



The Toilet Paper

Division of Student Affairs



**EASTERN
CONNECTICUT
STATE UNIVERSITY**

Upcoming Events

HIV Testing



At Women's Center: **465-4313**
Tues., Oct. 16th 1 pm–3pm
Thurs., Oct. 18th 10 am–12 pm

At Health Services: **465-5263**
Mon., Oct. 22nd 12 pm–3 pm
Wed., Oct. 24th 2 pm–4 pm

Mind Matters

National Depression Screening Day October 11th –at the Student Center

On Thursday, October 11th, designated as *National Depression Screening Day*, some of the Counseling and Psychological Services (CAPS) folks will be stepping out—for the day anyway—and setting up shop at the Student Center. CAPS staff members will provide, to students, brief assessments for depression as well as for bipolar, post-traumatic stress and anxiety disorders. The free screenings will run from 10am to 4pm. Dr. Anne Patti, Director of CAPS, says that, “While the program is designed to assess only college students, we invite staff and faculty with questions or concerns to stop by and speak with us.” She adds that, “We will have a variety of educational materials, including our brochure detailing ways in which staff and faculty can productively intervene with distressed students.” Dr. Patti also recommends any ECSU staff or faculty member with concerns for a particular student to encourage that student “to come by and take the brief screening instrument.” Oh yeah, one more thing. Every student who completes the screening process will be eligible to enter a drawing to win either a Canon digital camera, an iPod Shuffle or the newest iPod Nano.



The Health, Wellness and Benefits Expo -- Tuesday, October 16th

It's back, it's big and it's being held in the brand new—well almost—Betty Tipton Room at the Student Center. IT is the 15th Annual Health, Wellness and Benefits Expo taking place from 10 am - 3 pm on Tuesday, October 16th. Dozens of enthusiastic exhibitors and representatives, offering cholesterol and blood pressure checks, free HIV and STD testing, free health food samples, tai chi and yoga demonstrations, information on retirement and insurance and a whole lot more, will be there. It's sure to be an experience that will engage and maybe even enlighten or educate you but one you no doubt will enjoy.

HIV on the Rocks



First the good news: Each school year many students here at Eastern take advantage of the free HIV testing that comes to campus. Now for the bad: During the testing process, each student is asked, “If, when engaging in unprotected sex, were you under the influence of alcohol or other drugs?” During the 2006-07 academic year, 92% of students answered yes to that question and the great majority said alcohol. Wow. One day you're fine, you have a few drinks—or maybe more than a few—and the next day you wake up infected with the virus that causes AIDS. Alcohol and sex... is it just us or is that one frightening cocktail?

Just a Thought



Everything is more expensive these days and birth control pills are no exception. Once \$2 a pack at Health Services, they are now \$13. What's more, many women who purchase pills elsewhere pay as much as \$25-40 dollars per pack. Maybe the men, especially those in a steady relationship, could kick in a few bucks and help with the high cost. Let's face it: BOTH the male and female in a relationship share in the pregnancy prevention benefits of birth control pills so why not share the cost? Just a thought.



SHAKE, RATTLE AND ROAST

A chest-rattling cough, teeth-chattering chills, sweat-drenching fevers and body aches so bad that even your fingernails hurt; if none of these sound like your idea of a good time then you may want to consider a flu shot* this year. That's right...influenza season is coming just as surely as the Boston Red Sox will win the World Series. Public health officials recommend a flu shot specifically for persons over 50, children aged 6 to 59 months and those with chronic illnesses including lung or heart disease and diabetes. They also strongly encourage everyone else to get vaccinated. Here are some opportunities how:

- At the 15th Annual Health, Wellness and Benefits Expo, Tuesday, October 16th, 10am-3pm, in the BTR at the Student Center.
- At Health Services, anytime after October 16th while supplies last. It's easy. Just call to set up a time (465-5263). Like last year, you can find the flu vaccine consent form on our website and have it read and signed before you come in.
- At Hurley Hall on Wednesday, October 31st from 11am-1:30pm.

Decrease your chances of getting sick this winter even more. Along with the flu shot, get enough sleep, include some healthy stuff in your diet and limit stress...or at least try to.

***The cost of the flu shot is \$15**



October is Breast Cancer Awareness Month

For women of all races, the death rate from breast cancer has dropped 2.4% annually between 1994 and 2003. Getting regular mammograms, which helps detect the disease earlier, is partly responsible for the significant improvement. For any young woman reading this who does not yet need to go for mammograms, maybe you can check with your mom, your aunts or anyone else you care about to see if she is up-to-date with hers.

Back to the Future



In 1885, 79 years before the Surgeon General's first report in 1964 on the dangers and deadliness of smoking, Vincent Van Gogh painted *Skull of a Skeleton with a Burning Cigarette*. Talk about a man ahead of his time.

If you are thinking of quitting smoking, there's no better time. If you need help trying, give Health Services a call (465-5263) or come on in.