

Alcohol Dependency

Medically reviewed by [Kelly Tanguay](#), MD in September 2015 – Written by Kelly Tanguay.

Overview

With alcohol dependency, you may find yourself waking up groggy due to last night's shenanigans or yearning for a pint of whatever before/after/or during anything involving dealing with emotions, mental strain, or physical exertion.

Alcohol dependency can evolve into the very serious condition: [alcohol addiction](#), if not taken seriously. If alcohol dependency is not treated in college students, their binge drinking may turn into [alcoholism](#). Alcohol dependency rates can be found in concentrated numbers near cities that have demographics including football fans, college students, and stores that are willing to sell to minors or near areas with bars that offer 'deals' on week days. Dependency may also be common in areas where people do not see the sun for half of the year.

Nearly all college students will feel the effects of this condition at some or many points during their college career. Alcohol dependency can make it hard for those affected to enjoy anything without being intoxicated.

Symptoms

Alcohol dependency is considered a true dependency if symptoms last for more than 21 days (because that's how many days advertising tells us it takes for habits to form).

You need to have at least three of the following symptoms to be considered dependent on alcohol:

- You are able to shotgun an entire beer in under four seconds
- You make drinking games out of television shows unnecessarily
- You can only enjoy family gatherings when you're buzzed
- You finish your homework on Wednesdays because you need to be able to have four-day-weekends, every weekend
- You show up late to classes, work, or other obligations because you're hungover

Causes

You may become dependent on alcohol if you experience:

- Peer pressure
- A frat party while sober
- An overcrowded bar playing shitty music while sober
- The need to mask feelings such as [stress](#), [anxiety](#), [depression](#), [happiness](#), [hunger](#), [tiredness](#), [anger](#), [sleeplessness](#), [uncontrollability](#), etc.
- Being a college student

Treatment

There are many treatments for alcohol dependency, but the main one is to be able to tell yourself that your use of alcohol is only prolonging any of the issues you are trying to mask.

Other treatments include:

- Drink more water
- Exercise more than once a week (and no, dancing at bars does not count)
- Stop attending things that you hate

Allergies

Medically reviewed by [Kelly Tanguay](#), MD on July 21, 2015 – Written by Kelly Tanguay.

Overview

You may get allergies if you: choose to live in the Willamette Valley, live in a house for under \$600/month, or are a sensitive person.

The Willamette Valley is home to most of the plants that cause allergies due to the obscene amount of agriculture farmers and hippies that live here. Whether these people aim to make money or save the bees, their obsessions have ruined many peoples' lives.

In fact, there are so many allergens in the Willamette Valley that Native Americans used to call this place the “Valley of Death and Sickness” (true fact). Maybe one of the reasons they called it that is because of how easily mold grows here. [Mold exposure](#) is one of the leading causes of allergies in Eugene, OR. You may want to spend more than 15 minutes at the next house showing you go to, especially if it's through Bell Real Estate, Campus Connections, Von Klein, or Jennings Group.

No one is sure if rental agencies actually fix mold issues that are reported or if they just cover affected areas with a fresh coat of paint, thinking next year's tenants won't notice.

Symptoms

You probably have allergies if you find yourself asking, “What's wrong with me?” on a seasonal-basis. You may also have allergies if you're living in a house that isn't up to code. These symptoms may last for as long as you're living in Eugene, OR and then might continue even after that.

Some symptoms include:

- An unstoppable runny nose that is only somewhat soothed with the expensive lotion tissues
- Itchy or red eyes that cause people to ask you why you're always stoned
- Coughing that can't be controlled during exams, phone calls, and while trying to get laid
- Coughing that lasts for several months which can lead to [bronchitis](#)
- [Headaches](#), [hay fever](#), and HATING YOUR LIFE

Causes

You may have allergies if you've ever experienced:

- Living in or visiting Eugene, OR
- Mold in your house, car, shoes, clothing, and school classrooms
- One of the thousand kinds of grass that is grown here
- Owning a huge garden
- Living next to someone who owns a huge garden

Treatment

Allergy treatments usually don't work, but here are some examples anyway:

- Taking Benadryl PM, Tylenol, Claritin, and Advil all at once
- Getting allergy shots weekly (if you can afford that & like needles)
- Rolling around in any kind of plant, mold, or trash receptacle that you can find

Anxiety

Medically reviewed by [Kelly Tanguay](#), MD on May 17 , 2017 – Written by Kelly Tanguay.

Overview

Anxiety is something you will begin to think is normal after a few years of attending college. It may vary in intensity, but usually always results in binge eating junk food, procrastination, or napping. There are few students that deal with their anxiety in ways that will end up being beneficial.

Anxiety is that little feeling that creeps up on you the night before a test or the day that an essay is due. You may also experience anxiety before meeting someone in person that you “met” on Tinder. Anxiety, while considered a clinically diagnosable condition by doctors, can be felt by people who aren’t diagnosed too. You may also have anxiety that is associated with other medical conditions such as [My Animal Actually Ate My Homework](#), [Roommate Who Doesn’t Do Dishes](#), [Year-Round Sickness](#), or any of the other medical conditions you’re prone to.

College students should be warned that anxiety levels typically increase during certain days or weeks of the year such as: your best friend’s birthday that you forgot, the day you have to start paying for your own car insurance, syllabus week (if you’ve been wait-listed for classes), dead week, finals week, and the week before you graduate college and every week thereafter.

Symptoms

Alcohol dependency is considered a true dependency if symptoms last for more than 21 days (because that’s how many days advertising tells us it takes for habits to form).

If you have anxiety you may experience:

- Binge eating cereal at all times of the day, even when you’re out of milk
- Biting your finger nails or toenails
- Tapping your foot or pen in a way that ALWAYS is annoying, no matter what surface you choose to do it on
- Shortness of breath that is unrelated to your lack of exercise

Causes

You may give yourself anxiety if you:

- Commit to too many extracurriculars because you want to make your resume look good
- Procrastinate without giving yourself at least one day to finish any given assignment
- Are without your smart-phone for more than an hour
- Have to participate in classes, especially in ones that have 50+ students

Treatment

There are no treatments for anxiety, but some things that might help are:

- Doing drugs
- Ignoring all things related to school or dropping out
- Going on beach retreats that you can pay for because you’re sponsored on Instagram and are considered an “Influencer” (I can’t believe this is considered an occupation)
- Drinking more herbal tea that tastes like dirt than water
- Training yourself how to sleep through alarms

Biking Injury

Medically reviewed by [Kelly Tanguay](#), MD on June 4, 2016 – Written by Kelly Tanguay.

Overview

Because biking is the most socially acceptable form of transportation in Eugene, OR, you may find yourself accruing bike injuries regularly. Not all of these injuries happen because the mistreatment of your bike, but most will. Some of your biking injuries will happen due to the infrastructural issues of the city (the people who designed these roads were on LSD) and others will happen because people fight over who should go first at 4-way stops (it's always someone else, not you that should go). Biking related injuries should be treated seriously and always be should always be blamed on someone else.

Symptoms

If you've experienced any of these symptoms it's probably because you're riding, have ridden, or want to ride a bike:

- Ripped pants because they got caught in the chain
- Literally kicking yourself because your bike got stolen
- Physically serious injury such as a [concussion](#), [broken limb](#), or [severed artery](#)
- [Death](#)

Causes

Again, most bike-related incidents will happen because of someone else. Always tell yourself that.

Some causes of bike injuries may include but are not limited to:

- Lack of bike maintenance
- Forgetting to use or have bike lights (especially during Winter season when it gets dark at 4pm)
- Biking on any of the sidewalks in Eugene which have infamously unkempt cracks and divots
- Getting your bike stolen
- Getting hit by a car
- Getting hit by a pedestrian
- Falling off of your bike after a night of drinking when you knew you should have called an Uber
- Running into someone else on their bike
- Getting hit by the car door that someone just opened without checking to see if you were coming

Treatment

Biking injuries are common in Eugene, OR but can usually be avoided if you choose to drive a gas-guzzling SUV. However, if you choose to do this, you may receive stares from people biking and you may be the cause of other peoples' injuries.

- Avoid bikes at all costs
- Take your bike to a bike shop at LEAST once a year
- Drive a car
- Walk
- Take the bus
- Fly



Caffeine Dependency

Medically reviewed by [Kelly Tanguay](#), MD on June 14, 2017 – Written by Kelly Tanguay.

Overview

Caffeine dependency may be the leading medical condition among college students. Caffeine can be found in many purchasable products and is usually coupled with other ‘edible’ chemicals. Research shows that the most used product with caffeine is coffee.

White girls usually consume it in the form of pumpkin spice or a seasonal blend. White girls living in Eugene usually consume it like regular white girls, but will ask for some kind of milk alternative. Men drink it black. Professors, including [Thomas Bivvons](#), drink it from a Keurig because they don’t have enough time to go to coffee shops, they don’t want to run into their students at coffee shops, or because they aren’t progressive enough to make it from a regular machine that doesn’t use single-use pods made of plastic that eventually leeches into oceans that are filled with cute sea creatures.

Some people do not get their caffeine from coffee. Those people are: edgy people or people that never grew up (these people drink it in the form of Monster and RedBull) and hippies (who *claim* to get it from tea).

People use caffeine to ignore [sleep deprivation](#).

Symptoms

If symptoms last more than 21 days, you are probably at risk for [caffeine addiction](#). The only way to get rid of caffeine addiction is by stopping all consumption. Some symptoms related to quitting caffeine are: sleeping more, being late to things, getting headaches, craving coffee, and eventually consuming caffeine after trying to quit.

Causes

Caffeine dependency can occur as a result of:

- Wanting to watch the entire Game of Thrones series with the help of the auto-play feature
- Procrastination of work that results in pulling “overnighters” in the library
- Having to wake up and be functioning before 10am
- Insomnia

Treatment

The only way to get rid of this dependency is to stop consuming caffeine. Let’s be real, that won’t happen until you’re retired and able to read the entire newspaper every morning and even then, you may be so addicted to caffeine that it’d be too hard to quit anyway.

- Sleep when you’re dead!

Flu

Medically reviewed by [Kelly Tanguay](#), MD on November 5, 2018 – Written by Kelly Tanguay.

Overview

You may contract the flu if you are exposed to anyone's germs but your own. Flu season exists during all months of the year if you attend a university or are regularly exposed to more than a handful of people.

If you are a student and you catch the flu, you will probably try and push through your sickness and still go to classes, which will continue the cycle of pain for your peers. Please do not attend class if you have the flu, even if you've already used your two excused absences and might fail your class. You must quarantine yourself and sacrifice all of your rights as a human so that you are not the cause for other people getting sick.

Avoid people that seem to have caught the flu. These people will usually look like walking zombies and might wear the same set of clothes for many days in a row. Do not let them bite, lick, or kiss you under any circumstance. If anyone who has the flu sneezes on you, immediately punch them in the face. Remember to wash your hands after touching anything in the aisles of grocery markets that have any of these products: soup, lozenges, tissues, medicine, and Saltines.

Symptoms

The flu can seem take on qualities very similar to other medical conditions, but you'll know you've got it if you can't seem to get an appointment at the health center because they're fully booked until next month.

You may also have the flu if your body is doing two or more of these:

- [Coughing](#) even after you've tried drinking warm whiskey
- Producing many shades of snot from your nose and mouth
- Hocking up loogies that you are forced to swallow in class
- Holding a [fever](#) that you can't measure in temperature because you're not adult enough to own a thermometer

Causes

You may catch the flu if:

- You didn't getting the flu shot
- You got the flu shot
- You share and use the cups from beer pong games
- Your significant other catches it, unless you dump them before you catch it
- Your exposed to people regularly

Treatment

You will most likely have to undergo treatment for the flu at least three times a year if you attend a university and are exposed to baby adults who are between the ages of 18–24 because they have no sense of hygiene and are not monitored by their parents anymore.

Some treatments for the flu are:

- Wash your hand you nasty piece of shit!
- Take antibiotics (because that's all the doctors will prescribe you)
- Stick it out...You're probably better off doing this. What doesn't kill you makes your immune system stronger.

Freshman 15

Medically reviewed by [Kelly Tanguay](#), MD on July 21, 2015 – Written by Kelly Tanguay.

Overview

People typically gain or lose the Freshman 15. This means that during a person's freshman year of college, he or she will gain or lose 15 pounds. The Freshman 15 is a well-known phenomenon that is joked about by family members during holiday breaks.

Those who obtain the Freshman 15 will usually reflect on their freshman year and wonder why they ate so much shitty food and drank so much cheap beer. Hopefully, by the time these people graduate, they will have changed their lifestyle to include more healthy habits.

Research shows that a higher percent of people will gain the 15 pounds however, there are some that do lose the 15 pounds.

Symptoms

You will know you've got the Freshman 15 if by the end of your freshman year, you can look back on photos where you look noticeably skinnier or heavier than before you finished freshman year.

Some symptoms include:

- Eating food for no good reason
- Having to buy new clothing
- A [double chin](#)
- Feeling bad about yourself
- Eating food for no good reason
- Being colder or warmer during the winter months
- Obsession over free food
- Long conversations with your family members during holidays about what you want to make out of yourself

Causes

You may obtain or lose the Freshman 15 if:

- You are doing excessive amounts of party drugs
- You refuse to eat the dorm food after a certain point of [taste-bud-boredom](#)
- You miss your mother's cooking
- You drink A LOT of cheap beer
- You finish pints of Ben & Jerry's regularly
- You find yourself ordering delivery from Domino's to your dorm room even though Domino's is right across the street
- You use free water cups at fast food restaurants to get soda
- You eat any of the following more than three times a week: an entire baguette, pizza, bag of candy, molly, cocaine

Treatment

If approached about this issue, doctors will not confront you unless you are clinically obese or underweight. Your least favorite family members or friends will probably make you aware if you have the Freshman 15.

If you wish to handle it yourself:

Headaches

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Overview

Headaches are common in college students because of how many things they are exposed to that can make their heads hurt. There are varying kinds of headaches and all of them suck.

To properly diagnose and treat your headache, you will need to understand the five most common kinds of headaches.

Types of Headaches:

- **Hungover headache:** During this headache, you will regret whatever you did the night before and won't want to put anything into your body except for excessive amounts of water and Advil. This headache may be accompanied by nausea, tiredness, [#ragrets](#), and having to take a day off from partying.
- **Migraine:** This kind of headache will be taken seriously by most everyone. You will want to seclude yourself in a room dark enough to make anyone that enters stub their toe on the booby trap you've installed to hurt anyone that enters. Any kind of noise will trigger a shooting pain in your brain and may cause a small [seizure](#). Migraines may last for one to 24 hours.
- **Tension:** This kinds of headache usually happens because you are stressed or have pain in your muscles. Lay off the gains bro.
- **LED induced:** This headache is a new kind of diagnosable headache brought into existence by technology. If you spend many hours a day looking at social media or trying to absorb anything from your professors' two hour long projector-lectures (what other kinds are there?!), then you're fucked. You're bound to experience this kind of headache throughout your college career and may even have [vision loss](#) because of it. Just remember, after you are given a prescription for seeing, you should order your glasses Online because it's cheaper. The Apple features that adjust your electronics' screens to "match" your Circadian Rhythm are bullshit, so you should probably just go outside more and read books.
- **Overuse of brain power:** This kind of headache will attack when you [just can't think anymore](#).

Symptoms

Other symptoms not listed above are:

- Wishing you weren't a human
- Sleeping, eating, and crying more
- Missing classes
- Googling: "What's wrong with me?"

Causes

* See [Types of Headaches:](#)

Treatment

Allergy treatments usually don't work, but here are some examples anyway:

- Turn off all of the lights wherever you are, including public spaces
- Get a sleeping mask that says, "Fuck off!" on the front of it
- Stop drinking all kinds of alcohol
- Completely modify your diet to The Headache Diet (vegetables & water)
- Pray to the [Pastafarianism Flying Spaghetti Monster](#) for your salvation



STD/STI

Medically reviewed by [Kelly Tanguay](#), MD on July 21, 2015 – Written by Kelly Tanguay.

Overview

If you were not educated properly in grade school (don't worry it's not your fault) or if you just don't care, you will probably contract an STD/STI. Nobody knows the difference between an STD and an STI, but we know that they are both equally unpleasant.

STD/STI's are the most common medical condition that college students contract. Y'all are nasty.

Doctors say that using the acronym "STI," which stands for a sexually transmitted infection, is more accurate because not everyone experiences symptoms. That's right folks, you may have an STI without even knowing it. So if you don't use protection and you find out you have an STI, you should probably tell every person you've ever had ANY kind of sexual encounter with. Yes, even kissing counts.

Here's a list of STI's that we aren't taught enough about:

- Chlamydia: Men usually don't know when they have this one. If you've had a lot of unprotected sex with strangers and are clean, immediately sell your genome to bioengineers because you might make billions.
- Gonorrhea: When you have Diarrhea out of all of all of your orifices.
- Hepatitis B: You can catch this one from using someone else's razor or toothbrush!
- Herpes: When you get sores on your mouth or anus holes.
- HIV & AIDS: The only one people are actually scared of.
- HPV: I'm not sure, but I got some shots to prevent this.
- Molluscum Contagiosum: When you shit out mollusk-shaped poops.

Symptoms

- Discharge that looks like cottage cheese
- Losing libido (yes, it is possible at this age)
- Finding bumps, sores, warts, blood, spiders, feces, lice, or crustacean crabs in your play parts
- A burning sensation when you pee
- Absolutely no symptoms at all

Causes

You may contract an STI if:

- You are an unsafe slut (not a slut shame)
- You are uneducated
- You steal your roommate's razor
- You don't use toilet seat protectors or squat at Taylor's
- You think condoms are dumb/you don't know how to use condoms
- You are genetically prone

Treatment

Avoid STI's by:

- Being a safe slut (go sluts!)
- Being educated
- Celibacy