

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

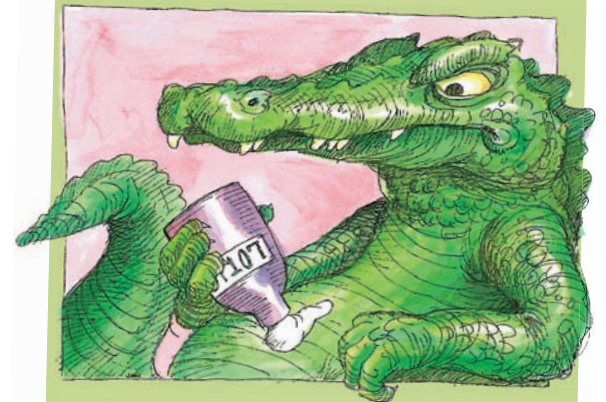
UD STUDENT HEALTH SERVICE  
• LAUREL HALL •

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Appointments/Information....831-2226  
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## Seasonal changes and your skin

Seasonal changes bring cooler temperatures, windy weather, and heated dorm rooms. These changes can cause the skin to become dry, flaky, itchy, and cracked. There are several things that you can do to help protect your skin from these conditions. When going out, wear protective clothing such as gloves, hats, earmuffs, and scarves. You can help add moisture to a dry room by using a humidifier. If you do not have access to one, try placing a container filled with water near a heating vent



UNCARED-FOR DRY SKIN CAN MAKE IT HARD TO GET A DATE.

and change the water every few days. There are several things that you can do to help hydrate the skin. The first thing is to drink a lot of water. Friction from tight or rough clothing like a wool sweater may irritate the skin so wear loose clothing. You should avoid frequent hot showers or baths and harsh soaps. Instead use tepid water and a mild moisturizing soap like Dove™ and be sure to rinse off well to remove any residue. You should apply a moisturizing cream or lotion like Eucerin™ while your skin is still damp. This will help seal in the moisture. The lips need protection so use a lip balm. Try to incorporate some of these measures to help keep your skin healthy.

# Kicking the habit

**Y**ou've been thinking about quitting: the smell... the cost... the bad taste in your mouth... the possible damage to your health.

### NOW IS THE TIME TO DO IT

Within a few days, mucus clears out of your lungs. Within a few weeks, circulation improves and you will be able to smell and taste more. Within a year, your risk of lung cancer begins to decrease, as well as your risk of heart disease, stroke, other cancers, osteoporosis, infertility, early menopause, giving birth prematurely, wrinkles, nervousness, and stained teeth.

### TAKE THE FIRST STEP

Write down your reasons to quit and carry the list with you as a reminder. Add to it frequently. Develop a plan that will help you break the link between the trigger of why you use tobacco and actually using it. Think of things to do instead of smoking. Exercising is a good way to keep your mind off smoking, but doing other things you enjoy works well, too. Don't let fear of weight gain be an excuse not to quit. Counseling and support groups can make it easier to quit. Nicotine gum



RECOGNIZE AND AVOID THINGS THAT MAY CAUSE YOU TO WANT TO SMOKE.

and patches, as well as inhalers and nasal sprays, work to lessen your urge to smoke. Other prescription medications can also work to help you in your effort to quit.

### HELP IS AVAILABLE

Call the Quitline at 1-866-409-1858 for help in kicking the habit. This service of the Delaware Department of Health and Social Services provides motivational support from a Quitline specialist, follow-up support by phone, Quit-smoking workbooks, referrals to local pharmacies for in-person counseling and vouchers for aids, such as nicotine patches and gum, that can help you stop smoking. Vouchers are given depending on your eligibility.

Recognize and avoid things that may cause you to want to smoke — being with smokers, drinking, and feelings of stress, frustration, or sadness. Focus on all the positives that go along with not using tobacco — for example, improved health, cost savings, no lingering smell. Try not to get cocky. Never forget why you quit. Reward yourself and feel proud when successful in quitting. Maintain your commitment to quit — it is the best gift you will ever give yourself.

# The skinny on **FATS**

**C**holesterol 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 fat intake low, maintain a healthy weight, and exercise 30 minutes most days of the week.

Most clinicians will routinely order lipid profiles to determine total cholesterol, HDL (high-density lipoproteins), LDL (low-density lipoproteins) and triglycerides. While total cholesterol is considered important, it does not tell the “total” story.

What makes HDL good cholesterol? HDL is literally “in the driver’s seat” within the body:

- (a) It transports an oxidation-fighting enzyme that helps reduce risk of heart attack.
- (b) It carries cholesterol back to the liver to be excreted.
- (c) It removes excess cholesterol from plaque in the arteries.

What makes LDL the “evil stepsister”? Because LDL initiates a vicious cycle:

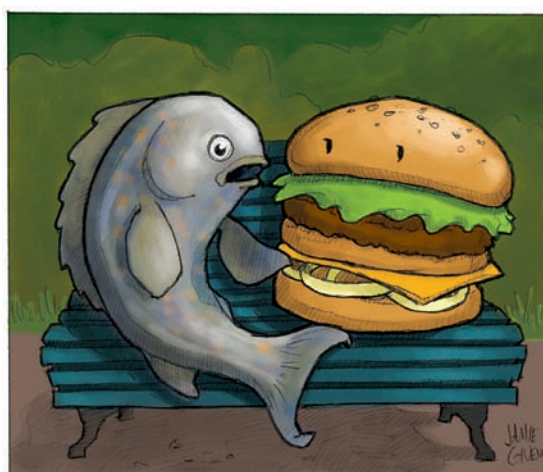
- (a) It builds up in the walls of the arteries creating plaque.
- (b) When attached to vessel walls, it undergoes changes to further accelerate arteriosclerosis.

What are the target ranges for these fatty substances? Literature sources may vary but some reasonable targets are as follows and are measured in milligrams per deciliter (mg/dl):

Total cholesterol...	less than 200 mg/dl
Triglycerides .....	less than 150 mg/dl
HDL .....	more than 40 mg/dl
LDL.....	less than 100 mg/dl

Note that with HDL “the higher the better.” You want a large portion of your Total (cholesterol) to be High (density lipoproteins)!

**So...that's the “skinny” on fats!**



“MY DAD SAYS WE CAN'T SEE EACH OTHER ANYMORE. I'M ONLY ALLOWED TO DATE GUYS WITH 'GOOD' FATS.”

# Conjunctivitis

A red, irritated eye is a common complaint. A frequent cause is viral conjunctivitis, commonly known as pink eye. Symptoms include redness in the eye, mild irritation, and mucous drainage (often noticed as crustiness upon waking in the morning).

Because viruses that also cause the common cold cause viral conjunctivitis, patients often have a runny or stuffy nose, sore throat, and cough within the past week. Viral infections are self-limiting, meaning that your body’s own defense system will cure the infection in time. Symptoms may last for 7 days.

Since antibiotics do nothing to treat viruses, they are not indicated for pink eye. Treatment includes saline drops to lubricate and flush the eye. Viruses are very contagious and can be spread from one eye to the other and to other

people. Therefore, you should avoid touching the affected eye, and wash your hands frequently if you are infected.

About 1 out of 10 times, the cause of conjunctivitis is bacterial rather than viral. Bacterial conjunctivitis is more severe with pus draining from the eye and sometimes redness and swelling around the eye. Contact wearers are at increased risk of bacterial infection. Antibiotic drops are used to treat bacterial conjunctivitis.

In either viral or bacterial conjunctivitis, contacts should not be worn until the infection has cleared. If you have eye pain, persistent redness, or the sensation of a foreign body in your eye, you should be examined by a physician to rule out other more serious causes that could affect the health of your eyes in the long-term.

## Club Drugs: Mad Chemistry

Are the drugs used at raves and dance clubs as innocent as everyone thinks? Absolutely not! There are no benign club drugs; many of these drugs are not only dangerous but also potentially lethal.

Here are the rap sheets on a few of these drugs:

**Ecstasy** (MDMA) has properties similar to the stimulant amphetamine and the hallucinogen mescaline; therefore, it can have the effects of a stimulant and a psychedelic. Ecstasy can cause severely high body temperature, which can lead to muscle breakdown, kidney failure, and coma. With long-term usage, the drug has also been proven to cause memory loss and depression.

**Gamma-hydroxybutyrate** (GHB) is a chemical that possesses euphoric, sedative, and intoxicating properties. When mixed with alcohol, this drug becomes a rapid-acting sedative and is used as a date rape drug. At high doses, it can slow breathing and heart rate to dangerously low levels.

**Ketamine** (Special K) is an anesthetic, which at high doses can cause hallucinations like phencyclidine (PCP). Ketamine is snorted as a powder or used to lace cigarettes or marijuana. At higher doses, ketamine can cause delirium, amnesia, impaired motor function, high blood pressure, depression and, potentially, fatal respiratory problems.

**Rohypnol** (Roofies) is a benzodiazepine used in Europe as a sedative. It is an odorless, tasteless substance, which is used as a date rape drug because it can easily be dissolved in liquids. Rohypnol is an illegal substance in the U.S.

**Methamphetamine** (Speed) is an extremely powerful stimulant that affects all parts of the central nervous system and is addictive. Methamphetamine can cause psychosis, agitation, and fatal heart arrhythmias — just to mention a few of the many adverse effects.

For more information on club drugs, go to the Student Health Service Web site ([www.udel.edu/shs](http://www.udel.edu/shs)) and explore some of the informative links.

**April 5 is Kick Butts Day.**

