

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



Exercise You know it's good for you!

Although most of us know that exercise can benefit our physical and mental health, incorporating it into our lives is sometimes an effort. What is holding you back? Feeling tired? Find exercise boring? First, realize that you probably already have some physical activity in your day. See if you can gradually increase the time and pace of your activities. Add to existing activities and vary what exercise you are involved in so you don't get bored. Walk with a friend or perhaps a dog, throw a Frisbee, ride a bike, swim in the pool, or find music that has a good beat and dance to it. If you choose activities you enjoy and fit your personality and lifestyle, you will be more apt to find time for exercise.

OTHER HELPFUL TIPS:

- Exercise regularly, it then becomes a habit.
- Don't give up if you have to miss a few days.
- Remember comfort and safety. Choose appropriate clothing, locations, and weather conditions.

(For example, break in new sneakers slowly to prevent blisters; wear a helmet if biking)

- Encourage friends to join and/or support you.
- Drink plenty of water.
- Know when you have had enough — your body's warning signals. (For example, joint pain or abnormal heart palpitations)
- Challenge yourself and celebrate your successes.

If you build up to as little as 30 minutes of moderate physical activity each day, you can seriously improve your health, your looks and your attitude. Physical activity lowers your risk of heart disease, cancer, diabetes, hypertension, osteoporosis, and back pain. It also improves strength and endurance, helps maintain healthy bones and muscles, helps control your weight, and improves your mind and mood.

Go for it! You can do it!

Amazing antibiotics

Antibiotics are amazing. Until the 1940's, a bacterial infection could be life threatening. The same is true today, but now we have drugs such as penicillin, among others, which have the ability to kill invading bacteria. But antibiotics have their limits. There are times and reasons not to use them:

- Antibiotics do not work against viruses.
- If overused, resistant strains of bacteria develop.
- Antibiotics can cause allergic reactions (skin rashes, fever, wheezing, and anaphylactic shock).
- Antibiotics can cause side effects such as nausea or diarrhea.
- Drug interactions can occur when some antibiotics are used in conjunction with other meds (for example, decreasing the effectiveness of birth control pills).



When you do take antibiotics, take all of the medication as prescribed. Do not save antibiotics for the future. If you have an unexpected reaction, contact your clinician.



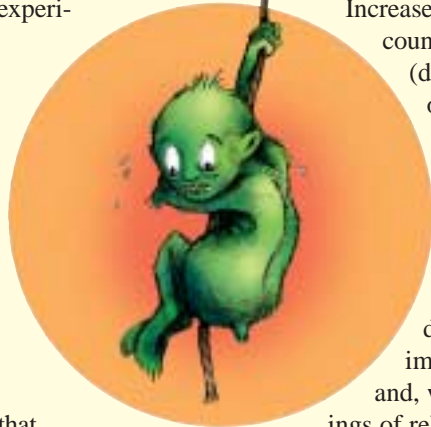
Remember December

The whole month of December is National Drunk and Drugged Driving Prevention Month – a time when communities across the country conduct public awareness and enforcement campaigns to prevent impaired driving.

UNIVERSITY OF
DELAWARE

Stressed?

You're probably not alone. When your body or mind is called upon to adapt, you experience stress. In your life, you will encounter positive (a new roommate/friend) and negative (a failed exam) challenges, which require adaptation. Humans respond by taking a fight or flight approach to the changes — an increase in heart rate, muscle tension, high blood pressure and an increase in perspiration, glucose, cholesterol and stomach acid.



- management • Organize your work load • Increase support and insight through counseling • Combine activities (do laundry with a friend) • Cut out unnecessary commitments • Get enough sleep • Eat a healthy diet (cut out caffeine) • Exercise regularly.

Step three – Relax.

Skills such as deep breathing, deep muscle relaxation and imagery work can be learned and, with practice, can trigger feelings of relaxation and well-being.

Massage, yoga, prayer and meditation can also help the body cope with stress. These activities are best started before you feel overwhelmed and will require regular use for maximum benefit.

Step four – Tap into campus resources.

The Center for Counseling and Student Development, located above the bookstore in Perkins Student Center, offers an initial assessment meeting if students want help identifying sources of their stress and individual and group counseling to address students' concerns. Wellspring, a wellness program, located in Laurel Hall, has peer educators able to do workshops on stress management, introduction to relaxing massage, or individual meetings to explore stress management strategies.

Will you experience stress in college? Sure. Can you learn to manage it better. Absolutely!

This is a very old response pattern that worked well to prepare for the attack of a lion, but is not very helpful when roommate conflicts occur, our self-esteem is being attacked or we lose a loved one. This fight or flight response is often not only inappropriate but can actually damage the body. Ulcers, headaches, high blood pressure, digestive problems, memory loss, heart disease and cancer have all been linked to prolonged stress.

GOOD NEWS – YOU CAN LOWER YOUR STRESS LEVEL!

Step one – Identify your particular stressors.

Relationships, workloads, recent losses, major life changes, a zillion commitments, poor eating habits.

Step two – Ask yourself, how can you eliminate some of the stressors?

Learn new skills such as assertiveness or time

Call 831-2226 for an appointment or information

ACUTE CARE CLINIC / CLINIC ROOM

For the student who has an acute health care problem that needs prompt assistance. No appointment is needed. A nurse will meet with you and help plan your care. Students with emergency or urgent problems are treated first.

ALLERGY / IMMUNIZATION CLINIC

Appointment only. Hours: Monday, Tuesday, Thursday, Friday, 8:15 am–11:30 am and 1 pm–3:45 pm. Provides the administration of allergy serum provided by your physician. Provides the administration of vaccines against preventable diseases (e.g., Hepatitis B, and measles, mumps, and rubella).

LABORATORY

Hours: Monday–Friday, 8 am–4 pm

Provides a wide range of primary lab services at no charge. Coordinates testing with an outside lab and your private physician. When an outside lab is used this testing is not included in your health service fee.

NUTRITION CLINIC

Appointment only as well as a referral from a Student Health Service clinician or counselor.

MEDICAL CLINIC

An appointment is needed. Provides treatment and follow up for general medical care.

WART CLINIC

Hours: Wednesday 9 am–noon and 1 pm–4 pm. Must be diagnosed and referred by Student Health Service clinician before first appointment for treatment is made.

WOMEN'S HEALTH / GYN

Appointment only.

SPORTS MEDICINE

Appointment only.

X-RAY / RADIOLOGY

Hours: Monday–Friday, 8 am–noon and 1 pm–4:30 pm. Provides x-rays when ordered by a health service clinician. There is a fee for service that is not covered by the health fee.

CHICKEN SOUP: A COLD REMEDY?

YoUDee believes that it is more important that soup be nutrient and herb-filled rather than fowl-filled to provide relief of cold symptoms. Chicken soup, served by a caring person, has the benefit of psychological comfort. Because it also helps to break up congestion and replace lost fluids, chicken soup is often sought out by cold sufferers.

In a study where both hot water and chicken soup were sipped through a straw to avoid any vapor effect, only the soup increased mucus flow. What are those ingredients that give chicken soup medicinal qualities? Veggies and sinus-clearing spices including garlic, hot peppers and curry powder. A bowl of chicken soup has vitamins, minerals, and an amino acid called cystine. Cystine is chemically similar to a drug prescribed for bronchitis and respiratory infections.

Colds are caused by viruses and will generally last no longer than a week. If you have a cold, head for a steaming bowl of chicken soup. It is effective, low in cost and has no unpleasant side effects. It may not cure your cold, but it is bound to help relieve some symptoms.

All night long – and more



Sometimes you have need of health care in the evening or the middle of the night.

Whether it be a bout with a “stomach bug,” a whopper of a migraine, or a need to talk about the stresses of school and life, the Student Health Service not only is there for you during normal office hours but also in the wee hours of the night.

Each night the Student Health Service has two nurses trained to handle student problems. The nurses can consult a Health Service physician and, if needed, care for you in our Inpatient Department. Eight inpatient beds are available to students for treatment and observation, as well as rest and recuperation.

When at home, you had someone to turn to for health care needs or a shoulder to lean on. At college, the Student Health Service is there for you day and night.