

# Healthy Hints From Health Promotion



## Cold and Flu: I'm Ready, Are You?

November 2008

By: Ryan Williams, Health Promotion Intern

Cooler temperatures have arrived and the season of many Holidays is approaching fast! We often look forward to spending these days with loved ones and enjoying great food; however, this isn't all we need to anticipate. We also need to be careful to avoid the common cold & the destructive flu bug this winter season.



Falling ill from the cold and flu is not a good time for anyone. If you feel sick or not like your "normal" self, come to the Abrons Student Health

Center in Westside Hall! The friendly staff will be glad to help you through your illness and answer any of your questions!

Keep in mind, you can also use the pharmacy at the Student Health Center to get prescriptions filled and purchase over-the-counter medicines such as cough syrup, Advil, and cough drops.

**So, why not avoid getting sick all together? Practice these prevention behaviors and reduce your chance of catching a bug this year:**

- **Wash your hands frequently and thoroughly.** This is the #1 method to prevent infection or transmission of bacteria. Wash your hands and wrists for about 20 seconds-(sing the ABC's). Use hand sanitizer when soap & water are not available.

- **Avoid sharing drinking glasses, utensils, and chapstick.** Cold sores, "mono", cold/flu, and meningitis can all be transferred though sharing such items. *EW!*

- **Avoid smoking, alcohol and caffeine.** Heavy smokers tend to get more severe and long-lasting colds. Alcohol & caffeine disrupt your sleep - sleep is needed to recharge your body!

- **Eat Right.** Maintain a healthy immune system with a balanced diet. Go to [www.mypyramid.gov](http://www.mypyramid.gov) to check out your own individual dietary needs!

- **Exercise.** Exercise helps boost your immune system. Those who exercise that do catch a cold have less severe symptoms & recover more quickly.

- **Get some rest!** Lack of sleep = a weakened immune system. Shoot for 7-8 hours a night.

- **Get vaccinated.** The flu virus mutates every year which is why you need to get vaccinated every year. Go to the Student Health Center for your shot... Cost is \$20 and can be paid for by cash, debit/credit, Seahawk Bucks, or charged to your account.

If you are experiencing common cold symptoms, (cough, runny nose, sneezing, sore throat) get plenty of rest, drink plenty of fluids, and appropriately use cough drops and syrups as needed. If you are experiencing more serious symptoms (high fever, persistent body aches and fatigue, &/or diarrhea and vomiting), contact the Abrons Student Health Center as soon as possible - 910-962-3280.

**Please be careful this winter season—for yourself & everyone you come in contact with!**



### Health Promotion Events

#### November 2008

Wed. November 5  
Healthy Budget Cooking  
5:30pm, Madeline Suite

Thurs. November 13  
Sweet Dreams  
5:30pm, SRC 114

Tues. November 18  
Eating Mindfully  
5:30pm, SRC114

Health Promotion  
SRC 104  
910-962-4135

[www.uncw.edu/healthpromo](http://www.uncw.edu/healthpromo)

### Who Is Galloway Hall? By: Mary Canel, Nurse Practitioner, Abrons

*On October 7, 1974, Edmond Robert Galloway, a UNCW freshman, was rushing on his bicycle to meet some friends. On his way, he got into an accident, and hit his head. Campus Security took him to Cape Fear Hospital where he later died from head trauma. His friends from UNCW requested that a residence hall be named for him. To this day, Galloway Hall is a reminder of the potential for life-threatening accidents from not wearing helmets.*



As you know, bikers and skaters are everywhere on the UNCW campus. This reduces the frustration of limited parking, and longer distances between class and home. Using skateboards and bikes vs. a car provide many health benefits, but the "two wheel deal" can not be so great if one ends up hurt on the asphalt. As common as biking & skateboarding are, helmets are not utilized as much as they should.

The helmets.org website indicates that the helmetless male older than 16 is most commonly killed when in a bicycle accident. There are many laws that

require children to wear helmets, but these same laws do not protect university students riding helmetless. One speed bump taken at high velocity could cause a serious head injury!

So what is a rider to do? It's not rocket science! Strap a helmet on that precious noggin and help make UNCW a safer & healthier campus.

**For more information visit the North Carolina's Division of Bicycle and Pedestrian Transportation website:**

<http://www.ncdot.org/transit/bicycle/>

# Healthy Thanksgiving Tips & Recipes

By: Lindsey Hurd, Health Promotion Peer Educator

Thanksgiving is an occasion when you enjoy spending time with your family & appreciate all that you have! Although this time can be enjoyable, it can also be stressful. Eating can turn into a stress reliever, especially when your favorite holiday dishes are around.

Follow these tips to ensure your ending to the holidays are as joyous as the start.

**Bring your own healthy dish:** This will allow you to eat something you know is healthy and others might follow!!

**Moderation:** Don't skip your favorite holiday dish because it isn't the healthiest.

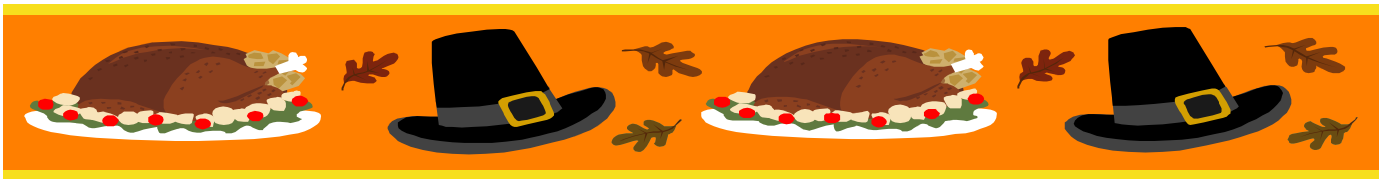
Instead, enjoy a small portion and avoid the urge to splurge on another dish. Fill most of your plate with veggies and leave a small space for the candied sweet potatoes!

**Avoid Famine:** Do not go all day without eating just because you know you are going to eat a big dinner. Eat mindfully during the day and prevent eating everything in sight when dinner arrives.

**Exercise:** Don't let exercise slide to the bottom of your 'to-do' list. After a meal, encourage your family/friends to go for a walk. This will keep you off the couch for a little while, and allow your food to better digest!



**Have a Healthy  
& Happy  
Thanksgiving!**



## **Pumpkin Muffins**

18 servings (serving size: 1 muffin)

### **Ingredients**

2 1/4 cups all-purpose flour  
2 teaspoons pumpkin pie spice  
1 1/2 teaspoons baking soda  
1 teaspoon ground ginger  
1/4 teaspoon salt  
1 cup golden raisins  
1 cup packed brown sugar  
1 cup canned pumpkin  
1/3 cup buttermilk  
1/3 cup canola oil  
1/4 cup molasses  
1 teaspoon vanilla extract  
2 large eggs  
Cooking spray  
2 tablespoons granulated sugar

Preheat oven to 400°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, pumpkin pie spice, baking soda, ginger, and salt in a medium bowl, stirring well with a whisk. Stir in raisins; make a well in center of mixture.

Combine brown sugar, canned pumpkin, buttermilk, canola oil, molasses, vanilla extract, and eggs, stirring well with a whisk. Add sugar mixture to flour mixture; stir just until moist.

Spoon batter into 18 muffin cups coated with cooking spray. Sprinkle with granulated sugar. Bake at 400° for 15 minutes or until a wooden pick inserted in center comes out clean.

Remove muffins from pans immediately; cool on a wire rack.

### **Nutritional Information**

Calories:	202 (23% from fat)
Fat:	5.1g (sat 0.8g, mono 2g, poly 1.9g)
Cholesterol:	24mg
Sodium:	159mg
Carbohydrate:	37.5g
Fiber:	1.2g
Protein:	2.9 g
Calcium:	35mg
Iron:	1.7mg

Source: Cooking Light Magazine

