



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health AWAREness at the Center for Health and Well-Being

October 21, 2013



Spooky Urban Legends



In the spirit (pun intended) of Halloween, we thought we would share some spooky health stories. Here are four urban legends we found. An urban legend is a popular story alleged to be true and told from person to person. They are usually pretty outlandish, scary, or silly. With the use of email and social media, some urban legends have really gained popularity.

Read on, if you dare!

Bras Help Breasts Stay Perky...

Recently, a French study has claimed that women who wear bras constantly actually experience more pain and sagging than those who don't. The theory is thus: constantly supporting your breasts makes them dependent on that support, which doesn't allow them to develop any muscles. This leads to sagginess later in life. The study also claims that the women choosing to go braless experienced no more back pain than usual, and some had much less discomfort. Don't burn them right away, though—years of being dependent on bras means that it will take time for the muscles to build. Also, keep wearing sports bras when exercising to prevent discomfort.



Antiperspirants Cause Cancer...

Speaking of breasts... A myth that has been going around for years is that the use of any antiperspirant (found in many deodorants) can and will increase your chances of breast cancer. There have been many studies of breast cancer risk factors published in medical journals. We are not aware of any among these proving, or even suggesting, antiperspirant use as a risk factor for breast cancer, much less the "leading cause" of the disease. So don't be afraid to smell fresh and clean! However, don't forget the garlic to ward off those pesky vampires...



Tight Briefs Make Men Infertile...

The age-old question: Boxers or Briefs?

We know that a rise in scrotal temperature can affect sperm quality. The best temperature for sperm is 4-5 degrees below normal body temperature. Some studies suggest that wearing tight underwear raises scrotal temperature; however, there are many other factors that affect sperm quality. Also, men don't wear underwear "that tight" 24 hours per day. The bottom line is, even if tight underwear does have an impact on sperm quality, it is only temporary.

Keep in mind BRIEFS ARE NOT BIRTH CONTROL and this is a MYTH! And if you want to conduct your own study on briefs' effectiveness preventing pregnancy (NOT recommended), remember that they will not protect you from STI's of any kind! Don't worry about the wrapping, worry about the candy, after all.

The Fearsome Freshman Fifteen...

We've all heard the horror story: A young Freshman enters college, and, through some horrific ritual, goes onto sophomore year 15 pounds heavier. This happens to almost everyone, and is a dreaded occurrence. Right? Wrong! Recent studies have found that "the average student gains between 2.4 and 3.5 pounds freshman year. For men, the average weight gain was 3.1 lbs; for women, it was 3.5 pounds." In fact, 25% of freshmen *lose weight!* And those who gain do so with a lot of help from high-calorie alcoholic drinks. So, enjoy that late night pizza! And leave a slice for the monsters under your bed...

Updated by: Katie McKinney
Health AWAREness at
Center for Health and Well-Being
724-357-4799

Sources

www.urbanlegends.about.com
Science Daily (sciencedaily.com)
The Telegraph (thetelegraph.co.uk)
The Washington Post

HAPPY HALLOWEEN