

# Tiger Scoop



**THANK YOU TO ALL OUR VETERANS**

## NOVEMBER CALENDAR

- 02 **FLU Shots**, UC LOBBY, 10-2  
 02 **Lung Cancer & Tobacco Info**, UC Lobby, 11:30–12:30  
 05 **Take the Guilt OUT of Holiday Eating**, UC Lobby, 10-1  
 04 **FLU Shots**, LAW SCHOOL Student Lounge, 10-2  
 06 **FREE HIV Tests**, 10-1, UC 338  
 09 **Midday Moves; Dance Alliance**, 12:30, Alumni Mall  
 11 **VETERAN'S DAY! Midday Moves; TUG OF WAR**, ALUMNI MALL, 1 PM  
 Register your team of 6 with [mfvarnum@memphis.edu](mailto:mfvarnum@memphis.edu)  
 12 **Mindful Meditation** UC [memphis.edu/middaymoves](http://memphis.edu/middaymoves)  
 13 **FREE HIV Tests**, 10-1, UC338  
 17 **FLU Shots**, UC Lobby, 10-2  
 17 **Fogelman Health Fair**, FCBE Lobby, 5-7  
 19 **THE GREAT AMERICAN SMOKEOUT - Kick the habit today!**  
 20 **FREE HIV Tests**, 10-1, UC 338  
 25 -29 **THANKSGIVING BREAK**  
 Last call for **FLU Shots**: JAN 20, UC LOBBY 10-1

## *Condoms and Drinking*

Drinking any alcohol can negatively affect your judgement, resulting in poor decision making. The more you drink the more you are likely to take risks you wouldn't normally take. One common example of poor decision making is having unprotected sex. You may forget the importance of using a condom or even forget proper use. According to the CDC, the use of condoms can significantly reduce the spread of sexually transmitted diseases. Condoms protect you from STD's, HIV and pregnancy.

Free condoms are available at the Student Health Center on campus.

*When it comes to condoms, an ounce of prevention could save you from a lifetime of regret.*

Are you a VEGETARIAN trying to "eat right" at the University's dining locations? Researchers want to hear from you! Are the meatless options meeting your needs?

Let us know! The QR code will take you to a short survey.



**90% of UofM students believe it is easy to make friends without drinking alcohol.**

2014 CORE Survey of 1274 UofM students

STUDENT **health101™**

ENTER TO WIN \$1,000 each month!!!

**NOVEMBER**

UCookbook – desserts  
 FitnessU – your energy level  
 Stress & the student body  
 Spend smart – make a budget  
 Make sense of a food label  
 Male sexual assault  
 The new smoking scene  
 Avoiding the flu  
 Text MEMPHIS to 40691 for weekly updates from Student Health 101

**WHAT IS THE MOST COMMON CANCER** in the 15 to 35 age group? Testicular cancer. It affects about 8,430 men in the US yearly. Fortunately 90% of men with testicular cancer are cured and most do not have long lasting effects on sexual functioning or ability to have children. Men, learn what is normal for you and check yourself monthly. The testicles should be firm, smooth and egg shaped. If there is a lump, hardness or swelling, be checked by a health care provider. To prevent cancers avoid tobacco, eat more fruits and veggies and be physically active.

**Help us be Tobacco Free!**

[memphis.edu/tobacco](http://memphis.edu/tobacco)

READ TIGER SCOOPS ONLINE AT [MEMPHIS.EDU/TIGERSCOOP](http://MEMPHIS.EDU/TIGERSCOOP)

Brought to you by your Student Health Center

Questions? Email [jdefouw@memphis.edu](mailto:jdefouw@memphis.edu)

 /UofMStudentHealth

