month.

## A NEW FACE AT A HELPFUL PLACE

"I'm so excited to be here at Eastern!" says Aliza Makuch, recently named coordinator of the Office of Substance Abuse Prevention (OSAP). Aliza comes to ECSU after having worked for the **Governor's Prevention Partnership for safe, successful and drug-free kids**. As coordinator, she will assess students referred to her to determine if they have an alcohol or drug related problem needing further treatment. She will also plan and implement educational programming and outreach on matters related to substance abuse. "I'm here to be a resource," she says, for students who have questions, need to talk or just want a safe place to hang out. She encourages students to come by for a visit and also asks them to consider helping her start a peer leadership group here on campus. "There will always be some treats, good conversation and a comfy place to sit." *OSAP is located in the same building as Student Health Services. Ms. Makuch can be reached at 465-5700. OSAP's website is [www.easternct.edu/depts/stuaff/sap](http://www.easternct.edu/depts/stuaff/sap).*

## Happy Thanksgiving Everyone!



### The Funny Bone...

"Did you hear about the two podiatrists who are arch rivals?"

Sign on the door of the acupuncturist's office: "For a jab well done."

## Diabetes – A sickeningly sweet disease

### November is Diabetes Awareness Month

Diabetes, a disease in which blood sugar is abnormally high, is an extremely important health issue not only to know about but to know if you have it. Consider this: It's a leading cause of kidney failure and blindness, a major cause of foot and leg amputations, a huge factor in heart attacks and strokes and is among the top 5 causes of death in this country. Millions of Americans (estimated at 20 million in 2005) have it but many don't even know it. What's more, the number of new cases, especially Type 2 or adult onset diabetes, is not only skyrocketing but occurring at younger and younger ages including— unheard of until recently—in teenagers. What are the reasons for this diabetes "epidemic"? For starters, our dramatic increase in excess body weight. Add to that our generally physically inactive lifestyles and our love of diets loaded with sugar (soda, etc.) and starch (white bread, white pasta) and you've got the perfect storm. While there is no cure, effective treatments are available that can greatly reduce diabetes' severe complications. Of course, a person needs to know he or she has the disease first before it can be treated. So, for those folks 40 years of age or older who have never been screened for diabetes, consider doing so. Speak to your health care provider; it's a simple blood test. For those under 40, testing is certainly worth thinking about in persons with risk factors: diabetes in other family members and/or excess body weight. Want to know more? Check out [www.diabetes.org](http://www.diabetes.org)

## MRSA, the Media and You

**Mercy!!** Methicillin-Resistant *Staphylococcus aureus*, or MRSA for short, sure has been in the news a lot. A type of bacteria that has become more resistant to antibiotic therapy, MRSA actually has been around for many years. Until recently, it caused serious infections primarily in hospitalized patients. Lately, though, it has moved out of the hospital and into the community, causing an increasing number of infections—almost all skin-related—in otherwise healthy persons. A handful of cases have occurred among Eastern students but, despite MRSA's increased resistance to a number of drugs, all of these students were successfully treated with commonly available antibiotics. What's more, none of these infections spread to other individuals. So, while MRSA is a concern and is being monitored by Student Health Services (SHS), it is not as scary as has been portrayed in the media with terms like superbug and super infection. If you still have MRSA concerns or questions you can call SHS at 465-5263. Or go to [www.easternct.edu/depts/health](http://www.easternct.edu/depts/health) and click on "Health Bulletins MRSA." You'll find information on ways to reduce your MRSA risk as well as tips on taking care of cuts, abrasions and other skin infections. You can also get more answers by searching the internet for "CA-MRSA CDC".