

Happy Halloween



Healthy Hawk Hints from Health Promotion *October 2008*

OCTOBER 2008
HEALTH
PROMOTION

Thurs. October 9
Are You Smarter Than
a Peer Educator
Cancer Edition!
5:30 pm, SRC 114

Wed. October 15
Healthy Budget
Cooking
5:30pm, Madeline Suite

Wed. October 15
Explore Your Spirit
6-8pm, Burney

Co-sponsored w/ UNCW Presents & Campus Ministries

Tues. October 21
Your Fast Food Order
5:30pm, SRC 114

Thurs. October 30
Halloween Smoothies
4-6pm, SRC 104

Thurs. October 30
Bite The Bug Before It
Bites You!
5:30pm, SRC114

Health Promotion
Student Rec Center
Suite 104
910-962-4135

TRICK OR TREAT YOURSELF THIS OCTOBER

By: Rachel Bowden, Health Promotion Peer Educator

From October to the beginning of the New Year, the aisles of stores & supermarkets are filled with candy, cookies, cakes and other sweet treats. For many, these sweets are a major temptation and convenient way for one to stray from his or her normal diet regimen.

While most would say the best thing to do is avoid these at all costs, I am here to present you with a different approach to the thought process behind the "sweet treats."

Alice Merritt, the campus dietitian has an 80/20 rule that she

advises students on, and that she herself tries to stick to. This rule basically states that 80% of your weekly intake should be healthy food, while 20% can be more flexible.

With this in mind, here are a few tips to treating yourself without falling behind on your personal health goals:

- Allow yourself one small treat a day, or every other day if larger.
- Be aware of the amount of sugar/treats eaten and balance the rest of your days consumption based on these treats.



- Dark chocolate provides some antioxidants and is a better choice than milk chocolate.
- Portion out treats to avoid unconscious eating.
- Opt for candies that have a source of protein like peanut M&M's, Snickers, & Baby Ruth's.
- Keep up with dental hygiene to avoid gum disease and cavities.

For more information or to schedule an appointment with the Campus Dietitian, call 962-4135

HALLOWEEN TRICKS AND TIPS

By: Ryan Williams, Health Promotion Intern

Halloween is a time for children and adults to celebrate ghosts, goblins and witches as well as collect and pass out candy to costume goers.

As this wonderful and fun holiday approaches make sure that you are taking all of the necessary precautions to ensure you and your friends not only have a fun Halloween but also a safe Halloween.

Hopefully these tips will help you enjoy your night of shenanigans:

- Remember to always travel in groups and never by yourself.
- Watch the amount of alcohol you consume.
- Know your party host's; don't go to someone's party if you don't know the host or anyone else there.
- If you are going to be drinking on this night please designate a sober driver or call a cab if need be.
- Make sure you have the number of a cab company to take you home at the end of the night.

These are just a few tips to help make your Halloween night a safe one!



HPV and Cervical Cancer

By: Terry Ismert, Adult Nurse Practitioner
Abrons Student Health Center



Even though we don't think about cervical cancer often, it is the 2nd most common type of cancer. It is primarily caused by the Human Papillomavirus (HPV).

Approximately 20 million people are currently infected. Every year, 12,000 women will be diagnosed with cervical cancer and almost 4,000 will die.

There are more than 40 types that can be transmitted sexually. Only high-risk HPV has been shown to cause cervical cancer. Our immune system typically fights off the other types (HPV) & most will not experience problems.

For some, the virus will stay active and cause cervical cells to change, thus increase the risk of cancer.

The only way to detect cervical HPV is through regular pap smears. Once infected with high-risk HPV, it can take up to 10-15 years for it to become invasive. This is why early detection and prevention with the vaccine Gardasil is so important.

Gardasil works by preventing HPV types 16 and 18, which causes 70% of cervical cancer and HPV types 6 and 11 which cause 90% of genital warts.

Gardasil doesn't treat existing disease.

This vaccine consists of a series of 3 injections and is still recommended even if one has a history of HPV infection.

Current cost per injection at the Abrons Student Health Center is \$145, but many insurance companies will reimburse.

**For more information, please contact the
Abrons Student Health Center
2nd floor Westside Hall
962-3280
www.uncw.edu/healthservices**

Tai Chi

By: Tammy Haraga
Abrons Student Health Center



For the skeptics out there, Tai Chi not just for older people! Tai Chi is practiced worldwide by people of all ages.

Normally associated with slow, graceful movements, Tai Chi is excellent for improving balance and flexibility as well as strengthening and toning all muscle groups.

Tai Chi can lower blood pressure and improve cardiovascular health. Because it is a low impact form of exercise, it is excellent for people with joint problems. Tai Chi is often referred to as moving meditation.

The fluidity of Tai Chi works to calm the mind. The flow in which it is performed helps the player relax and let go of stress.

Tai chi is an excellent form of exercise because the body and mind are worked simultaneously and as a result, one is better able to deal with physical and mental.

For more information please visit these websites:

Stovers Martial Arts
www.stoversmartialarts.com

American Fitness
http://findarticles.com/p/articles/mi_m0675?tag=content;col1

