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

**Student Health Services** is committed to the academic success of University of South Carolina students.

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On page 18, learn more about the Clothesline Project, part of April’s Sexual Assault Awareness Month.
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From the Executive Director

It is a new year, and with it comes new beginnings! As students return to campus with resolutions for the 2016 year, Student Health Services, too, is growing and making changes.

In addition to all of the programs and services we offer, Student Health Services is expanding. You have probably noticed the construction occurring between the Thomson Student Health Center and the Thomas Cooper Library. We broke ground on our new health center in the fall and are looking forward to its completion in spring 2017.

Our new facility will bring all Student Health Services departments together into one location; currently we are in five different locations. It will also allow us to offer new services. To learn more about the new health center, read page 14.

When it comes to academic success, it’s important to recognize the role that health and wellness play. How can students achieve healthy lifestyles in 2016? Adopting a healthy eating lifestyle is a must. Learn about the importance of eating the right amount of protein on page 21.

Take care of your mental health by visiting with a counselor and get access to group counseling. Read about the wide variety of therapy groups available to USC students on page 6.

Do you spend a lot of time hunched over a desk studying or lying in bed watching your favorite movie? Prevent permanent damage to your body by discovering new and easy ways to get moving on page 20.

Want to lend a helping hand? Check out ways to help the Carolina community on page 17. You can also learn from the experience of other Gamecocks through the student success stories included in this issue.

With the help of Student Health Services, students can design a physical fitness plan, consult a registered dietitian nutritionist and get a free flu vaccine, among other health and wellness services. The sky’s the limit!

Have a great spring semester and a happy and healthy new year!

Yours in health,

[Signature]

Deborah Beek
Executive Director
Student Health Services
Tobacco-Free USC: What to say when you encounter a smoker

The University of South Carolina campus is tobacco free. The campus-wide policy took effect two years ago; it is up to everyone to spread awareness and to help make this policy successful. If you see someone smoking, dipping or using an e-cigarette, here’s what you can say:

“Hello, I am a student here at the University of South Carolina. Are you aware that we don’t allow the use of tobacco products of any kind on campus? Please respect our policy and put your cigarette (or cigar) out and dispose of it properly. I also wanted to let you know that there are free resources here on campus to help you quit tobacco if you are ready. Visit the sc.edu/tobaccofreeusc website for more information. I really appreciate your willingness to help us keep our campus tobacco free.”

Campus Wellness offers tobacco cessation programs for students, faculty and staff, including the Carolina Tobacco Treatment Program. There are also numerous other treatment options available. To learn more, visit:

www.sa.sc.edu/shs/cw/tobacco
FINDING STRENGTH IN NUMBER 5

With the ever-present pressures of college life, it’s extremely common for students to find themselves feeling stressed, anxious or even depressed. Maintaining mental health during this important time in a student’s life is crucial when it comes to academic success. Student Health Services’ Counseling & Psychiatry provides students a safe place to speak privately and confidentially with trained professionals in the mental health field. With payment of the student health fee (included in tuition if students take six or more credit hours), students are entitled to up to 10 individual counseling sessions per year. They also have access to
unlimited group counseling!

Group counseling is a powerful venue for growth and change. Countless Carolina students, especially those struggling with depression, anxiety and social anxiety have found incredible understanding, support and encouragement from others facing issues similar to their own. Although many feel somewhat apprehensive at first, most students who have attended group therapy report that the experience was helpful and far exceeded their expectations. A variety of group counseling services are offered at USC to help students maintain their mental health. But what does a typical group therapy session look like?

There are three different types of counseling groups available to students: **process groups, support groups** and **skill-building groups**. Process groups use interpersonal interactions and examine those interactions to help students create change, relieve symptoms and learn new behaviors. Support groups allow students who are dealing with similar issues come together and create a safe space to discuss those issues. The goal of skill-building groups, which involve minimal interpersonal process, is to teach students the skills necessary to manage their symptoms. For a complete list of the groups offered, visit www.sa.sc.edu/shs/cp/groups.

Before joining a group, students will be asked to attend a pre-group orientation, a 30-minute one-on-one meeting with at least one of the leaders of the group. During the appointment, the leader will introduce the group rules and expectations, ask the student to define their treatment goals and share some of the ways the group will likely be beneficial.

Typically, students meet 1.5 hours per week in groups of 6-10 with one or two trained therapists. Groups are structured to provide students with opportunities to give and receive support and examine patterns that keep them from functioning at their best. Counselors ask that students commit to at least five consecutive group meetings. If at any time students feel that they would like to stop attending group therapy, they should speak with one of the counselors to determine if changes can be made to improve the overall experience. Group therapy is completely confidential, so participants won’t need to worry about information being shared outside of the group. What happens in group, stays in group!

“Group counseling is appropriate for all kinds of people with all kinds of concerns,” according to Brienne Allen, doctoral psychology intern with Counseling & Psychiatry. “It provides the opportunity for obtaining various people’s perspectives about how they experience you, as well as feedback from the facilitators and other group members who can understand and relate to what you’re going through. Even just by listening to other group members, you can benefit by increasing your awareness about how other people approach their problems and cope with them.”

Schedule an appointment to discuss counseling options with a counselor by calling **803-777-5223**. Also remember, if a student is ever feeling stressed, anxious, lonely or depressed, is having relationship difficulties, is questioning identity or sexuality, is struggling with substance abuse or eating concerns or are dealing with an existing mental health condition, the student should not hesitate to contact Counseling & Psychiatry to seek help.

-Kristi Niro
The Centers for Disease Control and Prevention (CDC) recommends that every sexually active individual under age 25 get tested once a year for sexually transmitted infections (STIs). At USC, we have services for students that can help them prevent unintended pregnancies and STIs and educate them about safely being sexually active.

To aid in the prevention of pregnancy and STIs, Student Health Services provides free resources for students, including male condoms, female condoms, dental dams and water-based lubricant. These items can help keep students healthy as they continue their college journey.

USC also provides a safe space for students to ask questions and get information about sexuality and sexual health. Students can just walk in (no appointment needed) and feel free to address topics such as STIs, birth control, abstinence, reproductive health for all genders, sexual orientation, gender identity and expression and other topics that they have questions or concerns about. To make an appointment with sexual health, call 803-777-1835.

- Patrick Ramsay

General Medicine is available at the Thomson Student Health Center for students who think they may need treatment for sexually transmitted infections. Make an appointment by visiting www.sc.edu/myhealthspace or calling 803-777-3175.

Students can also make an appointment directly with the laboratory at the Thomson Student Health Center for pregnancy and sexually transmitted infection testing. Make an appointment by visiting www.sc.edu/myhealthspace or calling 803-777-3175.

Women’s Care is also available at the Thomson Student Health Center. They provide pregnancy testing, pelvic examination, the Gardasil human papillomavirus (HPV) vaccine, the Pap test and sexually transmitted infection testing. Make an appointment by visiting www.sc.edu/myhealthspace or calling 803-777-8920.

Students can also get the Gardasil human papillomavirus (HPV) vaccine at the Allergy, Immunization & Travel Clinic. Make an appointment by visiting www.sc.edu/myhealthspace or calling 803-777-9511.
Project Condom is a fashion design contest that primarily features condoms that culminates in a runway fashion show. The engaging and entertaining event promotes consensual, safe and healthy sexual choices and breaks down the social stigma about condom use.

The 2015 Project Condom winner was Mckenzie Scott, ‘15, from Columbia, S.C. Scott majored in International Relations, Spanish and Arabic. Here are her thoughts on Project Condom and her big win last year as the title character in “Maleficent.”

What inspired you to participate?

Honestly, I loved the idea of arts and crafts with condoms. It really brings together friends and gets people comfortable with using condoms or even just bringing up the topic of safe sex.

This year was special for me because of the “Maleficent” theme which stood for strength in the healing process after sexual assault. I loved this movie because it told the story of the typical ‘evil witch’ and gave her a voice and story behind her ‘evil’ behavior.

Unfortunately, like so many other people, I have experienced sexual and emotional abuse in past relationships with both a man and a woman. The healing process is long and difficult, but it is a beautiful moment to finally find a secure and confident place – and this is what Project Condom is all about; finding that place where you can find strength to stand up for yourself and feel sexy doing it.

Why do you think Project Condom is good for the campus community?

Project Condom is so inclusive! We have abstinence dresses, dresses that represent people between the binaries of female and male, dresses that represent women of color and everything in between (and if you think something needs to be included then you have the ability to jump in and create it!). People are always so excited when they hear about this event because it is so intriguing... “Whaaatt?? Condoms are sexy???” Why yes, yes they are. The fact that we can turn those weird latex, gooey apparatuses into something beautiful is testament to the power of this organization.

What do you want students to know about sexual assault on our campus in general?

About 1 in 4 women and 1 in 6 men on campus are sexually assaulted (in their lifetime). This is an unbelievable number that is devastating when you simply look around the classroom and know that statistically around 25% of the women and 16% of the men have had this type of traumatic experience. I personally know too many women and men that have walked around our own campus every day with debilitating emotional and physical pain because they thought they were alone or somehow to blame.
Get to know our providers and care teams

When students visit General Medicine, they are assigned to a primary care provider, who is part of a care team. Students are encouraged to see their primary care provider or a member of their care team when they make an appointment to begin building a relationship with these providers. The team treats you as a whole person and will also work with you on prevention and wellness to achieve a healthy lifestyle, taking into account both physical and mental health and creating a plan of care for any major health problems.
What you should know about the medical home model

Student Health Services is a certified Patient Centered Medical Home. With the Patient Centered Medical Home model, our providers work together and with other health staff to provide comprehensive care for our students. The assigned primary care provider and care team are a large part of the medical home model.

In addition to the consistency of the primary care provider assignment, the Medical Home model focuses on five key aspects of care: the patient/provider relationship, continuity of care, comprehensiveness of care, quality of care and accessibility.

What this means is that SHS strives to ensure that each patient is receiving the appropriate health care when and where it is needed and so that the patient is able to understand it.

To facilitate this care delivery, we incorporate Population Health Management (PHM) into our practice. PHM seeks to enhance the health outcomes of a defined group (USC students). Using an electronic health record is an essential part of PHM. Providers get a comprehensive clinical picture of each patient, and this data assists in improving their decision making. This process results in more efficient patient care with healthier outcomes.

Our goal is to have a centralized setting (SHS) that facilitates a partnership between the patient and their providers. For more information about our health care delivery or the Patient Centered Medical Home model, visit www.sa.sc.edu/shs.

-Terry Hevener, BSN, SHS care team manager
From rehab to recovery

For Skyler Davis, recovery wasn’t a path that he chose for himself. But thanks to a Student Health Services doctor who believed in him, it became the path he knew he had to take.

Davis, a senior hospitality management student, is slated to graduate in December 2015. However, his academic career was nearly derailed three years ago when a substance abuse problem spiraled out of control.

Davis enrolled at the USC Beaufort campus in 2009 before transferring to the Columbia campus in 2011. Throughout his time in the USC system, he bounced between substance abuse and periods of sobriety but still cared enough about his grades to regularly make the Dean’s List. But by spring 2013, his problem escalated. His grades were slipping, his health was deteriorating and his family didn’t want to see him. Yet none of that was able to slow him down.

“I did whatever I could to get that next high,” said Davis.

After transferring to the Columbia campus, Davis developed a relationship with Dr. Mike McKenzie in Student Health Services. Worried about the student’s
declining health, McKenzie encouraged him to get clean. He even gave Davis his personal cell phone number so that the two could keep in touch.

“When Skyler first presented to Student Health Services, it was obvious that he had some issues requiring attention,” McKenzie said. “I was certainly concerned with his health and future well-being. Numerous departments in Student Health Services became involved with Skyler, and he was embraced by multitudes of people who cared for him.”

But for Davis, it took losing almost everything to turn his life around.

After resorting to theft to pay for drugs, he was arrested by USC police in February 2013. He should have gone to jail, but during the ride there, the university intervened and arranged for him to be taken to a detox facility instead.

It was exactly what he needed.

“While I was in detox, my head cleared,” said Davis. “I knew I had to do something. I knew I couldn’t go back to the situation I was in. I didn’t want to go to jail.”

Recovery, he decided, was his only option. The support he received from McKenzie and from Student Health Services proved to be a critical part of that process.

“The USC medical staff enabled me to fill out the proper documentation so that I could withdraw from my classes and not receive Fs,” he said.

Then, after an 11-day stay in detox, Davis entered a rehabilitation facility for eight months. He still faced legal repercussions from his arrest, but after presenting the judge with a letter of recommendation from McKenzie, Davis was given a chance to clear his charges by completing a drug court program.

Returning to class wasn’t easy. Not only did Davis have to reapply for admission, but he also had to prove himself to the Office of Student Conduct. Once again, McKenzie wrote him a recommendation. The letter, along with documentation from rehab and drug court, persuaded the university to let him return for the spring 2014 semester.

“I like to think that I can recognize the potential and value that every person has, and Skyler has not disappointed us in SHS,” said McKenzie in spring 2015. “He is overcoming his issues and looking forward to graduation, employment, a family one day and all the great things that life affords. I am a huge believer in the saying, ‘God don’t make no junk,’ and Skyler is also realizing his potential. I am honored that we at Student Health Services could have been a part in his success story!”

Davis made it back on the Dean’s List; he’s rebuilt his relationship with his family, and most importantly, he’s been clean for more than two and a half years. He thinks that McKenzie’s commitment to getting him back on track was an integral part of his recovery.

“He never gave up on me. College is, for a lot of people, a blur,” Davis said. “But Dr. Mike is a guy I’ll probably never forget.”

He’s also grateful that USC took drastic measures to help him.

“Life has given me a second chance,” said Davis, “and USC has played a big part in it.”

-Rebekah Friedman

“I knew I couldn’t go back to the situation I was in.”

-Skyler Davis
New Health Center

A view of the new health center from the Russell House

The stairwell in the new health center

The lobby of the new health center
New beginnings

Located directly beside the current Thomson Student Health Center, the new 65,000-square-foot health center will seek a LEED silver certification and, in addition to Student Health Services’ current services, will offer:

- A new eye clinic to treat minor eye injuries and an optical shop for contacts and glasses
- Expanded sports medicine and physical therapy services including a complete rehab gym
- Expanded pharmacy services including more prescription medicines and over-the-counter drugs
- A new state-of-the-art demonstration kitchen to teach healthy eating habits
- Triple the current exam space to accommodate more patients

The new building, which will be completed in spring 2017, will feature design elements that include all the dimensions of wellness (learn more about these at www.sa.sc.edu/healthycarolina/wheel) and will support the Patient Centered Medical Home model (learn more about this model on page 11).
Walking to bring awareness to suicide

Shanna Krausman participates in the Out of Darkness suicide prevention walks because suicide has affected her family and friends.

Krausman’s uncle, her father’s twin, died by suicide when she was eight years old.

The junior psychology major from Tampa, Fla., remembers even at a young age the devastating results of her uncle’s death on her family.

Her own father stopped celebrating his birthday because it was his brother’s, too, and he turned to alcohol to cope with the loss.

Krausman’s father eventually got sober, and to commemorate his family’s loss, the family has walked in numerous national Out of Darkness overnight walks, which occur in large cities across the U.S. and include an 18-mile walk.

In addition to the devastating loss of her uncle to suicide, Krausman lost a friend’s mother and a classmate to suicide just before her high school graduation.

Her family participates in the walks to bring awareness to suicide.

“We’ve met a lot of other people from around the country,” she said. “People present their stories, are crying, hugging and holding hands with strangers. It’s nice to see that you’re not the only one that feels this way and is affected by this.”

Krausman participated in the Out of Darkness suicide prevention community walk at USC in spring 2015 and intends to participate in this April’s event.

For the 2015 walk, she was the leading fundraiser, surpassing her $300 goal by raising $1,660.

While Krausman has a personal story that drives her to do the walks, she wants others to know you don’t need to have been touched by suicide personally to support the cause.

Krausman wants USC students to talk about suicide and suicide prevention and get past the stigma of mental illness.

“Oh such a big campus, you don’t get to meet everybody and see what’s going on with everyone in classes,” she said. “People our age don’t really want to talk about (suicide) because it’s an awkward subject. They just want to go about their day, but they need to be aware of how real mental illness is. It’s important to be educated.”

Krausman recommends student organizations participate in suicide prevention trainings, which are offered on campus. Students can sign up to participate in the monthly trainings on their own as well. For more information, visit www.sa.sc.edu/shs/cp/training.

-Marjorie Riddle Duffie
How to help the Carolina community

**Stand Up Carolina**
Stand Up Carolina, the University of South Carolina’s bystander accountability initiative, encourages the entire Carolina community to be active bystanders who step in and speak up. An active bystander is someone who sees a negative situation and intervenes in some way. Through educational presentations, social media messaging and on-campus events, Stand Up Carolina educates students, faculty and staff on the role of active bystanders, how they can intervene in harmful situations and what resources are available on campus. To sign up for a Stand Up Carolina workshop or to schedule one for your class or student organization, please call Sexual Assault and Violence Intervention & Prevention at 803-777-8248.

**Community Consultation and Intervention**
Are you concerned about a fellow Carolina student? Counseling & Psychiatry can help. For Community Consultation and Intervention, call 803-777-5223 to speak to a mental health professional about someone who appears to be struggling. These professionals can help you refer the student of concern to the proper resource, or depending on the severity of the situation, they can help intervene more directly if necessary.

**Gamecock Pantry**
Did you know that the Gamecock Pantry provides food to any student with a valid Carolina Card? Up to 10 items per week! Food donations and volunteers are always welcome. Contact gamecockpantry@sc.edu or visit www.sa.sc.edu/sg/gamecockpantry for more information.

**Carolina Closet**
Carolina Closet is a professional attire rental program available to all USC students. Many students cannot afford professional garments for successful job and internship interviews, and Carolina Closet gives them the opportunity to borrow clothing for these purposes. You can donate gently-used business casual and professional clothes, sign up to volunteer or apply to become a director on the closet’s executive staff. For more information or to volunteer, email carolinacloset@mailbox.sc.edu.

**Leadership and Service Center**
The Leadership and Service Center has service opportunities for just about everyone. From Service Saturdays to Alternative Break trips and even planning committees, the Leadership and Service Center has unlimited opportunities for community service and civic engagement. Stop by their office in Russell House University Union room 227 to find out how you can give back, or contact Luis Sierra at Isierra@sc.edu or 803-777-8165.

**Give it up for Good**
The Give it up for Good donation drives and yard sales occur at the end of each semester. Since 2001, University Housing has diverted 300 tons of materials from landfills; last spring alone, 38,180 pounds of items were donated, and $13,933 was raised for Habitat for Humanity. Students can donate clothing, food, household goods, furniture and more. Contact Margaret Bounds at boundsm@mailbox.sc.edu or 803-777-6331 or your building EcoRep to find out more information or to volunteer.

-Patrick Nobrega & Patrick Ramsay
Clothesline Project

April is Sexual Assault Awareness Month, observed to raise public awareness about sexual violence and to educate communities on how to prevent it. Throughout the month of April, the Sexual Assault and Violence Intervention & Prevention (SAVIP) office will host T-shirt painting events across campus, and the shirts will be displayed during the annual Clothesline Project.

The Clothesline Project is a national campaign that started in 1990 to address the issue of violence against women and sexual assault. It is a vehicle for women and men affected by violence to express their emotions by decorating a T-shirt.

There are different colored shirts for difference types of violence:

- **Pink Shirt** = for survivors of sexual assault
- **Yellow Shirt** = for survivors of relationship violence
- **Blue Shirt** = for survivors of childhood abuse
- **White Shirt** = in remembrance of those lost to sexual assault or relationship violence
- **Purple Shirt** = for survivors of a hate crime
- **Red Shirt** = for male survivors and to express men’s intolerance of violence

Check the Student Health Services events webpage at www.sa.sc.edu/shs/events in the coming months for additional information about T-shirt painting, the Clothesline Project and other Sexual Assault Awareness Month events.

The University of South Carolina cares about the safety and well-being of the Carolina community and has resources available 24/7 to assist victims and members of their support networks. All Carolinians have a role to play in preventing and responding to these tragic events. Get more information at sc.edu/stopsexualassault.

-Kristi Niro
Get Up & Move!

We’ve all been told that sitting too often and for too long is not good for us. But how exactly does studying for hours at a desk or watching a Netflix marathon on the couch all day affect our bodies?

**Organ Damage**
Your muscles burn less fat and your blood flows more slowly while you are sitting for a long period of time. Sitting for too long has been linked to high blood pressure, elevated cholesterol, cardiovascular disease and diabetes and increases the risk of colon, breast and endometrial cancers.

**Muscle Degeneration**
Your abdominal muscles (or “abs”) are responsible for keeping you upright. But when you slouch in a chair, your abs go unused, thus causing your back muscles to become tight and your abs to become mushy.

**Leg Disorders**
Chronic sitting causes your blood circulation to slow, which results in fluid pooling in your legs. This can lead to swollen ankles, varicose veins and even blood clots called deep vein thrombosis (DVT). Additionally, lack of activity can lead to osteoporosis.

**Upper Body Issues**
Being sedentary for long periods of time causes everything in your body to slow, including brain function. If you spend most of your time at a desk, craning your neck forward toward a keyboard can strain the cervical vertebrae and lead to permanent imbalances in your body.

**Weight Gain**
Although you may think that sitting would make you less hungry, research shows the opposite is actually true. Sitting doesn’t lower your appetite and lengthy sitting can trigger you to eat more than you should, leading to weight gain.

**Death**
As scary as it may be to think about, even your risk of death is increased by prolonged sitting. In an 8.5-year study, people who watched 7+ hours of TV per day had a 61 percent greater risk of dying younger than those who watched less than an hour daily. Those who watched only 3-4 hours still had a 10 percent greater risk than those who watched less than an hour.

While the statistics about sitting may be disturbing, the good news is that there are things you can do to improve your health:

**Walk**
Take frequent breaks from studying or working at your desk and take a quick walk. While watching TV, get up and walk during commercial breaks. Even walking at a snail-like pace of 1 mph would burn twice the calories of sitting.

**Alternate Between Sitting and Standing**
If your work station allows, try standing for periods of time to balance out all of the sitting you’re doing.

**Stretch Your Hips**
Stretching your hip flexors for just three minutes each day can improve your mobility and overall physical health.

**Sit On Something Wobbly**
Invest in an exercise ball or splurge on a fancy balance ball chair. Even sitting on a backless stool will force your core muscles to work more than sitting in your typical desk chair.

**Sit Up Straight**
Be sure to sit up straight and keep your feet flat on the floor in front of you so they support about a quarter of your weight. Do not lean forward and keep your shoulders relaxed, your arms close to your sides and your elbows bent at a 90-degree angle.

**Try Yoga Poses**
Don’t worry if you aren’t an experienced “yogi!” Both the simple “cow” and “cat” yoga poses, among others, can help to improve the extension and flexibility of your back.

Sources: Misty Dix, Student Health Services physical therapist; www.washingtonpost.com; www.webmd.com

-Kristi Niro
More than just meat

It’s no surprise that protein is an essential part of a healthy diet. Proteins function as building blocks for the body, promoting growth, strength and overall health of bones, muscles, cartilage, skin and blood, in addition to enzymes, hormones, and vitamins. They also take longer than carbohydrates to digest, helping you feel fuller for longer and on fewer calories. However, when incorporating protein into your diet, it’s important to be aware that some foods in this group are high in saturated fat and cholesterol, and eating large amounts of these daily can have health implications. So, what are the best foods to eat when working towards your daily recommended intake?

**Beef, Pork & Poultry**

It’s well-known that meat is the largest source of protein in one’s diet, but it’s key to select lean meats. The leanest beef cuts include round steaks and roasts, top loin, top sirloin and flank steaks. Always choose extra lean (at least 90 percent) when it comes to ground beef and ground turkey. For pork, look for pork loin, tenderloin, center loin and ham. Boneless chicken breasts and turkey cutlets are the leanest poultry choices.

**Seafood**

The American Heart Association recommends that you include seafood as the main protein component of a meal at least twice a week. Look for seafood rich in omega-3 fatty acids, like salmon, mackerel, albacore tuna, trout and herring.

**Soy Products**

Soy products, such as tofu and tempeh, contain some of the highest amounts of protein of plant foods and contain no cholesterol or saturated fat. Not only are they extremely nutritious, but they can take on the taste and texture of a wide variety of foods.

**Legumes**

Foods in the legume family, such as peas and beans, are great sources of protein. If you don’t like them on their own, try getting creative. Mix peas with a pesto or bake black beans into enchiladas. Making your own hummus is a delicious and inexpensive alternative.

**Nuts**

Eating unsalted nuts as a snack, on salads or in main dishes is an easy way to get an extra boost of protein throughout the day. Try adding slivered almonds to steamed vegetables or toasted peanuts or cashews to a vegetable stir fry.

**Seeds**

Sesame, sunflower, poppy and chia seeds are all high in protein and healthy fats. Add them to salads or dressings or eat them plain as a nutritious snack.

**Quinoa**

Most grains contain a small amount of protein, but quinoa is unique in that it contains more than eight grams per cup! It also contains all nine essential amino acids that your body needs for growth and repair but cannot produce on its own – making it the “perfect protein.”

-Kristi Niro

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<td><strong>Grocery Store Tours</strong></td>
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<td>Learn how to navigate the grocery store, where to find healthier foods, tricks used by food manufacturers and how to decipher food labels.</td>
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<tr>
<td><strong>Wind Down Wednesdays</strong></td>
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<tr>
<td>Do you need a mid-week boost? Join us for mindfulness practice to cultivate an attitude of gratitude and improve productivity by learning mindfulness techniques.</td>
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<tr>
<td><strong>Suicide Prevention Gatekeeper Training</strong></td>
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<tr>
<td>Learn to recognize the warning signs of a suicidal person and what resources are available at USC. Training classes are free and open to all students, faculty and staff.</td>
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<td><strong>Keep Calm and Pet a Puppy</strong></td>
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<tr>
<td>Relieve some stress by petting a PAALS (Palmetto Animal Assisted Life Services) service dog-in-training.</td>
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<td><strong>Gentlemen Respecting Interacting in Truth (GRIT)</strong></td>
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<td>A men’s support group, which meets monthly to discuss sexual assault and healthy relationships.</td>
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<td><strong>Gamecocks Speaking Proactively on Topics of Sexuality (GSPOTS)</strong></td>
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<tr>
<td>A series of workshops led by Sarah E. Wright, a licensed psychologist and certified sex therapist within Counseling &amp; Psychiatry, featuring discussions on various topics of human sexuality.</td>
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<td><strong>Stand Up Carolina Hero Awards</strong></td>
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<tr>
<td>The annual Hero Awards ceremony recognizes accountable bystanders, USC community members who stand up, take action and make a difference in the life of another.</td>
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<td><strong>Women's Self-Defense Classes</strong></td>
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<td>USC’s SAVIP and Division of Law Enforcement and Safety team up to offer hands-on self-defense training workshops for women.</td>
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<td><strong>Healthy Carolina Farmers Market</strong></td>
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<td>Buy local fresh fruits and vegetables! Stop by the Healthy Carolina Farmers Market on Tuesdays on Greene Street.</td>
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Contact Us
www.sa.sc.edu/shs

Allergy, Immunization & Travel Clinic
Location
Thomson Student Health Center
First Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
*Allergy services are scheduled
Monday-Friday until 4:30 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-9511

Campus Wellness
Location
Strom Thurmond Wellness
& Fitness Center & Thomson
Student Health Center
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Contact Information
Ph: 803-576-9393 (students)
Ph: 803-777-6518 (faculty/staff)

Counseling services
Location
Byrnes Building
Seventh Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m. (in the
Thomson Student Health Center)
Contact Information
Ph: 803-777-5223

General Medicine Center
Location
Thomson Student Health Center
Second Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-3175
Fax: 803-777-0126

Pharmacy
Location
Thomson Student Health Center
Third Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m.
Refills
www.sc.edu/myrxspace
Contact Information
Ph: 803-777-4890
Fax: 803-777-0965

Psychiatric services
Location
Thomson Student Health Center
Third Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Contact Information
Ph: 803-777-1833

Sports Medicine
Location
Thomson Student Health Center
Second Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-3175

Sexual Assault and Violence Intervention & Prevention
Location
Thomson Student Health Center
Third Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Contact Information
Ph: 803-777-8248
SAVIP advocates on call 24/7 - in the
event of an emergency or after hours, call
USC Police at 803-777-4215, and they will
contact the advocate on call.

Women’s Care
Location
Thomson Student Health Center
Fourth Floor
Fall & Spring Semester Hours
Monday - Friday, 8 a.m. - 5 p.m.
Sunday, 2 p.m. - 8 p.m.
Appointments
www.sc.edu/myhealthspace
Contact Information
Ph: 803-777-8920
Tell us how you want to get health and wellness information, and you could win a t-shirt or other great prizes! Find the survey here:

http://studentvoice.com/usc/gamecockhealthspring2016

Student **Health** Services

Supporting the vision of a Healthy Carolina community

www.sa.sc.edu/shs

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@UofSCshs

Information and updates on events, programs and services, wellness tips and more. Ask us questions and let us know how we’re doing!