

# Stall News

Created by the Student Health and Wellness Center and Jessi Miller (student assistant)

## Tobacco and Its Harmful Effects

### Cigarettes

Smoking harms nearly every organ in the body and has many negative health effects both short term and long term. Lung cancer is currently the number one cause of death from cancer in both men and women. The risk of developing lung cancer is 23 times higher in men and 13 times higher in women who smoke. Smoking is also one of the key risk factors in the development of Coronary Heart Disease, which is the number one cause of death in the US. Roughly 90% of all Chronic Obstructive Pulmonary Disease (COPD) cases are attributed to cigarette smoking. These are just a few of the adverse side effects of smoking, the list is endless. Although those who smoke might argue that smoking brings a sense of community and they enjoy the time they spend with their friends, the negative health effects strongly outweigh the benefits. (1)

### Second Hand Smoke

Cigarette smoking is not only harmful for the individual smoker, but also for everyone they are around. Environmental Tobacco Smoke (ETS), or second hand smoke, is caused from the exhaled smoke from someone smoking and is comprised of over 7,000 chemicals, over 70 of which are considered carcinogenic (cancer causing). Non-smokers who are exposed to second hand smoke increase their risk of developing

lung cancer by 20-30% and heart disease by 25-30%. Recent data from the Centers for Disease Control and Prevention (CDC) showed in 2007-2008 roughly 40% of non-smokers had measurable amounts of second hand smoke in their systems. It has been recommended to stay at least 25 feet from someone who is smoking to protect yourself against the effects of second hand smoke. (1)

### Smokeless Tobacco

The two main forms of smokeless tobacco are chewing tobacco and snuff. These are not safe alternatives to smoking; effects include cancers of the mouth and throat, oral health problems, and nicotine addiction. Reproductive health is also effected. Men have associations with lower sperm count and abnormal sperm cells and women have complications with preeclampsia (high blood pressure), premature birth, and low birth weight. (1)



QUIT NOW VIRGINIA

Tobacco User Quitline • 1-800-QUIT-NOW

## Healthier Eating Habits for the Holidays



For most people, the holidays are a time to get together with family for celebration. The types of food at celebrations are typically high in fat and sugar, and low in nutrients. Here are some helpful tips on how to be healthier during the holidays!

### Cooking tips:

- Use skim milk or ultra light cream cheese.
- Choose to use leaner meats.
- Avoid smothering vegetables with added sauces.
- Add a salad with a low calorie dressing.
- Prepare gravy from a low fat broth. (2)

### Tips for Success:

- Plan time for exercise.
- Do not skip meals! This will help keep you from overindulging.
- Chose a smaller plate.
- Check out the menu before eating so you can plan ahead.
- Be careful with calorie dense beverages such as alcohol and soda.
- Be realistic and don't try and lose weight during the breaks. (3)

## Free Flu Clinics

All clinics are from 3:30-5 pm

Visit the Student Health and Wellness Center if these times are not convenient

Wed.	Nov. 2nd	Cox/Wheeler
Thurs.	Nov. 3rd	Curry/Frazer
Mon.	Nov. 7th	Lancer Park
Wed.	Nov. 9th	French
Thurs.	Nov. 10th	Cunninghams
Mon.	Nov. 14th	The Village
Wed.	Nov. 16th	The Landings
Thurs.	Nov. 17th	Stubbs

## Upcoming Events:

American Diabetes Month	Nov.
Great American Smoke Out (quit kits available in D-Hall lobby)	Nov. 17
World Kindness Week	Nov. 14-20
6th Annual Climbing Competition (1st 30 get a t-shirt)	Nov. 6

### Sources:

- www.cdc.gov
- www.healthdiscovery.net
- www.cpmc.org

Like "Stall News" or just want one for yourself? Print one out at

<http://www.longwood.edu/health/21801.htm>

Lankford Student Union

Approved for Posting

## Inside Story Headline

This story can fit 150-200 words.

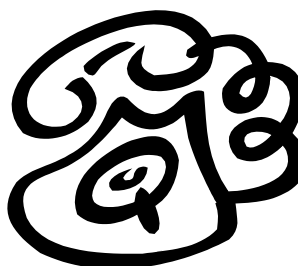
One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write

your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also re-search articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.



Caption describing picture or graphic.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the

business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

**"To catch the reader's attention, place an interesting sentence or quote from the story here."**

## Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the pic-



Caption describing picture or graphic.

ture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose

and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Longwood University

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

Your business tag line here.

We're on the Web!  
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard prod-

ucts or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.