

Healthy Hair

- Washing:

...For those with dry hair, limit washing to 3 or 4 times a week.

...For hair that can

handle washing every day, don't overload on the shampoo or conditioner. Too much can dry hair out.

- Brushing:

...For longer hair, use large brushes to better distribute the natural oils of the scalp.

...Shoulder length hair should be brushed with round brushes.

...Short hair should be brushed with a paddle brush.

- Skip blow drying or straightening your hair at least twice a week. Try air-drying to prevent damage.

Places You Shouldn't Leave Hair

- Shower walls.
- Toilet seats.
- Food.
- On the floor
- In the sink.

Interested in becoming a peer educator?

Applications available on our website or in our office located in Mary Walker Health Center.



Basketball Tournament.
Thursday, April 22nd.
Swetman Gym.
7pm. registration,
8pm. tournament begins

Toilet Talk

April 16th, 2010

Give Me a Head with HAIR!

Did You Know...

...An ingrown hair is a hair that curls and then penetrates the skin with its tip as it grows, causing swelling and redness. Exfoliate by rubbing your skin with a loofah or other types of scrubs while showering or bathing; moisturize with a lotion that will not clog pores.

...Razor burn is a sign of irritation to the skin and can cause a burning, itching feeling. To avoid this, use shaving creams/gels to provide a barrier between skin and razor. Always use a clean, sharp blade.

Answer to Last Week's Question:

Most people lose 50 to 100 hairs a day. This is completely normal but if you notice an excessive amount of hair loss, speak with your health care provider.

Easy Tip on Living Laker Green:

Take a power shower. Shorter showers save gallons of water each day.

Question of the Week: How much time does it take most recruiters to review one resume?

Events of the Week:

April 15th - 25th: Phi Beta Sigma Fraternity Inc. will be having it's annual Sigma Week. Check the Rho XI Chapter Events Group on Facebook.

Tuesday, April 20th. Talk: "Gateways to the Sprirt World." Lanigan Hall Room 106. 7pm -9pm. Free.

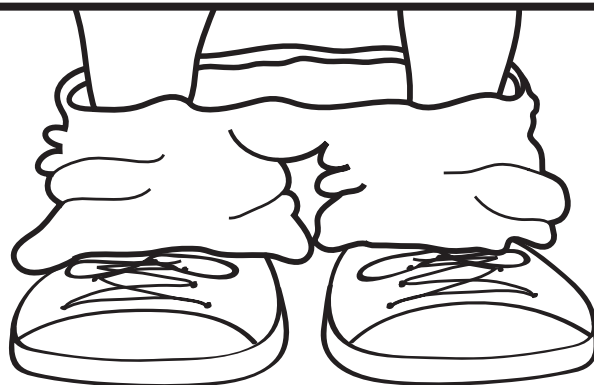
Wednesday, April 21st: Sustainability Fair. 4pm - 8pm. Campus Center Arena. Free.

Wednesday, April 21st: Astronomy Club's "Star Party." 8pm. Observatory at Romney Field. Free.

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu



Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.



Words to whiz by...

"When the power of love overcomes the love of power, the world will know peace."

-Jimi Hendrix

Myth Vs. Fact

Myth: Diet does not affect hair growth.

Fact: A healthy diet is imperative to healthy hair.

Myth: Having a relaxer helps your hair grow.

Fact: Your hair will not grow faster or slower with or without a relaxer.

Myth: Cutting hair makes your hair grow faster.

Fact: Cutting your hair will not alter your biologically determined growth rate.

Myth: Shaving pubic hair will get rid of crabs.

Fact: Since crabs can infest other areas of the body, they can easily migrate and set up shop elsewhere. They can also burrow into your skin and live there.

Myth: Smoking will not cause grey hair.

Fact: Smokers are four times more likely to have grey hair than non-smokers.

Lifestyles

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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Jenna Bernardelli, Intern Chris McPherson and Peer Educators Brianna Daley, Deanna Drexler, Chelsea Giaraffa, Mary Hankin and Jessica Raghunanan.

Sources available upon request.

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