

Love is in the Air

Take HEART

February is not just about hearts and roses. The week of Valentine’s Day, February 14-18th marks Sexual Responsibility Week (SRW) on campuses across America. SRW is about considering how to make responsible sexual decision, whether or not you chose to be sexually active. This year’s theme is “Take HEART!” which stands for: **Honesty, Empowerment, Attraction, Respect, and Trust.** Throughout this week, SHS will be hosting events aimed at Taking HEART with sexual responsibility. Sexual responsibility begins with values, communication and knowledge. The values of a sexually responsible person include:

- Understanding that sexuality is a natural and healthy aspect of human life;
- Communicating personal thoughts and feelings to one’s partner, and seeking to know and understand a partner’s thoughts and feelings;
- Working to achieve consensual, healthy relationships through honesty and openly valuing the rights and limits of one’s self and others;
- And being non-manipulative and only practicing safe and mutually consensual sexual behaviors.

Valentine’s Day is also National Condom Day. In honor of this occasion, Aggie REACH will be handing out condom roses on campus to those that would like to take one. Take it for yourself, or give it to a friend. Remember, if you are sexually active, consider using protection to prevent the transmission of STI’s.

On February 15th, Student Health Services is hosting “Take HEART: Ask the experts”, in Zachry room 102 at 6pm. Come hear a panel of experts talk about sexuality as it pertains to campus life, and Q&A with the experts in the field.

For more information on sexual health, visit

<http://www.smartersex.org>

volume 2 | issue 6 | february 2011



Sexual Responsibility Week
Feb 14-18, 2011

HEART: Honesty, Empowerment, Attraction, Respect, and Trust.

Get Connected !

TAMU-Student Health Services
TAMUHealthEd

It’s Time to Talk About It

One in 10 American’s are affected by an eating disorder; 10% are male. College Students are surrounded in an environment where perfectionism and outward appearances can make someone feel like he or she has to be part of the “in-crowd.” These stressors lead students to fall into the traps of body image insecurities, low-self esteem, and misinterpreted thinking, which can eventually lead to an eating disorder.

Anorexia Nervosa and Bulimia Nervosa are the two most common eating disorders among Americans today and are proven to affect 1-4% percent of the American population. There are serious



YOU are beautiful just the way you are!

eating disorders among Americans today and are proven to affect 1-4% percent of the American population. There are serious negative health effects associated with the victims of these disorders including bone damage, cardiac problems, infertility, malnutrition, depression, all of which can ultimately lead to death.

YOU are beautiful just the way you are!

Characteristics of Anorexia Nervosa:

- Inability to keep a normal minimum weight
- Intense fear of gaining weight
- Amenorrhea (absence of menstruation)

Characteristics of Bulimia Nervosa:

- Repeated instances of binge eating
- Compensatory behaviors (i.e., purging, laxative abuse) to prevent weight gain
- Extreme emphasis on weight in self-evaluation

Do you or someone you know exhibit any of the above characteristics? Visit or recommend a friend visit the Student Counseling Services where there are trained professionals that can provide personalized help.

As part of Eating Disorders Awareness Week, several events have been planned.

- A panel discussion on February 23 at 5:30 pm in the Rec Center room 281. Panelists include a recovered student, dietitian, personal trainer, physician, and counselor.
- Every person is beautiful just the way they are and should know it! [Operation Beautiful](#) aims to deliver that message through post-it notes; look for them around campus or join the movement.
- Love your genes, not your jeans! A jean giveaway will take place on campus February 25. Look for more details around campus in the near future.

For more information on eating disorders, visit

<http://www.nationaleatingdisorders.org/information-resources/index.php>

Take Care of Your Ticker



There's a silent killer lurking. One in three American's are affected and don't even know it. It can cause memory and vision loss, erectile dysfunction, stroke, and heart attack. Increasing numbers of young adults are being affected. The culprit, [high blood pressure](#), also known as hypertension, can be a serious health concern if not diagnosed and treated properly.

You might be at risk for high blood pressure if you are:

Drinking too much alcohol and increase your blood pressure.

- Overweight
- Smoke
- Eat foods high in salt
- Have a family history of high blood pressure
- Drink alcohol in excess (two or more drinks per day for men

- Have a family history of high blood pressure
- Drink alcohol in excess (two or more drinks per day for men, one or more for women)
- Get less than 30 min of exercise on most days

Service Spotlight

Need a lab test? Just curious? Self-referral testing is now available at the Health Center lab for:

- Cholesterol
- Drug screen
- Hepatitis B titer
- HIV
- Pregnancy
- Rabies titer
- Many more!

For more information, call +979 458 8333.

The only way to know if you have high blood pressure is to get tested. Physicians recommend having your blood pressure checked at least every two years starting at age 18.

Good news! Although some people may need medications to lower their blood pressure, simple modifications taken now can help.

- Get active
- Lose weight
- Manage stress
- Quit smoking
- Drink alcohol in moderation
- Eat healthy foods that are low in sodium

February is American Heart Month. Show your support for heart health on February 4 by wearing red! It's also a good time to talk to your parents to see if there is a family health history of heart related issues. The more you know, the more prepared you can be to take care of your ticker.

For more information on heart health, visit <http://www.heart.org/HEARTORG/GettingHealthy/>

Upcoming Events

[Health Education](#) is putting on several events throughout February. Watch for more details around campus in the coming weeks.

- [National Wear Red Day](#) - Feb 4 - an easy way to raise awareness for the fight against heart disease
- [National Donor Day](#) - Feb 14 - a day to give life: blood, bone marrow or organ. Pledge to give today!
- [Sexual Responsibility Week](#) - Feb 14-18
- [Take HEART: Ask the experts](#) - Feb 15 at 6pm in Zachry room 102 - a panel discussion from experts in sexual health
- [Eating Disorders Awareness Week](#) - Feb 21-25
- [Panel Discussion on Eating Disorders](#) - Feb 23 at 5:30pm in Rec Center room 281
- [Jean Giveaway](#) - Feb 25 - Love your genes, not your jeans!



Mark your calendar!

February is National:

- [American Heart Month](#) - Heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year.
- For more details, visit <http://healthed.tamu.edu>, join the 'TAMU

- For more details, visit <http://healthed.tamu.edu>, join the 'TAMU Health Education' group on [Facebook](#), or follow TAMUHealthED on [Twitter](#).

Health Education is located in Room 159 of the [A.P. Beutel Health Center](#). For more information on various health topics, please visit our website at <http://healthed.tamu.edu>.

Questions or comments? E-mail us at healthed@shs.tamu.edu or call + 979 458 8322.