

Wellness InSTALLments

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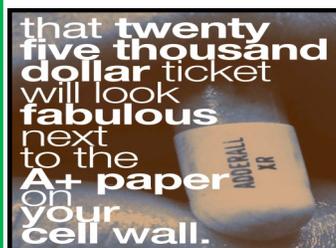
Upcoming Events

9/6 — Tips Tuesday
Mandala Mania
11am-1pm, In Front of P&W

9/7 — Healthy Hump Day
Speak Up
11am-2pm, In Front of P&W

9/14 — Healthy Hump Day
My Plate (Build a Better Meal)
12pm-3pm, In Front of P&W

9/20 — Cash Cab
9am-11am, Main Campus



National Hazing Prevention

Week: September 26-30

9/26 — 5 Great Hazing Myths
Keynote: Gentry McCreary
6:30pm All Greeks
8:00pm All Campus
CC Ballroom

Please see our online calendar for a full, updated schedule

WELLNESS TIP

If you suspect that you may actually suffer from undiagnosed ADHD and would like to find out, CAPS offers testing to students.

Question of the Month

True or False:

The time it takes to gradually increase the dosage of a drug in order to reduce side effects is called titration.

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Prescription Drugs



These colorful pills look just like candy and sometimes we share them as easily as we offer breath mints during a study session. At Prevention & Wellness, we understand that the first exams of the semester are just around the corner, but your brain is still in summer vacation mode! **However, taking someone else's prescription medication is misuse of a drug.** This may bring on repercussions you may not even know about, such as anxiety, headaches and reduced sexual

performance, not to mention the legal consequences. Where does the cycle end? Misusing drugs in an academic capacity can lead to them becoming a crutch in every day life. Finding alternatives is easier than you think! Simple behaviors, such as exercising or creating a list, can make a big difference. Explore different options to find out what works best for you.

Educate Before You Medicate

True or False?

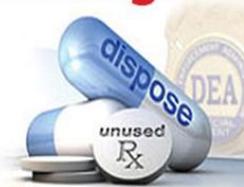
- 1: Abusing certain prescription painkillers is similar to abusing heroin.
- 2: Prescription painkillers, even when prescribed by a doctor, are not addictive.
- 3: When combined with alcohol, sedatives (Xanax, Valium) can slow down or stop your heartbeat.
- 4: Using someone else's prescribed drugs in combination with your own prescriptions can potentially result in a dangerous interaction.

1:T 2:F 3:T 4:T



National Prescription Drug Take-Back Day

GotDrugs?



Prevention & Wellness (P&W) will be hosting a Prescription Drug Take Back event on **November 2nd from 11am-3pm in the Cohen Center Atrium**. P&W, along with University Police, will be collecting expired and/or unused prescription drugs from students, staff and faculty. The Drug Enforcement Agency (DEA) will then pick up the collected pills and dispose of them correctly. Holding onto unused or expired prescription drugs can be hazardous for you and your loved ones if they are consumed.

Medications taken past their expiration date can react differently in your body, causing harmful effects. This event brings both awareness to the dangers of expired/unused prescriptions and gives our university community a chance to clean out the drawers, knowing that your old medications are being disposed of properly!



PEERS CARE
Educate. Engage. Empower.



Prevention & Wellness, 1st floor of Howard Hall. Find our InSTALLments online: www.fgcu.edu/wellness/installments.html