

Healthy Students

A faculty/staff newsletter about student health issues

Meditate

Take A Walk

Love Your Body

Spend Time in the Sun



Student Health Services

- Take time to have fun
- Have a regular sleep schedule and try to get 6-8 hours of sleep each night

Winter Blues

During the winter months some people experience mood swings, find themselves sleeping and eating more than usual, and feel generally sad. The change of weather and fewer hours of daylight can cause people to develop what mental health experts call Seasonal Affective Disorder (SAD).

Studies indicate that between 1-5% percent of the population suffers from SAD and that many more people struggle with a milder version of SAD called the "Winter Blues."

SAD or the Winter Blues may result from an increase in melatonin (a sleep hormone) and a decrease in serotonin (a hormone associated with elevated mood) in the brain. When a person is exposed to fewer hours of sunlight, melatonin production is increased and serotonin production is decreased.

SAD is a type of depression that develops in the winter months and involves significant distress or impairment in one's daily functioning. The Winter Blues, on the other hand, is less intense and usually involves fewer symptoms.

Common symptoms of SAD or the Winter Blues include:

- Depressed mood
- Loss of feelings/apathy
- Irritability
- Low energy
- Fatigue
- Overeating and weight gain

- Carbohydrate craving
- Sleeping too much
- Social isolation
- Less interest in activities that are usually pleasurable

Most college students who struggle with the Winter Blues notice that during winter quarter they feel less motivated than usual and have a hard time maintaining their academic performance. They may skip classes, limit their social interactions, struggle to get out of bed in the morning, and eat more junk food.



Experts note that January and February are the months when people are most likely to develop SAD or the Winter Blues. During these months it is especially important for those who experience the above symptoms to take care of themselves by doing the following things:

- Exercise at least 3x per week (outside or next to a window)
- Eat healthy foods and avoid overeating
- When the sun is shining, go outside
- Use brighter light bulbs in your room
- Open the curtains or blinds in your room
- Position your desk next to a window
- Buy some plants and put them in your room
- Decorate your room with bright colors
- Listen to uplifting music
- Talk to friends; don't isolate yourself
- Limit caffeine and alcohol intake
- Limit or eliminate smoking

If someone is struggling with many of the symptoms mentioned earlier, he or she may need professional help. There are a number of therapies used to treat acute cases of SAD, including psychotherapy, light therapy, and antidepressants. If you or someone you know is having thoughts of suicide or a significant impairment in social, academic, or occupational functioning, please call Counseling and Psychological Services for an appointment. 909-869-3220.

Welcome Ty!



Student Health Services is pleased to introduce Ty Ramsower, our new Coordinator of Health Promotion and Outreach. Ty joins us from Claremont Colleges where he had been the Director of Health Education for over 15 years. He earned a B.S. from Ohio State University and a M.Ed. from Kent State University. Ty brings a wealth of health education knowledge, programming experiences, leadership skills, and creativity to Cal Poly Pomona. Stop in at The Wellness Center to say hello!



WINTER 2007

Did you know?

Nearly 50% (49.8) of CPP students describe themselves as about the right weight (data based on a 2004 NCHA Survey)



The Best Defense Against the Bug



The common cold is usually spread by hand-to-hand contact with another cold sufferer or by shared objects such as utensils, towels and telephones. Proper hand-washing techniques can reduce your chances of contracting a cold or flu.

It is also estimated that **one out of three** people do not wash their hands after using the restroom. So keep this in mind when you are in public places. The CDC lists other activities where hand washing is required:

- cleaning toilets and bathrooms
- handling potentially soiled linens and clothes
- cleaning up after one's vomiting or fecal accident
- cleaning & sanitizing surfaces
- before preparing food
- after eating, drinking & smoking
- after removing gloves

Handwashing Techniques:

- Wet hands under warm flowing water (at least warmer than body temperature, approximately 110° F-120° F)

- Apply liquid, powder or clean bar soap.
- Rub your hands vigorously together producing a good lather, adding water as necessary. Scrub all surfaces front and back, paying attention to washing between your fingers and under your nails. Lather the hands from wrists to the fingertips and arm up to the tips of the sleeves.
- Continue for 15-30 seconds or about as long as it takes to sing the first verse of your favorite song. Soap alone will not kill the germs, scrubbing is essential to help loosen the germs that become trapped in the soap.
- Rinse well under warm water, letting the water run down into the sink (not your elbows) and dry your hands with a clean, dry, paper towel.
- Use the towel to turn off the water at the sink. Remember, you used your dirty hands to turn the water on!
- Use the towel to open the bathroom door; don't assume everyone before you washed their hands.
- Dispose of the towel in the proper receptacle.

Tell Someone about the HPV Vaccine

HPV is a sexually transmitted disease that can infect millions of women and cause cervical cancer. While 80% of sexually active women in the U.S. will get HPV by the age of 50, many could have it and not even know it. Now there is a vaccine, GARDASIL®, that will protect against diseases caused by 4 of the most common strains of HPV. Females between the ages of 9 and 26 are encouraged to get the vaccine to reduce cervical cancer and genital warts. Student Health Services offers the vaccine at cost for \$120/injection. The vaccine is given in a 3-dose series over a period of six months. Students may call 909•869•4000 to schedule a no-charge appointment with a clinician.



Celebrate Your Body!

We all may have our days when we feel awkward or uncomfortable in our bodies, but the key to developing positive body image is to recognize and respect our natural shape. Learn to overpower those negative thoughts and feelings with positive, affirming, and accepting ones. Join us in celebration of Body Acceptance Week February 26 - March 2, 2007- Celebrate yourself— Celebrate your body.



STUDENT HEALTH SERVICES • Bldg. 46

Phone: x4000
Hours: M & R: 8-6
 T & W: 8-7
 F & Qtr Breaks: 8-5; Closed weekends & University holidays.
WEB: www.dsa.csupomona.edu/shs
E-mail: health@csupomona.edu

THE WELLNESS CENTER • Bldg. 35-1341

*Walk-ins welcome
 No appointments needed!*

Phone: x5272
Hours: M-R:10-5, F: 10-3
 Closed quarter breaks
E-mail: wellnessctr@csupomona.edu



Free HIV/AIDS Testing

Free and anonymous HIV Testing is offered Winter quarter on Tuesdays from 1:15 to 2:45. No blood draws. Results returned the following week. Call x.4000 to make an appointment.

WINTER QUARTER BLOOD DRIVES:

January 28 & 29
 February 20 & 21
 March 27 & 28
 9:00am to 8:00pm
 BSC—Andromeda



American Red Cross

Winter CPR/First Aid Classes

COMMUNITY CPR:
 February 3 or March 10
ADULT CPR/FIRST AID:
 February 17

One-day, Saturday classes, from 8:30am to 3:30pm. \$30/class, payable in advance at time of registration. Call x.2888 for more info.

