



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

UD STUDENT HEALTH SERVICE  
• LAUREL HALL •

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Women's Health.....831-8035  
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[www.udel.edu/shs](http://www.udel.edu/shs)

# DEPRESSION

Finding light behind the darkness

“I am feeling depressed.” We hear this statement all the time when we work with college students who have psychological issues. One problem is that this phrase means different things to different people. We do know that some small part of the population suffers from depression that seems to have biological roots.

These kinds of depression can be very debilitating, and medications are often a large part of the treatment for these students. More often college students complain of sadness and unhappiness that is either situational or a result of

the way that they are making sense of their life circumstances. We tend to see lots of “depression” amongst students whose expectations of the world and other people are not met. Many students expect the world and others to behave one way and when these people and the world don’t comply they get very upset, sad and grief stricken. Another source of depression is the realization that some people in one’s life, even parents, may not be the people we want them to be. As we mature there is often grief as part of the acceptance that the reality of people doesn’t match with what we would like. We can become even more depressed if we try to use our energy to change people who don’t want to be changed.

It is a good idea to talk with a professional who knows about depression so that students can learn about what might be affecting their moods. A psychologist might ask questions about sleep patterns, eating and appetite, energy levels, changes in mood, changes in life circumstances (losses), if one has diminished interest in activities, feelings of worthlessness or even recurrent thoughts of death. While many people have some of these issues at times it is important to find out how much distress and/or impairment is present, especially in social as well as other areas of functioning. If these are issues for students, psychologists and psychiatrists at the Center for Counseling and Student Development are available to help identify and treat depressions of various types.

—Jonathan Lewis, Ph.D., CCSD



# HPV—WHY ME?

Some of the most commonly asked questions about HPV (Human Papilloma Virus) that we hear in Women’s Health are: what is it, how did I get it, and what can I do about it?

HPV is a skin virus. There are over 100 types. The four most common are types 6, 11, 16, and 18. 6 and 11 are responsible for most genital warts. 16 and 18 cause much of the cervical cancer. HPV can incubate for 3 to 8 months. It is often passed through sexual contact. Using condoms during intercourse and getting regular pap smears can help protect you.

Gardasil is a vaccine available to women between the ages of 9 and 26. It will prevent the four most common types of HPV. It will not cure the types that you already have. Most women have not been exposed to all four types of HPV, so the vaccine will be beneficial even to those who are sexually active or had an abnormal pap. The vaccine is given as three shots over six months. It is available in our immunization clinic for a fee.

Additional information about HPV and Gardasil is available in Women’s Health or on the web at [cdc.gov/org](http://cdc.gov/org).

UNIVERSITY OF  
DELAWARE

# Heading off Headaches

**H**eadaches are one of the most common health complaints, not just for college students, but for adults and even children. The signs and symptoms of headaches may vary depending on the type of headache. The most common headache type is a tension or muscular headache, which can cause a dull ache in your forehead, above your ears, or at the back of your head, pain in the neck or shoulders. Tension headaches are caused by tense or tight muscles in the face, neck or scalp. You can get a tension headache from a number of things:

- Not getting enough sleep
- Feeling “stressed out”
- Reading or working at a computer screen for long periods of time
- Doing repetitive work
- Staying in one position for a long time, such as working at a computer

**Migraine** headaches happen when blood vessels in your head open too wide or close too tight. The signs and symptoms of migraine may include a headache that is located on one side of your head (one side of head hurts more than the other) nausea and/or vomiting, seeing spots, wavy lines or flashes of light prior to the start of the headache, sensitivity to light or loud noises. Certain things, such as caffeine, alcohol, certain foods, changes in sleep patterns and strenuous exercise can trigger migraine headaches in susceptible people.

A sinus headache occurs when fluids in the nose aren't able to drain well and a buildup of pressure occurs in the sinuses. A cold, allergies, smog or air pollution and airplane travel can

cause a sinus headache. Signs and symptoms include pain in the forehead, cheekbones and nose that is worse in the morning, increased pain when bending over or touching your face, and nasal congestion.

Although tension, migraine and sinus are the most common types of headaches, other causes can trigger headaches including:

- Eating or drinking something very cold – “brain freeze”
- Low blood sugar; hunger
- Cigarette smoke, exposure to chemicals and/or pollution
- Uncorrected vision problems, such as near-sightedness
- Caffeine or nicotine withdrawal
- Temporomandibular Joint (TMJ) Dysfunction

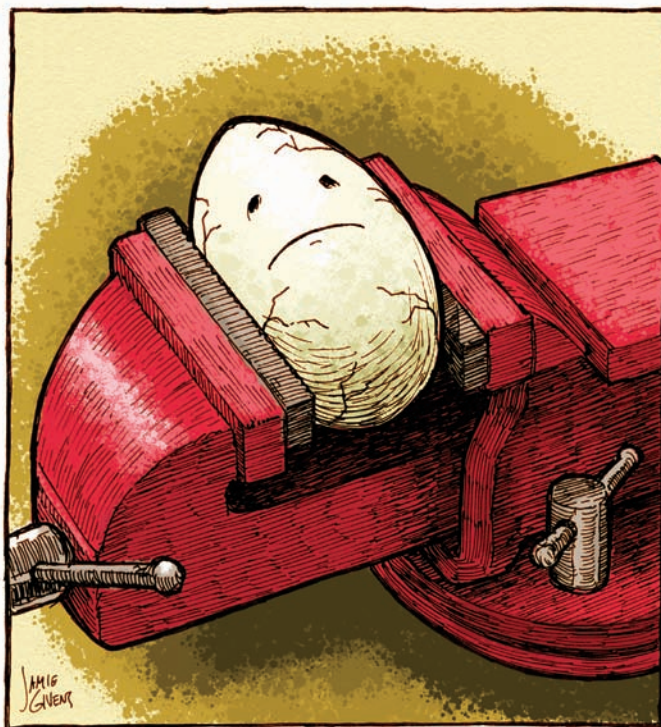
Self care for common types of headaches includes the use of over-the-counter pain medications such as

Tylenol, Advil or Aleve. Resting in a quiet, dark room with your eyes closed may also help relieve headache symptoms. Placing a cold or warm washcloth, whichever feels better, over the area that aches can also provide comfort and relief.

Most headaches don't require medical attention. But some types of headaches are signals of more serious disorders and call for prompt

medical care. Seek medical attention for the following:

- Sudden, severe headache
- Sudden headache associated with a stiff neck
- Headaches associated with fever, convulsions, confusion or loss of consciousness
- Headaches following a blow to the head
- Headaches associated with pain in the eye or ear



## Access your **RECORDS** -in record time

You may have noticed or will be noticing on your next visit a number of technological changes at Student Health. Student Health installed and is now using an electronic medical record from Point and Click Solutions. This is the same electronic medical record used at over fifty other colleges and universities including Stanford, Columbia, University of Pennsylvania, and Penn State. The Web interface will be introduced to students within the next few months which will enable students to use their UDeNet ID and password to access secure Web services. This system, which is also used by the Center for Counseling and Student Development, includes automatic access to Student Health's in-house lab system and to LabCorp for requesting and reporting lab tests and self check-in terminals where students who have appointments can sign in using their UD#1 card. Our system for the Student Health lab, where most of your lab work is done, includes automatic interfaces to instruments so that your lab results can automatically be transmitted.

Student Health also converted from a traditional x-ray system to a computerized radiography system. Your x-rays will now be stored digitally rather than on a traditional film. This will allow for quick transfer of images to off site radiologists for readings and will allow us to give students images on a CD as well as in printed form to bring to physicians at home.

Student Health has worked with University of Delaware Information Technology to assure that your information is protected by highly advanced security devices.

**March Is Save Your Vision Month** [www.aoa.org](http://www.aoa.org)