

Student Health Services Office

The student health nurse provides primary care for students, faculty and staff; directs the planning for emergency illnesses and injury care; coordinates and manages the Health Services Center operations; and provides health education and counseling for individuals and groups.

- Immunizations**
- Health screenings**
- Tuberculosis testing**
- Flu shots**
- Blood sugars**
- Blood pressure monitoring**
- Strep throat testing**
- Over-the-counter medications**
- Care of minor illnesses**
- Referral to MD as needed**
- Health education**
- First aid**

Student Health Services Hours:
Monday–Thursday 9 a.m.–2 p.m.

MARIAN



Student Health Services Office
(located in Basement of Regina Hall)
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Staying healthy at college



Physical activity

There are so many reasons for and so many benefits of exercise that the list goes on and on. It is an essential part of healthy living. People who exercise regularly can improve their overall quality of life.

Benefits of exercise:

- Help you lose weight, especially fat weight.
- Increase muscle strength.
- Increases your stamina.
- Reduces your level of anxiety.
- Help you manage stress more effectively.
- Can help you sleep better.
- Help improve your immune system.
- Reduces the risk of heart disease, diabetes and stroke. Lowers blood pressure.
- Reduce the risk of heart disease.
- Lowers cholesterol.

In general the National Institute of Health recommends 20 to 30 minutes of aerobic activity three or more times a week. This should be combined with muscle strengthening and stretching at least twice a week.

Tips for staying motivated

1. Choose an activity that fits your lifestyle (*walking, aerobics, water workouts, weight training*).
2. Set goals: Start simple and then progress. You won't get as frustrated.
3. Reward yourself: Savor the good feelings that exercise gives you, and reflect on what you've accomplished.

WORKOUT OPTIONS

- Fond du Lac YMCA
- Curves for Women
- Ramada Inn
- Club Olympia
- Center for Spirituality and Healing
- Marian College

Staying healthy at college

The first few weeks of college are definitely a time of adjustment — not only emotionally but physically as well. This can be a scary time for you as a young adult. It takes a bit of practice to feel confident about health care decisions when you are on your own — especially if you are not feeling well.

Marian offers basic health services to students. These include: treatment of minor injuries and illness, immunizations, flu shots, strep throat testing, and blood sugar and blood pressure screening, as well as TB screening. In addition, Health Services provides health education, over-the-counter medications, and free information on a variety of health issues related to college students.

Some tips for staying well at college:

- Make sure that your immunizations are up-to-date and that you have reviewed the information regarding the Meningitis and Hepatitis vaccines.
- Be familiar with your health insurance and know where your health insurance card is. We do have information on health insurance plans for those students who have no coverage.
- Try to eat well-balanced meals — and don't skip meals. The cafeteria, Sabre Grill, and Coffee House offer quite a number of choices for meals.
- Attempt to get at least six to eight hours of sleep each night. Learn the amount of sleep your body needs to function at its best, and try to stick to it.
- Make informed, sensible decisions regarding sexual activity. If you choose to be sexually active, be smart and stay healthy by respecting yourself and your partner.
- Learn specific stress reduction techniques and use them. Check out free resources for stress management at the counseling center or Health Services.

- Do not get into the habit of using caffeine, alcohol, medications/ drugs, or smoking as a means of relieving stress or studying for exams. These only contribute to health problems.

- Make physical activity a habit. It is important to your well-being. People who exercise regularly have a positive outlook on life, more energy, and longer, healthier lives.

- Become familiar with support services on campus and what they offer: Campus Ministry, counseling services, Student Health, and many more. Your student handbook is a great reference for this information. Lastly, maintain a positive attitude and enjoy your college experience.

Vaccinations: Safety in a high-risk environment

College students are vulnerable to several infectious diseases. College students live, eat and study in close quarters and come into contact with many people every day.

A new Wisconsin law requires all enrolled college students to be educated about meningococcal disease and immunization. In addition, all college students living in a dormitory or residence hall are required to confirm they have received background information, as well as whether they have been vaccinated against meningococcal meningitis.

Meningococcal disease is a bacterial infection of the membranes and fluid surrounding the brain. This disease is potentially very dangerous because it is very rare and it is often mistaken for a minor cold or the flu. The bad news is that one out of five people who develop meningitis will die. Studies clearly show that 70 percent of all cases of meningococcal disease are vaccine-preventable.

Hepatitis B is a serious liver disease caused by a virus. It is 100 times easier to get than HIV. You can get hepatitis B by coming in contact with blood, sharing toothbrushes or razors, having sex, or using unsterile equipment for body piercing or tattooing. You can protect yourself by receiving three hepatitis B shots and staying away from all blood and body fluids.

Alcohol and drugs (risky business)

Even though most college students are well below the legal drinking age, it is a prominent feature of social life on most campuses. The consequences of making poor decisions about drinking can increase your risk of flunking courses, getting a sexually transmitted disease, and being involved in fights and accidents.

It may surprise you that you don't need much alcohol before driving is affected. Driving skills can be impaired by blood alcohol concentrations as low as 0.02%. That's two 12-ounce beers for a 160-pound male in one hour.

Drinking while on certain medications can be dangerous. The combination of drugs and alcohol can increase drowsiness. You should always check with your doctor before drinking any amount of alcohol if you are taking medications.

Alcohol poisoning is very serious. Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions.

Signs of alcohol poisoning:

1. Mental confusion, stupor, coma, or person cannot be roused.
2. Vomiting.
3. Seizures.
4. Slow breathing.
5. Hypothermia.

IMPORTANT: If there is any suspicion of an alcohol overdose, call 911 for help immediately.

Tips on responsible drinking:

1. Keep in mind that drinking alcohol should not be the primary focus of any activity.
2. Recognize another's right to drink or not to drink. Set a limit on how many drinks you are going to have and stick to it.
3. Discourage a driver who is under the influence of alcohol from driving.
5. Provide transportation where drinking is involved.

Dealing with stress

- Tune in and get in the habit of noticing early signs of stress.
- Analyze: Thank about the source or causes of your stress. Respond: Deal with the cause of your stress, and the effects on you. Prevent: Develop good stress-reduction habits for a healthier lifestyle.

Other ways to manage stress

- Take a time out. Treat yourself to a relaxing bath, meditate or read without being interrupted.
- Be gentle with yourself. Remember, laughter is the best medicine. Learn relaxation techniques. Develop a sense of spirituality. Decide what you really want out of life.

Smart choices about sex

Take sex seriously STD: Are you taking proper, preventive steps? Condoms: The right form of birth control for you?

Sexually transmitted diseases are a leading American health problem. Young adults are most affected by STDs. Of all infectious diseases, STDs may be second in frequency only to the common cold. If left untreated, STDs can lead to reproductive problems, sterility and even death. Birth control pills do not protect against STDs. Many STDs have no obvious symptoms during the early stages, even though people are highly contagious.

Two of the most prevalent STDs are chlamydia and genital warts. Chlamydia is called the “silent epidemic” because 50 percent of infected people have no clinical symptoms. There are a number of other STDs and some can cause even more serious health problems if left untreated. Gonorrhea, HIV/AIDS and syphilis can have serious side effects.

The Student Health Office has much information about STDs. Condoms are also available. Any information is kept confidential.

It is important to make sure you are up-to-date on your measles, mumps, rubella (MMR) and diphtheria, tetanus and pertussis (DTP). You will need to have a record of these for your student health form.

Influenza, which is a bad case of the flu, can be an academic disaster for a college student. Influenza, a viral infection, causes muscle aches, fever, chills, coughing and severe fatigue. It can lead to pneumonia, or infection of the lungs. The Centers for Disease Control (CDC) encourages students, especially those who reside in dormitories, to get a flu shot. The vaccine is needed once a year in the fall.

All of these vaccines are available at the Health Services Office if a student requires them. The flu vaccine is also offered each fall.

Nursing students, international students and education students are also required to have a Tuberculosis skin test each year before starting any clinicals. This is also available at the Health Services Office.

College students and nutrition

College student dietary choices include late-night pizza, beer and dorm food. These choices are the possible rationale for the “freshman 15,” which can develop into the “undergrad 25.” Obviously, not all college students ignore their body’s nutritional needs, but with jobs, schoolwork and a social life, healthy eating takes a lot of effort.

There is no secret to healthy eating. You must be sure to eat a variety of foods, including plenty of vegetables, fruits and whole grain products. Also make sure to include low-fat dairy products, lean meats, poultry, fish and legumes. Drink at least eight glasses of water a day, and go easy on salt, sugar, alcohol and saturated fats. Good nutrition should be a part of an overall healthy lifestyle which also includes regular physical activity, not smoking, and stress management.

The food pyramid is an excellent guide for healthy eating. It is an outline of what to eat each day based on dietary guidelines. What we choose to eat can have a direct affect on our ability to enjoy life to its fullest. By eating a healthy diet we can maintain a healthy body weight, promote and maintain good health, and prevent some chronic diseases such as heart disease and diabetes.

10 healthy eating tips for the busy college student:

- 1. Eat breakfast.**
Skipping breakfast detracts from scholastic achievement.
- 2. If you eat fast foods, choose wisely.** Limit high-fat offerings like french fries, fried chicken or fish sandwiches, and watch out for those salad dressings.
- 3. Keep healthy snacks on hand** so if hunger strikes during a late-night study session, you won't be tempted by vending machine candy, chips or ice cream.
- 4. Eat plenty of foods rich in calcium.** People in their early 20s need to build up stores of calcium in their bodies to prevent osteoporosis in later life.
- 5. If you diet, do it sensibly.** Starvation and diets that offer a quick fix usually backfire and are harmful.
- 6. Eat sugar in moderation.** Sugar provides calories but few nutrients, and it contributes to tooth decay.
- 7. Choose wisely from the dining room.** Salad dressings, fried foods and desserts can make calories add up quickly.
- 8. Limit alcohol consumption.** If you drink alcohol, keep in mind that it supplies calories, but has no nutritional value.
- 9. Drink lots of water.**
Your body needs at least eight glasses a day.
- 10. Enjoy and savor it.**
Remember, food is a lot more than nourishment for our bodies.

Sleep, sleep, sleep

Students are infamous for dismissing the need for sleep. Sleep deprivation is a part of college life in most colleges and universities. But it is dangerous. Quality sleep is important to good health, productivity and safety. Inadequate sleep leads to depression, anxiety, poor concentration, lowered resistance to illness, and increased drug and alcohol use. Going without sleep makes a person cranky, critical and moody. Academic performance can be sabotaged by poor sleep patterns.

Attempt to get at least six hours of sleep each night. Learn the amount of sleep your body needs to function at its best, and try to stick with it.

Tips for a good night's sleep:

- 1. Skip stimulants like caffeine and nicotine** a few hours before bed.
- 2. Don't use alcohol to induce sleep.** As it wears off, your brain actually grows more alert.
- 3. Squeeze in daytime fitness.** Regular exercisers fall asleep earlier and sleep better.
- 4. Keep it quiet.** Silence is more conducive to sleep.
- 5. Sleep primarily at night.** Daytime naps steal hours from nighttime slumber.
- 6. Try a relaxing routine before bed.** Don't rely on sleeping pills to establish a regular bedtime or bedtime routine.

Stress and the college student

College life can be very stressful. The competition for grades, the need to perform, relationships, career choice and many other aspects of the college environment cause stress. All of us experience stress on a regular basis. Most of this is actually positive, serving to motivate us. However, like most things in excess, too much stress is negative. It has been estimated that two-thirds of all visits to physicians are for stress-related problems.

Side effects

- Stress can cause chronic fatigue, digestive upsets, headaches and back pain.
- Stress can affect the blood cells that help you fight off infection.
- Constant stress can increase blood pressure and risk for stroke. Stress triggers behaviors that contribute to death and disability, such as smoking, alcoholism, drug abuse and overeating.

Warning signs

- Changes in sleep patterns.
- Changes in eating habits.
- More frequent headaches.
- Shorter temper than normal for you.
- More disorganized than normal.
- Increased difficulty in task completion.
- Increased frustration and anger.