### Just for the Health of It

**Ask Our Dietitian**
Dr. Brenda Brown, ND, LD, is the Wellness Director of WKU available to accommodate dietary needs. She is located in the Preston Center, Health & Wellness Services.

- Healthy eating on campus
- Medical concerns (diabetes, food allergies, and heart health)
- Making improvements to current eating habits
- Grocery shopping and food planning
- Vegetarian and Vegan nutrition
- Emotional issues with food
- Healthy eating on a budget

**Viral vs. Bacterial**
- **Fever**
- **Cough**
- **Sore throat**

**WOMEN'S SELF EXAMINATIONS**
1. **Breast self-examination**
   - **Benefits**: Helps prevent breast cancer or detect it in its early stages.
   - **Instructions**: Examine your breasts for any lumps, changes in the tissue's texture, or sensitivity to touch.
   - **Frequency**: Monthly, preferably during the first day of your menstrual cycle.
   - **Resources**: Breastcancer.org, National Cancer Institute.

**MEN'S SELF EXAMINATIONS**
1. **Testicular self-examination**
   - **Benefits**: Detects testicular cancer early.
   - **Instructions**: Inspect testicles for any lumps, changes in size or texture.
   - **Frequency**: Monthly.
   - **Resources**: American Cancer Society, TesticularCancer.org.

**Water vs. Soda**
1. **Water**
   - **Benefits**: Hydration, weight management.
   - **Alternatives**: Plain water, sparkling water, unsweetened tea.

2. **Soda**
   - **Dangers**: Sugar, empty calories, potential tooth decay.
   - **Alternatives**: Water, unsweetened juice, natural fruit infusions.

**Healthy Snack Options**
1. **Fruit**
   - **Benefits**: Nutrients, fiber, hydration.
   - **Examples**: Apples, berries, melons.

2. **Vegetables**
   - **Benefits**: Vitamins, fiber, hydration.
   - **Examples**: Carrots, celery, baby bell peppers.

**Upcoming Events**
- ** Taste of WKU**
  - **Date**: Thursday, August 31st, 2016
  - **Time**: 6-8 PM
  - **Location**: DSU, Main Lobby

- **Wellness Challenge**
  - **Date**: Wednesday, September 7th, 2016
  - **Time**: 2:30 PM - 4:30 PM
  - **Location**: South Lawn

- **HIV Testing**
  - **Date**: Thursday, September 13th, 2016
  - **Time**: 10 AM - 3 PM
  - **Location**: Health Services, Room 1064

- **Power Up@A Hydration Station**
  - **Location**: On campus at the Preston Center, DSU, Snell Hall, Cherry Hall, Academic Complex, Southwest Hall, & Northeast Hall
  - **Fruit**: Apples, grapes, oranges, and more
  - **Post-Workout Snacks**: Fruit cups, fresh fruit, yogurt, crackers, and more

- **GROCERY BINGO**
  - **Date**: Thursday, September 28th, 2016
  - **Time**: 6-8 PM
  - **Location**: DSU Garage

- **COFFEE**
   - **Freshly brewed coffee**
   - **Location**: Preston Center, South Lawn, Cherry Hall, Southwest Hall, & Northeast Hall

**Notes**
- **Mandates to avoid bug bites**
  - **Mosquitoes and flies**
  - **Prevention**: Use insect repellent,mosquito netting, and long sleeves.

- **Congestion**
  - **Symptoms**: Runny nose, sneezing, coughing.
  - **Treatment**: Over-the-counter medication, steam inhalation.

- **Loss of smell**
  - **Symptoms**: Difficulty smelling.
  - **Treatment**: Over-the-counter medications, rest.

**TIPS**
- **Wash your hands**
  - **Regularly**: To prevent the spread of illness.
  - **Correct method**: Use soap and water for at least 20 seconds.

**Milk & Juice**
- **Freshly squeezed**
  - **Benefits**: Nutrients, hydration.

**SUBWAY**
1. **Club**
   - **Benefits**: Protein, fiber.

2. **Footlong Sub**
   - **Benefits**: Protein, carbohydrates.

**LOUISIANA KITCHEN**
2. **Beignets**
   - **Benefits**: Satisfying, French-inspired.

3. **Pineapple Upside-Down Cake**
   - **Benefits**: Sweet, indulgent.

**SUBWAY**
- **Fresh Veggies**
  - **Benefits**: Nutrition, hydration.
  - **Examples**: Carrots, celery, capers.

- **Milk & Juice**
  - **Benefits**: Nutrients, hydration.
  - **Varieties**: Whole milk, 2%, 1%, nonfat milk, juices, smoothies.

**Conclusion**
- **Healthy eating**
  - **Benefits**: Improved health, energy levels.
  - **Tips**:
    - Plan meals in advance.
    - Choose whole foods.
    - Drink plenty of water.

**Questions?**
- **Contact**: 270-745-5033
- **Email**: wku.edu/hep
PUMPKIN SOUP

INGREDIENTS:
- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

DIRECTIONS:
1. In a large saucepan, heat 1/4 cup water over medium heat.
2. Add onion and cook until tender, about 5 minutes. Don't let onion dry out.
3. Add remaining water, pumpkin, broth, cinnamon and nutmeg.
4. Bring to a boil, reduce heat and simmer for 5 minutes.
5. Stir in the milk and cook until hot.
6. Don't boil.
7. Ladle soup into warmed bowls and garnish with black pepper and green onion tops.
8. Serve immediately.
The Stall Street Journal is intended for fun, education, and promotion of wellness, not as a formal scholarly publication.

Quick ways to relieve stress:
1. Think about the people who are most important to you.
2. Repeat a positive affirmation. Example: “I can do this.”
3. Laugh at something you did.
4. Make time for hobbies.
5. Stand up and stretch.

Mindfulness (mindful-fuh-ness):
Mindfulness is a state of active, open attention on the present. When you’re mindful, you observe your thoughts and feelings from a distance, without judging them as good or bad.

For more information, go to www.wku.edu/health.

Healthy Snacking During Finals:
- Bananas have high levels of tryptophan, which is converted to serotonin; this promotes a better mood and is a great energy supplier.
- Apples and strawberries are high in antioxidants, which contributes to cognitive health.
- Peanuts butter has Vitamin E and protein, which contributes to cognitive health.
- Whole grains (like whole wheat bread) increase blood flow to the brain.

Learn about others:
- The International Student Engagement Center (ISEEC) is a place for students to connect with each other, their culture, and the campus.

Upcoming Events:
- 2/9/17 FREE Health Services Building
- 2/14/17 GROCERY GINNO
- 6-8pm Earn Wellness Credits
- TOPPERWELL CANDLELIGHT

HOLIDAY EATING: The average American gains about 1 pound a year due to over eating during the winter holiday season—this extra weight can accumulate and contribute to obesity later in life.

Fact: Suicide is the second leading cause of death, after accidents, among college students.

(Source: Wku.edu/hep (270) 745-5033)
**STALL STREET JOURNAL**

*A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL*

**VOLUME , ISSUE**

**Be Clean, Eat Smart, Just For the Health of It**

**wku.edu/he | 745-5033**

Be Clean, Eat Smart, Just For the Health of It

**IS THE MOST COMMON STD ON COLLEGE CAMPUSES-FOLLOWED BY CHLAMYDIA (VIA COLLEGETIMES.CO)**

**Q: What percentage of college students will get an STD by the time they graduate?**

**A: "75%" Tatum W., Bowling Green, KY**

1 in 4 college students have an STD, or will by graduation (CDC.gov).

**Q: When do you think a person should be tested for STI/STDs?**

**A: "Semi-annually" Xzaveion P., Bowling Green, KY**

It's a good idea to be tested every year regardless of relationship status or risk factors of sexually active.

**Q: What is your preferred method of birth control?**

**A: "I like to be on the birth control pill." Courtney M., Hazel Green, AL**

There are over 20 different forms of protection, including implants, the Depo Shot, condoms, the Pill, and more. It's always good to talk your options with your doctor.

**Q: What is a dental dam used for?**

**A: "It is a sheet like barrier used for oral sex or anal areas or vaginal areas." Casey C., Copperas Cove, TX**

Correct! A dental dam is a barrier method used for oral sex, condoms or other protection.

**HUMAN IMMUNODEFICIENCY VIRUS (HIV): the retrovirus that can lead to AIDS if left untreated for a long period of time. HIV is spread through direct contact with body fluids from someone with the virus, such as:**

- blood, semen, breast milk, and vaginal/rectal fluids.

**Both:**

- A need to urinate often
- Burning and pain when urinating
- Unusual discharge/smell from the vagina
- Blood, semen, breast milk, and vaginal/rectal fluids.

**Sources:**

- AIDS.gov
- Bedside.org

Free HIV Testing Dates for the Spring 2017 semester:

- Testing is 20 mins, is confidential, and oral-no blood required!
- **February 14th, March 28th and April 18th**

All dates are 10am-3:30pm in Room 1064 in the Health Services Bldg.

**Sources:**

- AIDS.gov
- Bedside.org

**Register for WellU at www.wku.edu/aweilu**

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**HOW WELL DOES BIRTH CONTROL WORK?**

**99.9%** **REALLY, REALLY WELL**

**96.98%** **GOOD**

**75.84% NOT AS WELL**

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