

Student Health Service

Spring 2010 Newsletter

California State University Chico

Special points of interest:

- Welcome back students
- Keeping hydrated in the winter
- Preventing snow-sport related injuries
- [H1N1 Flu](#)
- Tips for a better night's sleep

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By: *Joey Combs, PR Health Educator, Communications and Public Affairs Major, VP (Internal) for Theta Chi Fraternity, SHAC Member*

Welcome Back Students!

Here at the Student Health Center, we pride ourselves on giving students the best health care options possible. Our services include:

- Free medical visits by appointment or walk-in
- Access to board certified Physicians, nurse practitioners, and a physician assistant
- A fully functional pharmacy that carries prescription medication, birth control, and low-cost over-the-counter medications
- State-of-the-art x-ray machine
- The in-house lab offers many tests, from basic health screenings to diabetes and STI's for little to no cost
- Our nutrition interns can help you with your healthy eating questions and planning, absolutely **FREE!**
- [Immunizations](#) are provided when clinically available. This includes hepatitis B, travel shots, and flu shots for little or no cost
- Our reproductive health program includes a complete examination, laboratory testing, a Pap smear, and consultation
- Our new and improved [website](#) allows students to make appointments online, communicate with clinicians securely via email, and easily find [prices](#) on medications and lab fees

Keeping Hydrated During the Winter

Keeping a steady flow of water during the summer season is always important, but it may be even more important in the winter. On a hot summer day, it is much easier to keep up with your body's loss of water because the heat of the day is a constant reminder of your thirst. During the winter, it is much

harder to respond to the need for water. The fact that one must take a long swig of ice cold water in below zero temperatures is very unappealing. Being dehydrated this winter season can seriously affect your performance on the mountain. Experts say to drink at least half your body weight in ounces of

water per day. So if you weigh 160 lbs, drink at least 80 oz of water (a little more than half a gallon, or 5 water bottles). Tube-fed hydration backpacks are perfect for long days on the slopes and for being outdoors.

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Keeping Hydrated During the Winter (cont.)



It's easy to lose track of how many fluids your body is losing while on the mountain.

They are easy to maintain and can hold anywhere from 30 to 100oz. Here are some other helpful tips while in the chilly weather:

- Avoid drinking anything with a lot of caffeine or alcohol because they are both natural diuretics and will flush water throughout your system.
- Sports drinks are an are a good way to keep hydrated and absorb carbohydrates, which are essential for
- sustained energy. Sports drinks combined with electrolytes have shown to have a 70% reduction in urine output compared to water. That means less waiting in line for the bathroom and more time on runs.
- When you do have to use the restroom, monitor your urine color. Ideally, urine should be either clear or pale yellow. A strong yellow color indicates your body is running low on liquids.

- Drink plenty of fluids the day before going out, it is better to have a "full tank" than risk having not enough.



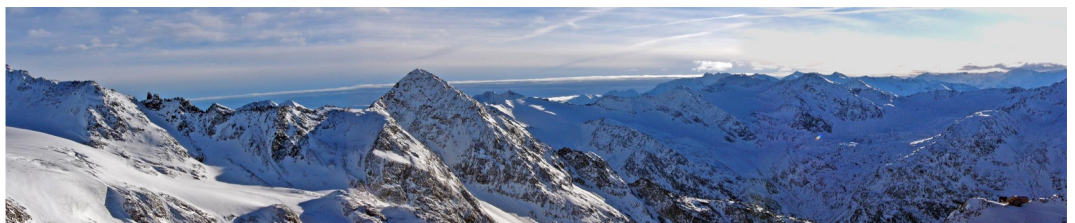
"Most people think that snowboarders whack into skiers, but it's the other way around" - Jasper Shealy, professor emeritus of industrial and systems engineering at Rochester Institute of Technology

How to Prevent Injuries on the Mountain

Close to 12.2 million people hit the slopes every year to workout, hangout with friends and family and also feel the thrill of gliding down a mountain. A small fraction of that amount gets injured while either skiing or snowboarding. A large factor in injuries is due to people's readiness for high risk slopes. In other words,

should be noted that boots that don't fit quite right can seriously increase the risk of being injured. Many parents buy their children bigger boots in hopes that they will someday grow into them. If the foot is loose in the boots, the binding wont work correctly, and will not rapidly release the ski from the boot

to how each group falls. "Snowboarders stop abruptly," Shealy says, their boards biting into the snow. "Skiers slide," he says, often into a downed snowboarder. Falling is a huge part of the learning process of any snow sport, and it will happen. The best thing you can do is be prepared and know how to do it



injuries tended to drift more towards people who enjoyed moguls, jumps and terrain parks, compared to those who stayed to the easy slopes. It also should be noted that faulty or outdated equipment was also blamed for many injuries. Since the 1970's injuries on the slopes have decreased by 50% or more, largely due to increases in safety technology. Also, it

when a skier falls. This is one of the leading causes of children's injuries. It is very easy to get equipment checked out by ski and snowboard experts, just ask. One of the best ways to prevent injury is learning how to fall. "Most people think that snowboarders whack into skiers," Mr. Shealy says. "But it's completely the other way around," a phenomenon related

properly. First, the instinctual urge when falling is to use your hand to break your fall. Don't do that. You could dislocate your thumb or sprain your wrist. Also, when you are down, **stay down**. When you are sliding down the face of a mountain, don't be afraid to let yourself come to a natural stop. Trying to get up while falling is a torn ACL waiting to happen.

Swine Flu—the Battle Continues

Good News! The H1N1 has officially been taken off the epidemic list by the CDC. While not as prevalent as last year, there are still cases popping up everyday.

What is Swine Flu?

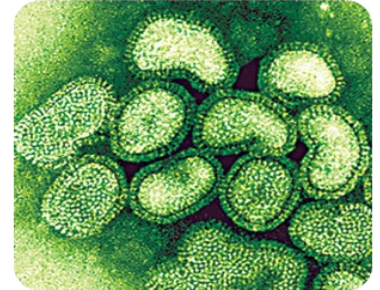
Swine flu is a respiratory disease that infects the lungs and throats of humans. It was first found in April of 2009. The gene for the virus has equal parts human flu and a flu virus seen in pigs. The gene mutated and formed what we know as the H1N1 flu.

Signs and Symptoms

The symptoms of the swine flu are essentially the same as the seasonal flu: coughing, lack of appetite, fever, sore throat, runny nose and in some cases, diarrhea. If you experience any of the symptoms, head to the nearest health clinic and get treated as soon as possible so you do not infect others. This is especially crucial if you live in the resident halls, as disease can spread quickly.

Prevention

- Cover mouth when sneezing or coughing, the two most likely ways of spreading the disease
- Get the H1N1 vaccine at a local health clinic
- When coughing, it is best to do it in your sleeve and not your hands
- Finally, **wash your hands**, it's the single most powerful tool against the flu



Click [here](#) to find out more about the swine flu on CSU Chico's Student Health Services website!

Circadian Rhythm—How to Get a Better Night's Sleep

The circadian rhythm is the internal body clock that keeps your body—and attitude in check. Circadian comes from the Latin roots “circa” which means “around” and “diem” or “day” which translates roughly to: “around the day.” Have you ever awoken in the morning to find yourself irritated? Restless? A bit cranky? You might have a circadian rhythm disorder. Getting a good night's sleep is important for athletics, academics and relationships (seriously!). Here are some tips for good sleep hygiene:



- Stick to a regular bedtime schedule. Try to fall asleep and wake up at the same time, yes, even on the week-ends.
 - Avoid working out two hours before going to bed. This can pump up your body and it will be harder to settle down.
 - If you want, you can try relaxation techniques such as deep breathing, stretching, yoga or even meditation.
 - Avoid alcohol, caffeine or nicotine before going to sleep
 - Your sleeping area should be cool, dark, and most of all, quiet.
- If these do not help, you may have a serious sleeping problem and should talk to your doctor.

People with circadian rhythm sleep disorders are unable to sleep and wake at the times required for normal work, school, and social needs.



Don't let this be you, it's easy to practice good sleeping hygiene!