

HEALTH PROMOTION EVENTS

October

Mon. 12

FREE HIV Testing
11-3pm
Student Health Center
(2nd floor Westside)

Tues. 13

Your Fast Food Order
5:30pm
Student Rec Center 114

Wed. 14

Wanna be One Less?
HPV Seminar
5:30pm
Abrons Student Health
Center Lobby
(2nd floor Westside)

Tues. 20

Iron Chef
5:30pm
Madeline Suite
(Next to Wagoner)

Wed. 28

Healthy Halloween
Smoothies
Stop by between 4-6pm
Student Rec Center 114

Flu Shot Info

www.uncw.edu/healthservices

FLU: Myths & Facts

By: Melissa L. Ulstad, PA
Abrons Student Health Center



Healthy Hawk Hints

OCTOBER 2009

Cancer: More than Awareness

By: Heather N. Johnson, Health Promotion Peer Educator

October is here and with it comes Cancer Awareness Week (October 12-16)! Becoming educated about preventative methods are some of the most important steps you can take in making sure that you stay cancer free.

HPV (human papilloma virus), the most common viral STD in America, infects about 6 million women a year and nearly 8 out of 10 women will contract HPV at some point in their life. Sometimes HPV will go away on its own; however, if the virus does not go away, it can cause abnormal cell growth in the lining of the cervix, which may lead to cervical cancer if undetected.

The sexually transmitted disease, HPV is the primary cause of cervical cancer. There are many risk factors that lead the contraction of the virus but following these tips may help to prevent HPV:

-Use barrier methods if sexually active - make sure that condoms and dental dams are used properly to ensure their effectiveness

-Get a Pap test to detect any abnormal cells in the cervix. It is recommended that women have a Pap test at least once every 3 years, beginning about 3 years after they begin to have sexual

intercourse, but no later than age 21.

-Discuss sexual past with your partner - make sure that you are communicating about topics such as getting tested

-Talk to your provider about getting the Gardasil vaccine. It helps to prevent HPV which can lead to cervical cancer.

For more information on HPV and the Gardasil vaccine, check out "Wanna Be One Less?" Wednesday, October 14th at 5:30pm in the Abrons Student Health Center Lobby.

Pandemic means, "Its' deadly".

NO! The novel H1N1 swine flu virus has reached celebrity status. A pandemic phase classification **does not indicate the severity** of the individual infections. It means that the H1N1 swine flu virus is globally widespread at the community level. Rates of severe illness and death from novel H1N1 influenza may be unusually high in the **developing world**. So far we are seeing mild illness with few/rare hospitalizations. Many cases have been reported and the symptoms are what we usually see with normal seasonal flu. The symptoms are: Body aches, congestion, painful cough, chills, headache, fatigue, scratchy throat, fever (not always) and occasionally vomiting and diarrhea.

Will the seasonal flu shot this year will cover the swine flu H1N1 virus?

NO! Every year a panel of experts get together and decide what strains to target in vaccine development. This year that vaccine was already in production when the H1N1 strain was identified. This year certain populations need to get the H1N1 (Swine) vaccine **in addition** to the regular flu vaccine. Stay in tune with the media and your healthcare professional for updates on this topic.

The flu vaccine cause the flu.

NO! Flu vaccines contain only parts of the influenza virus so the body can form an immune response. Since there is no whole virus in the vaccine you cannot catch an illness from it. The flu vaccine is safe & highly recommended. Even pregnant

women are encouraged to receive it. The only people who need to avoid it are people with allergies to eggs since eggs are used in making the vaccine. The CDC recommends that all people from age 6 months to 24 years get the seasonal vaccine. Many facilities, including the Abrons Student Health Center, dispense the flu vaccine. We expect this flu season to be busy. We have the usual flu **and** the (H1N1) swine strains to contend with. Getting the seasonal flu vaccine will help you maintain wellness. Washing your hands and covering your face when you cough are healthy practices. It is hard to study when you're sick, so practice healthy habits. Also, it is important to **STAY HOME** if you are sick.

For more information visit:
www.cdc.gov
www.uncw.edu/healthservices

Cancer Fighting Foods!

By: Jordan R. Taylor, Health Promotion Peer Educator

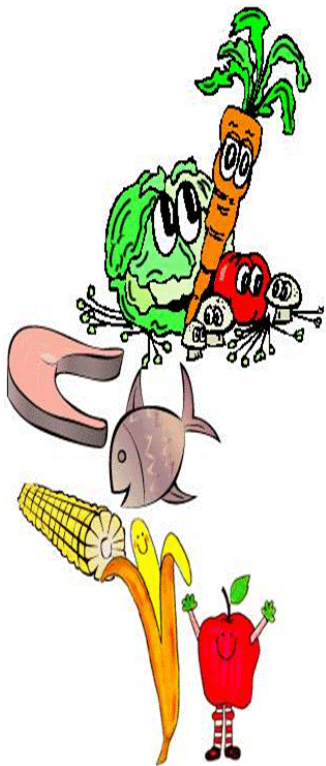
October 11-17 is UNCW's Cancer Awareness Week! Did you know that lifestyle changes alone can decrease your risk of cancer? 30-40% of all cancers are directly linked to the foods we eat, the exercise we get and how well we watch our weight.

Here are a few ways to help get you on the right track!

Fruits and Vegetables, OH MY!

- ◆ Try to eat between 5-9 servings of fruits and veggies per day.
- ◆ Throw some fruit into your yogurt and oatmeal, or add lots of veggies to your salad!
- ◆ Pick fruits and vegetables that are brightly colored
- ◆ Stop by the Health Promotion Office in the Student Rec Center, Suite 104 for a free piece of fruit!
- ◆ Fruits and vegetables high in cancer-fighting nutrients include: blueberries, apples, grapes, kiwi, peach, pear, pineapple, tomatoes, asparagus, carrots, garlic, spinach and cabbage.

- ◆ Worried about your fruits and veggies perishing? Buy frozen & canned vegetables and fruits! Just make sure to watch out for high sodium levels & added sugary syrups in the canned items!



Loose the Salt, watch the Fat!

- ◆ Limit the amounts of salty foods, sweets, or fats you consume each day. Remember, everything in moderation!
- ◆ Choose herbs and spices to season foods versus salt and butters.
- ◆ Aim for a fat intake of about 53-60 grams for most women & 65 grams for most men per day.
- ◆ When purchasing canned soups, look for ones that are lower in sodium and are broth-based. Cream-based soups tend to be higher in fat and calories.
- ◆ Fast foods and commercially processed foods - canned, frozen, instant - also add salt to the typical American diet. This includes: ketchup, mustard, mayo, commercial soups, french fries, frozen meals, pickles, potato chips, salted snack foods, sandwich meats & sauces.
- ◆ Increase intake of fresh or frozen fruits and vegetables (be careful of added sauces).
- ◆ When using canned goods, rinse in colander under cold water before using...this will help get rid of extra salt.

Sandwich Pinwheel

Tortilla
Low fat ranch dressing
Shredded cheese
Favorite Sandwich Meat
Lettuce

Spread tortilla with ranch dressing, followed by cheese, lettuce leaves and meat. Roll tightly and cut into slices.

Fruit Dip

8oz vanilla fat free yogurt
8 oz fat free strawberry cream cheese
1 container fat free cool whip

Mix together and dip your favorite fruits! ENJOY!



Tasty Recipes from Health Promotion

Black Bean Salsa

1 can of corn, drained
1 can of black beans, drained
1 can chopped tomatoes (Rotelle brand is great!)

Mix and serve! For extra kick, add cilantro and lime juice.

ENJOY with your favorite chips!