

# Calendar of Events

## December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Taking Strides</b> is a <b>FREE</b> program. You can register for <b>Taking Strides</b> by visiting the website: <a href="http://www.uistudenthealth.com/strides/">www.uistudenthealth.com/strides/</a>						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
<b>FINALS WEEK</b> Stressed? Schedule a FREE Stress Management Consultation at Health Iowa!				<b>HOLIDAY BREAK BEGINS!</b>		
19	20	21	22	23	24	25
Even though its Winter Break, you can still make an appt. with Health Iowa				<b>University Holiday Offices Closed</b>		
26	27	28	29	30	31	
					<b>University Holiday Offices Closed</b>	



## December is AIDS Awareness Month:

December 1st is World AIDS Day, marking the beginning of AIDS Awareness Month

### HIV Testing:

Student Health Service  
(319) 335-8394  
Fee: \$25.00

Johnson County Public Health  
(319) 356-6038  
Fee: FREE

Free Medical Clinic  
(319) 337-7909  
Fee: FREE

### STI Testing:

Visit any of these locations:

Student Health Service  
(319) 335-8394

Planned Parenthood  
(887)811-7256

Emma Goldman Clinic  
(319) 337-2111

[worldsaidsday.org/](http://worldsaidsday.org/)

ISSUE December 2010

04

Your Monthly  
Health Iowa  
newsletter

## Everything HEALTH

Health News for Students!

Health Iowa is the health promotion branch of Student Health Service and is located in Westlawn and the CRWC.

To make an appointment with Student Health or Health Iowa In Westlawn, call: (319)335-8394

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

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

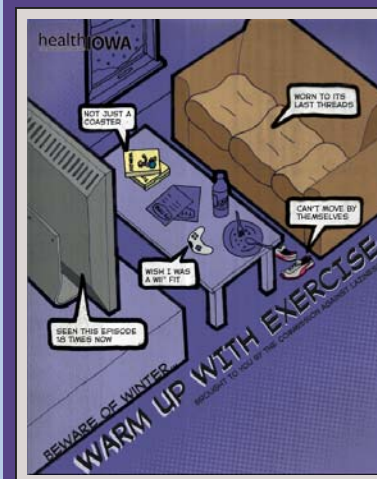
Call Nurseline: (319)335-9704

### In this issue...

- The facts on Ritalin and Adderall
- Words from your Psychiatrists
- Holiday Cookin'!
- Overuse Injuries
- AIDS Awareness



## BEWARE OF WINTER...



Winter weather may not always encourage exercise, but there are many ways to stay active even when it's cold outside. Whether it's playing in the snow or going to the gym, staying active is important. So this winter the Commission Against Laziness challenges you to *warm up with exercise!*

ENTER TO WIN!

[www.studenthealth.uiowa.edu/win](http://www.studenthealth.uiowa.edu/win)

We encourage you to participate in the campaign by going to the website to learn about fun ways to warm up with exercise this winter, and to register to win prizes including:

- Personal training package
- Camelbak water bottles

## WARM UP WITH EXERCISE!

Here are just some of the ways to *warm up with exercise!*

**SUNDOWN MOUNTAIN RESORT**  
Dubuque, IA (90 Miles)  
[www.sundownmtn.com](http://www.sundownmtn.com)

**TAKING STRIDES**  
FREE Physical Activity Program  
[www.uistudenthealth.com/strides/](http://www.uistudenthealth.com/strides/)

**LEARN TO SKATE**  
**Coral Ridge Ice Arena**  
Admission: \$6

**INDOOR TENNIS**  
Hawkeye Tennis and Recreation Complex (\$8/hour)  
Call 384-1215 for more info

**Equipment Rental**  
<http://recserv.uiowa.edu/>

**Cross-Country Skiing Trails**  
<http://www.trailink.com/>

**Chestnut Mountain**  
SALMON, LEICESTER  
[www.chestnutmtn.com/](http://www.chestnutmtn.com/)  
(110 Miles)

healthIOWA  
Promoting student wellness



Words from your  
**Physician Assistant**  
Robin Hayward

## Overuse Injuries

Overuse injuries happen with prolonged or repetitive activities such as running, dancing or even computer use. They can also occur when starting or increasing an activity. Two of the most common overuse injuries seen at Student Health are tendonitis and stress fractures. It can be difficult to know the difference, but here are some clues:

**Tendonitis** occurs when there is inflammation along a tendon. Tendons connect our muscles to the bones. Tendonitis usually gets worse with activity but can also cause soreness afterwards. Sometimes there is obvious swelling. It can occur anywhere there is a tendon but common locations include elbows, wrists, knees, heels and feet.

**Stress fractures** occur when there is localized or prolonged stress causing inflammation of the bone. This often happens near a tendon insertion or in an area of high stress like the shins and feet. With prolonged inflammation the bone can develop a localized area of weakness, or a stress fracture. If the stress continues, the bone can break. Stress fractures often take weeks to develop but sometimes less. Pain can begin happening earlier in the workout and can eventually happen even at rest.

### How to prevent overuse injuries:

**\*Alternate activities** so you are doing something different every day. If you run one day, do a low impact activity the next day.

**\*Try running on different surfaces** or changing directions on the track.

**\*Take 1-2 days off** from activity a week

**\*Make sure shoes fit properly**

**\*Use proper technique**

If you develop consistent pain for more than a couple of days, take time off until it feels better. When symptoms feel better, **GRADUALLY** start back into your routine.

For management of mild, short term symptoms, use ibuprofen (Advil) or naproxen (Aleve) as directed and ice the area for 15-20 minutes.

If symptoms persist longer than a week or if you have sudden onset of more severe pain, schedule an appointment with us at Student Health.

# Health Information from your Campus Experts!



## The FACTS on: Ritalin & Adderall

### Finals week is quickly approaching...

Some students use Adderall, Ritalin, Vyvanse or Concerta to study for tests; these medications are all amphetamines. While amphetamines will keep you awake for a cram-session, they also have some pretty serious side effects.

### Side Effects

- Increased heart rate and blood pressure
- Blurred vision, dizziness and restlessness
- Anxiety, headaches, dry mouth, and hallucinations
- Masked extreme tiredness, which can impair driving
- Possibility of becoming habit-forming

Illegal possession of a prescription, including amphetamines, is a serious misdemeanor and is punishable by a fine of \$250 - \$1500 (not including court costs) and up to 1 year in jail.

In addition to legal consequences, you will be put on probation with the University and will be required to pay for a substance abuse evaluation and substance education classes and/or substance abuse treatment.

Do you have questions about substance use? Have you been concerned about your own substance use? I can provide unbiased information to help you make an informed decision. Call today to schedule your confidential appointment.



**Danielle McGraw**  
Substance Abuse Counselor

(319)335-8394  
danielle-mcgraw@uiowa.edu



## Words from your Psychiatrists

Dr. Paul Natvig  
Dr. Joy Hudson

To schedule an appointment  
call Student Health at:  
(319)335-8394



### What happens at the psychiatric evaluation?

The first meeting generally lasts one hour. The interview will focus on the problem that led the student to come in for help; as well as other pertinent history. This information will be used to formulate a diagnosis and a treatment plan. This is a collaborative effort between the psychiatrist and the patient. Treatment recommendations might include psychotherapy, exercise, stress reduction and medications. Laboratory or medical evaluation may be indicated if a medical condition is suspected as a cause of the symptoms.

### What happens after the evaluation?

If medications are felt to be an appropriate treatment then the psychiatrist will see the patient back for management of that. The follow up visits are generally ½ hour. The frequency of the visits can vary depending on the circumstances. During the follow up visit there is discussion of the symptoms the patient is having, as well as side effects of medications, and questions the patient may have. Often the visit will explore areas that might shed light on the nature of the problem.

### How does the Psychiatry Service differ from the University Counseling Service?

Psychiatry is a specialty in medicine. Psychiatrists are physicians who specialize in the treatment of emotional and behavioral disorders. The primary function of the psychiatry section is to provide assessments and ongoing medication management of psychiatric conditions. University Counseling Service is staffed by psychologists who provide short term individual counseling, couples counseling, and group counseling. The psychiatrists at the Student Health Service work closely with the staff at the University Counseling Service.

## Health Answers

Have a health questions? You can ask anonymous health questions on Student Health's website! 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.

**Q:** The next morning after drinking, regardless of the amount, I almost always have a severely upset stomach and tremors. I've been reluctant to call it a hangover because it's never been associated with the traditional signs of a hangover such as headache or lack of energy. Normally, I drink 8 to 12 standard drinks in a typical night out. Could it be I am allergic to something in alcohol? Or is it, in fact, just a hangover sans headache/other symptoms?

**A:** Symptoms of a hangover can include nausea and tremors; although tremors are one of the less common symptoms. So yes, you could be experiencing "just a hangover," but the reason for this is

because alcohol is a depressant and inhibits glutamine, a natural stimulant found in the body. When one stops drinking, the body tries to make up for lost time by producing more glutamine than it needs and stimulating the brain (this may be why you feel otherwise "refreshed"). A severe glutamine rebound can keep you in the light stages of sleep (rather than experience full REM sleep stages), as well as cause tremors, anxiety, restlessness, and increased blood pressure. Since the liver processes alcohol at a set rate of approximately one standard drink per hour, 8-12 drinks will almost certainly result in the glutamine rebound effect the morning after.

Another possibility is that you are going through mild alcohol withdrawal while your blood alcohol concentration is dropping the next day. Tremors are a common symptom, along with sweating, anxiety, fatigue, nausea, headache, anxiety, rapid heart beat and increased blood pressure. One doesn't always have to be a daily drinker to experience withdrawal. Heavy episodic drinking can trigger mild alcohol withdrawal as well.

If you would like to make an appointment with a substance abuse counselor at Student Health, call 335-8394.

<http://studenthealth.uiowa.edu/>

## Holiday Cookin'

Get into the Holiday spirit by trying these recipes!

### Pumpkin Chocolate Chip Cookies

#### Ingredients

- 18.5 oz pkg spice cake mix
- 1 can (15 oz) pumpkin
- 6 oz semi-sweet chocolate chips

#### Directions

- Mix all ingredients
- Drop teaspoonfuls onto ungreased baking sheet
- Bake for 14 minutes @ 375 degrees

## Exercise of the month

### Get a BAND Workout

#### Hamstring Curl with Resistance Band

- With hands placed on a chair or against a wall for balance, step both feet inside the loop and position around the ankles. With good posture and contracted abdominals, shift body weight on to one leg. Keep supporting leg softly bent at the knee throughout exercise. Contract the hamstring and bend your "free" leg 90° toward the buttocks. Slowly return to starting position and repeat.

- Get your own free resistance band and training handouts from the Health Iowa office in the CRWC!



### Cooking Substitutions

You can improve the nutritional value of your recipes by changing some of the ingredients. Try these simple substitutions to make your holiday baking healthier!



1 tbsp margarine = 3 tbsp ground flax

1 egg = 1 tbsp ground flax + 3 tbsp water

1 cup mayonnaise = 1 cup blenderized low-fat cottage cheese

1 cup oil = 1 cup applesauce

1 cup sour cream = 1 cup plain yogurt