



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

UD STUDENT HEALTH SERVICE
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CHICKEN SOUP: A real 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.



STRESSED? Get UNstressed!

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

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



"DOCTOR, I FEEL LIKE I'M BEING PULLED IN A HUNDRED DIFFERENT DIRECTIONS!"

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

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, has peer educators able to do workshops on stress management, introduction to relaxing massage, or individual meetings to explore stress management strategies. Wellspring contact number: 831-3457.

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

Cold or flu? Check this out.

Both a cold and influenza, the “flu,” are infections that typically affect the respiratory tract. Because viruses, not bacteria, cause colds, an antibiotic can’t cure them. One of the best ways to help fight the common cold or the respiratory symptoms of the “flu” is by drinking plenty of fluids. The following list of symptoms will help you to decide whether you have a cold or the “flu.”

SIGNS & SYMPTOMS	COLD	FLU
Onset	Gradual	Sudden
Fever	Rare	Characteristic, high (over 101°F) lasting 3–4 days
Cough	Hacking	Nonproductive, can become severe
Headache	Rare	Prominent
Myalgia	Slight	Usual, often severe
Fatigue, Weakness	Very mild	Can last up to 2–3 weeks
Extreme exhaustion	Rare	Early and prominent
Chest Discomfort	Mild to moderate	Common
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes

All nite 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.

College. Don't lose any sleep over it.

Are you irritable and cranky? Having trouble paying attention in class? Are you experiencing frequent colds and/or headaches? If any of these symptoms sound familiar, you may be suffering from sleep deprivation. Too few ZZZZ's!

A National Sleep Foundation study in 2001 showed that only 26 percent of young adults (ages 18–29) allow themselves the recommended 8 to 9 hours of sleep per day. According to a survey done by Mary A. Carskadon, a professor of psychology at Brown University, college students are receiving inadequate amounts of sleep—an average of only six hours per night!

DOES THIS SOUND LIKE YOU?

Lack of sleep is detrimental to the immune system (frequent infections) and motor skills (athletes pay attention!). Sleep deprivation can also lead to anxiety, tension, depression, problems with concentration and memory, irritability, inability to tolerate stress, and behavioral, learning or social problems.

WHY ARE COLLEGE STUDENTS SO PRONE TO SLEEP DEPRIVATION?

The problem often begins during the teen years: college life only escalates the problem. College students find themselves staying up later, studying all night, adjusting to an active social



"YOU'VE BEEN DIAGNOSED WITH SLEEP DEPRIVATION. THAT'S A SHAME, 'CAUSE THIS SEMESTER YOU'RE ROOMING WITH THE HYENAS."

life, and even “surfing” the net into the night. Alcohol may help you fall asleep, but alcohol consumption has detrimental effects on sleep. Alcohol disrupts sleep, causes nighttime awakenings, and a less restful sleep.

WHY YOUR BRAIN NEEDS A TIME-OUT

Understanding the role of sleep in the learning process is important to understanding why studying all night before an exam is counterproductive. In the sleeping state, the brain consolidates and processes information acquired throughout the day. If a person doesn't receive enough quality sleep, memory and learning are hindered.

HOW CAN I GET ENOUGH SLEEP?

Make sleep a priority. Build eight hours of sleep into your schedule. Follow this routine as regularly as possible, even on weekends. A time management course might be helpful. Here are a few tips many people have found to be useful.

1. Consume less or no caffeine and avoid alcohol.
2. Avoid heavy meals close to bedtime.
3. Avoid nicotine.
4. Exercise regularly, but no later than 3 hours before bedtime.
5. Try a relaxing bedtime routine, like a warm shower, reading or listening to music.
6. Keep regular bed- and wake-time schedules, even on weekends.

To learn more and to test your Sleep IQ, go to www.sleepfoundation.org. Other helpful Web sites are www.bettersleep.org and www.sleepnet.com