



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

UD STUDENT HEALTH SERVICE  
• LAUREL HALL •

Campus Emergencies.....911  
Appointments/Information....831-2226  
Women's Health.....831-8035  
Sports Medicine.....831-2482  
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[www.udel.edu/shs](http://www.udel.edu/shs)

ATHLETE'S FOOT

## Tinea pedis

Athlete's foot (tinea pedis) is caused by a skin fungus. This fungus is able to penetrate the protective skin layer and causes skin scaling, hair loss, and crumbling of the nails. Athlete's foot infection commonly begins between the toes and causes cracking and peeling of the skin. The warm, moist environment in locker rooms and athletic shoes are often implicated as the source for athlete's foot.

Athlete's foot is treated with topical antifungal creams or sprays. In chronic, persistent cases, oral medication may be necessary. If



left untreated, the area of fungal infection will breed bacteria and yeast elements and that area will become increasingly painful.

The best method for fighting tinea pedis is prevention. After bathing or swimming, carefully dry your feet, especially between the toes. Wear dry, cotton socks with athletic shoes. If you share a locker room or pool, wearing shower sandals may help prevent infection.

## STRESSED?

**Y**ou'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.

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, unrealistic expectations from life.

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

Learn new skills such as

assertiveness or time 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.

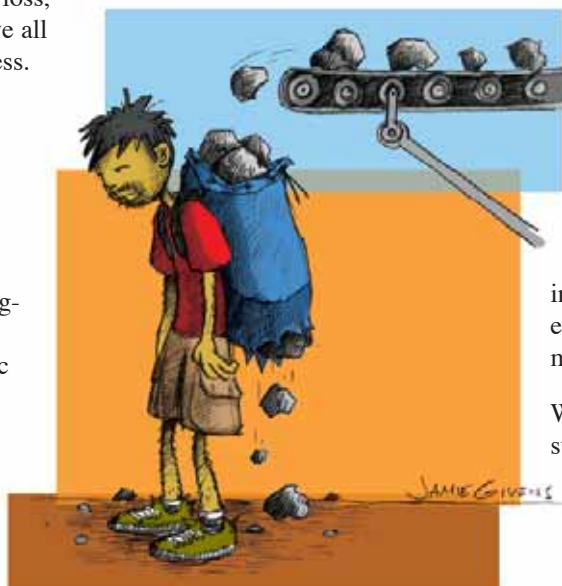
Skills such as deep breathing, deep muscle relaxation and imagery work can be learned and, with practice, can trigger feelings of relaxation and well being. Massage, yoga, prayer and meditation can also help the body cope with stress. These activities are best started before you feel overwhelmed and 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!



UNIVERSITY OF  
DELAWARE

# BIGGIE is not always such a good deal

**M**uch attention has been focused lately on the calories in “biggie” portions at fast food restaurants. Health professionals have been working with the media to warn consumers that huge sodas and bushel baskets of french fries have health consequences. More product for less money is not always such a good deal.

A similar problem exists for people who enjoying drinking alcohol. “Biggie” drinks, meaning a lot of cheap alcohol, can result in tragedy in the short run and major health problems over time.

Health professionals describe “moderate alcohol use” as one drink per day for women, and two drinks for the average male. A standard drink is:

- One 12-ounce bottle of beer\* or wine cooler
- One 5-ounce glass of wine
- 1.5 ounces, or one shot, of 80-proof distilled spirits.

Moderate alcohol use is not harmful for most adults. Nonetheless, a large number of people experience health-related problems due to their drinking — alcohol-related injuries, alcohol overdose, alcoholism and alcohol abuse.

**Alcohol-related injuries** are one of the serious consequences of high-risk behavior. According to the Trauma Foundation’s Alcohol-Related Injury and Violence Project, violent incidents and injuries frequently involve alcohol ([www.tf.org/alcohol](http://www.tf.org/alcohol)).

**Alcohol overdose**, drinking too much alcohol too fast, can lead to hospitalization or prove to be fatal. If a friend needs help, call 911 immediately.

**Alcoholism**, also known as “alcohol dependence,” is a disease that includes four symptoms:

- Craving: A strong need, or compulsion, to drink.
- Loss of control: The inability to limit one’s drinking on any given occasion.
- Physical dependence: Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.
- Tolerance: The need to drink greater amounts of alcohol in order to “get high.”

**Alcohol abuse** differs from alcoholism in that it does not include an extremely strong craving for alcohol, loss of control over drinking, or physical dependence. Alcohol abuse is defined as a pattern of drinking that results in one or more of the following situations within a 12-month period:

- Failure to fulfill major work, school, or home responsibilities;
- Drinking in situations that are physically dangerous, such as while driving a car or operating machinery;
- Having recurring alcohol-related legal problems, such as being arrested for driving under the influence of alcohol or for physically hurting someone while drunk; and
- Continued drinking despite having ongoing relationship problems that are caused or worsened by the drinking.

Although alcohol abuse is basically different from alcoholism, alcoholics also experience many effects of alcohol abuse.

## HOW CAN I TELL IF I HAVE A DRINKING PROBLEM?

Answering the following four questions can help you find out:

- Do you think you drink too much?
- Do you annoy people and have they criticized your drinking behavior?
- Do you sometimes feel bad or guilty about your drinking?
- Do you ever wake up and drink right away to “steady your nerves” or get rid of a hangover?

One “yes” answer suggests a possible alcohol problem. If you answered “yes” to more than one question, it is highly likely that a problem exists. In either case, it is important that you seek help from your doctor or other health care provider right away. There are effective treatments.

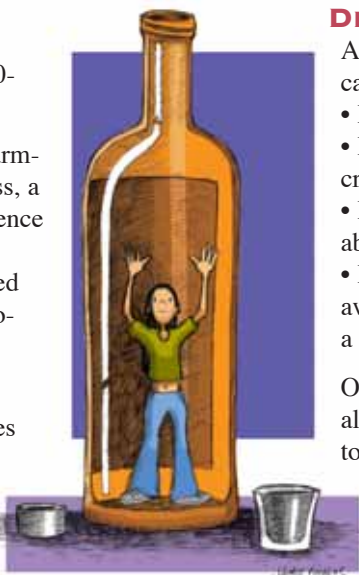
## FOR MORE INFORMATION:

- Student Health Services ..... 831-2226
- Wellspring/Counseling ..... 831-8992
- Building Responsibility Coalition ....831-3115

Over time, the more drinks, the more risks to you.

\* Different beers have different alcohol content. Malt liquor has a higher alcohol content than most other brewed beverages.

Reference: The National Institute for Alcohol Abuse and Alcoholism (NIAAA) Web site at [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)



# Every BREATH you TAKE

## WHAT IS ASTHMA?

Asthma is a chronic condition of the lungs, affecting 14 to 15 million Americans. Approximately 5,000 people die each year as a result of asthma. Although the causes of asthma are still unknown, when people with asthma are exposed to certain triggers, their body responds in particular ways:

- Muscles that encircle the airway tense up.
- Tissues lining the airways swell (inflammation).
- Thicker than normal mucus is released into the airways.

This chain of events causes the air passageways to narrow which means the body struggles to get enough air in and out of the lungs.

## WHAT ARE THE SYMPTOMS OF ASTHMA?

Most people know that asthma may cause wheezing and shortness of breath, but other symptoms my include:

- A cough that lasts for more than a week.
- Tightness in the chest
- Recurrent shortness of breath
- Exercise intolerance, i.e. inability to run, swim, play games, etc.

## WHAT TRIGGERS ASTHMA?

What are the triggers of asthma?

- Allergens (pollen, dust, mold, animal dander)
- Irritants (cigarette or wood smoke, perfumes, cooking odors, cleaning products, air pollution)
- Cold, dry air
- Exercise
- Colds, flu, other respiratory infections
- Stress
- Some medications

## WHAT DO I DO IF I HAVE ASTHMA?

If you are experiencing symptoms and think you may have asthma, it is important to see your doctor. Treating asthma with over-the-counter products could be ineffective and potentially dangerous. Your doctor can prescribe safe, effective medications and treatments that will allow you to be as active as you want to be.

## NEW TO CAMPUS?

Wonder how to get to the Student Health Service? Look straight down the Green from Memorial’s South entrance. We’re in Laurel Hall, the building with the “Blue Hen” weathervane on top.

