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What I Learned In This Issue of WOW...

- Cold weather does not cause illnesses!
- Calcium is necessary for healthy teeth!
- Untreated Strep can lead to kidney inflammation!
- We have several health services on campus that are free!
- Only some plastic bottles dilute harmful chemicals!
- Obesity can cause liver damage, in children!

Antibiotics

This season there will be colds, flu and other illnesses around campus. The question of how to treat the illness is important. If not treated properly you could be hurting yourself more than helping. We are talking about taking antibiotics. Antibiotics are commonly considered the “cure all” pill when it comes to colds and flu. However antibiotics do not work on everything and can cause harm if taken improperly. Many people assume that antibiotics can “cure” or treat all colds and flu. The truth is that antibiotics don’t/can’t fight viruses in common colds, flu and some sore throats (unless caused by a bacterial process). Antibiotics should be used only when recommended by a physician.

Being Out In the Cold

Your mom always told you when you were little “Don’t go out in the cold without a coat on or you’ll get sick”. Well no offence to mom but it is a commonly believed wives’ tail. It is believed that people started blaming the cold for making them sick because of increased illnesses during the winter months. Although the cold temperature does have something to do with increased illness during the winter months it is an indirect connection. Because of cold weather people don’t want to be outside as much. Which in turn means that more people are crowded indoors, in closed in areas, breathing on each other. If you haven’t gotten it by now it is because we are around more people during the winter which means we are potentially spreading and getting more germs. Due to side effects of excessive cold exposure be careful when going out. If you are covered up to protect your extremities there is little to no harm in enjoying a walk in the winter as much as in the summer.

The Flu Vaccination

The flu shot has been out since the 1940’s. Many people are worried that they may get sick from the flu shot. The truth is that you won’t! While there are strands of the flu virus in the vaccine, they are dead strains. And while it would be cool if things could rise from the dead, they can’t whether it’s a dog, human or virus strain. Some wonder if the flu shot will really protect them or will they still get sick? You may still get sick. The flu shot only protects against the strands that the FDA thinks will be most common this year. Finally think about this, although many college students shrug the flu off as nothing more than an annoyance it is a serious illness that claims an estimated 200,000 lives in the US every year.
Did you know that vitamin D is said to reduce breast cancer and even colon cancer. It also helps with preventing heart disease and diabetes. You can actually get vitamin D from sun exposure, but you didn’t know that. Did you know that without enough calcium you may experience muscle spasms and heart burn. In addition, insoluble fibers reduce the amount of carcinogens (cancer causing substances) in your body. Also did you know that a significant number of women over the age of 19 do not get the daily recommended amount of potassium! Well here is some quick insight on four nutrients you may want to learn about.

**CALCIUM** you may hear commercials on television saying that osteoporosis (brittle bone disease) comes from not getting enough calcium. True, but it is also needed for healthy teeth, strong bones, and proper nerve, muscle, kidney, and heart function. We as college students still need to make sure that we are getting the proper intake of calcium because our bone development continues into our early 20’s.

**POTASSIUM** is another type of nutrient that teenagers and even young adults like us don’t get enough of. What we don’t know is that potassium is vital in our diet. It helps our kidneys function normally, helps with muscle contractions, with digestion, and even to maintain a normal heart.

**FIBER** is often overlooked in our daily diet. Mainly because it is present in the majority of the foods we eat. There are two types of fiber. Soluble fiber reduces cholesterol and breaks down fatty acids. Insoluble fiber keeps your bowels healthy as well as prevents constipation. Eating foods in high fiber keeps you feeling fuller longer.

**VITAMIN D** is a fat soluble nutrient that is naturally present in few foods. It acts to maintain normal blood levels of calcium. It is produced when the ultraviolet rays form the sunlight strike the skin which triggers vitamin D synthesis. This process goes through two different stages in the body. The stages occur in the liver and convert vitamin D into hydroxyl vitamin D. The second occurs primarily in the kidney and forms the physiologically active dihydroxy vitamin D. The active form helps control blood levels of calcium and phosphate, which is the actual function of vitamin...
Mononucleosis (Mono) is an infection usually caused by the Epstein-Barr virus (EBV). EBV is very common, and many people have been exposed to the virus at some time in childhood. Those who have been exposed to EBV may not get the symptoms of mono. Once infected with mono it is with you for the rest of your life, but don’t worry many do not ever show signs or symptoms again. Even though mono is called the “kissing disease” you can get it through other contact with saliva, like eating off the same fork, drinking out of the same cup or sharing chapstick.

Symptoms may include:
- constant fatigue
- fever
- sore throat
- loss of appetite
- swollen lymph nodes (commonly called glands, located in your neck, underarms, and groin)
- headaches
- sore muscles
- larger-than-normal liver or spleen
- skin rash
- abdominal pain

The only way to be sure you have mono is to be checked by a doctor, where a simple blood test may be used to determine the illness. The best treatment is to get plenty of rest, especially during the beginning stages of the illness when your symptoms are the worst. Put yourself to bed and pass on school, sports, and other activities. Taking acetaminophen or ibuprofen can help with muscle aches and fever, and drinking hot tea with honey, chewing gum, or sucking on hard candy or popsicles can help with a sore throat. If you are diagnosed with mono, make sure to eat and drink plenty of fluids to prevent dehydration. Also, after recovering from mono take it easy and try to avoid sports or exercise, because it could possibly lead to rupturing the spleen. Follow your Health Care Providers instructions. Mono is not a fun time but taking care of yourself is necessary for a full recovery.

Strep throat is a bacterial throat infection that can make your throat feel sore and scratchy. If you have a sore throat you want to get checked for strep because when left untreated it may lead to kidney inflammation, and rheumatic fever, which may lead to inflamed joints, rashes, or even damaged heart valves. Complications may include tonsillitis, sinus infections, and ear infections. Strep affects people of all ages but usually children 5-15. Living in the residence halls, where people are always in contact increases a college students risk of catching strep. Strep tends to circulate in late fall, winter and early spring, even though it is possible to get it all year round.

Symptoms may include:
- Throat pain
- Difficulty swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the soft or hard palate — the area at the back of the roof of the mouth
- Swollen, tender lymph glands (nodes) in your neck
- Fever
- Headache
- Rash
- Stomachache and sometimes vomiting, especially in younger children

Because you can have these symptoms and not have strep it is important to be checked. Strep tests include a throat culture (swab the back of throat), or rapid antigen test (treatment may begin sooner). Strep can be treated with antibiotics, but once feeling better DO NOT stop taking medicine, complete the prescribed dose or you may not kill the strep bacteria, and in turn, keep getting sick.
Health Tips for a Busy College Student

Drink water
Most people do not get nearly enough water. Resist the urge to go to the soda machines and to choose soda at the café. Get into the habit of drinking water. Get a water bottle and carry it around with you. It is better for you and is free.

Work on Walking
You’re on a college campus, so take full advantage of walking opportunities! Try to make walking your main form of transportation. With a small campus there is no reason not to park a little further to get a little extra exercise. Also it’s best to work exercise into a busy schedule.

Learn to relax
This can be a difficult goal, but do your best. Learn to put things in perspective. If you get a “C” on that test you’re freaking out about, nothing catastrophic will happen. If you do feel like you are getting overwhelmed go see a counselor, once again they are FREE (and confidential).

Get regular checkups
Your parents might have taken care of this for you, but now it’s up to you. Be sure you see a doctor regularly. You can utilize the Wellness Center too, part of our tuition money goes to these resources, use them.

Have safe sex.
You’ve heard this lecture before, but it’s a lecture you need to remember. Always use a condom. Know the physical risks and emotional baggage that come with casual and promiscuous sex. Also remember the Wellness Center can provide information on condom availability, so there is NO reason not to use them.

Get a flu shot
Our campus hosts an annual flu clinic. The cost is relatively cheap and can help prevent the unnecessary stress of being sick. Mark your calendars for Tuesday, October 21st 11am-2pm in Thornton Gymnasium.
Going green may be a saying that you are hearing more often, but what exactly does it mean? Well going green means that you are taking steps to help protect and preserve our earth. Here at W.O.W. we have decided that while going green is an individual decision it is always easier to do with others. So you can now look forward to our “A Healthy Green” column every month in W.O.W. Not only will we provide useful tips to going and staying green in a busy college lifestyle, but we will also include important environmental advances within the community. Remember going green isn’t just about our earth it’s about the environment that we live in, and how it can and does affect our health.

ARE PLASTIC WATER BOTTLES SAFE?

The safety of bottled water has recently made health headlines, so what is the real deal on bottled water? Some have made claims that drinking bottled water, or more specifically warm bottled water, may cause health problems including cancer. In fact famous singer Sheryl Crow claimed on national television that drinking warm bottled water was the cause of her breast cancer. Although the claims have recently been made by many important figures there is non-conclusive evidence to support them. The truth is that there are 7 different types of “scales” of plastic. Most water bottles are made from type #7 which does contain dangerous chemicals. However studies have found that although the chemicals may leach into the water that you drink it has not been shown to leach harmful amounts of chemicals. “The FDA has reviewed test data on the safety of plastics used in water bottles -- including the potential for hazardous chemicals leaching or "migrating" from the plastic into the water -- and established that they pose no significant risk to human health.” states David Emery, Author of Urban Legends on About.com. It is true however that heat does increase the rate in which the chemicals will diffuse into the water. Even though the health risks are still thought to be minimal it is still under speculation and research. Because of this it is recommended that you DO NOT drink warm water out of plastic bottles, and it is NOT recommended to ever re-fill or re-use plastic bottles with water. One of the best ways to prevent this plausible risk is to reduce the amount of water you drink out of plastic bottles. Stainless Steel bottles are thought to be the best because they have been proven to NOT leach any chemical compounds into the water despite the length of time in the bottle and temperature of the water.

WHERE CAN I GET MINE?

Stainless Steel Bottles are not only considered to be “safer” but they also help prevent unnecessary use of plastic. Here are some brands of Stainless Steel Bottles:

**Klean Kanteen**
Price: $13.00 ~ $25.00
Colors: Variety of Colors

**New Wave**
Price: $12.00 ~ $24.00
Colors: Variety of Colors

**SIGG**
Price: $21.00 ~ $24.00
Colors: Variety of Colors and Designs

**Green Tip of the Month**

**Ditch Your Plastic Water Bottles**!
Over 38 billion plastic water bottles end up in landfills every year. By switching to water from your tap and a reusable bottle, each person can help save the planet from up to 3,200 plastic water bottles a year.
Welcome back AU students!!! We here at WOW have definitely missed you and hopefully you are off to great semester!!! Now that our salutations are out of the way, lets get to the news!

Recently there has been a lot of talk about obesity and the health risk associated with it especially among children. Well to add to the list of concerns, is liver damage. However, what is more shocking about this fact is that more and more teens and children are being diagnosed with this problem. According to the American Liver Foundation, it is estimated that 2-5% of American children over the age of five that are obese or just overweight have this condition.

Non-alcoholic fatty liver disease (NAFLD) which is the name of this condition is known to be caused by too much fat accumulating in the liver. However, according to the experts at the Mayo Clinic, in the beginning stage of this disease very little damage is done to the liver if discovered early and treatments are implemented. Unfortunately, the tests needed to detect this disease are not regularly administered especially among children, which enhances their risk of developing a severe case of liver disease. That is because as the fat continues to build it can cause the liver to become inflamed and scarred which could lead to cirrhosis, which is most commonly associated with alcohol.

In severe cases liver transplant may be needed in order to live. Since this disease may not be detected during early childhood, there may be a surge of 20 and 30 year olds in need of liver transplants.... Should we be concerned? What the Health???

What is WOW?
WOW is a student publication created by student workers of the Wellness Center. If you have any suggestions for future topics or issues please contact the Wellness Center.

-Thanks WOW!
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Marniece Gordon
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What The Health???
Health News You Can Use !!!
Are We Canidates For Liver Transplants???

The Spectrum of NAFLD

Fatty Liver NASH Cirrhosis
Fat accumulates in the liver Fat plus inflammation and scarring Scar tissue replaces liver cells

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-www.mayoclinic.com -American Liver Foundation
-news.yahoo.com

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