

Chicago Health

keeping bodies healthy to sustain the life of the mind

A health topics newsletter brought to you quarterly by the Peer Health Educators and the Student Care Center.

Nutrition on the Go

By **Bonnie Li**

College students are often pressed for time, under a lot of stress, and eating on the go. You may find it difficult to avoid bad habits like skipping meals or eating fast food. But eating a healthy diet can help you cope with stress and perform better in class.

According to the American Dietetic Association, eating breakfast not only aids in weight management, it fuels the body to help provide energy, better concentration and problem-solving ability throughout the day. A bagel, a piece of fruit, and some juice offer a quick breakfast.

If you must eat fast foods, choose wisely. Pizza with half the cheese, a regular size roast beef sandwich, a baked potato, or green salad with reduced calorie dressing

are all good options. Limit intake of french fries, fried chicken or fish sandwiches and watch out for high-calorie salad dressing.

Also, try to keep healthful snacks on hand so you won't be tempted by vending machines. Good options include fresh or dried fruit, pretzels, unbuttered

Eating a healthy diet can help you cope with stress and perform better in class.

popcorn, rice cakes or whole-wheat crackers.

Starving or going on a quick-fix diet to lose weight is more harmful than you may realize. When you skip a meal, your body will believe that you are genuinely starving and will retain more food from the next meal you eat. Don't skip meals, and remember

to exercise.

Try to drink lots of water during the day. It is important to replace the water you lose throughout the day, and it helps to fill your stomach without the calories. If you drink alcohol, remember that it only supplies empty calories with little nutritional value. A light beer, a glass of wine, or an ounce of liquor each have about 100 calories.

Hyde Park has many great places for fresh fruits and vegetables. Hyde Park Produce on 53rd and Kimbark and Treasure Island have large produce sections. Open Produce on 55th and Cornell is a small new addition for students living out by the lake, and it's open until 11 pm every day! Services like Peapod (www.peapod.com) offer convenient delivery options from local grocery stores. ❖

In this issue:

Nutrition on the Go

Cut down on time, not on health

Resisting Antibiotic Resistance

Get smart against bacteria

The Sunday Hangover

How to not ruin your "work day"

Health Tip:

Seasonal allergies

Who are the PHEs?

About the SCC

Services, hours, and directions to the Student Care Center

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Resisting Antibiotic Resistance

By Colleen Christensen

According to the Centers for Disease Control (CDC), antibiotic resistance is one of the world's most pressing public health problems. Over the last decade, almost every type of bacteria has become more resilient and less responsive to antibiotics.

Whenever we take antibiotics, only the most sensitive bacteria are killed. Some stronger, more resilient bacteria may survive and multiply. In large part because antibiotics have been overly or improperly used, antibiotic-resistant bacteria have become a real problem: Antibiotics intended to cure or prevent infections have become less effective. This can endanger children and adults who have common infections, which were once easily treatable with antibiotics. This is particularly worrisome for those who have weakened immune systems—including children, the elderly, and those with autoimmune diseases—who are already at increased risk for infections and depend on quick and effective antibiotics. Knowing that many bacteria are resistant to particular antibiotics, doctors may also have a harder time selecting an appropriate treatment for patients with bacterial infections.

So what can you do? Decreasing inappropriate antibiotic use is the most effective way to control antibiotic resistance. For basic guidelines, take a look at the sidebar. For more information, visit <http://www.cdc.gov/drugresistance> or <http://www.reduceuse.org> ❖



Preventing the Spread of Antibiotic Resistance

- Antibiotics are intended for bacterial infections and should not be taken for viral infections such as colds, coughs, or the flu.
- If your health care provider determines that you do not have a bacterial infection, ask how you can relieve your symptoms. Don't ask for an antibiotic solution.
- Take your course of medication exactly as your health care provider tells you. This means:
 - Do not skip doses.
 - Complete the entire course as prescribed, even if you're feeling better. If the treatment stops too soon, more resilient bacteria may survive, potentially promoting resistance and extending the infection.
- Do not save the medication to treat yourself or others later. Discard any leftover medication once you have completed the prescribed treatment.
- Some bacterial infections such as MRSA, a type of staph infection, are particularly aggressive and are hard to treat because they respond to few antibiotics.
- To prevent an infection, cover cuts and scrapes with a clean, dry bandage until they heal. Closely monitor wounds, especially if you have a weakened immune system or any other condition that might make you more susceptible to infections. If the wound becomes inflamed or warm, drains pus, or if you have a fever, see an SCC provider immediately.
- Avoid products containing anti-bacterial chemicals such as triclosan. Antibacterial products have not been shown to be more effective at preventing infections and some studies suggest a link between these products and antibiotic resistance. Old-fashioned soap and water, or alcohol-based wipes or gels, should do the trick.
- When available, choose antibiotic-free meat. An estimated 70% of all antibiotics in the U.S. are used on healthy livestock to compensate for below-optimal living conditions.

Sources: Alliance for the Prudent Use of Antibiotics, Centers for Disease Control

The Sunday Hangover

By **Rob McConeghy**

It has happened to many of us before. Despite knowing the dangers of drinking, we party too hard on Saturday night and wake up at 1pm on Sunday with a splitting headache and an upset stomach that last for hours. No student wants to read Foucault when their head is splitting open, nor even consider aromatic substitutions or elimination reactions. But, there are a number of things to do Saturday night and Sunday morning to prevent that hangover and make Sunday more productive.

To understand how you can prevent hangovers, you should first understand some of the biological factors that cause hangovers. One of the side effects of drinking is dehydration. Specifically, heavy drinking causes an

increase in urination, which takes liquid and nutrients, such as electrolytes, vitamins, and glycogen, from your body and disposes of them. In addition to losing nutrients, your body seeks out water from all sources, including your bloodstream, and your brain can suffer from this lack of water. This process cannot be prevented when consuming alcohol.

However, to help counteract dehydration, you should alternate alcoholic beverages with non-alcoholic beverages to increase your amount of water intake. Before bedtime you can drink a glass of water to help minimize hangover symptoms in the morning. A snack and a vitamin pill can also replenish vitamin B and glucose levels in the body, two common contributing factors to hangovers. These simple pre-bed practices may help decrease the negative

effects of a hangover.

There are a number of common myths about ways to prevent hangovers, including drinking more alcohol in the morning, not drinking different kinds of alcohol the night before, or taking ibuprofen to relieve headaches. Though drinking more alcohol in the morning might temporarily de-sensitize you to the symptoms of the hangover, without rehydration and a restoration of nutrients, the body will not recover.

There may be some merit to not mixing different kinds of alcohol the night before. For, although all alcohol has the component ethanol in common, many other substances known as "congeners" are present which are byproducts of the fermentation process. Darker drinks such as red wine, tequila, whiskey,

etc. have more congeners, and it may be that these account for some of the terrible stories we often hear about tequila hangovers. And, as for ibuprofen or other drugs, it is not a good idea to take these to cure a hangover. The toxicity your liver experiences will vastly increase when you take one, and if you don't believe me look at the label on the medicine bottle.

So, if you want to wake up feeling good in the morning and ready to do that Econometrics problem set, remember to: drink plenty of water, have a vitamin pill, eat some snacks while drinking, avoid alcohol or other drugs the morning after, and most importantly: drink in moderation. If you do these things, your chances of starting off that work well on Sunday will be greatly improved. ❖

Health Tip: Seasonal Allergies

Do you suffer from seasonal allergies? New studies suggest that nasal irrigation, a relatively cheap alternative remedy, can reduce allergy and sinus symptoms. If you're interested, try a neti pot, available in health food stores like Bonne Santé (on 53rd Street).



Peer Health Educators Calendar of Events

April 24, 11-3 pm:

Green Fest. Guess the Healthy Fruits and Vegetables

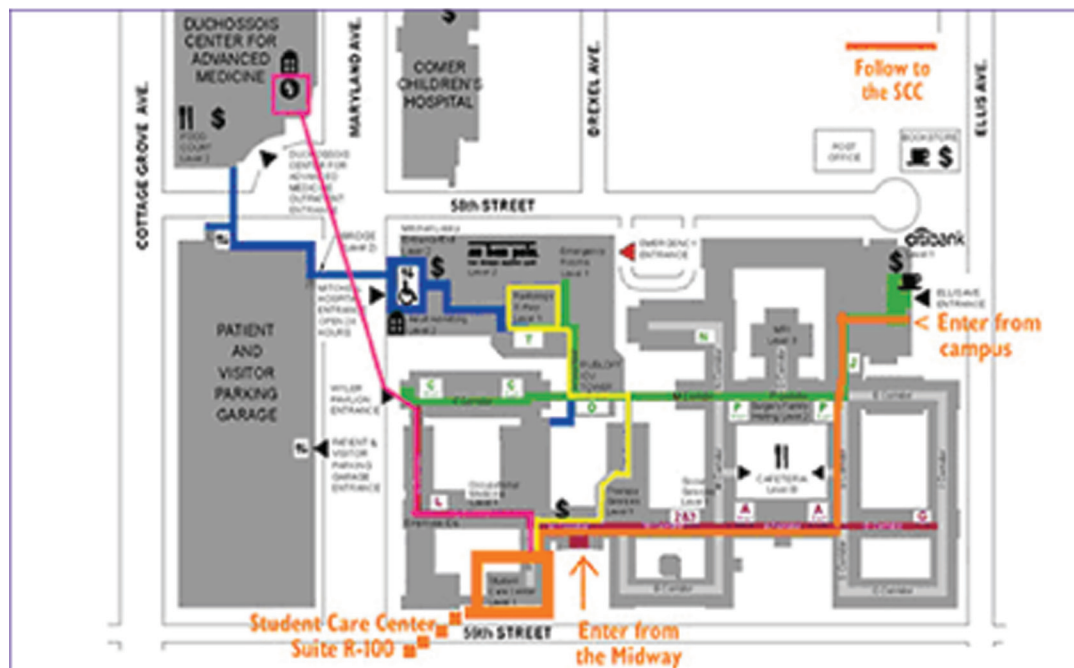
May 28, 11-3 pm:

Spring Wellness Extravaganza

FREE Smoking Cessation Kits available during SCC business hours in room R111 at the SCC.

Watch out for us at Dance Marathon and Summer Breeze!

About the SCC



Who are the Peer Health Educators?

The PHEs provide health presentations to Houses, organize campus-wide events, distribute a bi-quarterly newsletter, and raise awareness about health resources available on campus.

Join the PHE listhost to find out about upcoming events and SCC services and to receive an email copy of *Chicago Health*. Just submit your email address to:

kristyn.genrich@uchospitals.edu

SCC Appointments

Call (773) 702-4156 to make an appointment. The SCC does not accept walk-ins except during emergency situations. Availability depends on the clinic's patient flow.

Appointments can be made for the following services:

- Physician and nurse practitioner appointments
- SHARE (Sexuality Health and Resources for Everyone)
- Lab vaccinations
- Travel vaccinations
- Sports medicine
- Nutrition
- Physical therapy

Visit scc.uchicago.edu for more information about the variety of services that the SCC regularly provides students. You can also learn more about other programs.

SCC Hours

- Monday:** 8 am to 5 pm (during the school year)
8 am to 5 pm (summer and interims)
- Tuesday:** 8 am to 7 pm (during the school year)
8 am to 5 pm (summer and interims)
- Wednesday:** 9 am to 7 pm
- Thursday:** 8 am to 7 pm
- Friday:** 8 am to 5 pm
- Saturday:** 8 am to 11 am (URGENT CARE ONLY)
Urgent Care is a clinic for students with urgent medical needs (e.g. sprains, severe pain, fever, etc.). Students MUST make an appointment to be seen by calling (773) 834-4630 from 8-10:30 am on Saturday.
- Sunday:** CLOSED
Contact the Physician-on-Call at (773) 702-6840 outside of SCC business hours for **emergency** medical issues that cannot wait.



Newsletter Editors-in-Chief:

Juliana Shulman and Colleen Christensen

Graphics and Design:

Sheila Rajagopal
Images from GettyImages

Peer Health Educator Adviser:

Kristyn Genrich

Student Care Center (SCC)

59th and Drexel
<http://scc.uchicago.edu>

Appointments:
(773) 702-4156

Physician-on-Call:
(773) 702-6840

Health Education:
(773) 834-5143