Losing the 3Ds: Dieting, Drive for Thinness & Body Dissatisfaction

Eating disorders are serious and complex problems. They arise from a variety of physical, emotional, social, and familial issues, all of which need to be addressed for effective prevention. Eating disorders are not just a woman's problem, many men develop body image issues and resort to unhealthy behaviors like steroid use.

Working together, we can bring about the societal change necessary to reduce the effects of our cultural obsession with slenderness. Instead we can encourage the development of true self-esteem which isn’t based on external looks.

Here are a few tips on losing the three Ds

- Notice often and in a complimentary way how everyone is unique in their own way. People come in all colors, shapes, and sizes.
- Become a critical consumer of the media -- pay attention to and openly challenge media messages.
- Replace extreme eating and exercise habits with more moderate ones.
- Don't use food as a reward or punishment.
- Don't constantly criticize your own shape (“I'm so fat--I've got to lose weight.”). Such self-criticism implies that appearance is more important than character.
- Don't support pornography or other “institutions” that cast women as objects for the pleasure of men, objects without personal integrity.
- Educate yourself about the existence, the experience, and the ugliness of prejudice and oppression -- whether it is directed against people of color or people who are overweight.
- Educate yourself about the warning signs of eating disorders.
- Develop a value system based on internal values.
- Discourage the idea that a particular diet or body size will automatically lead to happiness and fulfillment.
- Love, accept, acknowledge, appreciate, and value your friends and family -- not loud -- no matter what they weigh.

If you have had unprotected sex or the condom broke, you need to wait two weeks before getting tested, but go ahead and make the appointment right away.

After getting tested you should still continue to use condoms (with another

Some Things You Might Find Interesting

Drinking Gas? Since the sale of caffeinated alcoholic beverages was banned in December 2010, one company has found a unique way to recycle all the unsold product. Virgina company MXI Environmental Services has come up with a process that will recycle these beverages (like Four Loko) into ethanol fuel for cars. The MXI facility is equipped to take in up to four trucks a day containing 2,000 cases of these drinks to be recycled. The aluminum cans will be sold to another recycler.

Beware Internet Diet Pill & Supplement Products. Experts say that 40,000 to 75,000 unregulated supplement products are estimated to be available on the internet. It is impossible for the FDA (Food & Drug Administration) to test all of these products to ensure that they are safe for consumers. Often these supplements are dangerous to consumers and have been known to contain preservatives and illegal drugs such as stimulants, diuretics and anti-depressants. These products do not inform the consumer of the ingredients or the concentration, leaving the consumer unaware of dangerous side effects. Additionally, the claims of rapid weight loss are also unfounded.

Smoking Can Damage Your Body in Minutes Not Years. Recent research being released from University of Minnesota's Dr. Stephen Hecht shows that smoking a single cigarette can cause genetic damage within minutes. Dr. Hecht and his colleagues studied a substance called polycyclic aromatic hydrocarbons, long believed to be one of the main causes of lung cancer. The researchers studied how long it took for the toxic effects of this chemical to reach maximum levels in blood and found it to be 15 to 30 minutes.

New at The Potty Press

The Potty Press has a new feature. After reading the articles you can go to The Potty Press online and enter to win a Red Dragon Bookstore gift card by answering a few simple questions based on what you read.

Get to the quiz by going to www.oneonta.edu and entering “PAIRS” into the Oneonta.edu home page search engine. You can also use the QR code on your smart phone. (You will need a QR code reader app on your phone to do this, in most cases the app is free.)

Want more ways to win giftcards? Check out the PAIRS poster campaign by visiting the PAIRS website. Just enter “PAIRS” into the Oneonta.edu home page search engine.

Don’t constantly criticize your own shape (“I’m so fat--I’ve got to lose weight.”). Such self-criticism implies that appearance is more

Replacing extreme eating and exercise habits with more moderate ones.

Keep your Genitals in Working Order

Studies show that the sexually active young adults of today are much more likely to use contraceptives, including condoms, than past generations. (Go you!!). However, the rate for STIs (sexually transmitted infections) has risen... It’s the new term for STDs could still stand to get lower.

Even if you aren’t sexually active now, it’s important to know the general guidelines about when to get tested for STIs.

If you are sexually active, you should meet with your healthcare provider yearly to discuss STI testing and screening. Many STIs can be asymptomatic, which means they have no symptoms. The longer an STI goes untreated, the more damage it can do to you and to your sexual partners. Your healthcare provider will determine which tests are appropriate. However, it is recommended that women get tested for Chlamydia at least once a year. If you may not need a Pap smear, Gonorrhea, HIV testing, STIs that are not regularly tested for unless you know you have been exposed to them, have symptoms or engage in high risk sexual behavior: Syphilis; Trichomoniasis; Genital Herpes; Hepatitis B; Chancroid; Bacterial Vaginosis (BV is considered to be a sexually associated condition rather than a sexually transmitted infection). Your medical provider will ask you questions about your sex life-number of partners, gender of partners, whether or not you use protection, etc., to help determine which other STIs you might want to get tested for.

If you experience any of the following symptoms you should see a healthcare provider ASAP:

For women: pain or burning when you pee or have sex; bleeding between periods; red, irritated, or swollen genital skin; unusual discharge from the vagina; unexplained bleeding during menstruation; pain or burning when you pee; red, irritated, or swollen genital skin; unusual discharge from the penis; bumps, sores, or rashes in the genital area.

For men: pain when you pee or have sex; red, irritated, or swollen genital skin; unusual discharge from the penis; bumps, sores, or rashes in the genital area.

You can get more information visit: http://www.nationaleatingdisorders.org

Some things you might find interesting

Drinking Gas? Since the sale of caffeinated alcoholic beverages was banned in December 2010, one company has found a unique way to recycle all the unsold product. Virginia company MXI Environmental Services has come up with a process that will recycle these beverages (like Four Loko) into ethanol fuel for cars. The MXI facility is equipped to take in up to four trucks a day containing 2,000 cases of these drinks to be recycled. The aluminum cans will be sold to another recycler.

Beware Internet Diet Pill & Supplement Products. Experts say that 40,000 to 75,000 unregulated supplement products are estimated to be available on the internet. It is impossible for the FDA (Food & Drug Administration) to test all of these products to ensure that they are safe for consumers. Often these supplements are dangerous to consumers and have been known to contain preservatives and illegal drugs such as stimulants, diuretics and anti-depressants. These products do not inform the consumer of the ingredients or the concentration, leaving the consumer unaware of dangerous side effects. Additionally, the claims of rapid weight loss are also unfounded.

Smoking Can Damage Your Body in Minutes Not Years. Recent research being released from University of Minnesota’s Dr. Stephen Hecht shows that smoking a single cigarette can cause genetic damage within minutes. Dr. Hecht and his colleagues studied a substance called polycyclic aromatic hydrocarbons, long believed to be one of the main causes of lung cancer. The researchers studied how long it took for the toxic effects of this chemical to reach maximum levels in blood and found it to be 15 to 30 minutes.

New at The Potty Press

The Potty Press has a new feature. After reading the articles you can go to The Potty Press online and enter to win a Red Dragon Bookstore gift card by answering a few simple questions based on what you read.

Get to the quiz by going to www.oneonta.edu and entering “PAIRS” into the Oneonta.edu home page search engine. You can also use the QR code on your smart phone. (You will need a QR code reader app on your phone to do this, in most cases the app is free.)

Want more ways to win giftcards? Check out the PAIRS poster campaign by visiting the PAIRS website. Just enter “PAIRS” into the Oneonta.edu home page search engine.