



Health Fact or Fiction

SHPC





New Eboard Introductions!

- President - Leigha Tierney
- Vice President - Katherine Ho
- Secretary - Nicholas Housel
- Treasurer - Danielle Bragen
- Social Chair - Cosette Lim
- Historian - Mariam Siam



Join Our Slack!



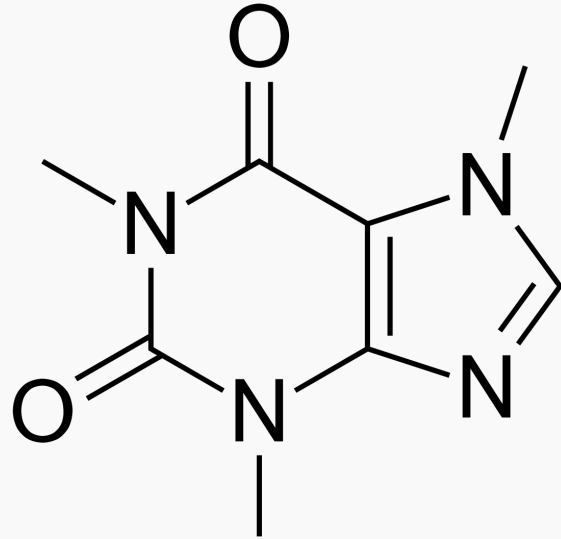
https://join.slack.com/t/stevenshealthpc/shared_invite/zt-dzr49k6f-D58BijjJC05fpIpvou066w



Health Fact or Fiction

Vote whether you think the statement is true or false!

Fact or Fiction: Caffeine is addictive



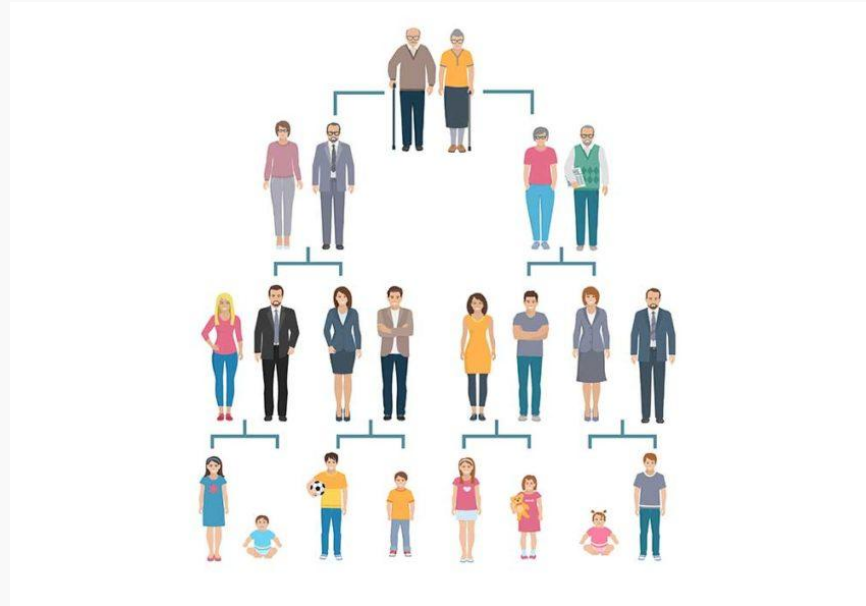


Fiction!

- Caffeine is a stimulant
- People can form a [dependence](#) on caffeine and can develop a tolerance
 - People can have withdrawal symptoms, including irritability, fatigue, and headache
- [National Institute of Drug Abuse](#) → addiction is the uncontrolled/compulsive use of a substance even when it causes negative consequences



Fact or Fiction: psychiatric disorders have no hereditary relationship





Fiction!

- Some mental health disorders have a hereditary component, such as:
 - Bipolar Disorder
 - Schizophrenia
 - ADHD
 - Depression
- This does not guarantee the manifestation of mental health disorders!
 - A variety of biological, psychological, and environmental factors are involved

Fact or Fiction: it is possible for a patient to become aware during surgery





Fact!

- A patient may become aware or conscious in 1 in 1,000 procedures involving general anaesthesia
- The phenomenon is called anaesthesia awareness
 - Can be caused by use of reduced anesthetic or resistance caused by drug use, medications, or natural inborn resistance

Fact or Fiction: eating fish is good for your brain





Fact! (kind of)

- A study at [Tufts University](#) actually found that people with the highest concentrations of DHA (fatty acid found in many fish) in their blood had almost a 50% reduction in their risk of developing dementia & Alzheimer's
 - Older adults who ate (week-baked or broiled) fish at least once a week had a greater volume of gray matter in the brain in areas important in Alzheimer's disease!
 -



Fact or Fiction: cracking your knuckles will cause arthritis





Fiction!

- Cracking your knuckles has not been shown to be harmful OR beneficial
- You're actually applying pressure that causes "vapor pockets" within the fluid inside joints
 - Creates a little vacuum that separates the knuckles for a brief second
- There's no risk of arthritis
 - Osteoarthritis is age & genetic related
- Only risk if temporary swelling-- but it's ultimately harmless!



Fact or Fiction: Carrots improve your vision





Fact!

- Under certain conditions, eating carrots will help improve eyesight
- The body uses beta-carotene from carrots to make vitamin A
 - Vitamin A helps the eye convert light into a signal that can be transmitted to the brain, allowing people to see under conditions of low light
 - The cornea can even literally disappear if the body does not get enough vitamin A
- However, most studies so far have looked at the benefits of beta-carotene or vitamin A supplements, not carrots specifically



Fact or Fiction: Cold weather causes colds



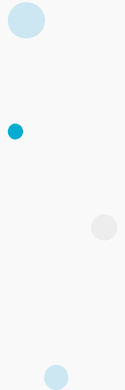


Fiction!

- Weather alone cannot make you sick!
- While more people get sick when temperatures drop, cold weather doesn't directly make you sick
 - People spend more time indoors when it's cold out, and viruses spread more easily in close quarters
 - Viruses spread more easily through dry air and in lower temperatures
 - Cold weather can temporarily impair your immune system.



Fact or Fiction: eating raw eggs can cause salmonella infection





Fact!

- According to the [CDC](#), salmonella bacteria can be transmitted from poultry to the insides of eggs or egg shells
- However, the [risk](#) of salmonella contamination is only 1 in every 30,000 eggs!
 - From the 1970s through the 1990s, eggs used to be the most common source of salmonella infection
 - Strict regulations in the United States including pasteurization, cleaning of eggs, and refrigeration have lowered the risk of contamination

Fact or Fiction: essential oils have medicinal properties





Fiction!

- There is currently no evidence that essential oils can cure any illness
- Essential oils are toxic if ingested!
 - Can also irritate skin if directly applied
 - Some essential oils are known to cause allergic reactions, including oregano, jasmine, and lemongrass
- While essential oils do not have medical applications, aromatherapy can be helpful for coping with stress and anxiety

Fact or Fiction: drinking red wine every night helps to maintain a healthy heart





Fiction!

- Some studies show that red wine:
 - Raises good HDL cholesterol levels
 - Has antioxidants that could be good for cardiovascular disease
- Not enough evidence that supports drinking red wine every night to maintain a healthy heart
- Red wine may be better than other forms of alcohol, but alcohol in general should be consumed in moderation

Fact or Fiction: sitting too close to the TV damages your eyes





Fiction!

- According to the American Academy of Ophthalmology, sitting close to your TV and staring at it for a long time may tire the eyes and cause eyestrain, but there is no evidence that this will permanently damage or harm the eyes.

**Fact or Fiction: chewing gum, if swallowed,
remains in the stomach for 7 years**





Fiction!

- It is true that gum cannot be digested if swallowed because our bodies don't have the digestive enzymes to break down gum, but that does not mean it stays in your stomach for seven years. The gum moves through our digestive system and is eventually excreted in our stool.

Thank you for coming!



Email: shpc.eboard@gmail.com

Instagram: @stevens_shpc