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Welcome back to campus, everyone! The beginning of 2017 is a wonderful time to create new resolutions for a healthier lifestyle. Student Health Services is here to help you in this process.

Success in academics begins with a healthy lifestyle. This includes all the dimensions of wellness, and we provide a few short stories and articles that will help you achieve your goals for this semester.

2017 will be a great year for Student Health Services as we prepare to move into our new building in July. Learn more about the new health center on page 4.

Instead of only visiting the Thomson Student Health Center when you’re feeling ill, make an appointment this semester to take advantage of some of the wonderful preventive services we offer. You can even visit a registered dietitian to set up a meal plan to help your New Year’s resolutions.

One way to improve your health is to look out for your own safety and the safety of the campus community. Knowing how to step in and speak up when a negative situation occurs can really make a difference in the lives of others. See page 5 for more information.

Looking for ways to manage your stress more effectively? Page 14 has a great success story from our counseling program here on the USC campus.

Sleep debt can be detrimental to your health. See page 20-21 for tips on better sleep and how to become a morning person.

As always, students are welcome to come and explore all of the options that Student Health Services has to offer. We can help you design a fitness plan, get a free flu vaccine, schedule an appointment with our counselors and psychiatrists or make an appointment for any of the other health and wellness services we offer.

I wish you health and success in 2017! Go Gamecocks!

Deborah Buck
Executive Director
Student Health Services
& Healthy Carolina

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.
The new health center is well on its way for its scheduled completion in July 2017.

University administrators, the building architects, construction crew and Student Health Services staff celebrated the final steel beam being placed atop the new health center in September 2016.

The final steel beam, signed by members of the university community, featured a Palmetto tree representing growth and good fortune, an evergreen tree symbolizing celebration and a U.S. and USC flag.

“The trees symbolize the completion of the steel structure but also symbolizes the continued growth of our services for students, faculty and staff and our vision of a Healthy Carolina,” said Dr. Deborah Beck, executive director for Student Health Services & Healthy Carolina.

The new health center will feature a new eye clinic and optical shop, a state-of-the-art demonstration kitchen, expanded sports medicine, physical therapy and pharmacy services and triple the exam space of the current Thomson, among other things.

For more information about the new health center, visit sa.sc.edu/shs/newhealthcenter.

-Marjorie Riddle Duffie
Stand Up Carolina means you step in and speak up when something negative is happening, whether this means you take the keys from your friend who has been drinking and is about to get behind the wheel or you see someone in distress and simply ask if they’re OK.

Stand Up Carolina aims to shift our campus culture to one where students, faculty, staff and community members play an active role in keeping our campus and the surrounding area safe and well by directly intervening in adverse situations or contacting the proper authorities when necessary.

Through presentations to U101, student organizations, faculty, staff and other groups, Stand Up Carolina helps campus attendees understand how they can feel comfortable and responsible in their role as a bystander and understand the difference they can make.

The Stand Up Carolina Hero Awards, which will be held March 29, recognizes the accountable bystanders who have made a difference on campus through deeds large and small. Read some of the stories from the 2016 heroes on pages 6-7.

A campaign launching this spring hopes to encourage students to intervene in negative situations even if they’re uncomfortable or worry about what their peers will think. Images will show students how they can indirectly intervene in situations, such as distracting a friend who has had too much alcohol by mentioning going home to watch the newest Netflix release. Another example is how students can call the police if they’re uneasy about an argument they witness occurring between strangers.

For more information, visit sa.sc.edu/shs/savip/stand-up.
The annual Stand Up Carolina Hero Awards recognize accountable bystanders - community members who speak up, stand up, take action and make a difference in the lives of others. They are true heroes. Here are some of the students recognized at the 2016 Stand Up Carolina Hero Awards ceremony:

**Daniqua White**

Daniqua White received a Stand Up Carolina Hero Award in 2016 by volunteering her time to serve both the University of South Carolina and the City of Columbia.

White, a USC senior, serves as a Changing Carolina Peer Leader for Student Health Services, where she educates University 101 students on the importance of sexual health. Additionally, she volunteers with dental clinics around the Columbia area and the Salvation Army of the Midlands. Through her volunteer work, she supports many different individuals, both on- and off-campus. She is a student, friend, leader, and most importantly, a role model for her peers. White’s dedication proves that as a Gamecock, there are truly no limits. White was surprised when she found out that she had been nominated for a Hero Award.

“I was surprised but thankful that someone took the time out of their day to [nominate me and] write about the accomplishments I've made on- and off-campus,” she said. “At the time of the [Hero Award] nomination, I was deeply saddened because of an unexpected rejection that I had previously received, but ‘when one door closes, another one opens.’ I am forever thankful and honored to be the recipient of the Hero Award.”

**James Jeremiah**

James Jeremiah received a Stand Up Carolina Hero Award in 2016 for helping a friend through a difficult time. Jeremiah, a USC senior, noticed that his friend was dependent on alcohol and was suffering from substance abuse. Jeremiah helped his friend realize how drinking too much and using substances was negatively affecting his friend’s grades and relationships. Jeremiah’s friend has been sober since October 2015 and Jeremiah has noticed a significant difference in his friend.
Jax Boucher

Jacqueline “Jax” Boucher received a Stand Up Carolina Hero Award in 2016 for helping students who were in distress by providing CPR and first aid.

Boucher, a USC junior, had just finished her shift working at the Strom Thurmond Wellness & Fitness Center and was on the way to her sorority house in the Greek Village. While walking, she noticed a group of students in need of medical attention in front of a different sorority house.

While the other students who were helping were overwhelmed and not quite sure what to do, Boucher remained calm and levelheaded. She quickly contacted 911 and was able to get the two ill students into correct positions to avoid complicating the issue.

While Boucher did not know these students, she saw a need and helped her fellow Gamecocks. When she found out she was nominated for a Hero Award, she said it was unexpected.

“I was surprised when I found out that I was nominated because I didn’t think my actions were hero-worthy, I was just helping people who needed me,” she said. “It was a genuine case of being in the right place at the right time. My shift at the Strom went over by 30 minutes, which is very unusual, so if it hadn’t been for that I never would’ve seen the incident.”
Exercising to prevent illness

“If exercise could be packed in a pill, it would be the single most widely prescribed and beneficial medicine in the nation,”

-Robert N. Butler, an M.D. at the National Institute of Aging

Unfortunately, this pill has not yet been invented. It is crucial for your well-being to exercise each week. Not only is exercise critical in supporting your physical and mental health, but when combined with a healthy diet, a regular exercise regimen can provide benefits in the treatment and prevention of chronic diseases.

The Exercise Is Medicine foundation (EIM) was founded by the American Medical Association in 2007 to help showcase the scientifically proven benefits of physical activity. Medical conditions such as high blood pressure, high cholesterol, type II diabetes, depression and anxiety have all been scientifically proven to be effectively treated with regular exercise as effectively as or more effectively than with medication. However, some chronic conditions still require medication in addition to exercise to help manage symptoms.

“Exercise has almost become a dirty word,” said Dr. Jason Stacy, director of sports medicine at USC and a physician. Stacy agrees with the EIM movement.

“Even if you don’t have time to go to the gym each day, there are plenty of ways to incorporate exercise into your daily routine such as walking to class instead of driving or taking the stairs as opposed to using an elevator,” he said.

If you’re worried about finding time to work out or are curious about starting a new fitness regimen, here are some tips that make it easier to get in a healthy routine:

• Go to class in gym clothes - if you’re already dressed for the gym, it will make it easier to head to the Strom or Blatt on the way home from class.

• Exercise with a friend - if you have someone else to go to the gym with, you can rely on each other to motivate you to go to the gym throughout the week.

• Treat an exercise class like an academic class - if it’s on your calendar the same as your academic classes, you know you’ll be going every Monday, Wednesday and Friday at 3:30 p.m. Another option to ensure you get in your workout is to sign up for one of the academic fitness courses offered within the Physical Education (PEDU in the course catalog) department.

In addition to regular fitness, Stacy recommends stretching and working on balance and switching up your routine. For instance, it’s OK to run six days a week, but you should also find ways to incorporate strength training in your regimen to ensure you are working out various muscle groups.

If you experience any injuries, make an appointment with sports medicine by visiting sc.edu/myhealthspace or calling 803-777-3175. If you would like to schedule a physical activity assessment to maximize your workout, call the wellness office at 803-576-9393.

-Jack Blanchard
Eating to prevent illness

Winter and early spring are the prime time for cold and flu season. For college students, with classes, jobs, extracurricular activities, as well as keeping up with friends, who has time to be sick? Prevention is the best way to avoid illnesses. One way to prevent illness or ailments is to follow a healthy diet.

While you can’t always prevent a cold or the flu, following a healthy diet and getting many nutrients from what you eat can strengthen your immune system to avoid some illnesses or shorten their duration. If you do get sick, make sure to continue eating healthfully to continue boosting your immune system. Craving orange juice and oranges when you’re ill is no coincidence. Citrusy fruits are packed with Vitamin C, a known immune booster. The urge to eat chicken soup is also no coincidence. Animal proteins are a good source of zinc, known for helping fight illness.

One way to understand your diet and whether you’re eating healthfully is to use the U.S. Department of Agriculture (USDA)’s Healthy Eating Index tool, which measures the quality of one’s diet in relation to the USDA dietary guidelines. The USC nutrition department created their own abridged version specifically for students that takes about five minutes to complete.

Questions include:
• If one serving of fruit is one ½ cup (the size of a baseball), how many servings of fruit have you eaten over the past week?
• How many dark green or colorful fruits and vegetables have you eaten over the past week?
• Out of the grains you eat each day, how many are whole grains (dark flour, seeds, brown rice)?
• If a 3 oz. serving of meat is the size of a deck of cards, how many do you eat in a day?

The purpose of this resource is to evaluate which areas of nutrition you excel in and which you need to improve on. You can make an appointment with a USC registered dietitian to learn how your diet matches up with the USDA dietary guidelines, and they can also show you which foods can help your body stay healthy. Make an appointment by visiting sc.edu/myhealthspace or calling 803-777-3175. Students receive unlimited visits with the registered dietitian after paying the student health fee, which is part of tuition for students taking six or more credit hours.

-Mark Blanchard

Micronutrients and antioxidants
Iron, Zinc, Vitamin A, D, E and C, and phytochemicals including beta-carotene, play important roles in immune function. Use the table below to identify foods rich in these nutrients and include them regularly in your diet.

<table>
<thead>
<tr>
<th>Omega 3s</th>
<th>Antioxidants</th>
<th>Zinc</th>
<th>Iron</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold-water fish (salmon, sardines, fresh tuna, halibut), walnuts, flax seed, soybean and canola oils, brussel sprouts, kale, spinach</td>
<td>Oranges, cantaloupe, papaya, apples, berries, sweet potato, broccoli, carrots, spinach, kale, bell peppers, asparagus, onions, garlic, beets, red/yellow spices</td>
<td>Legumes (beans), 100 percent whole wheat, beef, pork, chicken, spinach, oysters, yogurt, pumpkin seeds, cashews, dark chocolate, mushrooms, fortified cereals</td>
<td>Red meat, dark-green leafy vegetables (spinach, collard greens), fortified cereals, slow-cooked beans, artichokes, black strap molasses, tofu, quinoa, prunes</td>
<td>Sunlight, fortified dairy and soy foods, salmon, tuna, mackerel, fortified foods (orange juice, cereals). Smaller amounts in beef and egg yolks</td>
</tr>
</tbody>
</table>

Source: scandpg.org
How to own your sex life: Preventing STIs, HIV

While conversations about HIV and STIs with a sexual partner may seem awkward, they are important to have. These conversations may help you get the information you need to make decisions and set boundaries regarding your sex life. Own your sex life by being informed and knowledgeable.

Have this conversation with your sexual partner prior to engaging in sexual activity, face-to-face, sober and in a space where you both feel safe. It’s okay to feel uncomfortable. Make it a conversation, not an interview. Be honest and be prepared to answer your partner’s questions, too.

STIs and HIV

What are sexually transmitted infections (STIs)?

Sexually transmitted infections (STIs) are infections passed from one person to another person through sexual contact. STIs may not cause symptoms, however. Even if there are no symptoms, your health can be affected. Except for colds and the flu, STIs are the most common contagious (easily spread) infections in the U.S., with millions of new cases each year. Although some STIs can be treated and cured, others cannot.

The following factors increase the risk of getting STIs:

- More than one sexual partner
- A partner who has or has had more than one sexual partner
- Sex with someone with an STI
- History of STIs
- Use of intravenous drugs (injected into a vein) or partner use of intravenous drugs
- Adolescents have a higher risk of getting an STI than adults.

What is the difference between bacterial & viral STIs?

Bacterial STIs can be treated with a course of antibiotics. Once you have finished the antibiotics correctly, you are “cured” for this time, but you can still get the infection again. Examples of bacterial STIs include: chlamydia, gonorrhea, syphilis and vaginosis.

Viral STIs are treatable but not curable, meaning that the infection is present even during times where there are no physical signs or symptoms, and transmission to a partner is possible. Treatments vary from medications to lifestyle changes. There are vaccines for some viral STIs, such as the human papillomavirus (HPV). Once you have these, you have them for life, however, the body can keep outbreaks and the virus under control with the help of a healthy lifestyle and medication. Examples of viral STIs include: HIV, HPV, herpes (which is categorized into two types: HSV-1 [oral herpes, often referred to as fever blisters/cold sores] and HSV-2 [genital herpes]) and hepatitis.

-Alyson Moore

Questions to Ask & Answer

- When is the last time you were tested?
- Have you had a sex partner since you were last tested?
- Have you ever had an STI or STD?
- What are your thoughts about condom use?
- What sexual activities do you enjoy most? Least?

Remember, consent is given and received before and during sexual activity.

How can I reduce the risk of getting an STI or HIV?

- Know your sexual partners: Your partner’s sexual history is as important as your own. The more partners you or your partners have, the higher your risk of getting an STI or HIV.
- Use a condom: Using a

Source: acog.org
Birth control methods

What are long-acting reversible contraception (LARC) methods? Long-acting reversible contraception (LARC) methods include the intrauterine device (IUD) and the birth control implant. Both methods are highly effective in preventing pregnancy, last for several years and are easy to use. Both are reversible — if you want to become pregnant or if you want to stop using them, you can have them removed at any time.

How effective are LARC methods? The IUD and the implant are the most effective forms of reversible birth control available. During the first year of typical use, fewer than 1 in 100 women using an IUD or an implant will become pregnant. This rate is in the same range as that for sterilization.

How do LARC methods compare with other methods of contraception? Over the long term, LARC methods are 20 times more effective than birth control pills, the patch or the ring.

Women’s Care at USC provides the following contraceptive methods with counseling and instructions:
- Abstinence
- Birth control pills
- Depo-Provera injections
- Diaphragms and condoms
- Nexplanon (implant) (LARC)
- IUDs (intrauterine devices) (LARC)
- Nuva Ring
- Patch
- Emergency contraception

Cost: Varies according to insurance plan.

Make an appointment by visiting sc.edu/myhealthspace or calling 803-777-3175.

Source: acog.org - Alyson Moore

condom every time you have vaginal, oral or anal sex decreases the chances of infection.

- Avoid risky sex practices: Having any unprotected sexual contact with an infected person poses a risk of getting an STI or HIV.
- Get immunized: Vaccinations are available that will help prevent Hepatitis B and some types of HPV.

Get Tested Regularly. If you have an STI, it is important to seek treatment early. Get tested at the Thomson Student Health Center by making an appointment with the lab by visiting sc.edu/myhealthspace or calling 803-777-3175 and look for our free HIV/STI testing events held at least once a semester.
Feeling stressed? Missing your dog? Student Health Services’ Pet a Pup program can help relieve your stress and give you the opportunity to snuggle a dog for a while.

Once a month, the Palmetto Animal Assisted Life Services (PAALS) organization brings dogs to campus so students can relieve stress and hang out with some adorable dogs, usually Labrador Retrievers, that range in age from a couple of months to a year.

The dogs are training to assist people with varying abilities to live more independent and enriched lives by providing them with assistance dogs.

According to Nick Borsellino, a PAALS instructor, bringing the dogs to campus allows them to be around new sights, sounds and smells. This helps the dogs get used to a diverse mix of individuals who they may not be exposed to at their training facility.

By interacting with students on campus, the dogs learn behaviors that help them with training, said Keith Frair, a PAALS volunteer. If the dogs are wearing capes, they are learning how to focus on their commander and respond to commands. If the dogs are not wearing capes, they are experiencing exposure training, which means they are socializing and learning how to deal with distractions, like people wanting to pet them, other dogs walking by or people riding bikes.

While the dogs benefit a great deal from interacting with new people, students can benefit just as much. Petting dogs increases levels of the stress-reducing hormone oxytocin and decreases cortisol, a stress hormone. Doesn’t it feel good when you’re snuggling with a pup?

For more information and future Pet a Pup dates, visit sa.sc.edu/shs/events. For other stress management resources, visit sa.sc.edu/shs/cw/students/stressmanagement. If you are interested in learning more about PAALS or are looking for volunteer and internship opportunities, visit paals.org.

-Brittany Wilson
Mental health matters at UofSC

You should know that **you are not weak and should not be afraid to share your concerns** with your friends. There is always someone that is willing to listen.

" - Matt McGiffin (on right). Real Estate and Finance major, German minor, Delta Sigma Pi, Phi Sigma Kappa and member of Student Government.

Join the conversation
#berealbethere
#UofSC

Resources

Sometimes your mental health needs attention just like your physical health. Student Health Services offers the following resources to get you the help you need.

Counseling & Psychiatry **803-777-5223**

Stress management consults **803-576-9393**

sa.sc.edu/shs/mentalhealth
USC junior Audrey Whelan learned through her own homesickness, anxiety and depression her freshman year to ask for professional mental health help and seek support from her friends.

Whelan, who is enrolled in the Honors College and is majoring in business management, was suicidal in high school, and the multitude of changes her freshman year triggered her severe anxiety and depression.

"From Maryland, I was far away, and I was struggling to make friends, find my place," she said. "I didn’t want to do anything, didn’t want to go out with friends. I was anxious, sad, missed home and knew it wasn’t going to get better if I didn’t get involved on campus."

Her older sister, who was also a USC student, pushed her to get professional help. Whelan began seeing a Student Health Services psychiatrist every week and began taking medication.

Working with the psychiatrist and talking through her problems really helped her gain perspective.

She said she also learned to open up more with her friends, who she was initially reluctant to talk to because of the stigma around mental health issues.

“One thing I felt was guilt – why can’t I just have a happy life. I have an incredible life," Whelan said. “It’s not your fault you feel that way, just because you may have an incredible life and look on paper like everything is going right, if it doesn’t match up with how you feel, that’s OK, it’s not something to feel guilty about.”

Whelan said while she will always grapple with anxiety, she can recognize when she needs to get help and encourages anyone dealing with stress, anxiety or other mental health concerns to open up to their friends and use the resources on campus.

“Don’t be afraid to talk to people about it, even if it’s just one person,” she said, “whether a friend, teacher, counselors, don’t be afraid to take the steps to make yourself better.”

-Marjorie Riddle Duffie
I have struggled with depression for most of my adult life, and getting treatment was what gave me the strength and courage to get back into school. Counseling has helped me reach goals I never thought were attainable.

-Jovonn “Butch” Sumter. Integrated Information Technology major and Business Administration minor. Former president and current student advisor of the USC Association of IT Professionals.

Join the conversation
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sa.sc.edu/shs/mentalhealth
Everyone has little things that they’d like to change about their bodies. With a constant media stream of people built like superheroes, it is easy to forget that bodies come in all shapes and sizes.

According to the National Eating Disorders Association’s survey on eating disorders on college campuses, 30 percent of collegiate women develop poor body confidence during their college careers. It is often not discussed that 23 percent of collegiate men also develop poor body confidence.

If you’re not at least six feet tall and built like an NBA player, you don’t fit the perfect body mold. It is easy to lose confidence when you don’t look like a professional athlete, and generally in a society that encourages tough, strong men, men are not encouraged to speak openly about their body issues.

It is important to understand that a realistic body image looks different for each person.

“Factors that contribute to what your body can look like rely heavily on your genetics,” said Lisa Money, a registered dietitian in Student Health Services. “You shouldn’t compare yourself to other people’s progress. We all need to have different expectations of what we can realistically achieve.”

It can be difficult to tell if someone has serious body confidence issues that may need attention. If someone you know works out five or more days a week, and they are particular about their diet, they may be completely comfortable with their routine with no health risk of overdoing it. Moderate attention to one’s own personal appearance is normal. Here are some signs you can look for if you think someone you know is having serious body image issues:

• Serious anxiety about their appearance when out in public. You may see this when one of your friends constantly comments about how buff others are.
• Frequently feeling unattractive or ugly. Someone may show this by constantly belittling himself.
• Never feeling “big” enough. Guys with low body confidence often never feel “big” enough, even after spending hours each day working out.

If you or someone you know is struggling with body confidence issues, make an appointment with a USC registered dietitian by visiting sc.edu/myhealthspace or calling 803-777-3175, or make an appointment with a counselor by calling 803-777-5223. Eligible students receive unlimited visits with the registered dietitian and up to 10 individual visits with a counselor each academic year.

-Jack Blanchard

Source: nationaleatingdisorders.org
### Understanding Insurance is Trickier, but it’s Important to Know What You’re Buying Before You Make Your Final Purchase.

If you’re looking for health insurance coverage, pay attention to these key components:

**Source:** [healthcare.gov](https://healthcare.gov)

<table>
<thead>
<tr>
<th>Component</th>
<th>USC-sponsored student health insurance plan through AIG</th>
<th>Healthcare.gov (ACA) marketplace plan*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Deductible</strong></td>
<td>Amount you will pay before your insurance company will cover any medical costs</td>
<td>$0 at health center; $750 in network</td>
</tr>
<tr>
<td><strong>Includes dental &amp; vision coverage</strong></td>
<td>Are dentist visits, eye appointments and eyewear included?</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Co-pay</strong></td>
<td>Amount you will pay each time you have a doctor visit in addition to the deductible</td>
<td>$20 for health center visits; $25 in network</td>
</tr>
<tr>
<td><strong>Out-of-Pocket Maximum</strong></td>
<td>The maximum amount you will have to pay each year after deductible</td>
<td>$6,350 in network</td>
</tr>
<tr>
<td><strong>Premium</strong></td>
<td>Amount you will pay for the insurance</td>
<td>$2,547 annually ($212.25 per month)</td>
</tr>
</tbody>
</table>

Visit [sa.sc.edu/shs/billing/insurance](http://sa.sc.edu/shs/billing/insurance) for more information about the university-sponsored plan.

While this plan seems cheaper, you have to pay $7,150 before the insurance company will pay any of your medical bills. You have to pay $14,300 before you reach your maximum with this plan (your deductible costs do not count toward your out-of-pocket maximum).

*For an 18-20-year-old male or female; plan costs based on age.
Jennifer Rudolph gained control of her eating disorder, anxiety and Obsessive-Compulsive Disorder (OCD) with the help of a Student Health Services registered dietitian and psychiatrist.

The sophomore from Rockville Centre, N.Y., first developed issues with food her senior year of high school after knee surgery limited her physical activity.

“I turned to controlling what I ate,” she said.

She said she entered college the following fall and was OK until her anxiety returned with the transition of being so far from home and balancing her academics with her extracurricular activities.

Her mother encouraged her to go see a registered dietitian after winter break her freshman year when she saw that Rudolph had lost 25 pounds.

She started seeing a psychiatrist later that spring to manage her anxiety and obsessive tendencies.

The registered dietitian and psychiatrist “got to the root of my issues and started from there, taking baby steps with me and only went to the next step when I was comfortable,” she said. “They were on my side the whole time and never pushed me too hard.”

One thing she wished she’d done differently when she was struggling was reach out to her friends.

“Because at first, I didn’t tell anyone,” she said. “I kept it all to myself and made it worse. I thought none of my friends would understand, but I don’t think I would’ve gotten better without my friends, who have been so supportive.”

Rudolph acknowledged she will always live with her eating disorder, anxiety and OCD.

She said she can recognize when her anxiety is getting worse and has developed healthier coping mechanisms other than not eating or working out until exhausted.

“’I’m not ashamed of what I went through,” she said. “I know that I could still go through it again, but I’m never going to stop fighting to stay healthy.”

-Marjorie Riddle Duffie
Fat talk is the term for negative body-related conversations that often take place between friends.

Allissa Desloge, a junior psychiatry major, knows all about fat talk. She, like most college students, is exposed to these conversations every day. Desloge is a Changing Carolina Peer Leader and recently became a facilitator for the Body Project, a two-part workshop that encourages the spread of body positivity for women.

Women participate in fat talk for many reasons. It may be a way to bond with friends, allow for the expression of personal concerns regarding body size and shape and provide an outlet to ask for support and seek reassurance from others.

But even though conversational shaming of the body has become somewhat of a ritual among women, it is not a harmless social-bonding tool.

In several studies, fat talk was linked with body shame, body dissatisfaction and disordered eating. Fat talk is also contagious and engaging in it may encourage your friends to be negative about their bodies.

“Whenever fat talk comes up, you’re supposed to derail it,” Desloge said.

One aspect of the Body Project is that it is an outlet to discourage fat talk and create a more positive association of body image for women.

“Every time I’ve gone through and facilitated the Body Project, I’ve gotten more out of it,” said Desloge. “I have definitely noticed a change in myself with the way I talk about those kinds of things and the way that I feel about my eating habits and my workout habits.”

To learn more about the Body Project and for future dates, go to sa.sc.edu/shs/cw/nutrition/bodyproject.

-Erin Brunelle

Sources: nedic.ca, sa.sc.edu/shs, nytimes.com
Think you can learn to survive on less than six hours of sleep? You might want to think again. Adults typically need between 7-9 hours of sleep each night to be fully functional. Missed hours of sleep add up and create “sleep debt.”

**How do our bodies pay off this debt?**

“The debt is paid with excessive sleepiness, impaired performance and altered mood,” according to Dr. Mark Kilgus, a Student Health Services psychiatrist.

**What’s so bad about being a little sleepy?**

**It’s dangerous**

Shortage of sleep is to blame for roughly 100,000 traffic accidents, 76,000 injuries and 1,500 deaths a year. Getting just two to three hours too little sleep for a few nights can have the same effect as pulling an all-nighter — yet it’s something that many college students routinely do. If that doesn’t sound like a big deal, consider this: staying up for 24 hours straight and then getting behind the wheel is like driving with a blood-alcohol content that deems you legally drunk in all 50 states.

These catastrophic disasters all involved sleepy people making poor decisions:

- **The Challenger explosion** – All seven astronauts on board died. The error that occurred was attributed to the severe sleep deprivation of two NASA managers.
- **Chernobyl** – When the nuclear power plant in Ukraine exploded, the engineers involved had been working 13-plus hours. At least 28 people died following the explosion, and many more were exposed to harmful levels of radiation.
- **2013 Metro-North train crash in The Bronx** – The engineer of the train fell asleep at the controls and took a 30-mph turn at 82 mph. The accident killed four people and injured more than 70.
- **The Exxon Valdez Oil Spill** – Third Mate Gregory Cousins was at the wheel when the Exxon Valdez oil tanker plowed into Bligh Reef off the coast of Alaska. Cousins was running on about two hours of sleep when he ran the tanker aground. Approximately 11 million gallons of oil spilled. More than 1,000 miles of coastline were tainted and hundreds of thousands of animals perished.

**It’s unhealthy**

When we don’t get adequate sleep, we accumulate a sleep debt that can be difficult to “pay back” if it becomes too big. The resulting sleep deprivation has been linked to health problems such as obesity, high blood pressure and negative mood and behavior.

“Sleep serves numerous functions, including consolidation of learning, expanding working memory, lowering anxiety and improving mood,” Kilgus said.

In short – robbing from sleep time does not pay off.

**Can’t I just catch up on my sleep on the weekends?**

No. Sleeping in on the weekend is not enough to get you back on track. Waking up late on a Sunday may feel great, but it also makes it more difficult for you to fall asleep at bedtime.

**What can I do?**

To get rid of your sleep debt, get back on a regular cycle of 7-9 hours of shut-eye per night. It can take days or even weeks for your body to return to a normal pattern. In the meantime, if you’re trying to make up for lost time, go to bed early and wake up at your normal time instead of sleeping in late.

-Erin Brunelle

Sources: sleepfoundation.org, nasa.gov, nei.org, nytimes.com, adn.com
How to become a morning person

Getting going in the morning will be less stressful if you help prepare for your day the night before. Here are some tips to make your mornings easier, even if you’re a night owl:

**Evening**

- Steer clear of spicy foods that may cause indigestion, caffeine-filled drinks that could keep you up or alcohol, which will cause night-time trips to the bathroom.
- **Get into a routine.** Set out your clothes, prep your lunch and pre-program your coffee maker.
- Have a sleep sanctuary – a dark, quiet and cool place is the ideal place to sleep. Try black-out curtains or a white-noise machine.
- Fall asleep easier – take a hot bath/shower, write down things that are bothering you to clear your mind, do some deep breathing and **put down all electronics** an hour before you want to go to sleep.
- Listening to soft tunes, nature sounds or the buzz of a fan may help lull you to sleep more quickly.

**Morning**

- **Don’t hit the snooze button** – hitting snooze creates fragmented dozing that can make you more tired.
- **Take a walk** first thing in the morning – the bright light will help suppress melatonin (a sleep-inducing hormone). If you can’t take a walk, at least turn some lights on (it will emulate the same effects as the sun).
- Don’t linger in bed upon waking up – move your alarm clock to the other side of the room so that you have to get out of bed.
- **Eat a healthy breakfast.** Whole grain carbs plus protein can give you energy to keep you going all morning.

**General**

- Stick to a reasonable sleep schedule – **oversleeping on weekends throws your internal clock off** during the week.
- The rule of 15 – try adjusting your bedtime and wake-up time by 15 minutes earlier each day until you reach your goal wake-up time.

-Alyson Moore & Brittany Wilson

Sources: fitnessmagazine.com, nytimes.com, sleep.org
Student activism on campus:

Sustainability

Sustainability can seem a little daunting to those looking to help the environment. Living in “famously hot” Columbia during the summertime, there’s no way to live without constant air conditioning, right? And who doesn’t enjoy a nice hot shower in the morning? While it’s difficult to live without these luxuries, these are some of the biggest energy-wasters. Most students do not realize it is much easier to practice sustainability with small combined efforts throughout the day rather than completely abstaining from something they think they can’t live without.

Students on campus who want to practice sustainability can get help with their efforts through the Office of Sustainability at USC. The Office of Sustainability offers multiple resources for students that encourage sustainable activism. For more information about their services, visit www.sc.edu/green.

Sustainable activism on campus has become a passion of Victoria Jung, a senior in the Darla Moore School of Business and an intern in the Office of Sustainability.

“What most students do not recognize is that there are little things that they can do on campus and at home to boost their sustainable practices,” Jung said. “A few simple tasks that I would recommend and implement in my life on a daily basis include: drinking out of my reusable water bottle, walking or biking to campus, recycling, turning off the lights when leaving a room, putting my computer into energy-saving sleep mode when it is not in use and just sharing this knowledge with those open to learning more about it.”

There’s another way for students who work on campus to get involved in sustainability. The Office of Sustainability offers the Green Office Certification Program. Green Office is designed to help faculty and staff members reduce the environmental footprint on their classrooms and offices on campus. Buildings on campus that are currently Green Office certified include the Honors College, Thomas Cooper Library circulation desk and the Student Success Center.

By making the commitment to reduce the impact each of these buildings has on the environment, faculty and staff are taking an important step in creating a sustainable environment at USC. Steps that a building or office can take to become certified include training new staff in sustainable practices, placing recycling bins where all trash bins are present and using cleaning products with little environmental impact. To become Green Office certified, visit sc.edu/green/office.

- Jack Blanchard
Positive Things That Happen When You Quit Tobacco

Making the decision to quit tobacco has many short-term and long-term positive effects on your body. Those effects include:

**Head:** increased oxygen flow means a reduction in tiredness, likelihood of headaches and stress

**Lungs:** Reduced coughing, wheezing and shortness of breath

**Mouth:** Better sense of taste, whiter teeth and lowered risk of mouth/throat/esophageal cancers

**Heart:** Reduced risk of heart disease or stroke

**Stomach:** Risk of ulcers drops

**Skin:** Younger-looking skin from more nutrients and oxygen in the body

**Reproductive System:** Improved sex drive and lowered risk of infertility and low-birth-weight babies for women

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Student Health Services offers many resources for tobacco cessation on campus, on the web or on the phone. For more information about our resources for quitting tobacco, go to [sa.sc.edu/shs/cw/tobacco](sa.sc.edu/shs/cw/tobacco). From there you can choose to fill out a treatment inquiry form, call or text a trained treatment specialist or learn more about quitting from various recommended websites.

Sources: cdc.gov, nhs.uk
Exercise is so important, but finding the time to work out isn’t always so easy. Thankfully, YouTube provides a ton of workouts you can do on your phone anywhere, anytime.

1. **Blogilates**
   Pop Pilates for Beginners - Total Body Workout

2. **Fitness Blender**
   HIIT Cardio and Abs Workout - 30 Minute At Home HIIT Workout with Abs Exercises

3. **Jillian Michaels**
   Jillian Michaels 30 day Shred: Level One

4. **Pop Sugar Fitness**
   20-Minute Fat-Blasting Full Body Workout | Class FitSugar

5. **Tone it Up**
   Total Body Tone Up

6. **Billy Blanks Tae Bo**
   Billy Blanks Tae Bo Advanced YouTube Exclusive

7. **Tonic**
   Everyday Workout: The Lean Machines

Source: active.com/fitness, greatist.com/fitness
Spring is a magical time of year. Days grow longer, flowers begin to bloom and the warmth of the sun slowly melts away all memories of the cold, dark winter. As soon as the temperature hits 70 degrees, the towels come out and the race is on to get that perfect bronze glow that says “I just spent a week laying on a tropical island beach.”

It’s easy to understand the desire to get that “healthy glow.” But tanned skin is not healthy skin. By competing for the best tan, you’re unintentionally signing up for the most wrinkles by age 30. Every time you tan, your body’s aging process is accelerated.

There are far worse things than wrinkles and age spots; tanning doesn’t just damage your image. Exposure to UV rays that come from the sun, tanning beds and sun lamps can lead to skin cancer and eye conditions like cataracts.

Skin cancer is the most common cancer in the U.S. You’re more likely to get skin cancer from tanning than lung cancer from smoking.

Every year, about 5.4 million new cases of non-melanoma skin cancer and 76,000 cases of melanoma are diagnosed. Melanoma is the deadliest form of skin cancer, and one person dies from melanoma every hour.

Facts About Tanning

**Tanning indoors is not safer than tanning in the sun.** Indoor tanning and outdoor tanning are both dangerous. The difference is that indoor tanning is designed to give you high levels of UV radiation in a shorter amount of time.

**A base tan is not a safe tan.** A tan is the body’s response to injury from UV rays. A base tan does little to protect you from future damage to your skin caused by UV exposure.

**Tanning is not a safe way to get vitamin D.** Although it is important to get enough vitamin D, the safest way to do so is through what you eat. Tanning harms your skin, and the amount of UV exposure you need to get enough vitamin D is difficult to measure.

**Protect the Skin You’re in:**

- Use broad spectrum sunscreen with SPF 15+ to protect exposed skin.
- Seek shade, especially during midday hours.
- Wear a hat and a T-shirt or beach cover-up.
- Slip on a pair of sunglasses to protect your eyes from UV rays and reduce the risk of cataracts.

*Erin Brunelle*

Sources: cdc.gov, fda.gov, skincancer.org
The U.S. Food & Drug Administration (FDA) has made some changes to the Nutrition Facts Label on packaged foods to reflect recent scientific research. The changes are making it easier for people to make healthier choices.

**Old**

**Nutrition Facts**

**Serving Size**: 2/3 cup (55g)
**Servings Per Container**: About 8

<table>
<thead>
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<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories 230</td>
<td>Calories from Fat 72</td>
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<tr>
<td>Total Fat 8g</td>
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<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 160mg</td>
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<tr>
<td>Total Carbohydrate 37g</td>
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<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
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<tr>
<td>Sugars 1g</td>
<td></td>
</tr>
<tr>
<td>Protein 3g</td>
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Vitamin A 10%
Vitamin C 8%
Calcium 20%
Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

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<td>Saturated Fat</td>
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<td>Trans Fat</td>
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<td>Cholesterol</td>
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<td>Sodium</td>
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<td>Dietary Fiber</td>
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**New**

**Increased type size for “Calories,” “servings per container” and “Serving size.”**

**Bolded number of calories and “Serving size.”**

**Updated serving sizes and percent Daily Values**

**“Added Sugars” will be included on the label in grams and in percent Daily Value.**

**Actual amount (and percent Daily Value) must be listed for vitamin D, calcium, iron and potassium.**

**The footnote will now more clearly explain the percent Daily Value.**

Source: fda.gov
### Contact Us

<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Fall &amp; Spring Semester Hours</th>
<th>Appointments</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Allergy, Immunization &amp; Travel Clinic</strong></td>
<td>Thomson Student Health Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-9511</td>
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<tr>
<td><strong>Women’s Care</strong></td>
<td>Thomson Student Health Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-3175</td>
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<tr>
<td><strong>Counseling services</strong></td>
<td>Close/Hipp Building</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-5223</td>
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<td><strong>General Medicine Center</strong></td>
<td>Thomson Student Health Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-3175</td>
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<td><strong>Pharmacy</strong></td>
<td>Thomson Student Health Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-4890</td>
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<td><strong>Psychiatric services</strong></td>
<td>Thomson Student Health Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-1833</td>
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<td><strong>Sports Medicine</strong></td>
<td>Thomson Student Health Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-3175</td>
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<tr>
<td><strong>Wellness services</strong></td>
<td>Strom Thurmond Wellness &amp; Fitness Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-576-9393 (students)</td>
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<tr>
<td><strong>Sexual Assault and Violence Intervention &amp; Prevention</strong></td>
<td>Thomson Student Health Center</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>sc.edu/myhealthspace</td>
<td>Ph: 803-777-8248</td>
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</table>

*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*
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:

sa.sc.edu/shs/survey

Student Health Services
Supporting the vision of a Healthy Carolina community

sa.sc.edu/shs

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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!