

BEARCAT BODY

What Can the Wellness Center do for YOU...

The Wellness Center is a health and wellness resource located on West campus for students, faculty, and staff. The Wellness Center provides information regarding topics such as, stress management, nutrition, exercise, fitness, alcohol awareness, sexual health, smoking, smoking cessation, and men and women's health. This information is supplied in various media formats such as brochures, books, videos, CDs, journals, newsletters, and much more. All brochures are free to take for personal use while the remaining resources are available for check out. The Wellness Center also offers FREE giveaways and products. These products include condoms, flavored condoms, lubricant, flavored lubricant, Band-Aids, Advil, and Tums. All products are available Monday through Friday, 9AM to 5PM, during the Wellness Center's normal hours of operation. Most products are limited to three per person, per day.

The Wellness Center offers many different health and wellness events that occur on campus. Programs and workshops are provided on any of the topics mentioned above or the Wellness Center can work to tailor a program of interest. These programs are presented to a

variety of audiences in classrooms, residence halls, and Greek houses. Programs can be requested by calling the Wellness Center or signing up on the website, two weeks prior to the event. There are also many health awareness events sponsored by the Wellness Center such as Lee Denim Day for Breast Cancer Awareness, World AIDS Day, Stress Awareness Days, Wellness Week, Men's Health Week, and many more. The Lunch & Learn series is another popular program, which includes a presentation on a health topic as well as a free lunch. The Wellness Center also offers smoking cessation classes for anyone interested in quitting smoking. These classes can be group or individual sessions and are completely FREE. To learn more about smoking cessation, email questions to quithelp@uc.edu. Friday Night Live, a late night programming series that offers an alcohol-free alternative every Friday night, is housed out of the Wellness Center. The Wellness Center is YOUR stop for health and wellness. Feel free to visit room 675 Steger Student Life Center, call 556-6124, or check the web at www.uc.edu/wellness to learn more.

Inside this issue:

| | |
|---|---|
| Breast Cancer Awareness | 2 |
| Becoming a Smart Health Consumer | 2 |
| World AIDS Day to Emerge Leaders | 3 |
| Wellness Center Schedule- Fall Quarter 2007 | 3 |
| Hoxworth Blood Center | 3 |
| Friday Night Live | 4 |
| Stress and Memory Loss | 5 |
| University of Cincinnati and the National College Health Assessment | 5 |
| Word Search | 6 |

Time to Get Your ZZZZ's

Sleep is something everyone needs to function. While some can function off of four hours of sleep, others need nine hours to function correctly. The question becomes, "How much sleep do I need?". Well, that depends on many things, including one's age, lifestyle, gender, sleep debt (the accumulated sleep that is lost due to sickness, poor habits, etc.) and basal sleep need (how much sleep the body needs on a regular basis). On average, it is recommended to get eight hours of sleep each night. Scientists have proven that not receiving the right amount of sleep can have serious consequences. Lack of sleep has been linked to increased risk of motor vehicle accidents, high body mass index, diabetes and heart problems, psychiatric conditions, including depression and substance abuse, and decreased ability to pay attention, react to sig-

nals or remember new information.

In order to determine how much sleep is appropriate, one must begin to assess personal needs and habits. Pay close attention to reactions to different amounts of sleep, especially mood and energy levels after a poor night's sleep. With busy schedules and hectic lifestyles, it is difficult to maintain a routine sleep schedule. The National Sleep Foundation offers these ten tips on how to increase the benefits you receive from sleep.

•Maintain a regular bed and wake schedule, even on the weekends. The body is on a sleep-wake schedule regulated by a "circadian clock" in the brain. By having a regular waking time in the morning it helps to strengthen the circadian function, allowing us to wake easier and fall asleep on time each night.



•**Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.** Soaking in a hot bath can ease the transition into deep sleep; however, the bath should be taken early enough so your body is no longer sweating once heading to bed.

•**Create a sleep conducive environment that is dark, quiet, cool, and comfortable.** In order to be free from distractions while trying to sleep, consider using blackout curtains, eye shades, ear plugs, humidifiers, and fans.

•**Sleep on a comfortable mattress and pillows.** The mattress should be comfortable and supportive; this will allow the bed to be inviting and to help conduct better sleep throughout the night. A quality mattress should be no more than 10 years old.

•**Use your bedroom only for sleep and sex.** Keep non-bedroom related activities out of the bedroom. By using the bedroom just for sleep, you strengthen the relationship between bed and sleep or sex.

•**Finish eating 2-3 hours before your regular bedtime.** Eating or drinking too much before bed may cause discomfort

when trying to settle down for bed.

•**Exercise regularly. It is best to complete your workout at least a few hours before bedtime.** Regular exercise leads to sounder sleep; however, exercise should be completed 3 hours before bedtime.

•**Avoid caffeine (i.e. coffee, tea, soft drinks, and chocolate) close to bedtime.** Caffeine can cause an alerting effect and on average stays in your body for 3 to 5 hours.

•**Avoid nicotine (i.e. cigarettes and tobacco products). When used close to bedtime, it can lead to poor sleep.** Nicotine is a stimulant and smoking before bed makes falling asleep difficult and can cause withdrawal symptoms during sleep.

•**Avoid alcohol close to bedtime.** Alcohol is a sedative, but it actually disrupts sleep by causing many night time awakenings.

Follow these helpful tips for a more restful nights sleep. By getting the right amount of sleep, productivity will increase at work and at home. If still experiencing the effects of a poor nights sleep after following these tips, contact a local physician to explore the options of a sleep disorder. For more information on this topic please visit www.sleepfoundation.org or visit your local physician.

Breast Cancer Awareness

Every 12 minutes a woman in America dies of breast cancer. Breast Cancer is one of the most widespread cancers which affect thousands of Americans every year.

According to the American Cancer Society breast cancer is defined as a malignant tumor that has developed from cells of the breast. A malignant tumor is a group of cancer cells that may invade surrounding tissues or spread to distant areas of the body. The disease occurs almost entirely in women, but men can get it too. It is estimated that in 2007 there will be approximately 2,030 new cases of breast cancer that will be diagnosed among men, at the same time their will be approximately 40,460 women that will die from the disease this year. The exact cause of breast cancer is not known, but studies show that the risk of breast cancer increases as a women age. American Cancer Society reported in 2007 that an estimate of 211,240 new cases of breast cancer will be diagnosed among women with 1 in 8 women having the chance of getting breast cancer sometime in their lives. The chance of dying from

breast cancer is about 1 in 33.

In honor of Breast Cancer Awareness month in October the UC Wellness Center will be helping to raise the awareness for breast cancer through several events. One event the Wellness Center will be participating in is the National Lee Denim Day which is on Friday October 5, 2007. Lee Denim Day is the world's largest fundraiser day for breast cancer. Lee Jeans encourages millions of people nationwide to wear their favorite pair jeans and make a \$5.00 donation to support the fight against breast cancer. If you have any questions about how the Wellness Center will be working to fight against breast cancer feel free to visit 675 Steger Student Life Center or call 556-6124.



Becoming a Smart Health Consumer

Advertisements have become an increasingly popular method of introducing and promoting new and innovative products, especially when they are health related. People today are looking for a quick fix to their health problems, so they are willing to try any product whose guarantee is fast and painless. But with so many "credible" products on the market promising great results,

how do we know which products really work and who to trust? By becoming a smart consumer and making intelligent decisions it is possible to avoid becoming a victim of health fraud or quackery.

Quackery is defined as being the promotion of an unproven health product or service, usually for personal gain.

Quacks are typically clever and persistent sales people who exploit the public's enthusiasm for healthy living. These individuals use mass media techniques, cable

television and celebrities as effective ways of targeting vulnerable consumers. Quacks send out more media messages to the public than health agencies because they can afford it. Even

though they provide misinformation to the public, they are protected under the First Amendment of Freedom of Speech. Common vulnerabilities of quackery victims include those who are very trusting of everyone, desperate due to illness such as cancer and AIDS, isolated individuals, belief in a "Magic Bullet" or a cure for anything, and overconfidence in the potential results of a product.

So how do we become intelligent consumers in this world of quacks? The most important trait of a smart buyer is to become a critical buyer. When looking at health advertisements and other promotions, look for exaggeration of reports, over dramatization, misleading headlines, studies in foreign countries, imagery to appeal to emotion, and animal studies. Some behaviors of intelligent consumers include seeking reliable sources of information, maintaining a healthy lifestyle, carefully selecting practitioners, being wary of treatments lacking scientific support, and familiarity with costs associated with health care.

Becoming an intelligent consumer isn't always easy, but it is important to take caution when trying new health products and research the product before using it. Some products can be incredibly harmful to your health and may even result in permanent ailments or in extreme cases, even death. So the next time you think about trying that new weight loss pill, remember "caveat emptor", "let the buyer beware"!



World AIDS Day to Emerge Leaders

For almost two decades, December 1st has marked a day of remembrance, hope, and global awareness. World AIDS Day was established in 1988 for health promotion surrounding HIV and AIDS. Since then, the World AIDS Campaign has chosen a theme for each year.

Stop AIDS: Keep the Promise was the established theme for 2005-2010, with each year having a sub-ideal. "Leadership" has been chosen for the 2007 and 2008 sub-theme. The mission is to promote leadership on all levels of the campaign, from families, to grassroots works, and even policy-makers. Each leader provides essential support for their individual communities to ban together to create a global campaign.

There are several ways to emerge as a leader within the UC community. First, it is important to realize that every contribution, no matter the size, is vital for AIDS awareness. This promotion does not need to be limited to December either. Some ways that one could participate in the cause are:

- Wear a red-ribbon
- Get informed. Becoming educated about HIV and AIDS is the first step in empowering oneself and others.
- Speak out. Whether talking about HIV/AIDS with a friend or speaking in front of a class, the campus-setting fosters great opportunities for spreading the word.
- Volunteer. Contact AIDS Volunteers of Cincinnati (AVOC) for opportunities in the Cincinnati area—or create your own.
- Fundraise. Every contribution counts, so fundraising for

the World AIDS Campaign, Youth AIDS, or any other legitimate organization helps immensely.

•Shop. Gap, Motorola, Aldo, Apple and several other commercial stores are marketing a variety of items that when purchased, a percentage goes to AIDS Awareness and research.

•Be aware of what is going on in the community.

The UC Wellness Center is involved in the annual campaign. In the past, the Wellness Center has displayed panels of the AIDS Memorial Quilt, a visual depiction made in memory of those who died of AIDS-related causes. This December there will be on-campus programs, with promotional information available closer to the event.

In addition to awareness during December, the Wellness Center acts as a resource base for the UC community. The Wellness Center also hosts HIV testing once a quarter in collaboration with AIDS Volunteers of Cincinnati, AVOC. For questions regarding HIV and AIDS, how it is transmitted, and ways to promote awareness, please contact the UC Wellness Center at 556-6124, www.uc.edu/wellness, or visit the office located in 675 Steger Student Life Center. Daily testing is also available at AVOC located at 220 Findlay Street and the Cincinnati Health Department located at 3101 Burnet Avenue.

The AIDS Pandemic



Wellness Center Schedule — Fall Quarter 2007

| Date | Event | Time | Location |
|----------|-----------------------------|---------|--------------------|
| 10/3/07 | Health & Wellness Fair | 11a-2p | McMicken Commons |
| 10/5/07 | Denim Day | 9a-4p | TUC Atrium |
| 10/17/07 | Lunch & Learn-Chiropractics | 12p | TUC 417 |
| 10/19/07 | Random Acts of Kindness | 12p | West Campus |
| 11/7/07 | Lunch & Learn-Heartburn | 12p | TUC 415 A & B |
| 11/8/07 | HIV Testing | 10a-2p | 300 Lindner Center |
| 11/15/07 | Great American Smokeout | All Day | West Campus |
| 11/29/07 | Stress Awareness Day | 12p-2p | TUC Atrium |
| 11/30/07 | World AIDS Day | All Day | West Campus |

Hoxworth Blood Center

Hoxworth Blood Center will be holding a blood drive on campus October 15th thru October 19th. Donations will be accepted in TUC Great Hall from 10am-4pm. You can make your reservation to donate by visiting www.hoxworth.org/uc.



Hoxworth Blood Drive
October 15-19, 2007
10am-4pm @ TUC 400
www.hoxworth.org/uc

Your Friday Nights Will Never Be the Same

If you're looking for some fun and excitement to start the weekend off, come out and enjoy the entertainment of Friday Night Live! FNL is conducted out of the Wellness Center office and first began in the fall of 1999. It has since increased the liveliness of campus by providing quality entertainment programming to the entire UC community. It is through their programming that FNL seeks to provide "Free Fun For Everyone" and to infuse the campus with a multitude of diverse events! All Friday Night Live events are FREE, non-alcoholic, located on west campus, and most importantly fun. Every Friday FNL hosts an array of diverse events that range from scavenger hunts, game nights, themed dinner nights, comedy shows, various tournaments, and many others. Friday Night Live also hosts Family Nights once a quarter, which consists of children and family oriented movies and activities. FNL events are accompanied by excellent raffle prizes, food, and the opportunity to meet new and exciting people. At this rate your Friday nights won't be

the same. Why not start it off with a bang and come out for the weekly FNL event? Friday Night Live also extends the opportunity for students to join the FNL committee which helps plan and operate the events. The committee is a great way to meet new people, gain leadership and programming skills, and plan amazing events. For information on joining the committee contact Erica Forrest, Program Coordinator at 556-6124. For inquiries about upcoming the event schedules, visit www.uc.edu/wellness.



Friday Night Live Schedule— Fall 2007

| Date | Event | Time | Location | Description |
|--------------|-------------------------------------|---------|---------------------|--|
| September 14 | Splash Bash Dive-In Movie | 10pm | CRC Leisure Pool | Watch Pirates of the Caribbean-At Worlds End . UC ID and proper swimwear required. |
| September 21 | Bearcat <i>Live!</i> | 7pm | Sigma Sigma Commons | Concert performed by Halfway to Hazard, Carolina Rain & Jypsi . |
| September 28 | Ice Cream Social | 5pm | Sigma Sigma Commons | Free ice cream with all the toppings. |
| October 5 | B-I-N-G-O | 7pm | TUC Great Hall | No entry fee. Win great prizes. |
| October 12 | Homecoming 5K to Grant Wishes Today | 4pm | McMicken Lawn | Proceeds benefit the Make-A-Wish Foundation. www.uc.edu/greeklife |
| October 19 | Cornhole Tourney | 9pm | Armory Fieldhouse | Win great prizes and stay late for The DEN's Mid-night Madness. |
| October 26 | College Humor Live Tour | 7pm | TUC Great Hall | Featuring Colin Quinn from <i>Saturday Night Live</i> . |
| November 2 | Relaxation Fair | 6pm-8pm | TUC 400 | Free massages, aromatherapy, and 3-step facials from Clinique. |
| November 16 | Taste of the World | 6pm | TUC Great Hall | Experience food from different cultures. |
| November 30 | Family Night | 5pm | MainStreet Cinema | Bring the family to watch <i>Ratatouille</i> . |

All events are **FREE!** Contact 556-6124 or Wellness.Center@uc.edu for more information.

Stress and Memory Loss

Question:

I am a 25 year old female. For the past year, I have noticed that I seem to be having trouble remembering things. These are mostly small things, such as not remembering where I have put things away, recalling certain memories, or remembering something I said just a minute ago. I am under a lot of stress and tension right now. Can all my stress be causing this problem or is it something else? How do I find out?

Answer:

Certainly, when we are under stress, we suffer both emotionally and physically. While everyone will experience stress in their lives, some people do seem better equipped to handle it than others. While some people seem to naturally handle stressful situations without letting it "get to them," in reality, it is a combination of both natural and learned skills that help us deal with stressful times. While we can't change the temperament we were born with, or medical problems we may have, we can all learn better ways to handle stress.

When people feel overwhelmed, they may find it difficult to sleep, they may lose their appetite (or want to eat everything in sight), find it hard to concentrate and even seem to forget things more often. When these symptoms last for many weeks, and especially if they are associated with sadness, tearfulness and a loss of interest in things, then a person might have depression, and should see a mental health counselor or primary care physician for an evaluation.

Healthy ways of dealing with stress can decrease uncomfortable physical and emotional symptoms. Of course, actively

working to decrease external stressors is helpful, but sometimes you have no control over a situation. Remembering and following some of the following steps may help you improve your ability to survive stressful times more successfully:

- Allow plenty of time for sleep, and practice good "sleep hygiene." That means sleeping in a comfortable place, no caffeine or alcohol before bed and getting up at a regular time each morning (regardless of how well you slept the night before).
- Get some regular exercise almost every day for at least 30 minutes. It could be a walk around the block or a work-out at the gym, but get up and move. Don't, however, exercise within 1 - 2 hours of going to bed.
- Eat healthy -- remember lots of fruits, vegetables and whole grains. Try to avoid lots of fatty foods and sugary foods.
- Drink plenty of fluids, preferably water. Limit caffeinated drinks and alcohol.
- Avoid mood altering drugs like alcohol, marijuana, cocaine and other drugs.

Be with people. The strongest factor that separates those who deal with stress well from those that don't is the presence of a strong social network of friends and family. Being with these people, talking to them, spending time with them, doing for others and letting others help you is the most important thing you can do to get through stressful times.

Response by NetWellness expert Dr. Nancy Elder, an Associate Professor in the Department of Family Medicine at the University of Cincinnati's College of Medicine. NetWellness, a collaboration of the University of Cincinnati, The Ohio State University, and Case Western Reserve University, is a consumer health information website. Please visit <http://www.netwellness.org> to ask Dr. Elder and her colleagues a question.



University of Cincinnati and the National College Health Assessment

Understanding students and their behavior is key to providing programs, education, and healthcare at the University of Cincinnati. The American College Health Association conducts the National College Health Assessment, an annual survey that examines the substance use, sexual health, mental health, fitness, nutrition and the general wellness of students across the country. The UC Wellness Center, a division of University Health Services, surveyed UC students and obtained the NCHA analysis both during Spring 2004 and Spring 2007. The surveys were distributed at random to various classrooms in each undergraduate college at UC; over 1,000 students participated in each survey.

After analyzing the results, the Wellness Center compared and contrasted UC's outcomes of the two surveys. Several of the reports were consistent between the years showing trends in health behavior in UC students. The academic impact of health issues remained consistent with stress, sleep difficulties, sickness, relationship difficulties and concern for a troubled friend or family member being among the leading causes of influencing academic performance.

Just as there were consistent results between the years, there were also several differences. The consequences of alcohol consumption among UC students have grown. Student reports

state that being physically injured, fighting, regret, forgetting their location and what they had done, and having unprotected sex as a result of alcohol use have all increased between 1.5 and 5% since 2004. The survey also shows that more students are not only trying alcohol, but are using on a regular basis. 78.8% of students reported alcohol use within the last month. Because 53.0% (2004) and 65.1% (2007) of the students surveyed were 18-20 years old, this is not only an individual issue; it is a social health concern as well.

The nutrition and exercise portion of the survey indicated that students are eating healthier and exercising more in 2007. This is also substantiated as the body mass index mean, median, and standard deviation all decreased from the 2004 results.

In addition to similarities and variance, there were a few very alarming statistics in 2007. Prevention is a vital aspect of health and wellness. For women, annual gynecological exams are extremely important and only 59.7% of women reported having a routine exam within the last year; this number decreased drastically from the 2004 report of 72.5%. Healthcare, including women's health, is available through University Health Services. UHS has clinics on both East and West Campus.

University Health Services and the Wellness Center plan and implement programs and services and that aim to meet students' needs. For more information concerning the survey results contact the UC Wellness Center at 513-556-6124 or 675 Steger Student Life Center.





University of Cincinnati

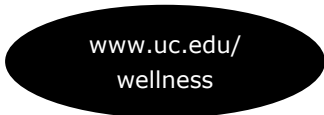


Wellness Center

UC Wellness Center
University of Cincinnati
675 Steger Student Life Center
Cincinnati, OH 45221-0366

Phone: 513-556-6124
Fax: 513-556-6077
E-mail: Wellness.Center@uc.edu

Your Stop for Health and Wellness.



NEWSLETTER COMMENT CARD

NAME: _____

ML: _____

COMMENT: _____

Please send your comments to
UC Wellness Center - ML: 0366

Word Search

*Return your completed word search by October 19th and you may win \$10 to the UC Bookstore

R S U C L S R P E V Y N X K X A I N S C
 G S O G A H T G T J W T F Z A A H T R F
 N E K C I M C M H T Y R B U Q A J E E R
 D D N S E T Y S R H A C G G E C H L P N
 T O I W W U O G E F N A N G O R W M E T
 C H T E Z P D Y E V L I L D O H S S S E
 K R B D S D R A W D E S V V P I T O N G
 I F N A M E G N A T D I C S L L Z I A S
 S Q D A Y W L X S S Q C R O L M G R E O
 L C E P E O T N W E T U E P U O P H E R
 M P R I R W U I T F V P X H C C E R S L
 E H H X S A F Q S E W F I E O S H S N F
 N N F Q R T R E B A R N N B T S W U E N
 Y E N B A D R E G E T S S E E P N T M E
 P R I B M A S G N A L O I B P R N W C R
 F A R C I L C C I D X E A R S E A M K X
 W C C K A B H R Q I N U F F G I L O T I
 O I D S A J Y E E N P I G E V S Q C Q L
 A S I O D O F R F F V Z L E B I L T D R
 E S B I N C B I E O S B E M K X N F O F

- BLEGEN
- BRAUNSTEIN
- CCM
- DAAP
- DABNEY
- EDWARDS
- FRENCH
- LANGSAM
- LINDNER
- MCMICKEN
- MYERS
- RHODES
- RIEVESCHL
- STEGER
- SWIFT
- TANGEMAN

Name: _____

ML: _____

Phone: _____

Send to ML: 0366