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2010

## UA12/4 Stall Street Journal, Vol. 2

WKU Health Services

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**Free HIV Testing**  
Sep. 15, Tue from 10-3:30

@ WKU Health Services

No blood required or appointment needed!!!



## Campus Eats

**Eating Nutritiously on Campus,  
Check out These Options:**

- Eat Fruit every day
- Load up at the Salad Bar with Veggies & use Low-Fat Salad Dressings or Oil/Vinegar Dressings
- Munch on Whole Grain Pastas or Tortillas
- Grab Whole Grain Bread & use Low-Fat Condiments such as Mustard or Ketchup
- Drink (8) 8 oz. Glasses of H2O



[campuslife.suite101.com/article.cfm/college\\_dining\\_hall\\_health\\_tips](http://campuslife.suite101.com/article.cfm/college_dining_hall_health_tips)

## Breakfast on the Run



**Short on Time, try These  
Quick  
Breakfast Options:**

- 100% Juice such as Juicy Juice
- Make a Smoothie with Low-Fat Yogurt, Skim Milk or Soy Milk & add Fruit
- Bowl of Cheerios or Wheaties with Fruit, avoid adding Sugar
- Warm bowl of Oatmeal with Nuts or Fruit
- Whole Grain Bagel with Peanut Butter



[www.mayoclinic.com/health/food-and-nutrition/NU00197](http://www.mayoclinic.com/health/food-and-nutrition/NU00197)



## WEIGHTing Around for a Healthier U: Getting Fit at WKU

**Learn Ways to Get Fit & Stay Active  
With a Busy Schedule**

Wed. Sept. 16 6-7

@ DUC 340

Presented by Jarka Varacova

Giving Away Workout Gear to Select Attendees!!! Attend to find out how to win more!!!



## Why Get a Meningitis Shot?

Meningitis is an inflammation of the membranes (meninges) and cerebrospinal fluid surrounding your brain and spinal cord and this is usually due to the spread of an infection



## \*\*\*Reasons\*\*\*

- Effects your ability to think and learn
- It is contagious and can be spread by coughing or sneezing
- Different types of meningitis
- Symptoms occur rapidly
- Can be prevented with a vaccination



Visit WKU Health Services for your shot today! No appointment is needed!!

[www.mayoclinic.com/health/meningitis/DS00118](http://www.mayoclinic.com/health/meningitis/DS00118)

Did You Know? At least 15 people have reportedly been crushed by vending machines.



**Sign Up Today for the  
Student  
Wellness Program....**

**WELL**

and you can  
become eligible  
for  
**\$10,000 in  
Scholarships!!**

[www.wku.edu/studentwellness](http://www.wku.edu/studentwellness)

**"21% of WKU  
Students  
NEVER  
drink Alcohol!"**

Fall 2006  
NCHA Data



**Coming Soon!!!**

**Schedule a Free  
Personal  
Nutrition Consultation  
with Dietitian  
Bonnie Logsdon  
745-3122**





# Stall Street Journal

Volume 2 Issue 2 September 2009  
 website: [www.wku.edu/healthservices](http://www.wku.edu/healthservices) phone: (270) 745-5033

## Avoid the Flu:



- \* Eat healthy foods.
- \* Sleep 7 to 8 hours.
- \* Wash your Hands often.
- \* Use tissues and throw them away.
- \* Avoid touching your eyes, nose & mouth. because germs can spread.
- \* Avoid people who are sick!!!
- \* Get a flu shot @ Health Services.

[www.cdc.gov/flu](http://www.cdc.gov/flu)

## RoomMATES 101

- \* Clean up after yourself.
- \* Be quiet while your roommate is studying & sleeping.
- \* Ask before inviting someone over—be reasonable.
- \* Don't lock your roommate out during a visit from a boyfriend/ girl-friend.
- \* Don't "hook up" with a partner while your roommate is IN the room!
- \* Don't eat your roommate's food.
- \* Don't use your roommate's stuff without permission.
- \* Don't break your roommate's stuff.



[www.ihomeconnect.net/college-roommates/roommate-tips-for-dorm-life.php](http://www.ihomeconnect.net/college-roommates/roommate-tips-for-dorm-life.php)

## Don't Let Bed Bugs Bite...

- Wash sheets and bedding at least twice a month!
- Check for bed bugs under and around mattress and mattress pads.
- Bed Bugs do not transmit pathogens or diseases, but they will bite you and leave swollen red, itchy welts!
- Bed bug's saliva contains an anesthetic to numb the pain as it bites!

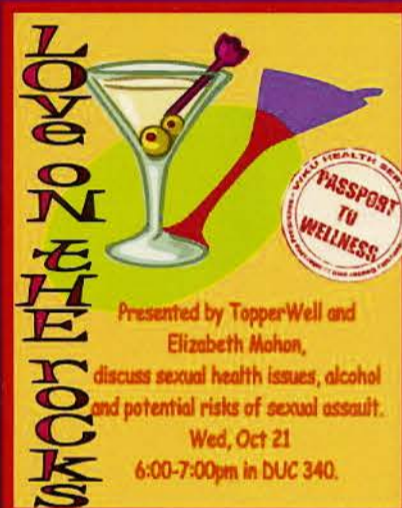


[www.bed-bug.org](http://www.bed-bug.org)



Firestone Charts presents  
 "Healthy Shopping Styles.  
 Use the Outside Aisles!"  
 Tue, Oct. 13 from 6-7  
 @ Health Services  
 Presented by Bonnie Holt Logsdon

Free HIV Testing  
 OCT 20th @ Health Services  
 10:00-3:30pm



Presented by TopperWell and Elizabeth Mohon, discuss sexual health issues, alcohol and potential risks of sexual assault.  
 Wed, Oct 21  
 6:00-7:00pm in DUC 340.

e-club  
[www.wku.edu/eclub](http://www.wku.edu/eclub)

## Bathroom Do's & Don'ts

- Always flush (and flush again, if needed!)
- Do not urinate on the toilet seat!
- Wipe up water around the sink after you wash your hands.
- Rinse the sink after you brush your teeth.
- Wear a robe when entering the bathroom for a shower. No one wants to see you naked.
- Don't cut your hair in the bathroom.
- Sweep up your hair if you shed.
- Always wear shower shoes.
- No SEX in the Shower!
- Do not PEE in the shower!!!

[www.usc.edu/student-affairs/dv141/N18/03-poop.18d.html](http://www.usc.edu/student-affairs/dv141/N18/03-poop.18d.html)



## did you know?

56% of WKU Students keep track of how many drinks they consume.



NCHA Data  
 Fall 2006



Become a better U by participating in wellness activities! Register NOW to win over \$10,000 in scholarships and \$5,000 in prizes!

## Tips for HOMEsickNess

- \*Accept that things are different at school than home and embrace the change!
- \*Bring a piece of home that brings you comfort: a stuffed animal, your pillow, a picture or special food.

- \*Focus on what you're gaining while away from home.
- \*You're not alone. Tons of people are away from home and feeling the same way.

- \*Keep in touch with family and friends from home. They're only a call away.
- \*Get involved. Join a club or group to meet new people and make new friends.

[www.unca.edu/counselcenter/Pages/Homesickness.html](http://www.unca.edu/counselcenter/Pages/Homesickness.html)



Brought to you by: [topperwell.blog.wku.edu/](http://topperwell.blog.wku.edu/)



Fun Fact: The word 'gymnasium' comes from the Greek word gymnazein which means 'to exercise naked'. [www.healthranker.com/blog/](http://www.healthranker.com/blog/)



# Stall Street Journal

Volume 2 Issue 4 November 2009  
[www.wku.edu/healthservices](http://www.wku.edu/healthservices) \*Phone 270-745-5033

Did You Know? In Cleveland, Ohio it is illegal to catch mice without a hunting license.  
[www.funfunnyfacts.com](http://www.funfunnyfacts.com)

## EYE DARE TO CARE: CONTACT LENS CARE

\*Always wash your hands with warm water and soap before handling your contact lenses or before touching your eyes.

\*Wear your contact lenses as prescribed.

\*Clean your contact lens case after each use with either sterile solution or hot tap water and let air dry.

\*Do not sleep with your contact lenses in your eyes unless you are prescribed "Extended Wear" contacts!

\*To keep your eyes lubricated, use a rewetting solution or plain saline solution.  
[www.webmd.com](http://www.webmd.com)

Join Bonnie Holt Logsdon for  
Fireside Chat  
Is Your Nutrition Unstable? Read the Label  
Tue, Nov. 17  
6-7  
Health Services Lobby

## STAPH INFECTIONS

### What is a Staph?

Bacteria that can live harmlessly on many skin surfaces, especially around the nose, mouth, genitals, and anus.

### How do you get it?

Spread through skin-to-skin contact with infected areas. It occurs when people with skin infections share things like bed linens, towels, or clothing.

### What are the Symptoms?

Any inflammation -- redness, warmth, swelling, pain, possible fever, chills and sweats.

### How do you prevent Staph Infections?

Any time you have a cut or skin breakdown, wash it with soap and water, keep it clean and dry, use antiseptic ointment, and keep it covered.

[www.webmd.com/skin-problems-and-treatments](http://www.webmd.com/skin-problems-and-treatments)

94%  
of WKU  
Students  
eat Fruits &  
Vegetables.  
Fall 2006  
NCHA Data



Champagne Taste on  
a Beer Budget:  
Getting The Biggest  
Bang For Your Buck!

Dr. Brian Strow

Wed, Nov. 18

6-7

DUC 340

## HAZING: SOME POTENTIAL SIGNS?

\*CUTTING, BRANDING, LABELING, OR  
SHAVING OF PARTS OF THE BODY

\*REQUIRED "GREETING" OF MEMBERS IN A  
SPECIFIC MANNER WHEN SEEN ON  
CAMPUS

\*REQUIRED WALKING IN GROUPS TO  
CLASS, THE CAFETERIA, ETC.

\*REQUIRED CARRYING OF CERTAIN ITEMS

\*LOSS OF VOICE DUE TO HAVING TO YELL

\*PERFORMING OF SPECIAL TASKS FOR THE  
MEMBERS OR OTHERS

\*NOT BEING ABLE TO SIT DOWN OR  
SORENESS FROM PADDLING

[WWW.UMICHEDU/NOHAZING/](http://WWW.UMICHEDU/NOHAZING/)

Free HIV  
Testing

Tue, Dec. 1

10-3:30

WKU Health  
Services

e-CHUG  
Alcohol Self-Assessment  
Take the e-Chug  
[www.wku.edu/echug](http://www.wku.edu/echug)



## Frisky & Risky Sex

- There are risk when you have sex
- No matter your sexual orientation you can be at risk of contracting STD's such as syphilis, hepatitis B, genital warts, and AIDS just to name a few
- This is not just male to female but also, male to male and female to female risks
- Use a male or female condom to protect yourself
- \*Always, always use a condom no matter what

- \*Abstinence is not having oral, anal or vaginal sex
- \*Reasons not to have sex: moral, religious, legal, health or safety
- \*Tell your partner, if you are practicing abstinence
- \*You can be intimate without having sex

Here's How:

- Holding Hands
- Cuddling
- Kissing
- Massages

Find out more about intimacy & abstinence at:  
smartersex.org

**80%** of WKU Students who engaged in oral, vaginal or anal sex used a condom.

Fall 2006 NCHA DATA

**FUN FACT: French kissing can prevent cavities!!!**  
[www.blameitonthevoices.com/2008/11/random-facts-about-sex.html](http://www.blameitonthevoices.com/2008/11/random-facts-about-sex.html)

## SEXUAL RESPONSIBILITY WEEK

**FREE HIV Testing**  
@ Health Services  
Tue, Feb 9  
10am-3:30pm



"Avoiding the Pinkslip in Relationships"  
Learn ways to communicate & Maintain Healthy Relationships  
Wed, Feb 10  
DUC 340  
6-7 pm

**Friday Nite @ Redz (4th floor DUC)**  
**Condom Bingo & Sexual Wheel of Fortune**  
Fri, Feb 12  
7-9pm

Find out about

**e-CHUG**  
Alcohol Self-Assessment

[www.wku.edu/echug](http://www.wku.edu/echug)

Be a better U!  
Sign up Today!!!  
[www.wku.edu/wellu](http://www.wku.edu/wellu)





# Stall Street Journal

Volume 2 Issue 10 March 2010

Website: [www.wku.edu/healthservices](http://www.wku.edu/healthservices) \* Phone Number: 745-5033

## HOOKAH

-Hookah is a water pipe with a smoke chamber, a bowl, a pipe & a hose.

-Hookah smoke contains high levels of toxic compounds, including tar, carbon monoxide, heavy metals, & cancer-causing chemicals (carcinogens).

-Hookah smokers are exposed to more carbon monoxide & smoke than Cigarette smokers.

-As with cigarette smoking, hookah smoking is linked to lung & oral cancers, heart disease & other serious illnesses.

-Hookah smoking delivers about the same amount of nicotine as cigarette smoking does, possibly leading to tobacco dependence

- Hookah pipes used in hookah bars & cafes may not be cleaned properly, risking the spread of infectious diseases.

[www.mayoclinic.com/health/hookah/AN01265](http://www.mayoclinic.com/health/hookah/AN01265)



Be a better U!  
Sign Up Today!!!  
[www.wku.edu/well](http://www.wku.edu/well)



Find out about

**e-CHUG**

[www.wku.edu/echug](http://www.wku.edu/echug)

## Social Smoking

\*Half of young people who began smoking "casually" or "socially" were smoking every day within 1 year.

\*Drinking more alcohol may increase your desire to smoke.

\*People who smoke less than a pack a week seem to have just as much blood vessel damage as those who smoke a pack each day or more.

\*Men who smoke between 6 & 9 cigarettes each day and women who smoke between 3 and 5 double their risk of heart attack.

Women who smoke and take hormonal birth control are at a higher risk for serious health problems.

[www.goaskalice.columbia.edu/2573.html](http://www.goaskalice.columbia.edu/2573.html)

### FUN FACT:

PLANNING ENJOYABLE

ACTIVITIES FOR THE FUTURE WILL REDUCE THE STRESSOR

HORMONES SUCH AS CORTISOL AND EPINEPHRINE.

[HTTP://WWW.DRSTANDLEY.COM/FACTS/laughing.shtml](http://www.drstandley.com/facts/laughing.shtml)

-Listening to loud music at concerts and clubs, or at home with headphones, can lead to temporary or permanent loss of hearing sometimes referred to as "rock-and-roll deafness."

#### Right Ways to Clean Ears:

\*Inserting cotton-tipped swabs into the ear canal

\*Oral jet irrigators, such as a Waterpik

\*Ear candling, a technique that involves inserting a paraffin coated tube into the ear then lighting it

#### Wrong Ways to Clean Ears:

\*Wax-dissolving agents, such as water or saline

\*Irrigation or ear syringing, a procedure that involves a clinician injecting a stream of water into the ear canal

\*Manual removal with special instruments or a suction device

#### iPod Sound Level

70% level

80% level

95% level



#### Safe Listening Time

4.6 hours per day

90 minutes per day

5 minutes



13.5%

of WKU Students have experienced an ear infection.

Fall 2006 Health

### CALENDAR OF EVENTS:

\*FREE HIV TESTING

TUES, APRIL 6 FROM 10 - 3:30

@ HEALTH SERVICES



\*Zzz's TO PLEASE

JOIN KATHRYN STEWARD, AS SHE DISCUSSES WAYS

TO GET GOOD REST, DEAL WITH STRESS & IT'S

EFFECTS ON SLEEP

APRIL 7TH, 6-7 IN DUC 340



[deafness.about.com/cs/earbasics/a/earwax](http://deafness.about.com/cs/earbasics/a/earwax)

SUBMIT YOUR APPLICATION TODAY!



POYD



# Stall Street Journal

Volume 2 Issue 11 April 2010

website: [www.wku.edu/healthservices](http://www.wku.edu/healthservices)

Phone: (270) 745-5033

## Seasonal Allergy

### Seasonal Allergy Symptoms:

- \*Sneezing
- \*Runny nose
- \*Congestion
- \*Red eyes
- \*Itchy throat
- \*Dry cough
- \*Sleep disturbances



**Zzzz's To Please**  
Wednesday, April 7th  
Stress and it's Effects on Sleep  
6:00-7:00 p.m. @ DUC 340



## Asthma

Asthma is an inflammatory disorder of the airways which causes wheezing, shortness of breath, chest tightness, and coughing. 6% of the US population suffers from asthma.

For more information: Visit [www.cdc.gov/ASTHMA/](http://www.cdc.gov/ASTHMA/)



Find out about  
**e-CHUG**  
Alcohol Self Assessment  
[www.wku.edu/echug](http://www.wku.edu/echug)

**Free HIV Testing**  
Tue. April 6  
10:00 a.m. - 3:30 p.m.  
@ Health Services

## Food Allergy

If Allergic to:	Risk of Reaction to at Least One:	Risk:
A legume* peanut	Other legumes peas, lentils, beans	5%
A tree nut walnut	Other tree nuts cashew, brazil, hazelnut	37%
A fish* salmon	Other fish swordfish, sole	50%
A shellfish shrimp	Other shellfish crab, lobster	75%
A grain* wheat	Other grains barley, rye	20%
Cow's milk* cow	Beef hamburger	10%
Cow's milk* cow	Goat's milk goat	92%
Cow's milk* cow	Mare's milk horse	4%
Pollen birch, ragweed	Fruits/vegetables apple, peach, honeydew	55%
Peach* peach	Other Rosaceae plum, pear, cherry	55%
Melon* cantaloupe	Other fruits watermelon, banana, avocado	92%
Latex* latex glove	Fruits kiwi, banana, avocado	35%
Fruits banana, kiwi, avocado	Latex latex glove	11%

## Tanning Safety

### Be Sun Safe

- \*Use sunscreen with SPF 15 or higher.
- \*Apply 20 minutes before sun exposure.
- \*Limit your exposure to sun between 10 a.m. and 4 p.m.
- \*Use a wide-brim hat or visor.
- \*Use 99-100 % UV absorbent sunglasses.

### Risks of tanning

Ultraviolet radiation damages the skin no matter where it comes from. It can cause:

- \*Sunburn,
- \*Premature aging of skin,
- \*Skin cancer,
- \*Precancerous skin lesions, &
- \*Immune system suppression.



### Safe Tan is Fake Tan

Sunless airbrush, spray, or self-tanning is healthier because:

- \*Are UV safe,
- \*Don't change the skin's DNA,
- \*And staining the outer layer of skin.



**Alarming** Only 12% of WKU students reported using Sunscreen daily.

Fall 2006 NCHA DATA

For more information: Visit [www.fda.gov/cdrh/tanning/risks.html](http://www.fda.gov/cdrh/tanning/risks.html)

Be a better U!  
Sign up today!!!!  
[www.wku.edu/wellu](http://www.wku.edu/wellu)



Peer Health Educators/SHAC

SUBMIT YOUR APPLICATION TODAY!  
[www.wku.edu/topperwell](http://www.wku.edu/topperwell)



## Comparison

Fad diets do not work. The reality is that fad diets don't help you to lose weight and keep it off.

Here are some tips for healthy weight loss:

- \*Exercise at least 60 minutes daily.
- \*Eat healthy.
- \*Eat smaller meals more frequently.
- \*Avoid sugar containing sodas and fruit drinks.

### Did you know:

52% of WKU students exercise to lose weight.

Fall 2006 NCHA DATA

Visit [topperwell.blog.wku.edu/category/nutrition/](http://topperwell.blog.wku.edu/category/nutrition/)



# Stall Street Journal

Volume 2 Issue 12 April 2010

Website: [www.wku.edu/healthservices](http://www.wku.edu/healthservices) Phone: (270) 745 5033

## How to get a good night's sleep



\*Stick to a sleep schedule

\*Exercise

\*Avoid caffeine & nicotine

\*Avoid alcoholic drinks before bed

\*Avoid large meals & beverages late at night

\*Avoid anti-sleep medicine

\*Don't take naps after 3pm

\*Relax before bed

\*Take a hot bath before bed

\*See a doctor if trouble still continues

[www.webmd.com](http://www.webmd.com)

## SLEEP DISORDERS

*Sleep Disorder* is any difficulties related to sleep.

- Problems with falling and staying asleep (insomnia).
- Problems with staying awake (excessive daytime sleepiness).
- Problems with maintaining a regular sleep schedule (sleep rhythm problem).
- Unusual behaviors during sleep (sleep disruptive behaviors).

Consequences of too little sleep may cause memory problems, depression, & a weakening of the immune system.

[www.myjancee.com](http://www.myjancee.com)



Sign Up Today!!!



[www.wku.edu/wellu](http://www.wku.edu/wellu)

Wed, May 5, from 6-7 in DUC 340

**NOBODY'S PERFECT**

Join Betsy Pierce, Outreach Coordinator with Counseling and Testing, as she discusses healthy body images, self-esteem and issues with eating disorders.

**PASSPORT TO WELLNESS**

The average person falls asleep in seven minutes.

[www.funfacts.com](http://www.funfacts.com)

## SPIRITUAL WELLNESS



- \* Believe in your own sense of meaning and purpose
- \* Take time to meditate or pray
- \* Be compassionate
- \* Be forgiving
- \* Create harmony in your life

[www.wellness.ucr.edu](http://www.wellness.ucr.edu)

HIV Testing Date: Tue, May 4, 2010

10:00am - 3:30pm

Location: Health Services

FREE!!!! FREE!!!!!!

Submit your TopperWell application by April 21.  
[www.wku.edu/topperwell](http://www.wku.edu/topperwell)

[topperwell.blog.wku.edu/](http://topperwell.blog.wku.edu/) Get tips from your peers...



17% of WKU students reported that sleep difficulties affected their academic performance.

~Fall 2006 NCHA Data

2010 WKU