Women may be afraid of strangers, but it’s a husband, a lover, a boyfriend, or someone they know who is most likely to hurt them. According to a U.S. Justice Department study, two-thirds of violent attacks against women are committed by someone the woman knows. In the United States, one of the most dangerous places for a woman is her own home. Approximately 1,500 women are killed each year by husbands or boyfriends. About 2 million men per year beat their partners, according to the F.B.I. There is no excuse for abuse.

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Don’t Let Your Diet Get the Best of You!
Come to a
Disordered Eating Screening
Tues, March 18th
8:30—9:30PM
Kresse Arena
OR
Wed, March 19th
10AM—2PM
Silcox Gym,
2nd Floor
Completely Free and Confidential

Holistic Healer
Information for the Mind, Body, Heart, and Soul

“No Safe Place:”
Relationship Violence Questions and Answers
http://www.pbs.org/kued/nosafeplace/studyg/domestic.html

Is there a profile of men who batter their partners?
Most experts say there is no one profile of men who batter or beat women. Relationship violence crosses all social and economic boundaries. According to Dr. Susan Hanks, Director of the Family and Violence Institute in Alameda, California, men batter because of internal psychological struggles. Usually, men who batter are seeking a sense of power and control over their partners or their own lives, or because they are tremendously dependent on the woman and are threatened by any moves on her part toward independence. Some men batter because that’s the only way they know how to be close to or relate to a partner. Some men grew up in violent households, where they watched their mothers abused by their fathers and where they themselves were abused. Some men become violent under the influence of drugs or alcohol, although the substances themselves do not cause the violence.

Why don’t women leave abusive relationships?
Leaving a relationship, no matter how abusive, is never easy. Women who leave relationships often have to opt for living in poverty. That’s a very difficult choice to make. There are many social, cultural factors that contribute to encouraging women to stay and try and make the situation work. Often, violence is a familiar pattern for the woman, as well as the man. In addition, women often love the men who abuse them, or at least love them initially. Men who batter are not 100 percent hateful, and they can be loving and attentive partners at times. Some women remain emotionally and/or economically dependent on the batterer despite the fact that she faces continued abuse if she stays with him. Women are at highest risk of injury or violence when they are separating from or divorcing a partner. Women can be very intimidated by a partner and the consequences of her leaving. It takes a long time for a woman to give up hope in a relationship and to recognize that the only way she can be safe is to leave him.

Why don’t men leave relationships that are supposedly so unsatisfactory to them?
If we listen to men who abuse their wives, what we hear is how terribly inadequate these women are for the men. At the same time, we know that abusive men are tremendously dependent on their partners. Fear of rejection, emotional withdrawal, and/or abandonment are major factors that actually cause these men to be violent. Men who batter women are often psychologically incapable of leaving the relationship. (Continued on page 4)

Remember that relationship violence is NEVER okay. If you or someone you know is a victim of abuse, seek help with one of the resources listed on page 4.
Diabetes can take a toll on a person’s overall health, but amidst all of the possible problems that may arise, sexual dysfunction is not often talked about and is more common than most people realize. According to the Joslin Diabetes Center in Boston, Mass., roughly 35 percent of women with diabetes may experience some form of sexual dysfunction related to their disease.

Most of the past research about diabetes’ impact on sex has focused on men (estimates of the number of diabetic men who experience sexual dysfunction range from 20 percent to a stunning 80 percent*.) But it has become quite clear that women suffering from diabetes may experience sexual difficulties as a result of complications from the disease. A recent study in the journal Lancet revealed that diabetes frequently impairs normal sexual functioning in both men and women.

According to the study’s research team from the Department of Endocrinology at the Boston University School of Medicine, “The effect of diabetes on women's sexual function is complex: the most consistent finding is a correlation between sexual dysfunction and depression.”

In addition to the psychological effects of the disease, the study’s authors were quick to point out that more research in body physiology was needed to fully understand the toll diabetes can take on the female patient. “More research on the sexual effects of abnormal adrenal and thyroid function, hyperprolactinaemia, and metabolic syndrome should also be prioritized,” the study authors wrote. Hyperprolactinaemia is the presence of abnormally-high levels of the hormone prolactin in the blood. Unusually high amounts of prolactin are suspected to be responsible for impotence and loss of libido.

Women with diabetes who suffer from sexual dysfunction often have a wide variety of complaints. Nerve damage from the disease can result in a decrease of sexual arousal and lowered libido. Diabetic women are also more prone to problems with decreased vaginal lubrication. In addition, some women with diabetes may suffer from recurring vaginitis, or inflammation of the vagina, as a result of yeast infections, which can make sexual intercourse painful.

There are treatments available for sexual dysfunction, which vary based on the underlying cause. The key is to have an open, honest discussion with a health care provider who can assist patients in narrowing in on the cause and finding the proper therapy.

*http://www.diabeteshealth.com/read/2007/02/01/4954.html

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2008 C of C Student Health Fair
Wednesday, March 19th, 10am - 2pm
Silcox Gym
Come get healthy!
Women’s History Month Quiz

1. What Amendment to the U.S. Constitution gave women the right to vote?
   - A. 17th
   - B. 18th
   - C. 19th
   - D. 20th

2. Who won the 1979 Nobel Peace Prize?
   - A. Kim Dae-jung
   - B. Willy Brandt
   - C. Mother Theresa
   - D. Yitzhak Rabin

3. What state was the very first to allow women the right to vote?
   - A. Colorado
   - B. Wyoming
   - C. New Mexico
   - D. Vermont

4. In what year did Congress pass the Equal Pay Act, which made it illegal for employers to pay a woman less than a man for doing the same job?
   - A. 1952
   - B. 1970
   - C. 1924
   - D. 1963

5. Jackie Joyner-Kersee was the first woman to win a gold medal in what event?
   - A. Tennis
   - B. Track and Field
   - C. Long Jump
   - D. Gymnastics

6. How many poems of Emily Dickinson were published during her lifetime?
   - A. 81
   - B. 391
   - C. 1775
   - D. 3091

7. Who founded the American Red Cross?
   - A. Dorethea Dix
   - B. Mary Todd Lincoln
   - C. Sally Louise Tompkins
   - D. Clara Barton

8. Who was the slave that became a conductor in the Underground Railroad?
   - A. Wilma Rudolph
   - B. Hannah Valentine
   - C. Harriet Tubman
   - D. Elizabeth Johnson Harris

The Wonderful World of The Kidney

- Every day 180 liters of blood are filtered through your kidneys. The material which is filtered leaves the body in the form of urine.
- A small percentage of the population (approximately .07 percent) are born with more than two kidneys. An even smaller percentage (about .02 percent) are born with only one kidney.
- The largest known kidney stone weighed 1.36 kilograms.
- Chronic Kidney Disease (CKD) occurs when one has a major decrease in kidney function or filtration rate.
- More than 500 million persons worldwide - 10% of the adult population - have some form of kidney damage, and every year millions die prematurely of cardiovascular diseases linked to CKD.
- Old age, smoking, hypertension, diabetes, and a family history of CKD, hypertension, or diabetes all increase one’s likelihood of CKD.
- Lowering blood pressure, exercising, controlling weight, and quitting smoking can all reduce the risk of CKD and kidney failure.
- Regular kidney screening can detect potential problems early and reduce the risk of acute CKD.

http://www.worldkidneyday.org/pages/facts.php
http://factcheck.gullible.info/discussion/419/kidney-facts/

Seduce Me!
Tuesday, March 18th
7pm
Kresse Arena
Be There!

What is the cycle of abuse?
A cycle of abuse occurs in some families. The family's life becomes a cycle of violence. Life begins to revolve around anticipating violence; coping with actual acts of violence; or recovering from the violence. Ironically, a family can become tremendously close in the recovery phase. The man who was terrifying and intimidating turns into a remorseful, needy, and dependent man. The woman who was battered then will feel sorry for the man and recommit to him in a fantasized hope that the abuse won't happen again. But the cycle of abuse will begin again, often becoming worse. The cycle of abuse can only be broken with awareness and professional help.

How does domestic violence affect children?
Children are traumatized by witnessing violence in their family. The children in these homes are at high risk of being battered themselves by either the batterer or the victim. In addition, the long-term effects of witnessing such violence can create a cycle of violence that spans generations. We know that many men who are abusive witnessed their mothers being abused and many were victims of physical abuse themselves. We also know that women who come from a family in which they witnessed their mother being battered are more susceptible to developing what is called "battered women's syndrome." Such women may come to believe there is nothing they can do to get out of an abusive relationship. Both men and women who come from abusive homes may come to view the violence they have witnessed as normal, and carry it into their own relationships as adults.

Can men be the victims of relationship violence?
According to the U.S. Department of Justice, 95 percent of the victims of relationship violence are women. The National Crime Victimization Survey consistently finds that no matter who initiates the violence, women are 7 to 10 times more likely to be injured than are men. It's important to realize the climate of intimidation and control that occurs in abusive families. Most men will say they are not afraid of the woman with whom they live, even if they had also been hit, scratched, or punched by her. However, you'll often hear that women are terrorized and live in constant fear of being battered by the man with whom they live. The difference in strength and physical size puts a woman at more risk than a man.

<table>
<thead>
<tr>
<th>Behaviors characteristic of abusive partners</th>
<th>Need Help? Resources for Victims</th>
</tr>
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<tbody>
<tr>
<td>• Jealousy</td>
<td>• My Sister's House (843) 744-3242 Provides free and confidential information and help to victims of violence. Services include: 24-hour crisis counseling, emergency shelter, victim advocacy, legal assistance, case management, information and referral, support groups, and children's services.</td>
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<tr>
<td>• Controlling Behavior</td>
<td>• People Against Rape (843) 745-0144 Provides supportive and crisis counseling to victims and family members of sexual assault and intimate violence. Provides information and referral about medical and legal proceedings. Offers group support, resources, referrals and public education</td>
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<tr>
<td>• Unrealistic Expectations</td>
<td>• Trident United Way Hotline 2-1-1 Provides, listening, crisis intervention, and resource information 24 hours a day</td>
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<tr>
<td>• Isolation</td>
<td>• Charleston Police Department (843) 577-7434</td>
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