

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

UD STUDENT HEALTH SERVICE
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www.udel.edu/shs

Healthy HENS!

Look for Student Health Services to begin a new program this spring: **HENS (Happiness, Exercise, Nutrition, and Sleep)**. The program will include a health-risk assessment, exercise programs, incentives, and information about nutrition and sleep. Check out www.udel.edu/shs for more details about this exciting new program. **Go HENS!**

HEAL THE BURN!

A burn is an injury to the skin from contact with heat, electricity, sunlight, or chemicals. Many people experience minor burns from household items such as cooking oil or curling irons. It's important to know how to provide first aid for minor burns.

There are three categories of burns.

- **FIRST-DEGREE BURNS:** Thin or superficial burns which are limited to the upper skin layer. They cause redness, tenderness, pain and swelling.
- **SECOND-DEGREE BURNS:** Partial thickness burns which affect deeper skin layers. Symptoms are more severe and usually include blisters.
- **THIRD-DEGREE BURNS:** Full thickness burns that involve all layers of the

skin. The skin is white and appears cooked. There may be no pain in the initial stages.

For minor burns including first-degree burns and second-degree burns limited to an area no larger than 3 inches in diameter, take the following action:

- Cool the burn. Hold the burned area under cold running water or soak the area in cold water for at least five minutes or until the pain subsides. Cooling the burn reduces swelling by conducting heat away from the skin. Never put ice on a burn.
- Cover the burn loosely with sterile gauze. Bandaging keeps air off the burned skin, reduces pain, and protects blistered skin.
- Take an over-the-counter pain reliever.

These include ibuprofen (Advil™, Motrin™), naproxen (Aleve™) or acetaminophen (Tylenol™).

- Minor burns usually heal without further treatment. Watch for signs of infection such as increased pain, redness, fever, swelling or oozing. If infection develops, seek medical help.
- Don't use ice. Putting ice directly on a burn can cause frostbite which can further damage your skin.
- Don't apply butter or ointments to the burn. This could prevent proper healing.
- Don't break blisters. Broken blisters are vulnerable to infection.

For major burns, call 911. Until help arrives, make sure the victim is no longer in contact with smoldering materials or exposed to smoke or heat. Don't immerse large severe burns in cold water. Doing so could cause shock. Check for signs of circulation (breathing, coughing or movement). If there is no breathing or other sign of circulation, begin cardiopulmonary resuscitation (CPR). Elevate the burned body part or parts by raising above heart level when possible. Cover the area of the burn with a cool, moist, sterile bandage or clean moist cloth or paper towels.



COOL THE BURN



COVER WITH GAUZE



TAKE A PAIN RELIEVER

BUYING SNEAKERS Sizing up your foot

Buying athletic shoes can be almost as complicated as buying a new car these days. When shopping, we are often left on our own with a new employee to guide us in our purchase. This short article will hopefully make the process much less confusing.

KNOW YOUR FOOT TYPE

If you have flat feet, you probably wear out the inside edge of your shoes first. You should look for shoes with more stability on the inside edge and better arch support. As a rule of thumb, the more supportive materials are darker in color so you should look for a shoe with a gray or black inside edge. People with high arches will also want good arch support but should look for shoes with better cushioning because their feet do not absorb shock as well. These people will often show more wear on the outer edge of their shoes.

WHAT SIZE SHOULD I BUY?

You should have your feet measured every time you buy shoes because your foot structure changes as you age. The best time to go shoe shopping is later in the day. Because our feet commonly swell as the day goes on, shopping later in the day will help assure a better fit. Your foot should be comfortable in the shoe, but your foot should not move from side to side. The length of the shoe should be one centimeter (about one finger width) longer than the longest toe on your biggest foot. Don't be embarrassed; most of us have two different sized feet.

WHAT TYPE OF SHOE DO I NEED?

It is usually not necessary to buy a specialty shoe unless you participate in that sport more than three times per week. A simple running shoe or a cross trainer is all that most people need. The current style trend or the price of the shoe often

misleads people. Very rarely does a recreational athlete benefit from the top of the line shoe. Many times a mid-priced shoe that has the proper support for your foot will be better than the newest style or the most expensive shoe.

WHEN TO GET NEW SHOES

As a rule of thumb, running shoes should not be worn for more than 500 miles of training. At about that time, you will feel that the shoe has begun to break down. Another way of determining whether your shoe is providing the proper support is go to a store and find the latest model of the shoe you are currently wearing and try it on. If this shoe feels better than the shoes you are wearing, it is time for new shoes. Keep in mind that sneaker styles change every 15–20 months so it is not always easy to find the same shoe. Ask a sales person for assistance: they usually know which models coincide with the old models.

Exercise You know it's good for you!

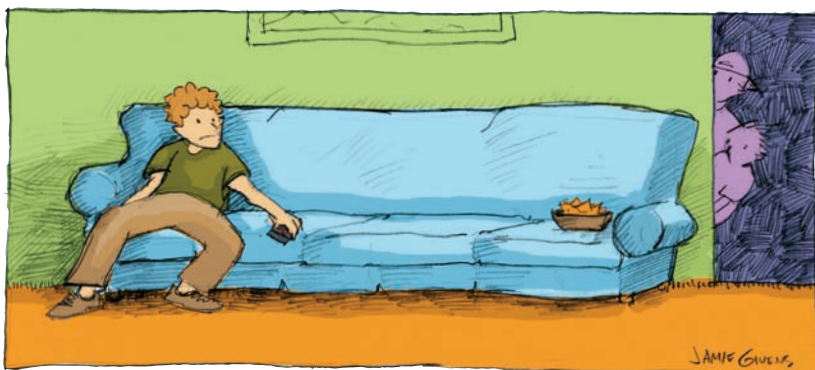
Although most of us know that exercise can benefit our physical and mental health, incorporating it into our lives is sometimes an effort. What is holding you back? Feeling tired? Find exercise boring? First, realize that you probably already have some physical activity in your day. See if you can gradually 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!



FRANK'S ROOMMATES TRIED EVERYTHING TO GET HIM TO EXERCISE.

TDAP VACCINE AVAILABLE

A booster vaccine, Tdap, adds protection for pertussis ("whooping cough") in addition to updating tetanus and diphtheria. These three diseases are caused by bacteria. You were vaccinated against these diseases as a child, but, as an adult, your immunity gradually wears off increasing susceptibility to disease.

Pertussis can cause severe coughing spells, vomiting, and disturbed sleep. It is highly contagious. Its incidence has been on the rise in the U.S. in recent years. Infants are at highest risk of pertussis-related complications so it is important that adults be vaccinated to prevent transmission of the disease to other people and, particularly, to infants.

The Tdap vaccination is given one time in place of the usual tetanus booster shot. Your healthcare provider may recommend that you receive this vaccination for protection against contracting or transmitting these diseases.

MARCH IS NATIONAL NUTRITION MONTH