Mental Health Special Section

Be Real. Be There. Mental Health Matters at the University of South Carolina. See page 5.
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It’s the beginning of a new school year, and students are setting goals for academic success, to get involved on campus and hopefully to improve their health and wellness. It has been proven that health and wellness actually contribute to academic success, and Student Health Services is here to help students achieve those goals.

Student Health Services believes in a Healthy Carolina community. We support an overall healthy community at the University of South Carolina. We do this through a holistic, patient-centered approach to health and wellness. Student Health Services provides comprehensive primary health care, disease prevention, wellness programs, counseling & psychiatry and sexual assault and violence intervention & prevention services.

In this issue of Gamecock Health, we are offering a special section on mental health issues. We are launching a new mental health matters campaign this fall, and we want to ensure all of our students get help no matter how small they think their issues may be. See this special section beginning on page 5.

A number of student success stories included in this issue illustrate students’ inspiring journeys and the challenges they’ve overcome. Be willing to reach out for help, and be there for your friends and recommend they get help if they need it.

In addition to the overall health, wellness and success of all of our Gamecocks, we are excited with the progress being made on our new health center. We look forward to the improved and additional services Student Health Services will be able to provide upon its completion.

I hope you have an excellent fall semester and please don't hesitate to reach out to us for assistance in your journey toward a healthy life.

Yours in health,

Deborah Beck
Executive Director
Student Health Services

Note from the editor: We want to hear from you. If you consider yourself a Student Health Services success story or if there’s a health or wellness topic you’d like us to cover in Gamecock Health, let us know. You can submit your story ideas or topics by Tweeting us @UofSCshs or emailing duffiem@mailbox.sc.edu.
A new health center is currently under construction next to the Thomson Student Health Center. The new environmentally friendly LEED-certified, 68,000-square-foot facility will bring all health and wellness areas into one central location.

While the new facility is being constructed, plans are underway for renovations to the Thomson Student Health Center, which will offer spacious offices and a more central location for Counseling & Psychiatry, Sexual Assault and Violence Intervention & Prevention, wellness services, sexual health and some administrators. The Changing Carolina Peer Leaders will also be based out of the renovated Thomson.

Having these services centrally located in the existing facility will allow these areas to more closely collaborate on services. The space in Thomson also will be more comfortable for counseling sessions because the offices are larger than those in the new facility.

The two adjacent buildings will be joined by pathways and will operate as if they were the same building. The Thomson Student Health Center will undergo renovations so the current brick front of the building will resemble the new facility. The lobby areas and offices will undergo facelifts to more closely match the new building.

Currently, Student Health Services is spread across campus with offices in five locations. With the completion of the new facility and the renovations to the Thomson, Student Health Services looks forward to creating a centrally located 100,000-square-foot health and wellness complex to help us realize the vision of a Healthy Carolina.

Construction is scheduled to be completed in summer 2017, and both buildings will feature design elements that include all the dimensions of wellness (see www.sa.sc.edu/healthycarolina/ wheel) and will support the Patient Centered Medical Home Model (see www.sa.sc.edu/shs/medical-model).

In addition to Student Health Services’ current services, the new health center will offer:

- A new eye clinic to treat minor eye injuries and an optical shop for contacts and glasses
- Expanded sports medicine and physical therapy services including a complete rehab gym
- Expanded pharmacy services including more prescription medicines and over-the-counter drugs
- A new state-of-the-art demonstration kitchen to teach healthy eating habits
- Triple the current exam space to accommodate more patients

For a live video feed of the building construction, visit www.healthcam.admin.sc.edu.

-Marjorie Riddle Duffie
Staying healthy includes more than just eating well and staying physically active. With the busy times we live in, it’s easy to get overwhelmed and stressed when things don’t go as planned. Taking care of yourself emotionally and mentally sometimes means asking for help. If you need help managing your stress, consider making an appointment for one-on-one stress management consultations by calling 803-576-9393.

When issues like anxiety, depression, relationship difficulties, homesickness, loneliness, substance use, eating concerns and questions about identity are affecting you, reach out to one of the helpful professionals in Counseling & Psychiatry by calling 803-777-5223. Even if you think your concerns are small problems, just remember, no concern is too small to discuss with a counselor.

Encourage others to talk about their mental health concerns. Be Real. Be There. Mental Health Matters at the University of South Carolina. Look for images connected to this Mental Health Matters campaign launching this fall. View the campaign video on Youtube.com; search for “Mental Health Matters at UofSC.” Visit www.sa.sc.edu/shs/mentalhealth for more information.

Be real about how you are doing. Open up to friends, family and mentors. Be there for each other. Listen. Follow up. Connect a friend to a resource if needed. Caring for your whole self - including your mental health - will have a big impact on your success at Carolina and in the future.
Susan Zhang, a May 2016 piano performance graduate, dreamed of being a piano performer and music teacher. Zhang had also struggled with anxiety for most of her life.
She was formally assessed and treated after she went to Student Health Services and spoke with a counselor for the first time.

“I didn’t realize I had [anxiety] until I went to the counseling center and talked with them,” Zhang said. “I thought it was just how everyone lived. I thought everyone felt like that. It wasn’t until I realized that it was taking such a toll on me, and I was becoming sick all of the time.”

Before transferring to USC her sophomore year, she said she felt like she was constantly dealing with problems and becoming obsessed with them.

“I felt like I was constantly putting out fires,” Zhang said. “It was like one obsession would arise and then it would go away, and then another one would come back.”

Zhang said anxiety played a huge part in her performances.

“It’s a lot of pressure to be vulnerable on stage, along with the judgment and pressure.”

Zhang started going to counseling when she arrived on campus. When she was diagnosed with obsessive compulsive disorder (OCD), she knew she needed to seek help.

“I was really trying to figure myself out. I knew I had certain weaknesses in my playing and as a person,” she said. “I knew there were certain patterns of thinking that were not healthy, but I couldn’t really identify them because they’re your own thoughts and feelings.”

Along with struggling with anxiety and OCD, Zhang said that judgment and pressure were areas that she needed to understand.

“We were able to identify them, and now I feel more aware of when it happens and how I can handle it in a different way,” Zhang said.

After working with Dr. Sarah Wright, a Counseling & Psychiatry psychologist, she said she was a healthier and happier person over time.

“Sarah has been incredible,” Zhang said. “She is so patient with me and so supportive.”

She also learned more about mental health in general. “Therapy is mental health education, and she educated me on my brain and how I can handle myself.”

Zhang said counseling doesn’t fix students’ problems; instead, it helps students educate themselves on how they personally function and how they can solve their problems their own way.

She said she recommends counseling to anyone, because although it won’t “cure” your problems, it will “help you figure out how to solve your own problems.”

Counseling & Psychiatry is here for you. Full-time students can participate in up to 10 individual counseling sessions per academic year without having to pay additional fees. Students can also participate in unlimited group counseling. To make a counseling appointment, call 803-777-5223.

-Patrick Ramsay
Mental Health Special Section

Getting Help
Finding a new dream

Terry Doan came to USC hoping to become a doctor. A first-generation college student, the York, S.C., native’s parents pinned their hopes on him and saw the medical profession as a guaranteed way of succeeding and making money.

But shortly after he arrived on campus in fall 2014, Doan got overwhelmed by difficult pre-med courses and experienced severe anxiety, depression and suicidal thoughts.

With encouragement from his University 101 professor, Doan began meeting with Counseling & Psychiatry.

Growing up, Doan’s parents, who are from Vietnam, always talked about Doan going to college and becoming a doctor, so he worked hard in high school and got a full scholarship to USC.

Doan realized almost immediately in his first semester that he was not passionate about his biochemistry, pre-med major.

“I was having a terrible college transition period,” he said. “I was forcing myself to stick with those classes and stay on that path even though I wasn’t really enjoying it and was not doing so hot in those classes. I felt like a failure of sorts.”

While he’d felt anxiety and had suicidal thoughts previously in high school, he said he’d never experienced such a severe case of it before and was having trouble functioning.

“It hindered my ability to do anything with academics; I wasn’t reaching out to new friends I’d made,” he said. “I became really isolated. It was just like putting on a mask and going about it.”

When he met with his University 101 professor, Dr. Amber Fallucca, and admitted what he was going through, she walked him to the counseling office so he could immediately meet with a counselor.

Doan’s psychologist, Dr. Tobin Lovell, helped Doan come up with a safety plan so he knew how to cope with the anxiety and suicidal thoughts. He also helped him reconsider his major and how to talk to his family about changing his mind about his profession.

“We talked about was pre-med, biochemistry really right for me,” he said. “It basically came out that I was doing pre-med because my family and society says being a doctor is the perfect job.”

Doan gave the medical profession one last try when he worked as a medical scribe in fall 2015, but he said the experience cemented his decision to give up medicine when he observed that most doctors have difficult schedules with quotas to fill and no longer have in-depth relationships with patients.

Over the course of his time with Lovell, not only did Doan’s anxiety and depression improve, but he also decided to switch his major to public health with a minor in psychology and counselor education working toward being a college counselor.

Doan encourages other students to get help if they need it.

“Don’t worry about the negative stigma you’re thinking goes along with trying to get counseling or having anxiety or depression,” he said. “Definitely the fear of that negative stigma is not as bad as something as extreme as contemplating suicide. Definitely surround yourself with peers and family that you find love and accept you, who will be there to support you.”

-Marjorie Riddle Duffie
MEDITATE YOUR STRESS AWAY

Tips for meditating

Find a quiet spot - anywhere will do. There are beautiful places on campus if you like to meditate outdoors.

Commit to sitting in stillness.

Any amount of time is good. It’s OK if you only have five minutes.

Start by focusing on your breathing.

It’s most effective to practice meditation with your eyes closed. However, if that doesn’t work for you, perhaps gazing at a candle, something in nature or a special picture will help focus your attention.

Thoughts will float into your mind - that’s natural - practice letting them float by without focusing on them.

Repeating a word may be helpful. Suggestions include “Peace”, “love”, “health”, “OM”, etc.

Create a calendar reminder to set time for meditation. Keep your appointment!

Mindfulness tips

Notice your surroundings.

Notice how your body feels as you sit, stand, walk, exercise and play.

Pay attention to the taste, texture, smell and feel of the food you eat.

Listen to the sounds around you as you walk across campus.

Notice when and where your body gets tense throughout the day. When you notice, take some deep breaths and consciously release your grip in those areas.

-Marguerite O’Brien
BE THERE for your friends

Scenario 01
Sam sees their friend Alex sleeping a lot lately. Sam notices that Alex has been skipping classes. Sam thinks this is because Alex’s partner recently ended their relationship. Sam is not sure how to handle this situation but wants to find a way to help Alex.

Scenario 02
Skyler notices one of their friends in class, Terry, has razor cuts on their wrists. Skyler does not understand the reason at first. As days pass, Skyler notices that Terry’s cuts are becoming larger and larger and sees Terry purposely wearing long-sleeve shirts to try to hide them. Skyler thinks Terry is cutting and is not sure how to approach Terry about this.

Scenario 03
Taylor observes that Jordan has been constantly going out drinking and partying every night, not returning to campus until about 3 a.m. Taylor is concerned because this isn’t Jordan’s typical behavior. Taylor wants to understand why Jordan is doing this but isn’t sure Jordan will be honest or own up to the problem.

Scenario 04
Angel and Peyton are roommates. Angel comes back to their room after class and sees Peyton kissing someone of the same gender on the couch. Peyton immediately stops and denies everything that Angel saw. Later that day, Peyton starts to talk about it but begins talking about something else. Angel tries to bring it up again, but Peyton gets defensive and storms out. Peyton begins avoiding Angel and their friends. Another week passes, and Angel walks in on Peyton kissing the same person again in their room. Peyton acknowledges what happened but again abruptly changes the subject. Peyton continues to avoid Angel and increasingly spends more time alone. Angel wishes Peyton felt comfortable enough to discuss this new relationship but does not know how to encourage Peyton to open up.

These situations are hard to deal with and sometimes difficult to understand. However, it is important to know this: it is okay to get help, and it’s easier to get than it seems. At USC, Counseling & Psychiatry can provide both consultations and interventions. A consultation over the phone can help give you guidance on how to approach a student who appears to be struggling, provide appropriate assistance to get them the resources they need and a strategy to get the student connected to counseling if necessary. You do not have to give the person’s name in order to receive help. Intervention is also provided which would include meeting with the concerned individual and the student of concern together to provide support, problem solving, advocacy and guidance for the situation.

Contact Counseling & Psychiatry by calling 803-777-5223 if you are concerned about a USC student.

-Patrick Ramsay

be real. be there.
Mental health matters at UofSC
Adjusting to College

For some students, the transition to college is easy. They may instantly find their friends and niche, making college a place they never want to leave. However, for others, this is not the case. Incoming students may find college lonely, challenging and scary being away from home. There are resources at USC that can help.

Making Friends:
If you’re having a difficult time making friends on campus, try talking to your resident mentor about events going on in your residence hall. Look at the calendar in the Sunday student email for events on campus. While it can be nerve-racking, approach people at events or in your classes and talk about assignments, books, movies or the big game coming up.

Homesickness:
Some freshmen struggle with homesickness. Being away from home can be overwhelming. Here are a couple of solutions that can help:
- Find something you are passionate about and get involved on campus. The University of South Carolina has more than 400 student organizations on campus, so there’s something for everyone. These organizations can help you build deeper friendships, personally grow and even make an impact on the community. Visit www.sa.sc.edu/leadershipandservice/student-organizations for more information. Get plugged in to events sponsored by the Leadership and Service Center, the Office of Multicultural Student Affairs and LGBT Programs and Services office.
- Stay on campus during the weekend. Resisting the urge to go home every weekend can help you gain independence and form a sense of community in college. Staying on campus can also help you continue to develop friendships and be more engaged with all of the activities on campus.
- It’s important to find a balance between maintaining your home connections and building new ones.

Roommate Challenges:
For many students, having a roommate is a new experience. Sometimes, you’re not going to agree with your roommate, and sometimes dealing with conflict can be difficult for incoming students. If you’ve tried communicating with your roommate but just can’t resolve your issues, try talking with your resident mentor (RM) to see what they can do to help you improve the situation.

Academics:
With everything going on, keeping up with grades can be tough. At USC, we have tutors that can help you succeed. The Student Success Center has a number of programs that can help you academically. Visit www.sc.edu/success for more information.

Time Management:
Being on your own for the first time can be difficult when you have to manage your time with a multitude of activities to choose from. ACE coaching can help you set goals and create a plan. Visit www.sc.edu/advising/ace for more information.

If you’re struggling with any issue, including homesickness, anxiety, depression or even trauma, while transitioning to college, you may benefit from counseling. Full-time students can participate in up to 10 individual counseling sessions per academic year without having to pay additional fees. Students can also participate in unlimited group counseling. To make a counseling appointment, call 803-777-5223.

-Patrick Ramsay
Social media has become a regular part of our lives. We follow our friends, favorite celebrities, brands and current news. Some may argue that social media use is essential to everyday life. However, studies have shown that spending too much time on social networks can negatively affect our mental health.

**Addictive** – Most Facebook users log in to the site daily and close to half of participants in a recent social media survey said they log on to the site multiple times a day.

**Anxiety and Self-Esteem** - Many users who are addicted to social media use it as a way of gaining attention or boosting self-esteem, which can potentially lead to anxiety and the need to compare yourself to others based on potentially superficial or one-sided points of view. (See more on page 13).

**Often Leads to Procrastinating** – Everyone usually falls into the trap of procrastination at some point. Social media is a great way to avoid working on a project you need to finish, but wouldn’t it be easier to go ahead and knock it out? Use social media for mental breaks but keep the sessions short - no more than 10 minutes - and return to your work.

**So what should we do? Do we need to completely withdraw from social media?**

Although it isn’t practical in this day and age to completely log off social media, here are some suggestions so that you can stay active on social media in a healthier way.

**Check on a certain schedule** – Maybe only check every three or four hours. By doing this, you can check your social media but still be productive throughout the day. It can also be a way to reward yourself after doing your assignments, having a long day at work or studying hard for an upcoming test.

**Use the do not disturb phone setting and turn off notifications** – If you have a smartphone, the do-not-disturb setting keeps your phone on silent and your screen off so you don’t see pop-up notifications on your phone. You can also turn off your notifications on the settings menu so you don’t receive any pop-up notifications. Turning off notifications, whether temporarily or permanently, will help you resist the temptation to check your phone constantly since you can’t see the new posts on your social media accounts.

**Go outside** – Go out and get some fresh air and take a break from it all. Invite some friends and throw a Frisbee or go read a book. Do whatever makes you happy while taking a break from technology.

-Patrick Ramsay

Sources: www.medicalnewstoday.com
Why Social Media is Not Reality

Do you peruse your Instagram profile multiple times a day? Do you smile when you see all of the photos of your friends’ flawlessly stylish outfits? Does your older cousin, her partner and new baby seem like the most gorgeous family you’ve ever seen in every photo they post? Do you salivate over your friend’s impeccable six-layer cake created from Pinterest?

Do all of these people have picture-perfect lives? Well, if their social media accounts are any indication, they certainly seem to be perfect.

What those posed selfies can’t tell you, though, is that those outfits are likely really uncomfortable or max out their credit cards, your cousin’s baby likely cries uncontrollably or spits up right after all those photos are taken and that cake has a huge dip in the back where the cake fell apart while being iced.

Social media is the perfect place for people to post idealized versions of their lives, which can lead to anxiety for people who feel they may not measure up to their friends. While you may be tempted to compare yourself to the photos you see on your friends’ profiles, remember that you’re comparing yourself to a small glimpse into that person’s life. They’re putting their best foot forward on their profile, not the whole package.

Just because you don’t have a picture-perfect significant other, the coolest designer bag or the ability to make a killer gourmet meal, don’t fret. You’re you, and that’s the best version of yourself you can be.

-Marjorie Riddle Duffie

Sources: www.medicalnewstoday.com; www.huffingtonpost.com
“My main priority is to listen to the students and ensure that I understand their variety of needs.”
Dr. James C. Smallwood was already a Gamecock fan when he joined the Women’s Care team in the Thomson Student Health Center last year.

A football season ticket holder for the previous two years, Smallwood supported the Gamecocks for years; his two grown children were alums of the university.

In private practice in Sylva, N.C., Smallwood was a board-certified obstetrician and gynecologist for more than 30 years.

A member of the American Congress of Obstetricians and Gynecologists (ACOG), he was not new to a college campus. Smallwood spent four years teaching medical students and OB/GYN residents in training at the Mountain Area Health Education Center (MAHEC) in Asheville, N.C.

Initially drawn to the women’s care field when he was attending medical school at the Medical College of Georgia, Smallwood said, “It allowed me to actively participate in everything from diagnosis to treatment and surgery.”

Smallwood said he did not anticipate the transition from private practice to Student Health Services to be a difficult one.

“I’ve delivered 5,000 babies in my career, but I’m looking forward to working with a more diverse population at the University of South Carolina,” he said. “I hope that the students here find me to be relatable and easy to talk to.”

Smallwood said he was also excited about the opportunity to bring new ideas to the Women’s Care community, along with the possible expansion of services in the new health center, which is scheduled to be completed in July 2017.

Smallwood’s move to Columbia brought him closer to family as well. He and his wife, Katherine, of 44 years, have two sons, two daughters and seven grandchildren. One son and one daughter and their spouses graduated from Carolina.

“My family and I are big USC fans,” he said. “We’ve been football season ticket holders for two years and Gamecock Club members for four years and haven’t missed a home game yet!”

In addition to cheering on the Gamecocks, Smallwood said he enjoys playing golf and watching television show NCIS, NASCAR and rugby in his free time. In fact, a few of his friends have coached rugby in Columbia.

“I used to play rugby, but lately I stick to watching others play,” Smallwood said with a laugh.

When asked about his favorite memory as a college student, he said, “I went to a small school in Tennessee called Sewanee, The University of the South. Some of my fondest memories were of times spent with my Lambda Chi Alpha fraternity brothers hiking, canoeing and participating in community service.”

His first year with Student Health Services was a busy one. He spent his days helping female students maintain a healthy lifestyle, strengthen their self-esteem, address personal safety issues and prevent the onset of diseases.

“My main priority is to listen to the students and ensure that I understand their variety of needs,” he said. “I really want to encourage them to actively participate in making their medical decisions with me.”

-Kristi Niro
Sexual assault discussion on campus

As members of the Carolina community, we all have a responsibility to create a safe campus environment. If someone has been sexually assaulted, we want them to know it is not their fault; they are not alone. We believe them, and we want to assist.

Materials have been distributed around campus about resources for sexual assault survivors. These include posters and postcards like the one shown here with messages about consent and bystander accountability.

Faculty and staff have also received information telling them what they need to do if a sexual assault survivor tells them they've been assaulted.

A website, www.sc.edu/stopsexualassault, was created as part of this campaign. The website features resources for survivors and how to support them, information on additional training and the rights and consequences for alleged perpetrators of sexual assault, among other things.

Be part of the discussion on campus about prevention and support for survivors. Call Sexual Assault and Violence Intervention & Prevention for more information at 803-777-8248.

-Marjorie Riddle Duffie
Q&A with Destiny Byrd, Changing Carolina Peer Leader

01 Full name, major, graduation date, involvement on campus
Destiny Byrd, public health, May 2019, Gamecock Connect, CCPL, Public Health Society, Emerging Leaders, Organizational Leaders program, RHA

02 Why are you involved in Changing Carolina Peer Leaders?
I wanted to do something to get really involved with campus in different departments, like health care, and figure out how to help improve the Carolina community itself with a great hands-on approach, great internship-like experience and gain great practical skills. It will help me figure out what specific area to focus on in public health.

03 Any idea what you want to do after college?
I want to go to grad school to get my master’s in public health and see what area to specialize in. I’d like to eventually work as some wellness program coordinator and do program planning.

04 What wellness program do you like most?
The presentations dietitians do - different programs - how to shop on a budget. I hear a lot of people talk about how hard it is to eat healthy on campus. The dietitians have all the resources for students they don’t know about. There are the Cocky Cooking Classes; I volunteer with the cooking class – the rice they made was good!

05 Why is it important for students to seek medical help when they have a concern?
Prevention is better because you prevent a lot of diseases in the long run, keep down health care costs, promote quality of care, of health, of life, especially if the resources are there.

06 What does Healthy Carolina mean to you?
Healthy Carolina is just more than physical; it’s knowing what resources are out there and how to take advantage of the resources our tuition dollars provide for us that help our general wellness, mentally and physically.

07 Why do you encourage people to use the SHS and wellness services?
You can take advantage of a lot of tools that can teach lifelong good habits and practices. It’s better to start young if you can and turn them in to habits.
Michael Rudzinsky was accustomed to bruises as a club rugby player for the University of South Carolina.

The December 2015 graduate from Boston did not think much of a swollen, bruised left arm after a rugby match on Feb. 14, 2015, but when the swelling persisted, he decided to get help.

With the persistence and dedication of a Student Health Services physician, Rudzinsky was later diagnosed with a large blood clot and underwent major surgery to improve the long-term function of his left arm.

Rudzinsky, who majored in economics, initially went to see the athletic trainers in the Strom Thurmond Wellness & Fitness Center after the swelling in his arm lasted longer than he expected.

After seeing Rudzinsky’s badly swollen arm, they immediately sent him to the Thomson Student Health Center to see Dr. Jason Stacy, sports medicine physician and associate medical director for Student Health Services.

Stacy, suspecting the swelling was due to a blood clot, ordered a blood clot test, which came back negative. Concerned for Rudzinsky and anticipating that he did, in fact, have a blood clot despite the negative test result, Stacy encouraged him to go to a nearby emergency room so an urgent ultrasound could be performed.

The ultrasound discovered the two large blood clots in the veins of his left arm.

After a long night in the ER, he was released with a prescription for a blood thinner. The ER physician assured Rudzinsky he’d be all right.

“While I was bummed out that I was going to be on blood thinners for a while and couldn’t play rugby for two or three months, I knew things would be OK eventually, and I would finish out my semester and be on schedule to graduate right on time,” Rudzinsky said.

The morning after his release from the ER, Stacy called to check on him and to determine the outcome of the testing in the ER.

After hearing of Rudzinsky’s diagnosis and treatment with blood thinners, Stacy called a local cardiothoracic
surgeon to persuade him to admit Rudzinsky to aggressively treat the arm swelling with clot-busting medications. This aggressive treatment was important to decrease the future problems that could result from an untreated upper extremity blood clot.

“If a clot goes untreated, it can continue to spread and get larger,” Stacy said. “Although rare, in some cases, the clot can detach from the wall of the vein and travel to the lungs and block the flow of blood to the lungs. This condition is called a pulmonary embolism and can be life threatening as it blocks blood flow and stops the ability of the lungs to provide oxygen to the blood.”

More commonly, Stacy said an untreated blood clot can cause permanent damage in the involved extremity with symptoms ranging from chronic swelling and pain to recurrent clots.

“For a young, previously healthy athlete,” Stacy said, “this can be a terrible possibly lifelong debilitating problem.”

After he was admitted to the hospital, Rudzinsky’s parents flew in from Boston. His first rib was found to be obstructing the blood flow in his upper arm veins, and it was determined that it needed to be removed to decrease the risk of recurrent blood clots.

He had surgery to remove his first rib four days later; a venoplasty was also performed, where physicians blew up a balloon in his vein to open the vein and improve blood flow.

After a painful recovery and four months of physical therapy, Rudzinsky was able to return to a routine with normal use of his left arm, though he did have to give up rugby.

More than one year post-surgery, Rudzinsky still had some lingering numbness in his left chest. However, there is no indication he will have future problems related to blood clots.

“If Dr. Stacy hadn’t advocated for me,” Rudzinsky said, “I don’t know where I would be right now.”

-Marjorie Riddle Duffie
Relationship violence creates a hole, an empty space in the lives of those around victims. Each year in October during Domestic Violence Awareness Month, the Sexual Assault and Violence Intervention & Prevention office creates an “Empty Place at the Table” display on Greene Street. This table display represents the lives of people who have died at the hands of violence. For many, it may be easy to think “this can’t happen to me or to someone I know.” In reality, this issue is more common than we’d like to think. Instances of interpersonal violence have even affected members of the USC community.

**Dr. Raja Fayad**, 45, was the graduate director and the head of the division of applied physiology in the Arnold School of Public Health at the University of South Carolina. A professor at USC for more than six years, he was well-loved by students and colleagues. Tragically, he was killed by his ex-wife Feb. 5, 2015 in his on-campus office.

**Diamoney Greene**, 20, was a University of South Carolina student attending classes and caring for her then three-year-old daughter when her life was tragically cut short. Greene, who was pursuing a degree in criminology and criminal justice, was found dead in her off-campus apartment on Nov. 11, 2014. Greene’s boyfriend killed her and then himself in what appeared to be a murder-suicide.

**Dr. Jennifer Wilson**, 36, was a professor in the College of Education. During the six years she spent at USC, she made quite an impact, founding a non-profit to eradicate illiteracy in foreign countries, developing an exchange program with Norwegian teachers and teaching in Tanzania as a Fulbright scholar, all while winning hundreds of thousands of dollars in grants. Wilson was killed by her boyfriend Aug. 28, 2011 in her off-campus duplex. Convicted of Wilson’s murder on Oct. 16, 2014, her killer was sentenced to life in prison without the
Interpersonal violence, including but not limited to domestic violence, affects more than 12 million people each year. It can happen to anyone, regardless of gender, race, ethnicity, sexual orientation, income or other factors. If you are concerned about a family member or friend who may be experiencing interpersonal violence, including domestic violence, warning signs and other information can be found at www.sa.sc.edu/shs/savip/relationship-violence.

Sexual Assault and Violence Intervention & Prevention advocates are on call 24/7. If you or someone you know is a victim of interpersonal violence and needs help, call 803-777-8248. If you need to reach an advocate after hours, please call 803-777-4215 and ask for an advocate. In the event of an emergency, call 911.

If you would like to speak to a counselor about any trauma you or someone you know may have suffered, make an appointment by calling 803-777-5223. Full-time students can participate in up to 10 individual counseling sessions per academic year without having to pay additional fees.

You can also reach out to the National Domestic Violence Hotline by calling 800-799-7233.

-Kristi Niro
As a member of the Carolina community, you’ve most likely heard about the impact physical activity has on your health. Did you know that one of the top reasons people don’t get enough exercise (other than feeling they don’t have enough time) is because they find it to be “boring?” Being active doesn’t have to mean running on a treadmill every day. There are plenty of opportunities to participate in physical activity while also having fun.

**Walking & Running**

The University of South Carolina campus is beautiful, especially in the fall. Take advantage of the scenery and get some fresh air by walking or running one of the pre-measured routes created by Healthy Carolina. Look for the FitWalk Paths maps located across campus or view them at [www.sa.sc.edu/healthycarolina/initiatives/paths](http://www.sa.sc.edu/healthycarolina/initiatives/paths).
Wellness

Hiking & Biking
From the Appalachian Mountains to Lowcountry beaches and everything in between, South Carolina boasts some amazingly diverse terrain for such a relatively small region. There are a number of state parks with a variety of trails throughout the Columbia area. To learn more about specific locations to go hiking and mountain biking, visit www.sctrails.net. Not into biking on challenging terrain? Try biking around campus instead. USC was awarded a bronze medal for being a “Bicycle Friendly University.”

Kayaking & Canoeing
With the Saluda, Congaree and Broad rivers all running through the city, Columbia is the perfect place to go kayaking or canoeing. Don’t have a kayak? Students can rent equipment through Campus Recreation. If you don’t feel comfortable venturing out on your own, Campus Recreation also provides classes, as well as “adventure trips,” for students. For more information, visit their website at www.campusrec.sc.edu.

Intramural Sports
Just because you’re not a star on the Gamecocks football team doesn’t mean you can’t learn a new sport or stay competitive with one of your favorites. Intramural sports are a great way to get outside, be active and get involved on campus. Join a team or start your own at www.campusrec.sc.edu/intramural-sports.

-Kristi Niro
Preventing Illness

In college, you're exposed to many things. Food, people, but most of all, germs. Germs can make our bodies weak and sick and can derail your academic success.

To help prevent yourself from getting sick, try:

<table>
<thead>
<tr>
<th>Step</th>
<th>Method</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Washing your hands</td>
<td>This can be one of the simplest and most beneficial prevention methods. It’s also one of the most effective ways to prevent the spread of many types of infections and illnesses in all settings. Make sure you scrub them for at least 20 seconds with soap.</td>
</tr>
<tr>
<td>02</td>
<td>Getting plenty of rest</td>
<td>It is important to get around eight hours of sleep per night. The more rest your body gets, the stronger your immune system will be. It will also decrease your stress levels, which are a trigger for becoming ill. It’s also one of the best ways to help your body fight back when you are sick. See more on page 25.</td>
</tr>
<tr>
<td>03</td>
<td>Getting your vitamins and minerals</td>
<td>Although it is easy to eat unhealthy snacks and junk food while in college, they lack healthy nutrients your body needs to maintain a strong immune system. To prevent getting sick, try replacing unhealthy snacks with fruits and vegetables. You can also take a multivitamin.</td>
</tr>
<tr>
<td>04</td>
<td>Exercising</td>
<td>Go ride a bike or go walk around the Horseshoe. Staying physically active is a great way to keep your body strong and fight illness and will give you more energy to do productive activities such as studying, homework and social activities.</td>
</tr>
<tr>
<td>05</td>
<td>Practicing preventive care</td>
<td>Get regular check-ups with your medical providers, including physicals, dermatological skin checks and teeth cleanings.</td>
</tr>
<tr>
<td>06</td>
<td>Lowering your stress</td>
<td>Try finding a healthy hobby that can help you de-stress, even if it’s just taking a jog and enjoying a mini-Netflix marathon. See more on page 25.</td>
</tr>
</tbody>
</table>
Forming healthy habits

Between attending classes, writing papers, studying for exams and maintaining an active social life, college students often find it challenging to stay on top of their health and wellness. While college may seem like only a short few years, experts say that the habits formed during this time could impact an individual's health later in life. If you're living an unhealthy lifestyle today, you could be putting yourself at a higher risk of diabetes, high blood pressure and other chronic illnesses in the future. Therefore it's extremely important that students form healthy habits while in college. Along with other departments on campus, Student Health Services is here to help you establish a healthy lifestyle during your time at the University of South Carolina. Don't know where to start? Try beginning with the following tips!

01 **Establish healthy eating patterns.**

It's important to form healthy eating habits such as eating a nutritious daily breakfast that is balanced between the four food groups. Healthy options include microwave steel-cut oats, nuts and fruit made with low-fat milk. After lunch, grab some fresh fruit and a cheese stick or fruit smoothie to help curb your appetite and hold you over until dinner. Plan ahead for outings with friends and make sure portions match your hunger level, especially in between meals or late at night. To learn more about making your food choices count, make an appointment with a campus registered dietitian nutritionist at www.sc.edu/myhealthspace.

02 **Create an exercise plan and stick to it.**

It may seem difficult to find time to fit exercise into a busy schedule, but staying active each day has actually been proven to alleviate stress. Take advantage of group exercise classes at the Strom Thurmond Wellness & Fitness Center and the Blatt Physical Education Center, join an intramural sports team or utilize the FitWalk Paths throughout campus. The key to lifelong fitness is to participate in activities you enjoy to make exercising fun.

03 **Get on a regular sleep schedule.**

Pulling an all-nighter to study for an upcoming exam may seem common during college, but getting sleep is critical to your health. A lack of sleep can result in poor academic progress, unnecessary weight gain and frequent illness, as already mentioned on page 24. Avoid caffeine after 6 p.m., don't drink alcohol before bed and put all technology away at least 30 minutes before planning to sleep. Try to get a consistent 7-9 hours of sleep each night and wake up close to the same time every day (even on the weekends).

04 **Learn how to manage stress.**

Stress is the number one reported impediment to academic success in college. Although it’s a normal part of daily living, unmanaged stress can increase your risk for poor mental and physical health, as already mentioned on page 24. Student Health Services offers a variety of programs, such as Pet a Puppy and Stress Less for Success, as well as one-on-one stress management consultations to assist students in managing their stress. For more information on stress management, visit www.sa.sc.edu/shs/cw/students/stressmanagement or call 803-576-9393.

05 **Maintain your mental health.**

It’s extremely important to maintain your mental health during college in order to be successful. If you’re struggling, no matter how big or small your concerns may seem, consider making an appointment with Counseling & Psychiatry. Our trained counselors and psychiatrists provide students a safe place to speak privately and confidentially about stress, anxiety, loneliness, depression, relationship difficulties, questions about identity, eating concerns, substance abuse, sexuality, managing an existing mental health condition or any other issue. Full-time students are eligible to receive up to 10 individual counseling sessions per year, as well as unlimited group counseling. To learn more or make an appointment, visit www.sa.sc.edu/shs/cp or call 803-777-5223.

-Kristi Niro


*National College Health Assessment taken by USC students in spring 2015
Cocky Cooking Class
Free, 60-90 minute classes where you experience cooking from start to finish. Our registered dietitian teaches you how to prepare three healthy and delicious recipes. Open to all students.

Wind Down Wednesdays
Do you need a mid-week boost? Join us for mindfulness practice to cultivate an attitude of gratitude and improve productivity by learning mindfulness techniques. Open to all students, faculty & staff.

Suicide Prevention Gatekeeper Training
Learn to recognize the warning signs of a suicidal person and what resources are available at USC. Open to all students, faculty & staff.

Pet a Puppy
Relieve some stress by petting a PAALS (Palmetto Animal Assisted Life Services) service dog in training. Open to all students, faculty & staff.

Gentlemen Respecting Interacting in Truth (GRIT)
A men’s support group, which meets monthly to discuss sexual assault and healthy relationships. Open to all male students.

The Body Project
A small group conversation about body image and the influences of cultural and social interactions. A two-part workshop that encourages the spread of body positivity. Open to all female students.

Stress Less for Success
Sit down with a health educator and discuss your major stressors for a one-on-one consultation. Other stress management programs and activities also available. Open to all students.

Women’s Self-Defense Classes
USC’s Sexual Assault and Violence Intervention & Prevention and the Division of Law Enforcement and Safety team up to offer hands-on self-defense training workshops for women. Open to all female students.

Healthy Carolina Farmers Market
Buy local fresh fruits and vegetables. Stop by the Healthy Carolina Farmers Market on select Tuesdays on Greene Street. Open to all students, faculty & staff.

For more information about and to register for these events, visit www.sa.sc.edu/shs/events facebook.com/UofSCshs Twitter: @UofSCshs
Contact Us
www.sa.sc.edu/shs

Allergy, Immunization & Travel Clinic
Location
Thomson Student Health Center
First Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
*Allergy services are scheduled Monday-Friday until 4:30 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-9511

Campus Wellness
Location
Strom Thurmond Wellness & Fitness Center & Thomson Student Health Center
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Contact Information
Ph: 803-576-9393 (students)
Ph: 803-777-6518 (faculty/staff)

Counseling services
Location
Close/Hipp Building
Fifth Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m. (in the Thomson Student Health Center)
Contact Information
Ph: 803-777-5223

General Medicine Center
Location
Thomson Student Health Center
Second Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-3175
Fax: 803-777-0126

Pharmacy
Location
Thomson Student Health Center
Third Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m.
Refills
www.sc.edu/myrxspace
Contact Information
Ph: 803-777-4890
Fax: 803-777-0965

Psychiatric services
Location
Thomson Student Health Center
Third Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Contact Information
Ph: 803-777-1833

Sports Medicine
Location
Thomson Student Health Center
Second Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-3175

Sexual Assault and Violence Intervention & Prevention
Location
Thomson Student Health Center
Third Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Contact Information
Ph: 803-777-8248
SAVIP advocates on call 24/7 - in the event of an emergency or after hours, call USC Police at 803-777-4215, and they will contact the advocate on call.

Women’s Care
Location
Thomson Student Health Center
Fourth Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-8920
Tell us how you want to get health and wellness information, and you could win a t-shirt or other great prizes! Find the survey here:

Student Health Services
Supporting the vision of a Healthy Carolina community

www.sa.sc.edu/shs

Like us
facebook.com/UofSCshs

Follow us
@UofSCshs

Information and updates on events, programs and services, wellness tips and more. Ask us questions and let us know how we’re doing!