Meet Dr. Sterling Watson

the path of most resistance
Stand Up Carolina
stop anxiety
apps for health
campus care after hours

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Published by the
University of South Carolina
Student Health Services
Available online at www.sa.sc.edu/shs
It's easy to see the correlation between good health and academic success. If you're healthy mentally, emotionally and physically, you're best prepared to handle the stress that comes with balancing your coursework with family, friends, your social life and work.

But good health isn't something that comes naturally—you have to seek out resources that are best for you, and become truly engaged in improving your body and mind.

Student Health Services can help you get there. Through our many departments, we offer high-quality, holistic programs and services that address all aspects of wellness and health. Our September 2011 reaccreditation through the Accreditation Association for Ambulatory Health Care (AAAHC) demonstrates this.

Accreditation distinguishes Student Health Services from many other facilities because it means we meet nationally-recognized standards that require us to provide an optimal, safe work environment and the highest quality of care.

For you, this means you can be assured that our staff is top-notch, our programs are evidence-based, our services are of the highest caliber, and that we get results. It means that our philosophy of holistic healthcare is working—positively impacting your academic success.

This issue of Gamecock Health showcases the impact we seek to achieve through stories about our staff and students they've worked with.

You'll meet Dr. Sterling Watson, Carolina Hurricanes football player and psychologist at our Counseling & Human Development Center, who forged his career path after witnessing the deterioration of his community as a teenager and seeing peers get in trouble with the law, abuse drugs and get involved with gangs.

You’ll get to know Kaleb Williams, a senior chemical engineering major, who made significant life changes after seeing several family members, including his grandfather, suffer from heartbreaking health issues. Student Health Services programs helped Kaleb get on and stay on a path that is changing his life.

We’ll also introduce you to the four Bush brothers—twins Derek and Dustin, and Brandon and Ryan—who developed relationships with our General Medicine Center’s Dr. Mike McKenzie and his staff, who made them feel like they had a home away from home while at USC.

While you’re here at USC, take advantage of the programs and services we offer. Tackle stress head-on with the resources our Counseling Center offers. Learn to eat right for your body type with our Campus Wellness staff. Build a relationship with our pharmacy staff. Empower yourself by becoming engaged in our Stand Up Carolina initiative. Get to know the providers at the General Medicine Center and Women’s Care—they are experts in their specialties, and experts in college health.

Student Health Services has many success stories to tell, and we want you to be one of them.

Yours in health,

Deborah Beck, RRT, MPA, Ed.D.

Executive Director, Student Health Services
University of South Carolina
On the cover:
Dr. Sterling Watson, psychologist at the Counseling & Human Development Center

Student Health Services
Executive Director
Deborah Beck, RRT, MPA, Ed.D.

Written and edited by
Nicole Carrico, MMC, Public Relations Coordinator
Kayla Hildreth, Public Relations Graduate Assistant

Gamecock Health
is published for the campus community of the University of South Carolina.

Student Health Services
is committed to improving student success through healthy learning.
In life, many things can motivate us to reach our goals or improve in some way.

These motivators can be something as simple as the drive to get an A on an exam or in a class, the ambition to get involved in a non-profit organization, or the determination to run in a 5k (well, maybe that’s simple…but you get the idea).

Although these motivators can push us to meet our goals on a daily basis, sometimes these motivators can also push us to achieve goals on a much larger scale.

For Kaleb Williams, USC senior chemical engineering major, the motivators that pushed him to make a significant change in his life were his family.

“I wanted to make a change in my life, to lose weight and become a healthier person,” said Kaleb. Kaleb, who had several family members suffer from health-related issues, including his grandfather that passed away as a result of an aneurysm, knew that he had to alter his lifestyle.

“When I went to the doctor and they told me that my blood pressure was off the charts and that my body fat percentage was too high, I knew I needed to make the change,” said Kaleb. “I kept saying that I was going
Kaleb would like to extend a special thanks to Campus Wellness registered dietitian, Deborah Zippel, for the guidance and support she offered him on his path to a healthier lifestyle.

He said that trying to go “cold-turkey” improving eating habits can be too intense and overwhelming. “Instead of going ‘cold-turkey,’ just try to wean yourself off the bad habits slowly,” said Kaleb. “Every once in a while, go eat something you like just to enjoy it.”

Although Kaleb has faced some obstacles along the way, he said that guidance from the Choose to Lose program, Deborah and support from his friends has made his journey easier.

“I would absolutely recommend enrolling in the Choose to Lose program or working with a registered dietitian,” said Kaleb. “The Campus Wellness staff know what they are doing, so trust them.”

Kaleb also added that his friends have been very supportive of his efforts to maintain a healthy lifestyle. “My friends know that I’m dieting and trying to stay healthy, so when they want to go out to eat, they ask me to pick a place that will provide healthier options for me.”

What Kaleb learned through Choose to Lose, combined with the support of family and friends in conjunction with his sheer will, Kaleb has lost 55 pounds so far.

As a final word of advice, Kaleb advises all students interested in shaping a healthier lifestyle to remember this—“It takes will power...motivate yourself and believe in yourself.”

If you’d like to participate in Choose to Lose or learn about Campus Wellness nutrition and fitness programs, call (803) 567-9393 or visit www.sa.sc.edu/shs. To schedule an appointment with one of our registered dietitians, call (803) 777-3175. These services are offered at no cost to students.
No Debate with MyPlate

Earlier this year, the United States Department of Agriculture (USDA) made some major modifications to the model that Americans use as a guide to healthy eating. The old food pyramid model was overhauled, redesigned and transformed into “MyPlate.” MyPlate was designed to make it easier for people to see exactly what they needed to be eating and how much they should be eating.

The new model consists of the image of a plate divided into five different sections—fruits, vegetables, grains, protein and dairy. Each food group is represented proportionally, a concept borrowed from the food pyramid, which used varying widths to demonstrate how much of each food group should be consumed daily. Since many people found the food pyramid difficult to understand and translate into good eating habits, the USDA wanted to solve the problem. MyPlate addresses this by illustrating each food group on an actual plate. You can look at the image and easily comprehend how much of your plate each food group takes up and fill your plate accordingly. Another notable change that the USDA included in the new MyPlate model is that fruits and vegetables take up half of the plate, with the vegetable section a little bigger than the fruit section. The remainder of the plate is divided into grains and proteins, with the grains section somewhat larger than the protein section. Finally, there is a small area to the side dedicated to dairy, which can include milk, cheese or yogurt.

Not only does MyPlate aim to help people understand the importance of food categories and portions better, it also aims to help with a variety of other issues when it comes to healthy eating. This includes managing your daily calorie budget by showing you how to eat correct food portions, and showing which food groups you need to eat more or less of.

Now that you know the basics behind MyPlate, the next thing you may be wondering is how you can eat properly but still have some variety in your diet. If you have a little trouble remembering what foods go in which groups, or find yourself lost for a vegetable option other than carrot sticks, check out the following choices.

**Fruits:**
When choosing a fruit, your options are virtually endless. Not only does fresh fruit fall into this category, but canned, frozen, dried and even 100% fruit juices also count. For some day-to-day variety, try:

- Apricots
- Bananas
- Cherries
- Grapefruit
- Honeydew
- Kiwi
- Mangoes
- Nectarines
- Oranges
- Pineapple
- Raisins
- Strawberries
Vegetables:
Like fruit juice, 100% vegetable juice also counts as a serving in the vegetable group. Vegetables may be fresh, canned, frozen or dried, and you can eat them either raw or cooked. Vegetables are categorized according to their nutritional value—dark green vegetables (DG), red and orange vegetables (RO), beans and peas (BP), starchy vegetables (SV) and other vegetables (OV). Getting a good mix is the key to getting the nutritional benefits of vegetables.
Give these a try:
- Collard greens (DG)
- Spinach (DG)
- Red peppers (RO)
- Sweet potatoes (RO)
- Kidney beans (BP)
- Split peas (BP)
- Potatoes (SV)
- Corn (SV)
- Avocados (OV)
- Cucumbers (OV)
- Eggplant (OV)
- Mushrooms (OV)

Grains:
Any food that has been made with wheat, rice, oats, barley or any other cereal grain is considered a grain product. Much like vegetables, grains are also divided into subcategories—whole grains (WG) and refined grains (RG). A grain is considered a whole grain when it contains the entire grain kernel. In contrast, a refined grain is one that has been milled and part of the grain removed to give it a finer texture. It is important to eat both whole and refined grains. Try these options:
- Oatmeal (WG)
- Brown rice (WG)
- Popcorn (WG)
- Whole wheat pasta (WG)
- Wild rice (WG)
- Amaranth (WG)
- White bread (RG)
- White rice (RG)
- Pretzels (RG)
- Grits (RG)
- Macaroni (RG)
- Cornbread (RG)

Proteins:
Due the variety of options in the protein group, it’s easy to incorporate diversity into this area of your diet. Any food made from meat, poultry or seafood is considered a protein product. Beans, peas, soy, processed soy products, nuts and seeds are also considered part of this group as a vegetarian option. You should incorporate lean or low-fat protein into your diet each week, and try to eat about eight ounces of cooked seafood per week. Your options can include:
- Beef (lean cut)
- Pork (lean cut)
- Ham (lean cut)
- Chicken (poultry)
- Duck (poultry)
- Turkey (poultry)
- Chicken eggs
- Soy beans
- Black-eyed peas
- Almonds
- Cashews
- Peanut butter

Dairy:
Incorporating dairy into your diet does not mean you have to drink milk every day. In fact, foods made from milk products are considered part of the dairy group. When choosing a food item to fulfill your dietary needs in this category, try to make your choices fat-free or low fat. Be careful when choosing your dairy foods. Although foods including cream cheese, cream and butter are made from milk products, they have little to no calcium and are not considered dairy; they are considered fats. Instead, try the following options:
- Greek yogurt
- Cottage cheese
- String cheese
- Reduced fat milk
- Reduced fat cheese
- Fat-free fruit yogurt

Want the help of a registered dietitian? Call (803) 777-3175 to schedule an appointment.
This service is offered at no cost to students.
Take Your Wellness Mobile

You worked out regularly and established a healthy diet during the spring semester preparing yourself for summer vacation. You were able to maintain these healthy habits throughout the summer, but now you’re back at school. You’re worried that with classes, friends coming back into town and football season you won’t be able to keep up the great habits you’ve formed. School and friends keep you on the go constantly—so what can you do?

The solution is simple. Thanks to new technology, staying healthy and fit has never been easier. In fact, programs to help you maintain healthy habits are literally at your fingertips. With the increasing popularity of smartphones, you can now access resources on your phone that will help you stay healthy, even when you don’t have time to go to the gym.

These apps are available for most Apple products, Androids and Blackberrys.

**App #1: Tap & Track**
This app considers things like your schedule and how active you are to help you determine how many calories you should be eating each day. To use it, simply enter what you eat daily and how much you’re exercising, and the app will create a graph to help you keep track of your progress. Tap & Track is available for the iPhone, iPod touch and the iPad and costs $3.99.

**App #2: Google Goggles**
Do you ever find it difficult to tell which products in the grocery story are the healthiest? If so, Google Goggles is the app for you. Simply take a picture of a food label with your phone and this app can tell you everything you want to know about it, including nutrition information and where it is sold. It can even take you to the company’s web site. Google Goggles is available for the Android and iPhone and is free.

**App #3: Seafood Watch**
While Columbia isn’t a coastal city, we’re not lacking for seafood. To help you pick a healthy dish from the vast array of options, the Monterey Bay Aquarium developed the Seafood Watch app. This app provides seafood recommendations, and even uses your phone’s GPS to provide you with the correct regional guide for your geographic area. Seafood Watch allows you to sort seafood by rankings, and provides alternatives to seafood that they recommend avoiding. The Project FishMap feature allows you to add the names of restaurants and stores where you’ve found environmentally-friendly seafood—so it’s not only good for you, it’s good for the environment, too. Seafood Watch is available for the iPhone, iPod touch and the iPad and is free.

**App #4: BodyFate**
If you want to maintain your exercise routine but don’t always have time to make it to the gym, this is the app for you. BodyFate is a workout/video game combo that provides you with a new workout routine every time you use it. All you have to do is specify your fitness level, how long you want your workout session to be, and what kind of exercise equipment you have. The app takes all of this information into account and creates a series of exercises that work out your entire body. BodyFate is available for the iPhone, iPod touch and iPad and costs $1.99.

www.sa.sc.edu/shs/
App #6: Adidas miCoach

Ever had a hard time pushing yourself to finish a workout? Ever wish you had a personal trainer by your side to keep you motivated? If you've ever found yourself in this position, then you may want to get the Adidas miCoach app. This app uses GPS and audible coaching to encourage you to get the most out of your workout. Adidas miCoach not only helps you customize both indoor and outdoor workouts, it also tracks the details of your workout including how many calories you burn. You can even sync your workout with the app's website for a detailed analysis of your routine. Adidas miCoach is available for Blackberrys and is free.

App #7: Pocket Trainer

Pocket Trainer takes personal training apps a step further by telling you not only what to do, but when and how to do it. This app creates a completely personalized workout program specifically for you. To use the Pocket Trainer app, you create a user profile and pick the time, place and equipment you have. The app uses this information to create a personalized, balanced workout series. It automatically tracks your progress and changes each workout's objective, like endurance, strength or stability, as needed. When you purchase Pocket Trainer, you also get a free monthly newsletter to help you stay up-to-date on the most recent fitness information. The Pocket Trainer app is available for Blackberrys and costs $12.99.

App #8: White Noise

Ever find it hard to fall asleep at night? Still haven't gotten used to your noisy dorm neighbors or the trains that constantly run through Columbia? If so, this app may help you get the restful sleep you need to stay healthy. The White Noise app provides you with a variety of ambient noises. From a small town? This app can have you listening to the familiar sound of birds and crickets. From a coastal city? The White Noise app can provide you with the memorable noise of light rain or ocean waves to help you fall asleep or even just relax. The White Noise app is available for the iPhone, iPod touch, iPad and Blackberrys and costs $1.99.

App #9: Feng Shui Secrets

Heard about Feng Shui? Not sure how it works or what it does? Leave your questions behind...because there's an app for that! Feng Shui Secrets aids in relaxation and balance through daily teachings based on ancient Chinese knowledge. This app provides you with hundreds of lessons on your phone, and allows you to share these lessons with your friends and family. Having a bad day? Use this app to find an inspirational quote or motivational lesson to ease your stress. The Feng Shui Secrets app is available for Blackberrys and is free.

App #10: Pocket Yoga

Like doing yoga but don't always have time to make it to a yoga class? Or maybe you prefer doing yoga at home instead of with a group of people? If this is the case, the Pocket Yoga app may be perfect for you. This app helps you do yoga wherever you want. You simply put your phone in front of your mat and begin your yoga session. Pocket Yoga shows you how to do each pose and provides the pose's name and a detailed description of it. Each 60-minute yoga session focuses on improving strength, balance, posture and flexibility and allows you to customize sessions or pick from one of their pre-designed sessions. The Pocket Yoga app is available for Blackberrys and costs $3.99.
Do You Want Fries with That?

At USC, there are a variety of places to eat including the Colloquium Café, the Grand Market Place, Honeycomb Café and the Buzz, just to name a few. Since there are so many options, it is sometimes tough to figure out what the healthiest items on the menu are. Popular dining spots like Chick-fil-A, Einstein’s Bagels and Pizza Hut have a variety of tasty food, but that doesn’t mean that everything on the menu is healthy. To help you figure out what the healthiest options are when eating on campus, check out these alternative meal choices at ten popular dining spots.

**Burger King**
When you think of Burger King, what is the first thing that comes to mind? A Whopper? Onion rings? Although these foods can be tasty, there are healthier options on the Burger King menu. Instead of the traditional items, try a veggie burger instead. Although you have to ask for it specifically, a veggie burger is a great alternative to the traditional BK meal.

**Chick-fil-A**
Chick-fil-A could easily be considered one of the most popular fast food restaurants on campus. Honestly, who can resist those waffle fries? Next time you find yourself craving Chick-fil-A, try something beside your usual. One healthy option on the menu that is sure to fill you up is a grilled chicken sandwich with either a fruit cup or a side salad (with low-fat dressing). Or, if you are not in the mood for that, try a grilled chicken wrap or a grilled chicken salad with low-fat dressing. Not only are these options as tasty as the waffle fries, they are also healthier.

**The Colloquium Café**
Have you ever been on the way to class and found it hard to resist the smell of fresh coffee drifting in the air from the Colloquium Café—and before you know it, you find yourself and friends back at the Café after class for lunch? If you have, then you know that choosing something to eat there can be a real struggle. With the variety of options between sandwiches, salads, soups and snacks, picking just one thing is tough. To help you decide, try a half broth-based soup, a half salad, or a half sandwich (and not a panini). These options will fill you up and have better nutritional value than other things on the menu.

**Einstein’s Bagels**
Einstein’s Bagels can be a life saver when you are running late to class and want to grab a quick breakfast or snack. Just don’t let your rush negatively impact your decision about what to eat. Instead of a whole bagel with heavy cream cheese, try a bagel thin sandwich, a fruit cup (split in two), a whole wheat bagel with peanut butter (light on the peanut butter), or a broth-based soup. These options will keep your stomach from growling in the middle of class (which is always embarrassing) and are much better for you than a bagel with loads of cream cheese.

**Horseshoe Deli**
The Horseshoe Deli is an excellent place to grab a quick bite for lunch. To keep your selections healthy, try a turkey or ham sandwich on wheat bread with mustard or oil and vinegar, and vegetables or fruit on the side. This meal is a smart way to work some nutritional value into your day. Plus, it is a great alternative to other fast food dining spots on campus!
A veggie burger is a great alternative to the traditional burger and fries

Hot Food Bar
When picking a meal at the Hot Food Bar in the Russell House, it is sometimes hard to resist the urge to pile everything on your plate. Every smell reminds you of home-cooked meals, and it all looks so good. Although you might want to have a little bit of everything, try to avoid splurging. Instead, go with a grilled chicken breast (or some other lean meat) with one or two vegetables or a starch like rice.

Pizza Hut
Having pizza for lunch is a classic choice. Sometimes, nothing is more satisfying than the combination of marinara sauce, cheese and pepperoni on top of a flaky crust. Whenever you get the craving for pizza, make sure to keep your pizza selections healthy. Instead of a fully loaded and stuffed crust pizza, try a Personal Pan cheese pizza. Or if you want something a little more filling, try Pizza Hut’s Meaty Marinara pasta.

Plan-It Healthy
Plan-It Healthy is a wonderful place to eat if you’re looking for an assortment of healthy, gluten-free foods. If you have celiac disease, or wish to cut down on gluten in your diet, Plan-It Healthy provides a variety of food that is good for you and good tasting. To keep it really healthy, try a lean meat, whole grain and vegetable while you are there. You are sure to enjoy!

Salad Bar
You don’t have to be a vegetarian to enjoy eating at the Salad Bar. With such a wide variety of lettuces, toppings and dressings, the Salad Bar is a great place to grab a quick lunch in between classes on a hot day. However, instead of filling your plate with every option available, try going a little lighter. Try a salad with grilled chicken, chick peas and a low-fat dressing or vinaigrette. You won’t be disappointed!

Santorini’s
Whenever you want a little variety outside of the everyday fast food choices or deli selections, Santorini’s is a great place to find it. But with its vast assortment of Mediterranean cuisine to choose from, it is can sometimes be difficult to decipher what food on the menu is best for you. Try a chicken gyro with a side of veggies, or a grilled chicken breast. Not only will these options taste good, they will also provide you with a lean meat—which should be part of your healthy, balanced diet anyway!

Want to learn more about healthy eating on campus? Call Campus Wellness at (803) 567-9393 or visit www.sa.sc.edu/shs. This service is offered at no cost to students.
One of the key elements to healthy eating is proper planning. Whether you’re planning meals for the week, preparing meals in advance because of your busy schedule, or thinking about trying some new recipes, eating healthy requires planning no matter how you look at it. The first step to planning seems simple—shopping for groceries.

But grocery shopping can be overwhelming. Trying to figure out what food is in which aisle is tough enough, even without the added obstacle of trying to pick the healthiest options on the shelf. To make your visit to the grocery store a little less overwhelming, and make sure that you choose the best options, follow these tips.

Before you go:

• Plan several healthy meals for the week, and keep in mind which days allow you enough time to cook from scratch. Be sure to eat balanced meals. If you have pizza one night, pick up salad and fruit for another.
• Use the MyPlate model (see pages 4-5) to help plan your meals. Not only will it help you maintain a healthy diet, it will also give you lots of variety.
• Before going to the grocery store, make sure to check what food you have at home first. There is no need to buy something at the store that you already have.
• Don’t forget about snacks! Try nuts, fruit, low-fat crackers, yogurt and granola bars.
• Once you become familiar with the aisles in your favorite grocery store, try organizing your list in the same order as the aisles. This is sure to make your trip quicker and easier.
• To save money, do your homework. Check your mail for weekly ads and supermarket circulars for coupons.
• Make sure to eat before you shop. If you’re hungry when shopping, you are more inclined to stray from your grocery list and purchase more than you need.

At the store:

• Shop for items only on your list to avoid impulse buying and store marketing ploys.
• To save money, use coupons and reward cards. But don’t forget to compare products. Store and generic brands frequently cost less than name brands, even when you have a coupon for the name brand.
• If you have roommates, purchases larger quantities when possible, and split the cost.
• Buy fresh produce when it’s in season. If you don’t use all of it, freeze it to save for future use.
• Try vegetarian sources of protein like canned beans instead of beef or poultry.
• Avoid check-out temptations like candy and soda.
• Retailers often rotate older items to the front of the shelf. To maximize the shelf life of your purchases, always check and compare expiration dates (especially dairy) to get the freshest products.
• Pay attention at check-out for pricing errors.

Going green:

Consider these tips to make your trip to the grocery store more environmentally-conscious.

• Carpool with your roommates or friends that need to go to the store. You’ll cut down on the frequency of your trips and save gas.
• Choose reusable cloth bags instead of paper or plastic ones. Stores sell cloth and recycled plastic bags in a variety of colors and designs, so you can be fashionable and environmentally-conscious!
• Try some organic options, especially when buying produce that is likely to have been exposed to pesticides – such as blueberries and strawberries. If available, buy seasonal and local products.
• Eat less meat to reduce your carbon footprint. Instead, try to have at least one vegetarian day weekly.
Nutrition Information & Labels

• The Ingredient Panel
The ingredient panel lists food items in a product in descending order by weight, from high to low. Be sure that the less nutritious ingredients like sugar and salt are near the end of the list, rather than the beginning.

• Country of Origin Labeling (COOL)
The law requires grocery stores to notify consumers of the source of their foods.

• Food Allergens
To protect those with food allergies, the law requires manufacturers to list the following potential food allergens on labels: milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts and soybeans.

• Nutrient and Health Claims
Claims that can be used on food and dietary supplement labels fall into three categories: health, nutrient content and structure/function claims. Health claims describe the relationship between a food or food component and reducing risk of a disease or health-related condition. An example of a health claim would be “Diets low in sodium may reduce the risk of high blood pressure.”

The Food and Drug Administration (FDA) provides specific guidelines about health and nutrient content claims on food labels. For example, in order for a food to be labeled “low-fat,” it must have three grams of fat or less per serving.

Finally, structure/function claims describe the role of nutrients intended to affect normal structure or function in humans. An example of this would be “Calcium builds strong bones.”

Call (803) 576-9393 or visit www.sa.sc.edu/shs to about Campus Wellness nutrition services. These services are offered at no cost to students.
As a woman in college, you are building the framework for your future. You will be challenged to maintain a healthy lifestyle, strengthen your self-esteem, address personal safety issues, and prevent the onset of diseases.

Incorporating an annual Well Woman visit into your self-care is a vital component of developing and maintaining a healthy outlook and body. In addition to making sure your body is working as it should, a Well Woman visit will educate you about several key health issues specific to women and help you stay on top of them.

The Thomson Student Health Center has a Women’s Care clinic, which you can visit for annual Well Woman visits. We have an experienced, compassionate staff of doctors, women’s health nurse practitioners, registered nurses and more who are experts in women's health. Our staff at Women’s Care can help you become a smart health consumer so you can be successful during your academic career and beyond.

So what goes on during a Well Woman visit at the Thomson Student Health Center? While the specifics of your visit will depend on your personal health history and age, you can expect at least a discussion of the following.

The Basics
Your Well Woman visit starts with a check of some basics: your height, weight, blood pressure and temperature. These measurements can tell you a lot about your general health—whether your body mass index is in a healthy range, if you have high blood pressure, and if your temperature indicates the possibility of infection.

General Healthy Behavior Check
When you meet with your provider, they will ask you questions to check your overall health. They will ask you about your eating habits, your emotional health, your psychological health including depression and/or anxiety, and about other aspects of your life that you may not associate with your health as a woman. Based on your discussion, your provider will guide you towards maintaining or improving the health of these aspects of your life, giving you information that can address your holistic health and providing you with resources that can help you do so.

Pap Tests
An annual visit to the gynecologist used to mean getting an annual Pap test. The Pap test, also called a Pap smear, checks for changes in the cells of your cervix. The cervix is the lower part of the uterus that opens into the vagina. The Pap test can tell if you have an infection, abnormal (unhealthy) cervical cells, or cervical cancer. A Pap test can save your life. It can find the earliest signs of cervical cancer. If caught early, the chance of curing cervical cancer is very high. Pap tests also can find infections and abnormal cervical cells that can turn into cancer cells later in life. Treatment can prevent most cases of cervical cancer from developing. Getting regular Pap tests is the best thing you can do to prevent cervical cancer.

How often you need to get a Pap test really depends on your unique health history and age. You will want to talk with your healthcare provider at your Well Woman visit to determine what is best for you. For most women, a Pap test is recommended every two years starting at age 21. Then, at age 30 and over, if you’ve had three normal
Pap tests for three years in a row, your provider may opt to do a Pap test only every three years. If you have a weakened immune system due to steroid use, organ transplant, HIV or other infection or disease, ask your provider about more frequent testing.

While getting a Pap test isn't the most comfortable position to be in, it doesn't hurt. Your provider uses a tiny brush to collect one or two cell samples from your cervix. Once the samples are collected, they are smeared onto a glass slide and a preservative is used to prepare them for laboratory evaluation. After this is done, your provider will let you know if the results of your Pap smear are normal or if you need to come in for further examination.

Breast Health
Many women do not learn much about breast health unless they breastfeed or have a problem that needs medical attention. Becoming familiar with your breast anatomy and how they function can help you understand the normal changes that occur during your lifetime, and help you determine abnormalities that need the attention of a healthcare provider. Your provider at your Well Woman visit will discuss breast health with you, show you how to perform a self-check, and answer your questions about the structure of your breasts and how they function.

Birth Control & Family Planning
As a female, you're probably very aware of how pregnancy, whether intended or not, can change a woman's life forever. A Well Woman visit can help you take charge of your reproductive health by helping you decide if and what methods of family planning are right for you. Women's Care provides counseling, prescribing and information about hormone-based birth control pills, Depo-Provera injections, diaphragms, Implanon, NuvaRing, intrauterine devices (IUDs), condoms, and abstinence. The Thomson Student Health Center has a pharmacy on the third floor, so picking up a birth control prescription on campus is easy and convenient.

STI/STD Testing
Did you know that by age 25, one in five young people will contract a sexually transmitted disease (STD) or sexually transmitted infection (STI) and that of them won’t know they’ve got it? STI/Ds are a common health concern for all people, but should be a serious concern for women, given the risk for infertility and cancers that some infections can result in.

When you have an annual Well Woman visit, your healthcare provider will ask you about your sexual health, which will include a discussion about STI/Ds. This is your opportunity to discuss any concerns you have about possible transmission and testing to determine if you have contracted anything. While you don't need a referral from your healthcare provider to get STI/D testing done at the Thomson Student Health Center, your Well Woman visit is the perfect opportunity to discuss what you should get tested for. Then you can visit the Lab at the Health Center to get tested for Chlamydia, gonorrhea, HIV/AIDS, genital herpes, HPV, syphilis and/or trichomoniasis. You can schedule STI/D testing online at www.sc.edu/myhealthspace.

Problems & Pain
While you should always see your healthcare provider as soon as possible if you are having any problems including irritation, itching, abnormal discharge, heavy bleeding, spotting between periods, skipped periods or pain, you should discuss any abnormalities you’ve had with your healthcare provider during your Well Woman visit. This type of visit isn’t reserved for immediate or recent problems you may be experiencing, it serves to help identify long-standing issues, or chronic problems you may be just starting to develop. So while you may have spoken with your primary care doctor back home over break about severe cramping you might have had, make sure you bring these type of things up to your healthcare provider at your Well Woman visit—they’re looking out for your health for both the short and long term.

Preparing for Your Visit
How do you prepare yourself for a good Well Woman visit? According to the Harvard Women’s Health Watch, bringing in a written list of your health concerns and current medications is often a good idea to get the most out of your checkup.

They also recommend mentioning any changes in the health of your family, bringing up concerns early in the visit (so that there is time to address them during your appointment), and telling your doctor if a certain medication is not working well for you.

The Well Woman visit is also a good opportunity to discuss any concerns that you may not feel comfortable talking about with friends or family such as infection, drug and alcohol use, depression and domestic violence. Any health information you reveal is kept confidential, by law, so you can talk to your healthcare provider about any concerns you have.

To make an appointment for a Well Woman visit at Women’s Care, visit www.sc.edu/myhealthspace or call (803) 777-3175.
More than Warts

Why everyone—including men—should get the Gardasil vaccine

We’ve known for a couple of years now that Gardasil protects males just as effectively as it protects females against the human papilloma virus (HPV).

While this finding was exciting on many fronts, as a whole, men have yet to seek out the vaccine in droves.

HPV is a virus that can have unpleasant or even deadly effects—ranging from genital warts to cancer. For starters, the virus really gets around. The Centers for Disease Control and Prevention (CDC) states that 50 percent of sexually active people will have HPV at some point in their lives.

So what gives?

For starters, Merck, the maker of the Gardasil vaccine, spent millions of dollars developing and running advertising tailored specifically to women touting the benefits of being “one less” female at risk of developing cervical cancer. While men surely have an interest in the reduction of cancer in any form, once a product has been branded “for women only,” the battle to rebrand is no simple task—requiring a reprogramming of information in the mind of the consumer. And when the mind is already tasked with absorbing, decoding and storing millions of messages per day, as is the mind of the college student, the competition for action or a change in consumer behavior, such as the scheduling of a doctor’s appointment, becomes more fierce.

To make it easier to make sense of why both men and women should get the Gardasil vaccine, we’re breaking it down right here for you.

How many people have HPV?

According to the 2010 American College Health Association’s National College Health Assessment, two percent of USC students cited being treated for HPV or genital warts (which is caused by certain strains of HPV). While this may sound like a small number, when you consider the fact that the Columbia campus had 30,449 students enrolled as of September 9, 2011, that translates into approximately 600 students treated for HPV or genital warts.

Do you “know” if you have HPV?

HPV is a silent virus—both men and women can carry it with absolutely no outward symptoms, which means it’s very likely that the total population of students with the virus is higher than reported. This fact brings us to the next point about why you should get the Gardasil vaccine—you can have HPV for years and not know it. Most infected people don’t realize they have HPV or that they can transmit it to their partner. If they’ve had it for many years, they may have transmitted it to multiple partners. Also, people can carry more than one strain of HPV.

Yep—there are 40 strains of HPV.

Next point to take into consideration—strains. There are more than 40 strains or “types” of HPV you can get. The CDC states that in 90 percent of cases, the body’s immune system clears itself of HPV within two years of infection, but if it doesn’t, depending on which strain you get, you may end up with a serious medical condition.
So much more than warts...
So what kind of problems are we talking about? For starters, HPV can cause genital warts and sometimes warts in the throat, which is a condition called Recurrent Respiratory Palpilomatosis, or RPR. HPV can also result in cancer of the back of the throat, including the base of the tongue and tonsils. Much worse, it can cause cervical cancer and cancers of the vulva, vagina and penis. Also, many cancers are undetectable until they are quite advanced.

How do you catch it?
HPV is easy to get—all you need to do is have sexual contact with someone who has it. It may be passed through oral sex or genital to genital contact. Both straight and same-sex partners are equally capable of transmitting it to each other. Rarely, a pregnant woman can pass genital HPV to her baby during delivery.

How do you NOT catch it?
Get the Gardasil vaccine. It’s given in three doses, so you’ll need to come to the clinic three times—once for each vaccine. Some health insurance plans like the student health plan cover the vaccination cost through the wellness benefit. Check your specific insurance plan so you’ll know if and exactly how much of the vaccine your particular plan will cover.

Where can I get the vaccine?
So how do you get the Gardasil vaccine? It’s easy. Either visit MyHealthSpace at www.sc.edu/myhealthspace to schedule an appointment or call the Thomson Student Health Center’s Allergy/Immunization & Travel Clinic at (803) 777-9511.

Infection stats from the CDC
HPV: Approximately 20 million Americans are currently infected with HPV. Another 6 million people become newly infected each year. HPV is so common that at least 50 percent of sexually active men and women get it at some point in their lives.

Genital warts: About 1 percent of sexually active adults in the U.S. have genital warts at any point in time.

Cervical cancer: Each year, about 12,000 women get cervical cancer in the U.S. Almost all of these cancers are HPV-associated.

Other cancers that can be caused by HPV are less common than cervical cancer. Each year in the U.S., there are about:

- 2,700 women and 1,500 men who get HPV-associated anal cancer
- 1,500 women and 5,600 men who get HPV-associated oropharyngeal cancers (cancers of the back of throat including base of tongue and tonsils) [Note: Many of these cancers may also be related to tobacco and alcohol use.]
- 1,500 women who get HPV-associated vulvar cancer
- 500 women who get HPV-associated vaginal cancer
- 400 men who get HPV-associated penile cancer
Freshman year of college can easily be considered a roller coaster of experiences and emotions. Although it is exciting and fun to be out on your own for the first time, sometimes trying to balance packed schedules, class, homework, studying and maintaining a social life can be stressful. In fact, it has been found that trying to maintain all of these things is causing higher levels of stress in college students than ever before.

According to an article released by The New York Times in January 2011, trying to balance all of this is causing record levels of stress in college freshmen. These findings based on the survey “The American Freshman: National Norms” that involved more than 200,000 incoming full-time students at four year colleges, also found significant changes in the emotional health of students. It was discovered that the overall percentage of students who reported their emotional health as “below average” has increased, and the percentage of students who reported their emotional health as “above average” has decreased. Many USC students have reported that they are also among those students that are overwhelmed and suffered high anxiety due to stress.

According to the American College Health Association’s 2010 National College Health Assessment (NCHA) conducted at USC in the spring of 2010, within the last 12 months students reported the following factors affected their academic performance:

- Depression: 8.6%
- Anxiety: 14.8%
- Sleep Difficulties: 18.4%
- Stress: 22.9%

Within the last 12 months students also reported experiencing the following in regards to their mental health:

- Felt overwhelmed by all you had to do:
  Any time within the last 12 months:
  • 79.0% male
  • 91.7% female
  • 87.9% total

- Felt overwhelming anxiety:
  Any time within the last 12 months:
  • 43.0% male
  • 50.7% female
  • 48.5% total

- Felt very sad:
  Any time within the last 12 months:
  • 49.8% male
  • 63.2% female
  • 58.9% total

- Felt exhausted (not from physical activity):
  Any time within the last 12 months:
  • 75.8% male
  • 86.7% female
  • 83.5% total
If you are feeling overwhelmed by stress or are suffering from anxiety, you shouldn't feel like you are alone. Especially considering the 5,130 freshmen and first-year students that joined our campus this year, making the undergraduate total enrolled at the USC Columbia campus 20,521. If you are feeling overwhelmed, stressed out or suffering from anxiety, you shouldn't hesitate to take advantage of the resources provided to you by Student Health Services. Focus on the following four factors of your health to help maintain balance in your life and beat stress.

Diet
Maintaining a healthy diet while at college is sometimes difficult when trying to balance classes and busy schedules. However, it is important to try and eat as healthy as possible in order to help maintain your overall health. Student Health Services registered dietitians are available to you throughout the year to help you with all of your dietary questions and needs. Whether you are trying to lose weight, maintain your current weight, or establish healthy eating habits in general, our dietitians can help you. Visit www.sa.sc.edu/shs/cw/students/nutrition/dietitian to learn more.

Exercise
Exercising is not only a good way to stay fit, but is also a good outlet to relieve stress. Have you ever tried releasing tension by hitting a punching bag a few times? If you have, then you know that working up a good sweat at the gym can be very calming. If you go to the gym stressed out, you end up leaving relaxed and feeling good. This is due to the endorphins released in your brain that are triggered by exercise. So, if you feel like sweating out some stress, try a visit to Strom or Blatt Fitness Centers – you’ll be doing your body and your brain both a favor. Campus Wellness offers one-on-one exercise consultations. Visit www.sa.sc.edu/shs/cw/students/activity to learn more.

Relaxation
Campus Wellness also offers students low-cost massage therapy, which helps promote relaxation and relieves stress. Campus Wellness staff also include a stress management coordinator who can discuss issues such as stress, feelings of being overwhelmed, physical and mental health, time management and more with you. Appointments are designed to help identify particular sources of stress and create a plan for managing and getting assistance with stress. Coordinators can provide support and stress management tools and techniques, recommend campus services and programs and make referrals to counseling or other health-related professionals. Visit www.sa.sc.edu/shs/cw/students/stressmanagement to learn more.

Stay Connected
If you find yourself overwhelmed or just need someone to talk to, take advantage of the group therapy sessions offered by the Counseling Center. Not only are they a great way to interact with other people that are dealing with the same things you are, they also provide a safe and confidential setting for you to get things off of your chest before they become problematic. Group therapy sessions offer a wide variety of topics, including groups that teach time management, organizational and coping skills, all of which can help reduce stress if managed efficiently. Visit www.sa.sc.edu/shs/chdc/support-groups to learn more.
Ever feel like you are the only one struggling with issues in college? Do you look around at your classmates, dorm neighbors or friends and think that they aren’t struggling with the same things as you? You’d be surprised, and the popularity of Student Health Services Counseling & Human Development Center’s group sessions prove it. These following groups are offered to all students throughout the school year. They address a variety of issues that students throughout campus and from all walks of life face, from stress to addiction to abuse. Groups are free to those who pay the student health fee.

**ANXIETY SUPPORT AND PROCESS GROUP**
Many students struggle with anxiety, and at times, these feelings can become overwhelming. This group is designed for students who experience social anxiety, obsessive-compulsive disorder, generalized anxiety (excessive worry and tension) and/or panic attacks. The group identifies anxiety-provoking thoughts, processes the environmental origins of anxiety and teaches skills to enable lasting change.

**CHOICES**
For most college students, the university experience presents many developmental hurdles and opportunities. Choices abound, and taking risks can lead to a variety of outcomes. One of these choices involves the use of alcohol and/or drugs. If you are interested in exploring your personal relationship with substances and wish to learn how to make healthier lifestyle choices, this group may be for you. Participation in four consecutive sessions is required.

**GENERAL GROUP THERAPY**
General group therapy is incredibly powerful, effective and rewarding. It establishes trusting, supportive relationships and allows for honest interpersonal exchanges of feedback. This group is made up of people who have basic struggles in any relationship in life (friends, partners, spouses, family, etc.), and is a great way for individuals to learn about themselves and how to improve relationships with others.

**GENERAL GROUP THERAPY FOR GRADUATE STUDENTS**
This group consists of graduate students who share basic struggles in life (relationships, family, dissertation, future planning, etc.). It provides graduate students the opportunity to establish trusting, supportive relationships and allows for honest interpersonal exchanges of feedback. This is a great way for individuals to learn about themselves and how to improve relationships with others.

**GLBT SUPPORT**
Being gay, lesbian, bisexual or transgender can be difficult. Are you worried about telling others or having others find out? Have you been the target of discrimination or prejudice? Do you not feel sure about your identity, or feel disconnected from the GLBT community? Do you not feel as positive about yourself as you would like, or are you having a hard time meeting other GLBT people? If you are experiencing problems or concerns related to being gay, lesbian, bisexual or transgender and would like to talk to others dealing with similar issues in a safe environment, this support group can help.

**MOOD & FOOD**
This group provides an opportunity to meet weekly in a safe space with others who struggle with issues related to food. People with body image issues, who over exercise, obsess about food and weight loss, overeat, binge, purge or restrict food are welcome in this group. The focus is not only on the exploration of eating behaviors, but also on the underlying causes that sustain these eating struggles. The goal of this group is to help members gain a deeper understanding of their struggles with food, help them develop new coping skills and challenge old ideas. Group members explore their use of food to manage feelings, identify alternative solutions and develop self-care habits.

**REDEFINING YOUR RELATIONSHIP WITH SUBSTANCES**
For students who give too much space to alcohol and/or drugs in their lives, problems with the law, school performance, relationships and emotional or physical well-being can develop. This group supports students in efforts to redefine priorities and engage in a healthier lifestyle. It also serves as an opportunity to explore the underlying issues related to substance use and abuse.

**MEN’S GROUP**
This group provides men with an open, safe, confidential environment in which they can have meaningful exchanges with other men. This group is designed to help men grow personally and improve relationships.
RIGHT PLACE, WRITE TIME
Do you think that writing about something is easier than discussing it sometimes? Do you ever wish you had written about a particular thought or experience when it happened so that you would have a record of it? Writing can be an outlet, a good remembrance or an opportunity to be creative. Members of this group engage in brief writing exercises and have the option to share their work. Writing topics vary, and are be determined by the group. No writing experience is necessary to join this group.

SELF-HYPNOSIS & RELAXATION TRAINING
This drop-in workshop focuses on teaching techniques of relaxation and self-suggestion to improve participants’ ability to manage stress, concentrate, improve memory, overcome worries and fears, increase self confidence and develop a more positive outlook on life.

STUCK ON REPEAT
If you grew up with family problems (alcoholism, anger, control problems, divorce, etc.) or suffered from abandonment or neglect, these experiences can leave “messages” in our heads that affect the way we view ourselves and others. If you find yourself dating partners with similar problems as you, or you find it difficult to trust yourself or others due to low self-esteem, this may be the group for you.

STRONGER TOGETHER
This group creates a safe and secure environment for female survivors of sexual abuse and/or assault. It provides support and teaches coping skills for members who may be struggling with current relationships, sexuality, self-esteem or other issues.

If you’d like to join a support group in this article, call the Counseling & Human Development Center at (803) 777-5223 or stop by the department on the 7th floor of the Byrnes building. All groups have limited seats. All information exchanged in groups is confidential. All groups are available at no charge for students.

Support groups and workshops for student organizations, classes, residence halls, etc. may be arranged if CHDC personnel are available. Contact Dr. Sarah E. Wright at (803) 777-5223 or wright2@sc.edu for information.
When you were a child did you play doctor or lawyer? Did you have dreams of becoming a ballerina or an astronaut? More than likely, the chances are probably so.

As children we all dreamt about what we were going to be “when we grew up.” At first it was things like a super hero or princess, but as we got older these dreams evolved into other aspirations. For Counseling & Human Development Center psychologist Sterling Watson, deciding what he wanted to be “when he grew up” was something he did at a young age.

Originally from Chicago, Illinois, Sterling was raised by his grandmother.

“My mother suffered from severe mental illness very early in my life,” said Sterling. “My grandmother became my primary caregiver and I learned how to care and nurture others from her. She was able to care for my mom, my grandfather, who had Alzheimer’s disease, and a rebellious young man.”

In addition to the experiences Sterling had with his family, he was also inspired to become a psychologist after witnessing the deterioration of his community as a teenager.

“I watched peers get in trouble with the justice system, use substances and unfortunately get killed in acts of gang violence,” said Sterling. “Witnessing the challenges of my family and my friends’ families led me to choose this field…helping others has always been my calling.”

In an effort to pursue his passion, Sterling began college at Central State University in Wilberforce, Ohio. There, he earned his Bachelor’s of Science in Psychology and continued his education at Wright State University of Professional Psychology, where he earned his Doctor of Psychology degree.

Following the completion of his education, Sterling found himself practicing psychology in a variety of fields.

“I have worked as a psychologist at the Temporary Juvenile Detention Center in Chicago, the South Carolina Department of Juvenile Justice Consultation and Evaluation services, and most recently, at the South Carolina Departments of Corrections as a psychologist at Gilliam Psychiatric Hospital,” said Sterling. However, Sterling has also offered his skills as a psychologist to the academic world.

“I have worked in academia for the past nine years as an adjunct professor of psychology at Chicago State University and at Benedict College from 2007 to 2011 as an assistant professor of psychology.”

Most recently, Sterling came to work at Student Health Services Counseling & Human Development Center at the suggestion of a colleague.

“I had become disenchanted with correctional/forensic psychology,” said Sterling, “My passion for working within that system had really diminished.”

Ready for a change, Sterling reflected back on his experience as a college professor and realized that he could put his skills to another use beside teaching – counseling students that needed help.

“I truly enjoy working with students and thought that working at the Counseling & Human Development Center would be a great match.”

So far, Sterling’s instincts have been correct.

“The providers at the Counseling Center truly care. They are knowledgeable and are great resources for professional and personal development. The camaraderie is also excellent,” said Sterling.

Although new to the Counseling & Human Development Center, Sterling has big goals.

“At this point, I want to provide students with the best standard of care to help them adjust, manage and transcend the challenges that they may have,” said Sterling.

But he also has hopes to do more. “My dream is to develop a relationship with the athletics departments and help the existing service providers address issues that [USC] athletes experience.”

He also hopes to develop new programs that address the needs of the campus community.

In his spare time, Sterling balances his time with a variety of activities. A strong safety for the Palmetto Hurricanes, he will soon retire from semi-pro football. When he is not playing football, he coaches football. He is also the current President of the South Carolina Association of Black Psychologists, sings in his church’s praise team, is learning how to play the acoustic guitar and enjoys gardening and writing poetry.

As for advising students on staying centered and healthy overall, Sterling notes that “developing social support systems is one of the most important things anyone can do. Maintaining a healthy and active lifestyle, as well as seeking help when you can have questions is important. Mental health is just as important as physical health…and holistic health is imperative to overall functioning.”

Being at college and away from home can be tough. Making sure that you get up on time for class, eat properly during a busy school week, and even remember to do laundry can be a lot to keep up with.

One of the worst feelings to have when away at school is that you're getting sick. Not only do you have to keep up with your day-to-day schedule, but nursing yourself back to health while missing as few classes as possible can be overwhelming.

While mom and dad aren’t at school to help get you better, the next best option is conveniently located on campus – the General Medicine Center at the Thomson Student Health Center (TSHC).

For twins Derek and Dustin Bush of Charleston, SC the TSHC became their “home away from home” when they got sick at USC. Derek recalls two times in particular that the General Medicine Center staff cared for him and his brother when they were sick.

“Freshman year, Dustin lived in Bates House and was feeling very sick,” recalled Derek. “He went down to the cafeteria, and when he was getting ready to leave he became so sick he passed out.”

After a quick phone called placed by an accountable bystander, within minutes, the General Medicine Center’s First Responders made it to Bates House and transported Dustin to the clinic for care.

“The clinic called me when Dustin arrived to let me know he was there, so I was able to go sit with him until he was taken to the hospital,” said Derek.

Dustin was later diagnosed with pneumonia and bronchitis.

“The work of the General Medicine Center staff really kept Dustin from missing more class than he would have otherwise because of his illness,” said Derek.

During his junior year, Derek became seriously ill. He was so sick he couldn’t get out of bed. But one thing he could do was call Dr. Mike McKenzie, Student Health Services medical director and physician at the General Medicine Center.

Dr. McKenzie urged Derek to come to the TSHC for an examination. Derek took Dr. McKenzie’s advice and made his way out of bed and to the TSHC. Dr. McKenzie saw him immediately. Derek was running a fever of 102 degrees. After one test Dr. McKenzie was able to
diagnose him with H1N1, also known as Swine Flu, which was being treated as a potential major public health issue on campus.

Derek was immediately excused from class after discovering that he had H1N1.

“If I hadn’t seen Dr. McKenzie, I wouldn’t have been excused from missing class,” said Derek.

Although SHS doesn’t write excuses for students, it was USC’s policy at the time to help contain a potential outbreak on campus. If Derek had not seen Dr. McKenzie, he would have attend classes and risked infecting others.

Thankfully, the General Medicine Center staff at the TSHC was able to care for the Bush brothers during their times of need. To Derek, the experience and care that its staff provided to him and his brother enhanced their time at USC.

“I would say that the resources provided by SHS positively impacted my experience at USC, especially the work of Dr. McKenzie,” said Derek. “Staying healthy is so vital to doing well in school and Dr. McKenzie and the rest of the staff did their best to keep me healthy at all times.”

Derek also believes that location of TSHC, which is directly across from the Russell House, also benefitted him while at USC, especially since he is not from Columbia.

“The convenience of the TSHC being on campus and the quality of care I got there was exactly why I grew to love it so much. There were days when I felt so ill I didn’t want to leave my room, but to make the quick trip on campus to be seen at the TSHC and to fill my prescription in the same place, I was always able to take care of myself.”

Due to the location, convenience and positive experiences that Derek had, both he and his brother continued to take advantage of SHS resources until their graduation.

Derek recently graduated from USC with a Sociology major and a Religious Studies minor, and is currently a first-year student at the Charleston School of Law. Dustin is set to graduate in May 2012, with a major in Global Supply Chain and Operations Management.

The Bush family also has a few more ties to USC. In 2009, Derek’s older brother Brandon graduated with a major in Computer Engineering. The siblings’ younger brother Ryan is currently a USC student set to graduate in May 2012 with a major in Hotel, Restaurant and Tourism Management.

Although this may seem a little unusual for four brothers to all attend the same university, for the Bush family it is more like a tradition. The Bush brothers’ father Bob and mother Connie, both graduated from USC as well – graduating in 1983 with a degree in Computer Engineering (Mr. Bush), and in 1984 with a degree in Nursing (Mrs. Bush).

It would seem that two things are certain for the Bush family. First, is the use of SHS resources by each of the brothers while at USC. The second is that there is no question which team this family roots for.

Derek would like to extend a special thank you to Dr. McKenzie for his dedication in keeping him, his brothers and all students at USC in good health and contributing to their academic success.
Avoiding the Flu is Easy!
You don’t have to take a “wait and see” approach when it comes to the flu. Simple behavior changes can keep you in good health and out of the student health center waiting room while flu runs its course.

Get a flu vaccine.
The Centers for Disease Control and Prevention report that the vaccine has been shown to prevent influenza in about 70 to 90 percent of healthy people younger than 65.

Wash your hands often with warm, soapy water.
Washing your hands frequently can limit the transfer of bacteria, microbes and viruses. Wash for at least 20 seconds.

Use hand wipes and sanitizers.
Make sure the product you use contains at least 60 percent alcohol.

Avoid touching your face.
Flu virus cannot penetrate skin, but it thrives in mucous membranes of the nose, mouth and eyes.

Stay home if you are sick.
Limit contact with others until you are fever-free without fever-reducing medication for 24 hours.

Cough and sneeze into your sleeve.
Minimizing the transfer of germs to your hands is crucial to limit the spread of viruses.

Get 7 to 9 hours of sleep each night.
Make sleep a priority. Manage your time so that you are well rested.

Drink enough water.
Dehydration inhibits your immune system. Get 64 ounces per day to keep hydrated.

Eat right.
The key is to include more fruits, vegetables and whole grains in your diet before you get sick.

Get moving.
Be physically active for at least 30 minutes five days a week.

You can walk into the Thomson Student Health Center at any time during business hours (8 to 5 Monday through Friday and 4 to 8 on Sundays) to get the flu vaccine.

Arming yourself with information about avoiding the flu is only half the battle. Making a conscious decision to actually incorporate new behaviors into your everyday routine is another matter altogether. Remind yourself that if you, a friend or family member gets the flu, it will affect your performance in class and your ability to work or care for others. So, take the time to make these tips a regular habit as you go about your day.
Did You Know??

You can fill your birth control at the campus pharmacy behind the Russell House!

Why pay more when you can pay less at the Thomson Student Health Center Pharmacy?

Loestrin is just $15 whether you use insurance to pay for your prescription or not!

Pay with cash, credit card, check or even your Carolina Card...

Maintaining your prescription has never been SO EASY!

Want your refills fast?
visit www.sc.edu/myrxspace to order refills online, or call (803) 777-4890

for more information learn how to transfer prescriptions www.sa.sc.edu/shs
It’s no secret that communities face problems like violence and sexual assault. Regardless of income, race, or education; violent acts against people do occur. The Sexual Assault and Violence Intervention & Prevention (SAVIP) department decided it was time to take a stand and change attitudes on campus towards violence-to enable a cultural shift in which people no longer tolerate unsafe situations, or simply stand by and watch things happen. They’re asking everyone to stand up against violence and assault. Stand Up Carolina is designed to change the issues around sexual and/or relationship violence from one of blame to one of empowerment and promote the sense of community. The initiative is teaching the USC community to recognize the problem, step in and speak up against behaviors that are negative to the college environment.

The goal of the program is to empower students to intervene and prevent sexual and physical violence on campus, discourage negative behavior by curtailing discriminatory, destructive and illegal behavior, call attention to bystander behavior, encourage people to react and take appropriate action with respect to unacceptable behavior, highlight the prevalence and impact of acquaintance rape and/or interpersonal, dating violence as well as stalking and clearly define the role that USC can play in ending violence.

**Stand Up Carolina right now.**

- If you hear a derogatory or sexist comment, let that person know you don’t appreciate it.
- Become more educated about sexual violence and how you can help prevent it.
- Speak up if you hear someone making “victim blaming” comments about a survivor.
- If you hear someone yelling for help, go investigate or call for help.
- If you see someone being pushed or hit, ask if they need help, or call for help.
- Bring up the topic of sexual violence in your classes and with your professors.
- Invite speakers to your organizations to discuss high-risk situations.
- Make plans with your friends to look out for one another.
- Tell a bouncer immediately if you see someone spike another’s drink.
- If someone appears upset, ask if they are alright.
- If a friend is missing classes repeatedly, check in with them.
- If you know a friend struggling emotionally, suggest they go to the Counseling and Human Development Center.
- When a friend seems to be getting into an unhealthy relationship, let them know you are there and want to help.
- Watch your friends’ drinks when they get up from a table.
- Call a cab for your friends if they have been drinking.
- Talk to your friends about the importance of consent and communication.
- Write papers or give speeches in your classes on the topic of sexual violence.
- Confront people who make comments like, “that test just raped me.”
- Accompany friends home and stay with them if they have too much to drink.

SAVIP also offers support and advocacy services to students who either have been the victim of sexual assault, attempted sexual assault and/or interpersonal violence. This includes 24 hour on-call services to assist students, academic assistance, medical accompaniment, safety planning, temporary alternative housing and/or permanent relocation, legal advocacy and referral assistance.
want your prescriptions fast? use MyRxSpace

scan save it

transfer your prescriptions & order refills before coming to the Thomson Student Health Center Pharmacy!

Call (803) 777-4890 to transfer prescriptions MyRxSpace is at www.sc.edu/myrxspace

make appointments anywhere, any time with MyHealthSpace

scan save it

Thomson Student Health Center MyHealthSpace is at www.sc.edu/myhealthspace
Always on Call
A Quick Guide to Student Health Services Resources
Available After Hours

IN THE EVENT OF AN EMERGENCY CALL 911.

Three area hospitals are located within a three-mile radius of the health center:

Emergency Rooms:
Palmetto Health Baptist Hospital (.9 miles from the Russell House)
Taylor at Marion St.
(803) 295-5010

Providence Hospital (2 miles)
2435 Forest Dr.
(803) 256-5300

Palmetto Health Richland Hospital (2.75 miles)
5 Richland Medical Park Dr.
(803) 434-7000

Urgent Care Clinics:
Doctor’s Care (2.6 miles)
977 Knox Abbott Drive
Cayce SC 29033
(803) 794-0476

Doctor’s Care (3.2 miles)
511 Beltline Blvd.
Columbia SC 29205
(803) 782-4051

Doctor’s Care (4 miles)
4500 Forest Drive, Suite A
Columbia SC 29206
(803) 738-9522

**The student health fee does not cover services received at any outside facility.

On-Campus Urgent Medical Calls:
When you dial 911 from a campus land line, the USC Police Department receives your call. They dispatch the USC Police, Richland County Police and the Student Health Services Emergency Medical Technician on call.

Our Emergency Medical Technicians are on call 24/7 and respond to the scene of all campus 911 calls.

If you need to contact USC Police with a non-emergency issue, call (803) 777-3954.

24/7 Sexual Assault/Violence & Psychological Counselors On Call:
24/7 Sexual Assault/Violence On-Call Counselor
If you experience sexual assault or violent situation and need the assistance of the Student Health Services on-call counselor, call the USC Police Department at (803) 777-4215. They will connect you with them.

24/7 Urgent Care Psychological/Counseling Advocates
If you have an urgent need to speak with a behavioral health professional, or are in need of weekend assessment, call 911 or the Richland Springs Hospital help line at (803) 434-4813. If you are unable to call, go to the nearest emergency room.
You “like” staying healthy and you “like” the Gamecocks, but have you “liked” Student Health Services?

Find us on Facebook at UofSCshs and “Like” our page to stay up-to-date on what is happening on campus to help you stay healthy.

Want to be featured in Gamecock Health?

Has one of our services helped you?

Are you a Student Health Services success story?

We are looking for students who are willing to be photographed or share their experience with Student Health Services programs.

E-mail your story to carrico@sc.edu.
Student Health Services
Improving Student Success through Healthy Learning

Campus Wellness
(803) 576-9393 (students)
(803) 777-6518 (faculty/staff)

Counseling & Human Development Center
(803) 777-5223

General Medicine Center
(803) 777-3175

Allergy/Immunization & Travel Clinic
(803) 777-9511

Pharmacy
(803) 777-4890

Psychiatric Services
(803) 777-5223

Sexual Assault and Violence Intervention & Prevention
(803) 777-8248

Women’s Care
(803) 777-3175

www.sa.sc.edu/shs
Student Health Services
Division of Student Affairs and Academic Support
The University of South Carolina is an equal opportunity institution