

# Regis College Health Services

## Newsletter

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### Health Services Events:

**March** – National Nutrition Month: sign up for free nutritional counseling, weight check and BMI at Health Services on 3/24, 10-2.

**April** – Alcohol Awareness Month  
Eye Health Month

**May** – Skin Cancer Awareness Month

### Healthy Eating: Cafeteria and Dorm Room Tips



Eating on a college campus may seem challenging with all the many food choices. Healthy eating does not have to be compromised or complicated. By keeping these familiar nutrition standards in mind, you will be able to make healthy food choices:

- \*Eat grilled or baked foods instead of fried foods
- \*Eat whole grains (whole grain bread & brown rice) instead of refined grains (white bread, white rice, white pasta)
- \*Drink low-fat or skim milk instead of whole milk
- \*Drink water, seltzer or fresh fruit juice instead of soda or sweet drinks
- \*Eat fruit or yogurt instead of sweet desserts (cake, cookies, ice cream)
- \*Eat fish or lean meat instead of beef, pork or lamb
- \*Eat fresh fruits and vegetables 5 – 9 servings/day
- \*Limit your alcohol intake
- \*Drink green tea daily

<http://www.youngwomenshealth.org/college101.html?printme>  
Starley, C. (2009) Cancer-Proof Your Diet. Natural Health. pg. 68

For more information about healthy eating please call ext: 7290 and schedule a free appointment with our Nutritionist, Andrea Stein



### Find Time To Exercise

With the warm weather just a few weeks away, it is time to start thinking about those healthy outdoor activities. The American Heart Association affirms that participating in any number of outside activities such as walking, running, swimming or cycling can help keep your heart healthy. Find something you enjoy. Remember that exercising can energize you and release stress!

Below are 4 simple exercise tips to help you get back on track:

1. Do an activity you enjoy
2. Make time to exercise
3. Do a variety of activities
4. Don't over do it – 30 minutes/day

<http://www.americanheart.org/presenter.jhtml?identifier=801>  
[http://www.new-bodynews.com/2006\\_Articles/5\\_Super\\_Simple\\_Exercise\\_Tips.htm](http://www.new-bodynews.com/2006_Articles/5_Super_Simple_Exercise_Tips.htm)



### Natures Remedy Tip

– Did you know that coconut oil strengthens the roots of the hair and conditions the shaft promoting healthy growth? For thinning hair, Natural Health Magazine recommends massaging a small amount of coconut oil into the scalp for 5 minutes, working from root to ends. Place a damp heated towel or plastic wrap on your head for 5-15 minutes. Rinse out completely. Repeat 2 times per week (Starley, 2009).

Other tips for healthy hair from Natural Health Magazine include consuming:

- \*Iron rich protein foods such as lean meat, fish, low-fat cheese, egg whites, spinach and soy
- \*Vitamin C found in oranges, strawberries, steamed spinach and tomatoes
- \*Biotin found in salmon, carrots, egg yolk and sardines
- \*Silica found in oats, rice, cucumbers, asparagus, cabbage and sunflower seeds

Starley, C. (2009) Healthy Hair Secrets. Natural Health. pg. 72



### Quote of the Month...

With each true friendship, we build more firmly the foundation on which the peace of the whole world rests...Mahatma Gandhi



## Dear Dianna – Q&A

Dear Dianna,

Can you please explain BMI and what it means?

Thank you,

L.J.

Dear L.J.,

The BMI (Body Mass Index) is a simple statistical measurement, which compares a person's height and weight. It gives us important information on whether or not the person is at a healthy body weight by his/her height. The measurement does not calculate the percentage of body fat.

[http://en.wikipedia.org/wiki/Body\\_mass\\_index](http://en.wikipedia.org/wiki/Body_mass_index)

Dear Dianna,

What does SPF stand for and what number sunscreen do you recommend?

Anonymous

Dear Anonymous,

Sunscreens are rated with a sun protection factor (SPF) that measures a sunscreen's ability to block the sun's damaging rays (UVA/UVB) from penetrating the skin. According to the American Academy of Dermatology, sunscreen should be used every day if you are going to be exposed to the sun for more than 20 minutes. The recommendation is SPF 30 or higher. It is important to apply 15-20 minutes prior to sun exposure.

<http://www.aad.org/public/News/DermInfo/DInfoSunscreenFAQ.htm>

### **If you have a question, drop it in Box 11**



#### Cold or Allergies??

It is often hard to tell whether or not you have a cold or allergies. The first thing is to understand what causes each.

The common cold, often referred to as an upper respiratory infection is caused by a virus. The immune response to that virus produces symptoms of a stuffy nose, cough, sneezing and often low-grade fever. A cold is usually self-limiting and goes away within a week or two.

With allergies, your immune system reacts to substances such as pollen, dust or mold and attacks them. Your body releases a chemical called histamine, and just like a cold, produces symptoms of runny nose, itchy eyes, cough and sneezing.

Colds are contagious and allergies are not. The treatment for both is very different. If you have symptoms lasting greater than 2 weeks, be sure to see your health care provider before taking any over the counter preparations. For more information call Health Services at ext: 7290. <http://www.webmd.com/cold-and-flu/cold-guide/common-cold-or-allergy-symptoms>



**Sleep Tip** – Did you know that alcohol, caffeine and smoking can interfere with overall quality of sleep?

For a healthful slumber, be sure to have a consistent and relaxing bedtime schedule, keep your room dark and quiet, exercise before 6pm, avoid smoking, drinking alcohol or caffeine and eating a large meal before bed. Ideally, try to get 7.5 – 8 hours sleep per night. If you must snack in the evening, eat foods that will help you sleep such as:

- \*A glass of warm milk
- \*A cup of hot caffeine free herbal tea such as chamomile
- \*Half peanut butter or turkey sandwich
- \*Whole grain, low-sugar granola or cereal with low-fat or skim milk
- \*Low-fat yogurt
- \*A banana

<http://www.mayoclinic.com/health/sleep/HQ01387>

[http://www.helpguide.org/life/sleep\\_tips.htm](http://www.helpguide.org/life/sleep_tips.htm)

<http://www.sleepnet.com/tips.html>



#### Internet Addiction

Today, Internet use has become a common activity for socializing and entertainment. As the popularity of surfing the web increased, so has the number of people who are unable to control their Internet use. College administrators and counselors are seeing growing numbers of instances of Internet abuse nationwide. This is partly due to the fact that college students have a lot of free time on their hands, are away from home, have no parental supervision, and have unlimited/unmonitored Internet use. While many college students are compulsive Internet users, most do not recognize that they have a problem.

This obsession with the Internet can cause declining grades, fatigue from lack of sleep, withdrawal from social activities, and neglect of personal relationships. How do you know if you may be “addicted” to the Internet? There is an Internet Addiction test that measures degrees of addiction. You can access this information at:

[www.netaddiction.com/resources/internet\\_addiction\\_test.htm](http://www.netaddiction.com/resources/internet_addiction_test.htm)

However, if you believe that you or a friend may have a problem with your Internet usage, you should seek counseling through a licensed social worker or counselor. [www.mentalhelp.net/poc/view\\_doc.php?type=doc&id=3830&cn=66](http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=3830&cn=66)  
[www.netaddiction.com/articles/surfing\\_not\\_studying.htm](http://www.netaddiction.com/articles/surfing_not_studying.htm)



**Just a reminder...**Health Services offers free confidential counseling. Staff is available day and evening by appointment. Please call to schedule an appointment today at ext: 7290 or to leave a confidential message call ext: 7293.

**We strive to provide the best services possible for Regis students. If you have any suggestions or ideas please come by the clinic and use the suggestion box or email us at: [Health.Services@regiscollege.edu](mailto:Health.Services@regiscollege.edu).**