



A publication of the Student Health Advisory Council and the Student Health Service

**UD STUDENT HEALTH SERVICE**  
• LAUREL HALL •

Campus Emergencies.....9-911  
 Appointments/Information.....831-2226  
 Women's Health.....831-8035  
 Sports Medicine.....831-2482  
 Comment Line.....831-4898

[www.udel.edu/shs](http://www.udel.edu/shs)

## why warts?

Warts are cosmetically unpleasant benign skin growths caused by a virus. They can appear anywhere on the body but are generally found on the feet, hands and elbows. Warts may be round, oval, flat, or raised. Within this discolored bump are tiny dark specks that are capillaries, which provide blood to the growth. The amount of discomfort due to the wart depends on location, friction, trauma and pressure. Generally warts on the soles of the feet hurt more than those found on the hands.

Treatment options include over-the-counter products—patches that are taped directly on the wart. Other therapies include surgery, burning, freezing or laser. With any treatment, there is the chance of scarring or the development of keloids. There is also a 50 percent chance that your immune system will help attack the virus and the wart will disappear; however, the chance of recurrence is high because it is believed that the virus remains in the body. Although considered contagious, the chance of getting warts is low. Protect yourself by wearing shoes or flip-flops at the pool or in the shower. Also, there is always the chance of autoinoculation: if you have a wart on your knee which you constantly pick, you may then have one appear on your hand.

### TREATMENT OPTIONS

A Wart Clinic is held on Wednesdays at the Student Health Service. If you believe you have a wart, stop by the Walk-in Clinic and a nurse will have a clinician evaluate you and write a referral to the Wart Clinic. Once a referral is made, you can schedule an appointment at the Wart Clinic. When you come for your appointment, a nurse will ask you to sign a consent form for treatment. A sterile scalpel may be used to remove some of the thick skin, then liquid nitrogen will be applied and reapplied to the area. The treated area will feel very cold—as if touching an ice cube. In a few hours, the area will appear red and later blister. The treatment should be repeated weekly as needed. As an alternative, you may wish to try an over-the-counter product to see if the wart will disappear.

## National accreditation: An on-going commitment

The Student Health Service (SHS) is nationally accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). Accreditation is a voluntary process of evaluating the quality of an ambulatory care service against nationally recognized standards. The standards measure quality of care, quality of management and improvement, clinical records, surgical and pharmaceutical services, environmental safety, governance, administration, and professional development. After a recent review by AAAHC, the SHS has been awarded accreditation for the maximum three-year term.

## Buying sneakers: Sizing up your foot

Buying athletic shoes can be almost as complicated as buying a new car these days. When shopping, we are often left on our own with a new employee to guide us in our purchase. This short article will hopefully make the process much less confusing.

### KNOW YOUR FOOT TYPE

If you have flat feet, you probably wear out the inside edge of your shoes first. You should look for shoes with more stability on the inside edge and better arch support. As a rule of thumb, the more supportive materials are darker in color so you should look for a shoe with a gray or black inside edge. People with high arches will also want good arch support but should look for shoes with better cushioning

because their feet do not absorb shock as well. These people will often show more wear on the outer edge of their shoes.



### WHAT SIZE SHOULD I BUY?

You should have your feet measured every time you buy shoes because your foot structure changes as you age. The best time to go shoe shopping is later in the day. Because our feet commonly swell as the day goes on, shopping later in the day will help assure a better fit. Your foot should be comfortable in the shoe, but your foot should not move from side to side.

The length of the shoe should be one centimeter (about one finger width) longer than the longest toe on your biggest foot. Don't be embarrassed most of us have two different sized feet.

*Continued on back*



# BAM! A bumper headache

A migraine is an intense headache that is usually associated with other discomforting symptoms and can last up to 3 days. In young adults, migraines are more prevalent in women. Eighty percent (80%) of patients have a family history of migraines. Physical and emotional stress, changes in menstrual hormones, and changes in one's environment are the most common triggers. Migraines consist of three phases. These phases can vary from patient to patient. Also, each individual patient can experience different symptoms with each migraine:

**Phase 1** The premonitory phase consists of warning symptoms (collectively called the *prodrome*) and/or an aura. A prodrome can consist of fatigue, a change in mood, muscle aches, yawning and/or food cravings. An aura develops in only fifteen percent (15%) of migraine attacks. The aura usually precedes the headache by at least one hour. Most auras are visual disturbances consisting of flashes of bright light, sparkles, halos or blind spots. Some patients experience one-sided disturbances such as numbness and tingling of the lips and fingers.

**Phase 2** The headache phase is often described as a throbbing-pounding, moderate-to-severe pain. It is usually on one side, although a headache on both sides does not rule out a migraine. The headache is usually associated with nausea and occasionally vomiting. Most patients also have hypersensitivity to light and sound during this phase. This phase of a migraine headache can last 4–72 hours.

**Phase 3** The post headache phase is the last phase. During this phase one may experience fatigue, irritability, or difficulty concentrating for 1–2 days after the migraine.



Given the intensity of the pain, the associated symptoms, and the full duration of the three phases of a migraine, a migraine can significantly affect a person's lifestyle. Treatment is aimed at preventing and/or aborting the attack before it reaches phase 2 and intensifies. Avoiding stressful situations and recognizing the onset of a headache is very important. At the onset, rest in an area devoid of sensory stimulation including light, sound, and odors (i.e. a dark quiet environment). Place a cool compress to the area of pain and over the eyes. Medications are most effective when taken early in a migraine. Over-the-counter medications such as Excedrin™ or any analgesic should be tried initially. If these do not provide relief, there is a wide variety of medications that can be prescribed by a clinician. They can be used alone or in combination based on the patient's symptoms. A significant change in the nature of the headache in someone with a known history of migraine should prompt one to seek medical evaluation for other causes of headaches.

Continued from front

## WHAT TYPE OF SHOE DO I NEED?

It is usually not necessary to buy a specialty shoe unless you participate in that sport more than three times per week. A simple running shoe or a cross trainer is all that most people need. The current style trend or the price of the shoe often misleads people. Very rarely does a recreational athlete benefit from the top of the line shoe. Many times a mid-priced shoe that has the proper support for your foot will be better than the newest style or the most expensive shoe.

## WHEN TO GET NEW SHOES

As a rule of thumb, running shoes should not be worn for more than 500 miles of training. At about that time, you will feel that the shoe has begun to break down. Another way of determining whether your shoe is providing the proper support is go to a store and find the latest model of the shoe you are currently wearing and try it on. If this shoe feels better than the shoes you are wearing, it is time for new shoes. Keep in mind that sneaker styles change every 15–20 months so it is not always easy to find the same shoe. Ask a sales person for assistance: they usually know which models coincide with the old models.

## The skinny on **FATS**

Cholesterol is a “buzz” word for anyone who is health conscious. The relationship between cholesterol, heart disease, and arteriosclerosis is well documented. Most of us are advised by our health care practitioners to keep our cholesterol intake low. Most clinicians will routinely order lipid profiles to determine levels of the common substances used to assess our heart health.

A cholesterol test will determine your total cholesterol and this total may be broken down into parts—good cholesterol (HDL or high-density lipoproteins) and bad cholesterol (LDL or low-density lipoproteins). In the past, clinicians have focused on a person's total cholesterol; however, currently, medical professionals are focusing more on the lipid tests which determine the amounts of HDL and LDL. The healthy goal is for good cholesterol (HDL) values to be high while keeping bad cholesterol (LDL) as low as possible. When HDL values remain high and LDL low, the total cholesterol becomes less of the primary concern. Note that HDL levels may be increased by vigorous exercise.



Triglycerides are another compound evaluated in the lipid profile. They comprise most of the fat stored in tissues. Low triglyceride levels are desirable since high levels not only contribute to the build up of “fat stores,” but also to arteriosclerosis. Remember that the best specimen for a lipid profile is a specimen collected after a 12-hour fast. This represents the “true” lipid level not influenced by consumption of food or beverages.

**So...that's the “skinny” on fats!**