



# The Toilet Paper

Division of Student Affairs



EASTERN  
CONNECTICUT  
STATE UNIVERSITY



## Medical Mystery – The Case of the Disappearing Testicles (Part 2)



While John's doctor was scratching his head trying to figure why his patient's testicles were smaller, his breasts larger and his face breaking out with acne, he suddenly noticed something else that, until then, had escaped his attention. John (not his real name) looked much bigger and bulked up than ever before, and his muscles were larger and more well-defined. That's when he asked John one more question. Was he using anabolic steroids? Extremely worried about his deteriorating health, John confessed he was; he had been receiving injections for about the past four months to get in shape for the summer. The doctor finally had the diagnosis. He explained that the steroids were entirely responsible for the frightening changes in John's body. What's more, he said that, in addition to

smaller testicles, these drugs very likely had caused John's sperm production to decrease and the number of abnormal sperm to increase. He also told John the steroids could be damaging his liver and might lead to liver tumors. And, if he continued to use them, John could expect to see increasing hair loss and harmful effects on his cholesterol levels, among other serious consequences. By stopping the injections immediately, his doctor said the symptoms would likely clear up over the next few months but the breast enlargement could be permanent. Although relieved he had an answer to his problem, John admitted the experience scared him to death. His decision to stop using the stuff was an easy one. The only "juice" in his life now would be the orange kind.

## Congratulations Class of 2008

Good Luck and Good Health



### WHAT LIES BENEATH

Many of us love the sun and the golden brown tans we get from it. We love the "healthy" look a tan gives us. But, as these photos prove, looks are not only deceiving, they're downright false. The photo on the left, taken under normal light, shows a young woman with attractive skin. However, the one on the right, taken with a special analyzer that detects not-yet-seen sun damage, tells the real story. It shows significant damage as evidenced by all those dark spots on her face. For this person, it's only a matter of time before brown spots, wrinkles and other signs of premature skin aging become visible not to mention the very real possibility of skin cancers. So if a "beautiful" bronze tan is what you want, keep in mind it comes with a high price. For those who want a lifetime of healthy, younger-looking skin, you can have it by limiting sun exposure, avoiding tanning salons altogether, splashing—or spraying—on sun block (SPF 15 or higher) for all outdoor activities and wearing protective clothing, including hats. Almost forgot — don't smoke. It promotes skin wrinkles too. Here's looking at you.

### Vaginitis – It's Not Always about Yeast Second of two part series – The Healthy Vagina

Although vaginal problems are common, they are not necessarily inevitable. There are things women can do that may reduce the chances of developing vaginal distress and enhance the delicate balance necessary to stay healthy. To that end, we offer some advice for your consideration:

- Maintain overall good health by eating a nutritious diet, getting enough sleep, being physically active and reducing stress.
- Consider probiotic dietary supplements with acidophilus or bifida as well as yogurt with active lactobacillus cultures. Avoid lots of sweets if you are prone to yeast infections.
- Avoid taking antibiotics (Amoxicillin, Z-pack) for an illness unless they are appropriate for that illness.
- Take showers instead of baths, especially bubble baths.
- Use mild or no soap on this area of your body – no harsh chemicals please.
- Avoid powder, cornstarch and douches.
- Avoid feminine deodorant sprays, deodorant pads, deodorant tampons and deodorant panty liners.
- Wear cotton underwear instead of synthetics and avoid tight or restrictive clothing.
- Change underwear after exercise or if experiencing heavy discharge.
- Consider using a lubricant if vaginal dryness is noted with sexual activity.
- Use a barrier (dental dam) during oral sex.



### A DOSE OF RELIEF



Gasoline prices are flirting with \$4.00 a gallon. The cost of food is enough to make you lose your appetite. And, while health care expenses are on the rise, our savings are falling. With financial times difficult and money tight, we figured it's a good time to pass along a reminder about the Wal\*Mart and Target \$4 generic drug programs. From Amoxicillin to generic Zantac, each company offers hundreds of medications (**birth control pills not among them**) used to treat all kinds of conditions at a cost of only four dollars for a one month (30 day) supply. Wal\*Mart also has a similar \$10 program for a 3 month supply of generic prescriptions. You can get the entire list of available medications at their respective websites—Walmart.com and Target.com. Click on the "Pharmacy" links. You can also pick up a copy at each of their stores or request one from Student Health Services. Note: While the *Toilet Paper* tries to adhere to a policy of neither endorsing nor even mentioning specific products or companies, we feel tough times call for, if not desperate, at least different measures. Hence, we've relaxed our standards just a bit.