

# Calendar of Events

## November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taking Strides Launches! Sign up anytime!	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**Thanksgiving Break!**



= Red Watch Training Sessions

Visit the Student Health website for more details!



= Great American Smoke Out



= Flu Vaccine Clinics



= Health Ninja's meeting.  
Email [misty-bretns@uiowa.edu](mailto:misty-bretns@uiowa.edu) for more information

## TAKING STRIDES

**Taking Strides** uses a pedometer (pedometers keep track of the number of steps you take) to help you monitor and increase the number of steps that you take each day. It's an easy way to increase your physical activity because it reminds you if you are meeting your goal.

**Taking Strides** is a **FREE** program. You can register for **Taking Strides** by visiting the website: [www.uistudenthealth.com/strides/](http://www.uistudenthealth.com/strides/)  
Questions? Contact: [heidi-bohall@uiowa.edu](mailto:heidi-bohall@uiowa.edu).

Participate for 5 weeks and choose one of these prizes!



## MINDFUL EATING WORKSHOP



Do you feel out of control when you eat?  
Do you feel a sense of neglect or disrespect toward your body?

November 9, 6-7:15pm  
CRWC Meeting Room 1A

**Facilitators:**

University Counseling Service and Health Iowa

This program will introduce you to a different way of relating to food, eating, and your body. Mindfulness is the practice of cultivating present moment awareness without judgment. We will introduce mindful eating as a means of changing your relationship to the automatic, judging, and reactive habits you might have with food. Through a mindful eating exercise we will explore and practice new ways to approach eating and physical self-care.

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Health Iowa is located in Student Health Service at Westlawn and the CRWC.

To make an appointment with the clinic call :  
**(319)335-8394**

Have medical questions? Not sure if you should schedule an appointment or not? Questions about your medication?

Call Nurseline:  
**(319)335-9704**

To schedule an appointment with Health Iowa in the CRWC call:  
**(319)353-2973.**

### OPEN ME UP!

Inside you'll find an article by Student Health's nurse, Gayle Nelson. Gayle recently won the Gail Proffitt Award. This award is an annual honor given to a college health professional who has made significant contributions in the field. Gayle is well known for her TB work and for collaborating with others related to TB surveillance programs and screenings.

**CONGRATS GAYLE!**

Your Monthly Health Iowa newsletter

## Everything HEALTH

Health News for Students!



It's that time of year...

## FLU VACCINES

The best way to protect yourself against the influenza virus is to get vaccinated. Student Health has both shots (\$20) and nasal spray (\$25) available. This year's vaccine contains protection from the H1N1 virus that significantly impacted our campus last year, in addition to other flu strains expected to circulate in our region. Usually influenza hits our campus once students start traveling for breaks- and it takes about 2 weeks for full immunity to develop after receiving the vaccine, **so don't waste any time!**

You can make an appointment in our clinic to get the flu vaccine, or just walk in during our business hours and we'll get you taken care of. Vaccine clinics around campus are being held:

- **Wednesday, November 3rd, 11am-2pm @ the IMU**
- **Thursday, November 4th, 11 am - 2 pm @ Hillcrest**

Other ways to protect yourself from influenza and other communicable illnesses, in addition to getting vaccinated, are: clean your hands often with soap and water or hand sanitizer; use your elbow, sleeve, or tissues to cover coughs and sneezes; stay home when you are sick; avoid others who are sick; and try to maintain good healthy immunity by eating well, getting plenty of rest, fresh air and exercise.

Want to find out more about the flu? Check the Centers for Disease Control & Prevention flu website: [www.cdc.gov/flu](http://www.cdc.gov/flu).



**Lisa James, RN, MSN**  
Interim Administrative Director of Student Health Service

**healthIOWA**  
Promoting student wellness



**ARE YOU A FAN of HEALTH IOWA On Facebook?**

By becoming a fan of Health Iowa on Facebook you will receive up to date information about special programs as well as special incentives!



**Words from your  
Student Health Nurse**  
**Gayle Nelson**

gayle-nelson@uiowa.edu

It won't be long until snowflakes replace the swirling autumn leaves. As the weather becomes colder, you should protect your skin from cold injury. Cold weather injuries can occur even when the temperature is above freezing – especially with high winds or wet clothing. Usually it takes both temperature and the length of time of exposure to result in a cold injury.

Cold injury can be divided into two groups – without freezing body tissue (**chilblains** and **trench foot**) and with freezing body tissue (**frostbite**).

**Chilblains** are itchy, painful, red/purple areas of swelling (usually fingers, toes, nose or ears) that last for several days to weeks. This usually does not result in permanent damage but areas can remain sensitive to cold in the future.

**Trench foot** is the result of prolonged exposure to wet, cold environments. Symptoms include pain, numbness and swelling, with the appearance of red, bluish, blotches on affected areas.

**Frostbite** results from decreased blood flow and occurs when the affected area is frozen. Affected areas may progress from painful, burning sensations, to numbness and loss of sensation.

#### To prevent a cold weather injury:

- Use multiple layers
- Avoid tight/constricting clothing that would reduce circulation

#### To treat cold injuries:

- Get out of the cold and rewarm affected areas with moist heat.
- Rapid rewarm by immersing the affected area into circulating hot water (between 104-108 F). Test the water with hand/thermometer
- Don't use dry heat (fireplace, portable heater) as you can turn a cold injury into a burn due to lack of sensation
- Avoid massaging or rubbing the affected area with snow

# Health Information from your Campus Experts!



**Words from your  
Health Educator**  
**Trisha Schiltz**

(319)335-8094  
trisha-schiltz@uiowa.edu



**Want to be tobacco free?** We can help! Health Iowa offers FREE tobacco cessation consultations. We also offer coupons for discounted Nicotine Replacement Therapy. Occasional smokers/chewers are welcome. If you would like to make an appointment, please call 335-8394.

The American Cancer Society is holding the Great American Smokeout on November 18<sup>th</sup>. It can be a great time to quit or develop a quit plan.

#### Quit Smoking Tips:

- Throw out ALL cigarettes, ashtrays, matches and lighters
- When the urge to smoke hits, take a deep breath and hold it for 10 seconds; then release slowly
- Exercise to help relieve tension
- When tempted to reach for a cigarette, select your worst memory connected with the habit (i.e. burned hole in a suit/dress) and imagine this for 15 seconds
- Reward with oral substitutes (sugarless gum, toothpicks)
- Change daily habits that remind you of smoking (take a different route to class, eat lunch in a new place, avoid your "smoking chair" at home)
- Keep your hands and mind busy (knit, play cards)
- Spend the day with friends who don't smoke
- Go public with your plans to quit. Ask friends, family and co-workers to help you quit and not to smoke around you



**Words from your  
Health Iowa Intern**  
**Patrick Buxton**

(319)335-5965  
Patrick-buxton@uiowa.edu

#### Brain Food: Fueling your Brain with Healthy Choices

Think that last cup of coffee or energy drink at midnight will give you a better chance of success on a final exam? Think again! Caffeine does have some benefit in the short term by helping you focus and concentrate but it is not long lasting. Here are some healthy food alternatives to caffeine that can help your brain function more effectively while studying.

**Sugar drives mental alertness.** The brain is the most metabolically active region in the human body. Therefore, it needs a lot of energy to function. The brain receives energy from glucose, which is made by the body after eating carbohydrates. Glucose enhances short term memory and alertness. It is important to stay within recommended serving sizes when consuming sugars and carbohydrates. Foods like pasta, crackers, raw fruits, fruit juice and vegetables are all excellent choices.

**Breakfast of Champions!** Studies have shown that college students have a high tendency to skip breakfast. Breakfast is important for memory and attention. Whole grains with high fiber content, dairy, and fruits are excellent choices to fill you up and suppress your desire to over consume.

**Antioxidants** help improve blood flow throughout the brain. Antioxidants can be found in foods such as berries, citrus fruits, green tea, dark chocolate, nuts, sunflower and pumpkin seeds, and sweet and red potatoes. Consuming these foods will help the brain cells receive the oxygen that they need to function.

**For additional help, please feel free to schedule an appointment with our dietitian by calling (319) 335-8394.**

## Health Answers <http://studenthealth.uiowa.edu/>

Have a health questions? Check out: studenthealth.com! You can ask anonymous health questions. When submitting a question to the Health Answers, your question will be sent to a Health Iowa staff member who will take the time to research your question fully. It is our goal to answer your question within 24 hours.

**Q:** What if you find yourself having a lot of focusing issues on school with reading, homework, and other school related issues? It's to the point where you have trouble sitting at a desk and being able to focus. Do you have any tips or ideas on how to increase focus on the work at hand?

**A:** As finals approach, sharpening your study skills is a must. Luckily, the University of Iowa provides a variety of resources to help you focus. I would encourage you to go to the Academic Advising Center's Academic Support website. They list a variety of study strategies and resources on campus (tutorial programs, learning/help centers and labs, etc.). For more info: [www.uiowa.edu/web/advisingcenter/academicsupporttutoring.htm](http://www.uiowa.edu/web/advisingcenter/academicsupporttutoring.htm)

You may also want to consider utilizing University Counseling Service. They have many psychologists on staff and offer a variety of counseling services. With the exception of testing and evaluation, all services are free of charge to UI students. For more info, check out the UCS website: <http://www.uiowa.edu/ucs/>. If you would like to make an appointment for an initial consultation, call 335-7294.

## Dorm Room Cookin'

Bring Holiday cookin' to your dorm! Try this simple and healthy recipe.

### Ingredients

- 1 cup whipped topping
- 1 package (3.4 oz) instant vanilla pudding mix
- 1 can (15 oz) pumpkin
- 1 teaspoon (rounded) pumpkin pie spice
- 2/3 cup milk

### Directions

- Beat whipped topping, pudding mix, pumpkin pie spice and milk together until well-blended
- Divide among 8 glasses
- Chill for 3 hours
- Top with additional whipped topping and serve

## Exercise of the month WALKING

*Just say no to busin' it!*

- A recent Harvard study shows that walking at a moderate pace (3 mph), 30 minutes a day, can cut the risk of heart disease in women by 40%. This is the same benefit you would get from jogging, or doing aerobics.
- Walking is a great way to de-stress. Put on your favorite music and enjoy the great weather!



# HEALTH IOWA... **What exactly do you do?**

## HEALTH IOWA....

### A staff of experts!

Health Iowa is staffed by professionals with expertise in a variety of health areas. If you have a question concerning one of the health topics, shoot us an email!

#### Tanya Villhauer

Interim Associate Director of Health Iowa  
tanya-villhauer@uiowa.edu

- **Internship opportunities**
- **Health Data**

#### Trisha Schiltz

Health Educator  
trisha-schiltz@uiowa.edu

- **Tobacco Cessation**
- **Stress Management**

#### Amy A'Hearn

Dietitian  
amy-ahearn-1@uiowa.edu

- **Nutrition**

#### Steph Beecher

Health Educator  
stephanie-beecher@uiowa.edu

- **Sexual Health**
- **Alcohol**

#### Heidi Bohall

Fitness Specialist  
heidi-bohall@uiowa.edu

- **Fitness**

#### Danielle McGraw

Substance Abuse Counselor  
danielle-mcgraw@uiowa.edu

- **Alcohol and other substances**
- **Substance use/concerns**

#### Lindsay Wetzel

Health Risk Assessment Coordinator  
lindsay-wetzel@uiowa.edu

- **Alcohol and other substances**

Health Iowa is the health promotion and education branch of the Student Health Service.

*Our mission is to support student learning through educational and health promotion services that help students create healthy lifestyles.*

**Schedule a FREE health consultation TODAY!**

Call **319-335-8394** to schedule your appointment in the following health areas:

- Nutrition
- Fitness
- Sexual Health
- Tobacco Cessation
- Substance Use
- Stress Management

**Request a program for your floor, student organization, or class TODAY!**

If you are looking for an interactive educational activity that promotes health and wellness, Health Iowa can be there! Please visit our website to fill out a request for a presentation at:

<http://studenthealth.uiowa.edu/wellness/educational-programs>

Here are just a few examples of the workshops we offer.

- Health Jeopardy
- Alcohol Myths
- So just what is "Healthy Eating" ?
- Relaxation Stations
- SEXopoly
- Resistance Training Techniques

**Get Involved! And build your resume while doing it!**

Health Iowa also provides a variety of opportunities for students to get involved:

**Health Ninjas**—a peer leadership organization which works to help students make healthy decisions, meets monthly.

For more information email: **misty-bretns@uiowa.edu**

**The Red Watch Band**, a free training program in CPR and alcohol emergency skills, has a variety of sessions this fall (see back of newsletter). For more information email: **mark-baccei@uiowa.edu**

**Sexual Health PP (Peer Promotion)** This new student peer group will be starting in the spring. If you are interested and want more information, email Steph Beecher: **stephanie-beecher@uiowa.edu**



The 'Sexpert' Crew! 6 nursing students helped plan the event. Just an example of the many ways students can get involved with Health Iowa!

Free fruits and veggies to promote 5-A-Day Fruit & Veggie Awareness. Be on the look out for Health Iowa Tabling near you!



Find Barbie! Herky helps out with Get a REAL Body Campaign on Oct. 19th at the CRWC.



# Health Iowa Updates!

## Fruit & Vegetable Campaign

### DID YOU KNOW:

*U of I students report having 1-2 servings a day (64%) and only 4% eat the recommended servings of 5 or more a day.*

You may have seen Health Iowa tabling at the CRWC giving out fruit and vegetables to students. Health Iowa is promoting all students to get their daily dose of fruits and veggies!

Aim to incorporate 5 or more fruits and or vegetables in your diet each day. Nutrition is just one of the areas that Health Iowa tries to promote to the greater University community. If you're interested in finding out more about your own nutrition, or have any general health questions, please contact

**Student Health, Health Iowa, & UI Counseling Service go PURPLE for support!**

On October 20th, 2010 a pledge was started on Facebook to wear purple honoring recent LGBT suicide victims. Student Health Service, Health Iowa, and UI Counseling Service joined forces and supported



**Student Health, Health Iowa, and Counseling Service wear purple to TAKE A STAND against bullying.**

## Let's Talk about Sex Baby!

Student Health, Health Iowa, University Housing & Dining, Avoid the Stork, and a group of nursing students teamed up to bring Ask the Sexperts to the residence halls.

Dr. Ann Laros (Student Health Gynecologist) and Dr. Eric Evans (Student Health Physician) answered student's sex questions in a fun, interactive, and informative format. The event took place on Oct. 26th & 27th at Quad and Currier Stanley. Ask the Sexperts drew more than 170 students.

**Couldn't make it to this event? Here are some of the student questions answered by your very own Sexperts!**

**Q: Is it normal to masturbate? How much is too much?**



**Dr. Eric Evans**

Yes, it is normal to masturbate. Just about everyone does. In one national study referenced on WebMD, 95% of males and 89% of women reported they masturbate. "Too much" is somewhat a matter of personal choice, but excessive masturbation without enough lubrication can cause chaffing/irritation of the skin of the genitals which can be painful. It is only considered problematic if it is interfering with normal/daily activities, done in public, or causes significant distress.

**Q: How many calories are in cum?**

Each time a man has an ejaculation, the volume of the ejaculate (semen) is about 5 cc, or about the volume of one teaspoon. The calorie content is about 5 to 7 calories per 5 cc ejaculation. The ejaculate is made up mostly of fluid/nutrients that help support the sperm. The volume of sperm in the ejaculate is actually quite small (a very small percent of the total volume). The semen/ejaculate is made up of some proteins and sugars (fructose). The calorie content comes mostly from the protein and sugar content.

**Q: How often should I get tested for STIs? (Sexually Transmitted Infections)**



**Dr. Ann Laros**

Ideally, you should get tested after you have a new sex partner. It ultimately depends on how sexually active you are.

Did you know 4-6% of female students tested at Student Health were found to have Chlamydia and most had NO symptoms? It is recommended that sexually active women less than 26 get tested for Chlamydia and Gonorrhea once a year. Chlamydia infections can lead to infertility (difficulty getting pregnant) in the future.

By the age of 25, it is predicted that 1 in 2 sexually active people will have an STI. To reduce your risk of an STI:

- Use a condom EVERY time
- Limit your exposure
- **GET TESTED**

**Picture to the right:**  
Dr. Laros and Dr. Evans doing a demonstration for students at the Quad Rec Room

