Student Health Services staff helped Analisa Meyers get to graduation page 16
Brittany Dawson met with a counselor and learned how to cope with life's struggles.
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A new semester has begun! As students embark upon their fall studies, it is imperative that they understand the influence that health and wellness have on academic success.

What is Student Health Services doing to help students succeed? In addition to the many programs and services we offer, we will soon begin construction on a new health center that will help us better serve you.

We also believe in a Healthy Carolina, which means we support an overall healthy community at USC. We provide a holistic, patient-centered approach to health and wellness through comprehensive primary health care, disease prevention, wellness programs, counseling and psychiatric services and Sexual Assault and Violence Intervention & Prevention services. In addition to these services, we use the patient-centered medical home model and care teams. Learn more about that concept and our care teams on page 5.

What can students do to achieve health and wellness? Getting enough sleep is an excellent starting point. A list of sleeping tips is included on page 24. Other recommendations include:

- Develop a detailed understanding of consent. Read page 6 for examples of what consent means in a variety of scenarios.
- Learn how to prepare high-energy snacks. See a list of recipes on page 20.
- For some students, spiritual wellness is a vital component of overall well-being. Read more on page 12.
- Physical fitness is one of the most important factors influencing health. We’ve included a list of tips for incorporating exercise into busy schedules on page 22.
- Several student success stories are also included in this issue. These accounts demonstrate not only the remarkable resilience of our students but also the dedication of our faculty and staff to help students succeed.

Have a fantastic fall semester, and remember that we’re here to guide you in your journey toward a healthy life!

Yours in health,

Rebecca Buck
Executive Director
Student Health Services
Construction to begin for new student health center

Construction for the new health center will begin in September 2015. Located directly beside the current Thomson Student Health Center, the new 65,000-square-foot health center will seek a LEED silver certification and feature many innovative options, including allowing students to check in with their smartphones. Construction for the new building is scheduled to be completed December 2016.

New services our building will offer include an eye clinic to treat minor eye injuries and an optical shop; expanded physical therapy services including a complete rehab gym; expanded pharmacy services including more prescriptions and over-the-counter drugs; expanded sports medicine services; and triple the exam space to accommodate more patients.

Medical home model care teams

In addition to recently being re-accredited for three years by the Accreditation Association for Ambulatory Health Care (AAAHC), Student Health Services also earned the patient-centered Medical Home accreditation.

A big part of the Medical Home model is the use of care teams within the organization.

At USC, when a student visits the Thomson Student Health Center, they are assigned a primary care provider, who is part of a care team composed of other physicians and nurse practitioners.

These providers work with nurses, counselors, case managers, social workers, nutritionists, wellness professionals, pharmacists, advocates and other allied health and support staff to ensure each student is cared for in a comprehensive manner. For specialty needs, students will continue to be referred to campus and community partners.

The care team system allows for patient involvement and participation in their assessment and treatment. It also improves safety and quality and reduces health care costs.

For students, this means when they visit their primary care provider, the physician or nurse practitioner will not only address the issue that brought them to the center but will also inquire about their mental health and any other issues that may be bothering them.

By inquiring about the overall patient’s health status, the provider can recommend other resources the student may need such as mental health or wellness consultations.

Do you know which care team you belong to?
Do you know who your primary care provider is?
Visit www.sc.edu/myhealthspace or call 803-777-3175 to find out.
CONSENT
Anything less than a “yes” is a “no”

Consent is clear, sober, conscious, willing and affirmative agreement to engage in sexual activity. A person who is incapacitated is not capable of giving consent. Prior consent does not guarantee future consent. The style of a person’s clothing does not express consent. Silence or the absence of a “no” does not mean there is consent. An unconscious person cannot consent. Consent for one sexual act does not imply consent for other sexual acts. Consent can be withdrawn at any time.

It’s important for students to have a clear understanding of consent and how to get it. Below are a number of possible scenarios. Can you decide whether these students actually obtained consent? See the answers on page 7.

1. Andrew and Tiffany are dating. Tiffany is uncertain about whether or not she’s ready to have sexual intercourse, but Andrew is persuasive and finally gets Tiffany to voluntarily agree. As they begin having sex, Tiffany changes her mind and asks Andrew to stop. Andrew does not stop but continues for several more minutes, restraining Tiffany. Afterwards, Tiffany is upset. Andrew says he’s sorry but explains that they were “past the point of interruption.”

2. Jasmine and Mike are at a party. Mike doesn’t know how much Jasmine has been drinking, but he can tell that it’s a lot. When Jasmine decides to leave the party, Mike offers to walk her back to her house. When they arrive, Jasmine invites Mike inside and comes on to him, initiating sexual activity. Mike asks if she’s sure she wants to do this, and Jasmine responds that she is. She leads Mike into her bedroom, and they end up in her bed. Suddenly, she runs to the bathroom. When she returns, Mike can tell that Jasmine threw up. They have sex anyway, during which Jasmine seems to be enjoying herself but also appears to be groggy and “not all there.” When they’re done, Jasmine passes out, and Mike leaves to go back to his place. The next morning, Jasmine wakes up feeling sick and doesn’t remember anything from the night before.

3. Andrea and Claire have been friends all semester and have had a flirtatious relationship. They agree to meet up at a Five Points bar on Friday night. After dancing closely together for a while, Andrea suggests they go back to one of their dorm rooms, and Claire agrees. On their way, Andrea and Claire let their friends know not to worry, that they were heading home early. Once in Andrea’s room, they begin “fooling around.” Both Claire and Andrea are paying close attention to each other’s signals, and they verbally reach a clear agreement upon mutually desired sexual activities.

4. Alex invites some friends over to his apartment to watch a movie. His friend, Stephanie, asks if she can bring Daniel, a guy from her physics class. Alex agrees. Alex and Daniel, who have never met before, hit it off. After the movie, everyone leaves, but Daniel decides to stay behind to get to know Alex better. Things quickly become more intimate as they start to make out. Unbeknownst to Daniel, Alex was sexually abused by a relative as a child. When Daniel leads Alex into the bedroom, and they begin having intercourse, Alex starts having flashbacks from his childhood trauma. Alex wants to tell Daniel to stop but finds himself frozen. Alex is stiff and unresponsive during the intercourse.

5. Sara and Jerome have been dating off and on for a couple of months. One night, they go out to the Vista to have a few drinks. A few drinks quickly turns into many, and Sara becomes very intoxicated. Jerome drives them both back to her place, where they engage in sex, despite Jerome’s verbal uncertainty. The next morning, Sara insists that even though she may have had sex with Jerome when he wasn’t sure he wanted to, she was too drunk to remember it so it wasn’t her fault. She also brings up that Jerome is “twice her height and weight,” so he could’ve easily stopped her if he really wanted to.

- Kristi Niro
Answers: was it consensual?

1. No. While Tiffany did initially give consent, that consent was withdrawn when she changed her mind. Andrew should’ve stopped immediately.

2. No. Because Jasmine was intoxicated, Mike should’ve known that she was incapable of making a rational, reasonable decision about having sex. Even if she seemed to agree to it, there were obvious signs (such as her getting ill) that she had consumed a large amount of alcohol. Mike should not have taken advantage of Jasmine in her condition.

3. Yes, this was consensual sex. Andrea and Claire reached a positive, voluntary and clear verbal agreement to engage in sexual activity together.

4. No. As the one who initiated the sexual activity, Daniel should have made sure to get clear verbal consent from Alex before having intercourse with him.

5. No. Even though Sara and Jerome were in a relationship, this does not mean that sexual conduct is always consensual. Being intoxicated is no excuse for non-consensual sex, regardless if that wasn’t Sara’s intent. It’s also important to note that women are not the only individuals who can be sexually assaulted.

Remember, when asking for or giving consent, it is important to be clear and to have a verbal discussion that both parties agree to. Consent can only be given when all concerned parties are sober. Do not make assumptions regarding another person’s intentions.

For more information about consent or to find out about resources at USC, visit www.sc.edu/stopsexualassault or contact the Sexual Assault and Violence Intervention & Prevention office at 803-777-8248. In the event of an emergency, call the USC Police Department at 803-777-4215.

Sources: www.smryale.edu
www.clarku.edu/offices/cave/consent
www.sa.sc.edu/shs/savip/stand-up/consent
www.sc.edu/stopsexualassault
Meningitis prevention saves lives

Caroline Schlee was first in line to get the meningitis strain B vaccine at the Thomson Student Health Center when it was first offered in March 2015.

Schlee, a freshman biochemistry and molecular biology major, knows from experience how important it is to protect oneself from meningitis.

Emily Stillman, the daughter of Schlee’s father’s business partner, died from meningitis strain B on Feb. 2, 2013 while a 19-year-old sophomore at Kalamazoo College in Kalamazoo, Mich.

Stillman’s death “was awful and came out of nowhere,” Schlee said. “It was devastating for their entire family.”

When Schlee saw an email Student Health Services sent offering the meningitis strain B vaccine, she said she immediately went to the health center.

“If there were an outbreak, everybody would want the shot right then,” she said. “If you’re already protected, you’re good to go, you don’t have to worry. You’re putting yourself at risk if you don’t get it.”

Schlee said Stillman’s death showed her how vital prevention is when it comes to meningitis.

“It’s such a devastating disease, just don’t share drinks with other people and practice good health, but especially for something like this,” Schlee said. “It’s a life or death kind of situation, really.”

-Marjorie Riddle Duffie

Prevention Tips

According to the Centers for Disease Control and Prevention (CDC), the bacteria that cause meningococcal disease are spread from person to person by sharing respiratory secretions (such as saliva) during close or lengthy contact, especially among people who share a room or live in the same household.

Students can help prevent the spread of meningitis by doing the following:

- Don’t share drinking glasses, eating utensils, cosmetics or lip balm
- Always cough into a sleeve or tissue
- Wash hands frequently
- Use hand sanitizer often
- Don’t drink from a common source such as a punch bowl
- Maintain healthy habits, like being active and getting plenty of rest
- Avoid close contact with people who are sick

Students are encouraged to contact their health care provider or the Allergy, Immunization and Travel clinic to get the Strain B vaccine. If you would like to receive the Strain B vaccination from Student Health Services’ clinic, please call ahead to request it at 803-777-9511.

For more information, visit www.sa.sc.edu/shs/meningitis
What Student Disability Services can do for you

For more than 1,700 students at the University of South Carolina, Student Disability Services makes it easier to navigate college while living with a disability.

The office assists students with everything from ADD/ADHD to physical, psychiatric, learning and other disabilities.

The types of services offered depend on each student’s individual needs and are determined by a committee review. Students with disabilities who would like to be considered for reasonable accommodations should register with the office.

Want to help? Volunteer as a note taker for students who cannot use their hands, write slowly or who are unable to keep up with the amount of class notes.

Additionally, resources are available on the office’s website, www.sa.sc.edu/sds, for anyone interested in learning how to make electronic documents, websites and events more accessible.

To contact the Office of Student Disability Services, email sasds@mailbox.sc.edu, call 803-777-6142, or call 803-777-6744 for TDD.

-Rebekah Friedman

Source: www.sa.sc.edu/sds
Brittany Dawson relied heavily on her twin sister, who was also her roommate, to help her adjust to life at USC when she transferred from USC Upstate in fall 2012 to the Columbia campus.

Shortly after the semester began, Dawson’s sister, who was dealing with mental health issues that severely impacted her ability to function, had to drop out of school due to a hospitalization. Dawson’s sister was then diagnosed with multiple mental health concerns.

She was devastated by her sister’s diagnosis and the long-term implications for her sister’s future.

As a busy college student, Dawson had to go to class the very next day after her sister was institutionalized.

“I had no time to take that in and understand how it would impact my social life, academic life, how every facet of myself would be impacted in a negative way,” Dawson said.

In addition to her sister’s illness, Dawson herself was continuing to struggle with her own substance abuse issues, her sexual identity and a traumatic event from her childhood.

She turned to alcohol and partying to deal with her pain and confusion but decided by fall 2013 that she needed to get a handle on her substance abuse and deal with her problems. She began meeting with Student Health Services counselor Anna Feliciano.

“Anna was very firm with me - ‘You have a substance abuse problem,’” Dawson said. “‘There’s no reason to dance around it.’”

Dawson met with Feliciano as often as twice a week over the next three years.

Dawson finally began talking openly with Feliciano about her sexuality. Dawson said she realized in middle school that she was not attracted to boys, but because her parents said being gay was wrong, she never felt comfortable being open about her sexuality.

“I’m in a much better place. I can say I’m gay, but I have years worth of these poisonous ideas about what my sexuality means, battling the shame,” she said.

She said her parents still don’t acknowledge that she’s gay, and she may never get their acceptance.

Dawson also talked to Feliciano about being sexually abused by a relative in middle school. She said her family has also had a tough time understanding what it means to be a victim of sexual assault. While they support her and believe her, they still communicate with the relative who abused her.

Dawson recognized through her counseling sessions that her substance abuse stemmed largely from her unresolved feelings about her sister’s illness, her sexual identity and the sexual assault.

In addition to the individual counseling sessions, Dawson also attended weekly group interpersonal therapy sessions and Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) meetings on campus.

Dawson said without the support she received from the counseling sessions and the group meetings, she would have dropped out of college.

“If I did not walk into Anna’s office that day sophomore year, I would be where my sister is, not necessarily the mental illness, but partying, flunking out,” she said. “Anna was so consistent,
and I have never met a counselor with such a passion for people. She held me so accountable. She helped me see myself and not only accept myself but show that I can deal with my problems without having to drink or surround myself with negative people.”

Feliciano said Dawson is a success because she was willing to work on herself and make changes to improve her life.

“Brittany works hard in everything she does, and she approached counseling with the same mindset,” Feliciano said. “Over the past several years I’ve seen her come alive, which has just been so much fun to witness.”

During her senior year in 2014-15, Dawson was a Magellan Scholar in the Office of Undergraduate Research. Her research focused on connecting African-American educators with students for a pre-service teaching program.

She graduated in May 2015 as an English major with a cognate in secondary education and moved to Houston to participate in Teach for America.

When she was preparing for the move, she said she was excited for a fresh start in a place where she didn’t know anyone.

She said she still worried about developing a mental illness like her sister but is focused on her future and her passion for becoming a high school English teacher.

“You have to acknowledge the darkest times. Success means you don’t get to the other side overnight,” Dawson said.

-Marjorie Riddle Duffie
Spiritual wellness is the quest for meaning, value and purpose, resulting in hope, joy, courage and gratitude. It inspires individuals to find significance in daily life events, demonstrate individual perseverance and show compassion towards others. Spiritual wellness is unique to each person and encourages one to develop a personal faith and to seek spirituality in all things.

A strong spirit helps a person to understand who they are, why they are here and what their purpose for living is. This allows one to demonstrate strength and hope. Signs of spiritual wellness include: developing a personal set of values, spending reflective time alone, having a clear sense of right and wrong and acting accordingly, caring for the wellbeing of others and the environment, believing in a faith and practicing forgiveness and compassion.

Resources that are available on the University of South Carolina’s campus for spiritual wellness are religious and cultural student organizations, yoga classes, Rutledge Chapel and the department of religious studies.

Finding spiritual wellness can help individuals deal with the hardships of life and find peace.

-Shaena Rouse, Healthy Carolina Coordinator
Are you breathing easier?
January 1, 2016 will mark two years since the University of South Carolina’s Tobacco Free USC policy went into effect. The policy bans all tobacco products, including cigarettes, chewing tobacco, e-cigarettes and water pipes, on all university property.
According to data from the National College Health Assessment (NCHA) given at USC, the number of USC students who use cigarettes decreased to 11 percent in 2015 from 13 percent in 2013.
Not only is tobacco usage declining, students’ perception of others’ tobacco use has declined. In 2013, students thought that 86 percent of their peers used cigarettes. USC’s 2015 NCHA results indicate that students now estimate that 77 percent of their peers use cigarettes. This is still high because the actual percentage of students who use tobacco is 11. However, it shows the impact of Healthy Carolina’s campaigns in the past two years that sought to change students’ perception of tobacco use.
Research has shown that tobacco-free environments help to prevent tobacco use and make it easier for users to quit. It also eliminates the risks associated with secondhand smoke.
USC’s policy is community-enforced. That means if you see someone violating the ban, speak up! Remind them of the policy and politely ask that they dispose of the product.
Check out www.sc.edu/tobaccoreuscto read the policy, report violation “hot spots,” get tips on how to address someone using tobacco on campus and access a list of frequently asked questions.
And remember, a Tobacco-Free USC is a healthier place to be!

-Rebekah Friedman
Tips for Adjusting to life at Carolina

Coming to USC and leaving behind your home, your family and your friends can be overwhelming. You’ll make many adjustments when you first arrive on campus. Here are some tips to help you better navigate your new life at Carolina:

1. Take University 101. Yes, it’s an elective, but it’ll provide you invaluable information about all aspects of campus. Visit www.sc.edu/univ101 to learn more.

2. Get involved with student organizations. USC has more than 400, and if you can’t find one that fits, you can create your own. Learn more and get a full list of organizations at www.sc.edu/sos/organizations.php.

3. Be responsible if you choose to drink alcohol, and remember that the legal drinking age is 21. Need to talk to someone about substance abuse issues? Call the Substance Abuse and Violence Intervention & Prevention (SAVIP) office at 803-777-8248 to reach an advocate (call USC PD if after hours, and they can put you in touch with the SAVIP advocate). Visit www.sc.edu/stopsexualassault for more information.

7. Visit the Thomson Student Health Center at the first sign of illness or injury. Don’t let a cough persist or an injury worsen. Make appointments for General Medicine, Women’s Care and Sports Medicine by visiting www.sc.edu/myhealthspace or call 803-777-3175.

8. The Office of Student Engagement helps students connect their in-class experience with their out-of-class experience through a variety of programs and initiatives, such as academic service-learning, domestic study away, peer leadership, faculty-student interaction and more! Visit www.sc.edu/studentengagement for details.

9. Improve your study skills, concentration, note-taking and more with the help of an ACE Coach at the Student Success Center (SSC). Need additional assistance with a specific class? Try Supplemental Instruction.

10. Get into a routine and establish a consistent sleeping schedule. For sleeping tips, see page 24.

11. Learn how to eat healthy on the meal plan. If you need help making smarter choices, meet with a Campus Wellness nutritionist. Students get unlimited sessions with the nutritionist if they’ve paid the student health fee. Visit www.sa.sc.edu/shs/cw/nutrition to learn more. Schedule an appointment on www.sc.edu/myhealthspace.

12. Exercise regularly to help reduce stress and maintain a healthy lifestyle. Campus Wellness offers fitness assessments to help you create an exercise plan that you’ll stick with. Read more at www.sa.sc.edu/shs/cw/students/activity.

13. Get ready for the future by visiting the Career Center. Learn how to craft the perfect resume, prepare for interviews and find out about internship, externship and job opportunities. Visit www.sc.edu/career for more information.

Source: www.sc.edu
Keeping USC safe

The Division of Law Enforcement and Safety at the University of South Carolina works diligently 24 hours a day, 365 days a year to protect the people and property of the university. Consisting of professionals in law enforcement, risk management, compliance and professional standards and environmental health and safety, the division is committed to providing a safe and secure environment for the Carolina community. Here are a few tips to help students stay safe on and around campus:

1. Know how to contact the Division of Law Enforcement and Safety. Save the following numbers in your phone. If you ever need them, you’ll be glad you did:
   - Police Dispatch: 803-777-4215
   - Police Records: 803-777-5282
   - Victim Services: 803-777-6472

2. Register your property. Valuable items left unattended in vehicles or residence halls are prime targets for theft. Take advantage of USC’s registration programs to deter theft. Get your computer, tablet or cell phone engraved with your last name, first initial and last four numbers of social security number through Project I.D. Your valuables will be registered and information stored in a database. Make your laptop nearly impossible to sell with a S.T.O.P. (Security Tracking Of Office Property) anti-theft tag. Removal of the security plate would physically alter the computer’s casing, as a “Stolen Property” tattoo lies underneath the security plate. Also, be sure to register your bicycle. You may bring your items to the police department or request an officer to visit your office or residence hall to pick them up. Student organizations, colleges and hall governments can request an officer to register your items on-site. To request this service, contact Sergeant Kenny Adams at 803-777-0855.

3. Don’t walk alone after dark. Early evening or late evening, travel only in groups of three or more in well-lit and heavily traveled areas. Call for a police escort 803-777-4215.

4. Download the Rave Guardian Safety App. This free mobile app turns any cell phone into a personalized protection network, connecting with university police during an emergency and giving them important information they need instantly. Rave Guardian enhances safety through a virtual network of friends, family and campus law enforcement. Learn more about it at www.les.sc.edu.

5. Familiarize yourself with emergency call box locations. Several hundred call boxes are strategically placed around campus. The boxes, which can be easily identified by their bright blue lights, provide a direct line of communication with the USC police. Call boxes should be used to report crimes in progress, fires, medical emergencies or threats to personal safety. To operate, simply push the red button. You will immediately be connected with a USC police dispatcher. Even if you are unable to communicate, the dispatcher will know your exact location. If you are being chased and cannot stop, press the call boxes as you pass them and police officers will respond to the area.

-Kristi Niro

Source: www.les.sc.edu
Overcoming obstacles to get to graduation

Analisa Meyers struggled with a severe eating disorder when she first arrived at the University of South Carolina.

The 5-foot-6-inch freshman in 2010 weighed at her lowest 94 pounds. The normal weight range for her height is 117-143 pounds.

Meyers was meeting with various providers within Student Health Services, and when her weight continued falling, they insisted she enter in-patient treatment.

She was on the verge of her organs failing; if she'd continued losing weight, she said she was told she would end up needing a liver and kidney transplant.

While she was upset about leaving school mid-way through her first year, she said the 99-day in-patient treatment in her home state of Maryland saved her life.

“‘It was the right decision at the time,’ Meyers said. ‘I’m not happy I missed out on my freshman year spring semester, but if I didn’t, I may not have had the rest.’

After another two months of intensive outpatient treatment, Meyers returned to USC in fall 2011.

Meyers started meeting regularly with a Student Health Services counselor, psychiatrist and nutritionist.

The counseling staff helped Meyers talk through her feelings about her eating disorder, what it was like to be separated from her friends for more than six months and “pretty much just anything and everything.”

She met with Eric Williams, M.D., currently a Student Health Services psychiatrist, off and on throughout her remaining three years at USC.

“We talked about how I’ve been feeling lately, my anxiety levels, if I felt like the (anti-depressants and anti-anxiety) medicines were helping,” she said.

Meyers met or consulted with the nutrition staff in fall 2011 at least once a week to plan her meals.

She said the team of Student Health Services staff helped her stay on track and got her to a really good place.

“Coming back, when time hadn’t stopped for everyone else, it was really hard to re-establish myself without that eating disorder identification,” Meyers said. The providers “were able to give me an outside perspective and keep me focused on addressing my concerns and stressors in more positive ways. They kept me from hiding from myself. I never felt like I was being analyzed or judged. They were very, very supportive and very open.”

Meyers said she never thought she’d be able to sit down to eat or go to exercise without worrying about her weight again, but with help, she said she reached a point where she no longer focused on her size or weight.

Despite all of her obstacles, Meyers persisted and graduated from the university with a degree in early childhood education in December 2014.

Her progress in overcoming her eating disorder and persisting to graduate is “phenomenal,” said Williams, her psychiatrist within Student Health Services.

“Analisa’s story shows that if she can make it through school, then others can as well, especially if they use the resources we have on campus,” he said.

Meyers is now a one-to-one teacher for an autistic student in a Washington, D.C., school and hopes to possibly teach at a military base abroad and eventually pursue a master’s degree in special education.

She’s interested in working with autistic children because she wants to see them flourish.

“I definitely want people to feel there is hope, because for a while there, I definitely didn’t think there was,” Meyers said.

Meyers also kept a journal when she was in treatment for her eating disorder that she hopes to one day turn into a book to “help someone who is struggling with similar issues because when you’re in that state of mind with eating disorders, until you’re ready to change yourself, the rest of the world is on mute.

“You don’t really hear what else is going on, see, feel what else is going on. Finally letting go and coming to terms with yourself is the first and most important step with any disorder like that.”

-Marjorie Riddle Duffie
Unintentional injuries: when accidents happen

Being a college student isn’t easy. But things get even more complicated when an unintentional injury occurs, making even the simplest tasks, like getting from class to class, difficult. Luckily, there are precautions you can take to avoid an unintentional injury. The Sports Medicine team within Student Health Services addresses some of the unintentional injuries they see and how to steer clear of them.

“A lot of the students I see come in because of neck, shoulder or back pain,” said Dr. Jason Stacy, Student Health Services associate medical director and director of sports medicine and physical therapy. “Posture isn’t typically something students think about causing pain to their body, but it’s really important.”

Create a supportive study station

Dr. Stacy recommends students avoid studying and doing homework in places such as their beds, and always try to find a comfortable, upright chair with armrests to sit in. In addition, students should adjust the computer they are using so that the screen is at eye height. The medical costs that result from extensive neck and back issues make it worthwhile to invest in a comfortable and supportive study station that will promote healthy posture.

Pace yourself after an injury

“Another common contributor to neck, shoulder and back pain is over-training,” Stacy said. After taking time off due to an injury or some other influence, students often assume they can continue working out the same way they did prior to their injury. It takes time to work your way up to squatting 200 pounds – don’t overdo it!

Wear protective gear

Additionally, Stacy mentioned the importance of wearing appropriate protective gear. Many students travel to and from campus on bikes or mopeds. It’s crucial that these students always wear a helmet. Even if you think you’re a very experienced biker or driver, you can’t predict what others on the road may do. Pay attention to pedestrians when you are driving and pay attention to vehicles when you are walking.

It’s also extremely important to wear protective gear when playing sports. “I’ve seen plenty of shin injuries due to students not wearing shin guards during an intramural or pick-up soccer game,” said Payton Kingsley, a certified athletic trainer and Student Health Services graduate assistant. “Students should be sure to wear supportive footwear when participating in physical activity as well.”

Be aware of alcohol’s effect on your body

Many unintentional injuries occur as a result of a student’s loss of control when consuming alcohol. Twisting an ankle when wearing high heels or falling and hitting your head are common stories told by students who come to Student Health Services with a sprained ankle or knee or even a concussion.

It’s important for students to understand responsible drinking behaviors, which include being 21 to consume, limiting the number of drinks per sitting, alternating alcoholic/non-alcoholic beverages and eating before/during drinking, said Rhonda DiNovo, director of Substance Abuse Prevention and Education at USC. Students should also be aware of mental and physical impairments that result from intoxication in order to look out for themselves and each other and to avoid negative consequences.

Get help if you are injured

Sometimes, accidents do happen. But becoming more aware of common unintentional injuries among college students and taking steps to prevent them from happening is better than doing nothing. In the event that you do suffer an unintentional injury, Student Health Services is here to help. Whether you need to be examined by a sports medicine physician, get an X-ray, or receive physical therapy, the experts at the Thomson Student Health Center can take care of you.

Make an appointment online at www.sc.edu/myhealthspace or call 803-777-3175.

-Kristi Niro
**health literacy**
helps you understand health care

College is a time for learning, and it's also a time when you are becoming more responsible for making decisions related to your health care and understanding your health insurance. Understanding how to be an informed health consumer will help set you up for a healthier life.

Health literacy is the capacity to obtain, communicate, process and understand basic health information and services needed to make appropriate health decisions, according to the Centers for Disease Control and Prevention (CDC).

If you’re like other health consumers, you may get easily confused by all of the health insurance terms and what you should be asking your doctor. With all of the recent changes in health care through the Patient Protection and Affordable Care Act (more commonly referred to as the Affordable Care Act, or ACA), even savvy health consumers have a tough time understanding health care.

According to the ACA, every American should have some form of health care coverage, through their employer, the ACA marketplace or other means. Along with the requirement to have health care coverage, the ACA also requires insurance carriers to cover preventive care and remove pre-existing condition exclusions from their policies, among other things. For more information about the ACA and the new stipulations the law requires, visit www.hhs.gov/healthcare/rights.

If you have health insurance and have had to file claims after a medical visit, you probably have heard terms like “co-pay,” “deductible,” “in-network,” etc. Understanding what these terms mean can be like trying to figure out a secret code, especially since these items usually vary with each insurance policy or company.

You should get to know your policy so you know what you may be expected to pay after medical visits. Since each policy differs, you can ask your insurance company to send you a detailed guide that lays out your plan. If you need help with the terminology, visit www.healthcare.gov/glossary for a glossary of health insurance terms.

After gaining a better understanding of your health insurance and what it covers, you need to prepare for your doctors’ appointments. Try to consider all of the health concerns you’re grappling with beyond just the issue that caused you to make the appointment.

Do you have a mole that has gotten darker or larger? Has your stress gotten more problematic recently? Do you get unusually fatigued after simple activities? Make a list of questions like these so you’ll remember to ask your doctor about them. For more information about questions to ask your doctor, visit www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor.

To ensure students are receiving holistic care that looks at all of their possible ailments or issues, Student Health Services uses a health care delivery model called a patient-centered medical home. See page 5 for more information about this concept.

This means that in addition to examining you for the issue that brought you in for the appointment, they will ask you a series of questions to see how you’re doing in other areas of your life. For instance, while you may be seeing one of our providers for a sore throat, after they examine you, they will ask about your mental health; if you’ve been more stressed than usual. They may ask you about your eating, exercise and sleep habits to see if you need assistance in pursing an overall healthy lifestyle.

College is a time for learning, and it’s a great time to better understand health care and health insurance before you have to make all of those decisions for yourself.

For more information about health literacy and more resources to help you navigate the health care system, visit www.sa.sc.edu/shs/healthliteracy.

-Marjorie Riddle Duffie
Recipes for high energy snacks

Whether you’ve got early morning classes, a schedule full of studying or an afternoon of hiking planned, getting through the day can be tough at times. If you find yourself fighting the urge to nap, try reaching for one of these high-energy snacks!

**Banana or apple with peanut butter**
Fruit is naturally sweet, so not only will it give you a boost of energy, but it will also satisfy a sweet tooth. Peanut butter is high in protein which also provides long-lasting energy.

**Whole-grain crackers with hummus**
Whole grains are complex carbohydrates, which make them one of the best sources for energy. Plus, they will fill you up without slowing you down. Pair the crackers with hummus, which is high in fiber and made with olive oil - both of which help to curb hunger.

**Trail mix**
A homemade trail mix is an easy and nutritious snack to take with you on hikes. Nuts contain both good fat and protein, making them a slow-burning food that boosts energy. Dried fruit adds some sweetness and fiber.

**Greek yogurt and granola or fruit**
High in protein, Greek yogurt makes a great energy-boosting snack. Mix in some granola for an added crunch, or add fruit for a touch of sweetness.

**Hard-boiled egg**
Although you’ll have to plan ahead a little bit for this one, eggs are fantastic sources of protein and packed with vitamins that promote energy. Consuming protein like this in addition to your toast for breakfast can keep you full during morning classes.

To learn more about how healthy snacks can help you stay energized, or to discuss any other nutrition needs including weight management, eating disorders, medical conditions and sports nutrition, make an appointment for one-on-one nutrition counseling. All nutrition sessions are conducted by registered dietitian nutritionists and are individually tailored to meet your specific needs and goals. Schedule appointments online at www.sc.edu/myhealthspace or call 803-777-3175.

-Kristi Niro

Sources: www.health.com, eatingwell.com
We’ve all heard that fiber is a necessary component of a balanced diet. But what is it and why is it so important?
There are two types of fiber: soluble, which helps lower cholesterol and glucose levels, and insoluble, which promotes regular bowel movements. Together, they can help reduce cravings for unhealthy foods by creating a feeling of fullness. In addition, the incidence of chronic disease is lower in populations where dietary fiber consumption is higher.
Some studies suggest that adequate fiber intake may reduce the risk of cancer.
So how much do you need? The American Dietetic Association’s Dietary Reference Intakes recommend 25 grams of fiber per day for adult women and 38 grams per day for adult men to protect against cardiovascular disease.
Good sources of fiber include fruits, vegetables, whole-grain bread, nuts and legumes or beans.

- Rebekah Friedman

Sources: www.mayoclinic.org, www.eatright.org

Get the scoop on whole grains
Whole grains are an important source of fiber and other nutrients such as B vitamins, iron, magnesium and selenium.

What’s the difference between whole grains and refined grains?
Refined grains have been ground into flour or meal, which results in a loss of some nutrients, including dietary fiber. Whole grains are not ground, and so they retain these nutrients. While refined grains are typically enriched with B vitamins and iron to replace those lost during processing, they often still lack fiber.

What are some examples of whole grains?
Examples include whole wheat, brown and wild rice, oatmeal, popcorn and quinoa.
When shopping for foods like bread, read the packaging to make sure that a whole grain is the first listed ingredient.

Source: www.heart.org
The Physical Activity Guidelines for Americans recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise per week, along with two or more days of muscle-strengthening activities. This seems like a lot, however, it only amounts to about two-and-a-half hours each week. This is equivalent to the time it takes to sit down and watch a movie. The good news is that activities are just as beneficial when spread throughout the day. Try exercising for just 20 minutes twice per day! Below are some workouts that can be completed in just 10-20 short minutes.

**Download an App**
- **Johnson & Johnson Official 7 Minute Workout App** (Free; Android, iOS)
- **Runtastic Six Pack Abs** (Free; Android, iOS)

**Jump it off – Jump Rope**

- 5 minutes: double-leg jumps: Jump continuously on both legs at a steady pace.
- 45 seconds: plank: Bring elbows directly under shoulders, nose over thumbs and feet shoulder width apart. Keep your back flat and core tight.
- 2 minutes: single-leg jumps: Jump continuously on one leg for 30 seconds. Switch to other leg for 30 seconds. Repeat. Try to switch feet without stopping.
- 2 minutes: double-leg jumps: Jump continuously a little bit faster this time. Land lightly on your feet and keep your chest lifted.
- 45 seconds: opposite arm/leg extensions: Come onto hands and knees with wrists directly under shoulders and knees under hips. Extend left leg only up to hip height as you extend right arm up next to your ear. Come back to center and switch side. Continue alternating for 45 seconds keeping your core engaged.
- Repeat the entire circuit.

Sources: www.cdc.gov
**Move It Monday**

Complete each exercise for as many repetitions as you can in one minute. At the end of the minute, move immediately to the next exercise. Complete the circuit twice.

- Jumping jacks
- Push-ups
- Ab chopper: complete a sit up reaching both hands to one ankle and then switch sides
- Mountain climbers
- Alternating front kicks with squat in between
- Chair dips with one leg raised for 30 seconds on each leg
- Split squat jump or walking lunges
- Side plank for 30 seconds on each side
- Step ups on a chair alternating legs

Cool down and stretch for two minutes.

**Twenty-Minute Tuesday**

Do each move for 50 seconds with 10 seconds of rest in between. Repeat the circuit twice.

- Jump squats
- Alternating front kicks with squat in between
- High knees
- Deep squats, as low to the ground as you can get
- Burpees
- Walking lunges
- Sumo squat with baby jumps
- Donkey kicks
- Hops side to side

Cool down and stretch for two minutes.

**Workout Wednesday**

Do each move for one minute with 10 seconds of rest in between. Repeat the circuit twice.

- Burpees
- Push-ups
- Mountain climbers
- Bicycle crunches
- Jumping jacks
- Triceps dips
- High knees
- Lower leg lifts (Lie on your back and slowly lower your legs to the ground without letting your lower back lift into the air. Place your hands under your butt for extra support if needed.)

Cool down and stretch for two minutes.

**Take the Stairs Thursday**

Try walking up and down flights of stairs for a 20-minute break during the day. Switch it up occasionally by stepping on each step, skipping a step, walking up sideways or even hopping up the steps (hold on to the railing for support). Make sure to skip the elevator and take the stairs every day as well.

**Fit Walk Path Friday**

Use the Fit Walk Paths located across campus to map out a route to walk for 20 minutes to keep track of your distance or just take a walk around campus for 20 minutes!

For the full map, visit [www.sa.sc.edu/healthycarolina/initiatives/paths](http://www.sa.sc.edu/healthycarolina/initiatives/paths).
For college students, getting enough sleep isn’t always a top priority. But not getting enough rest can affect everything from mood to academic performance. Here are some tips for improving how you snooze:

1. **Be consistent.** Adhering to a regular schedule, even on weekends, helps to regulate your body’s sleep-wake cycle.

2. **Don’t go to bed hungry... or too full.** Avoid stimulants such as caffeine and nicotine and avoid alcohol, which can cause you to wake up during the night.

3. **Create a comfortable space.** Is your room dark enough? Do you need a new mattress or pillow? Consider whether changes to room temperature, lighting and bedding are necessary to optimize your sleep.

4. **Don’t nap during the daytime.** If there’s no avoiding it, keep naps short (20 to 30 minutes) and don’t snooze late in the afternoon.

5. **Work up a sweat.** Regular exercise can help you achieve deeper sleep, as long as it’s not done too close to bedtime.

6. **Keep calm.** If stress is keeping you up at night, write down your thoughts in a journal. You may also consider making an appointment with a counselor in Counseling & Psychiatry.

Source: www.mayoclinic.org
**Grocery Store Tours**
Learn how to navigate the grocery store, where to find healthier foods, tricks used by food manufacturers and how to decipher food labels.

**Wind Down Wednesdays**
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.

**Suicide Prevention Gatekeeper Training**
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.

**Keep Calm and Pet a Puppy**
Relieve some stress by petting a PAALS (Palmetto Animal Assisted Life Services) service dog-in-training.

**Gentlemen Respecting Interacting in Truth (GRIT)**
A men’s support group, which meets monthly to discuss sexual assault and healthy relationships.

**Gamecocks Speaking Proactively on Topics of Sexuality (GSPOTS)**
A series of workshops led by Sarah E. Wright, a licensed psychologist and certified sex therapist within Counseling & Psychiatry, featuring discussions on various topics of human sexuality.

**Let’s Talk**
An outreach program for students that provides informal walk-in consultations with counselors at sites across campus.

**Women’s Self-Defense Classes**
USC’s SAVIP and the Division of Law Enforcement and Safety team up to offer hands-on self-defense training workshops for women.

**Healthy Carolina Farmers Market**
Buy local fresh fruits and vegetables! Stop by the Healthy Carolina Farmer’s Market on Tuesdays on Greene Street.

For more information about and to register for these events, visit [www.sa.sc.edu/shs/events](http://www.sa.sc.edu/shs/events) [facebook.com/UofSCshs](http://facebook.com/UofSCshs) Twitter: @UofSCshs
### Contact Us

[www.sa.sc.edu/shs](http://www.sa.sc.edu/shs)

<table>
<thead>
<tr>
<th><strong>Allergy, Immunization &amp; Travel Clinic</strong></th>
<th><strong>Campus Wellness</strong></th>
<th><strong>Counseling services</strong></th>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Thomson Student Health Center First Floor</td>
<td>Byrnes Building Seventh Floor</td>
</tr>
<tr>
<td><strong>Fall &amp; Spring Semester Hours</strong></td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
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<tr>
<td><strong>Fall &amp; Spring Semester Hours</strong></td>
<td><em>Allergy services are scheduled Monday-Friday until 4:30 p.m.</em></td>
<td>Sunday, 2 p.m. - 8 p.m. (in the Thomson Student Health Center)</td>
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<tr>
<td><strong>Appointments</strong></td>
<td><a href="http://www.sc.edu/myhealthspace">www.sc.edu/myhealthspace</a></td>
<td><strong>Contact Information</strong></td>
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<tr>
<td><strong>Contact Information</strong></td>
<td>Ph: 803-576-9393 (students)</td>
<td>Ph: 803-777-5223</td>
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<tr>
<td></td>
<td>Ph: 803-777-6518 (faculty/staff)</td>
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<tr>
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<th><strong>Pharmacy</strong></th>
<th><strong>Psychiatric services</strong></th>
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<td>Thomson Student Health Center Third Floor</td>
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<td><strong>Contact Information</strong></td>
<td>Ph: 803-777-3175</td>
<td><a href="http://www.sc.edu/myrxspace">www.sc.edu/myrxspace</a></td>
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<td>Fax: 803-777-0126</td>
<td><strong>Contact Information</strong></td>
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<td>Ph: 803-777-4890</td>
<td>Ph: 803-777-1833</td>
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<td>Fax: 803-777-0965</td>
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<th><strong>Women’s Care</strong></th>
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<td>Thomson Student Health Center Fourth Floor</td>
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<td>Monday - Friday, 8 a.m. - 5 p.m.</td>
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<tr>
<td><strong>Fall &amp; Spring Semester Hours</strong></td>
<td>(Entrance is on the Bull Street Garage-side of the building)</td>
<td>Sunday, 2 p.m. - 8 p.m.</td>
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<td><a href="http://www.sc.edu/myhealthspace">www.sc.edu/myhealthspace</a></td>
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<td></td>
<td>Ph: 803-777-8248</td>
<td><strong>Contact Information</strong></td>
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<tr>
<td></td>
<td>Ph: 803-777-8920</td>
<td>Ph: 803-777-8248</td>
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<td>SAVIP advocates on call 24/7 - in the event of an emergency or after hours, call 803-777-4215.</td>
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**SAVIP advocates on call 24/7 - in the event of an emergency or after hours, call 803-777-4215.**
Tell us what you want!

How have you found out about Student Health Services event/program information? Check all that apply
- Sunday night student email
- Twitter
- Facebook
- Brochure
- Poster
- The Daily Gamecock ad
- Orientation
- Greene Street event
- Website
- Word of mouth

Other:__________________

How would you like to get information about services, programs and events? Check all that apply
- Sunday night student email
- Twitter
- Facebook
- Brochure
- Poster
- The Daily Gamecock ad
- Orientation
- Greene Street event
- Website
- Word of mouth

Other:__________________

Please tear out this survey and place it in one of the comment card boxes found throughout all of Student Health Services locations or take the survey at http://studentvoice.com/usc/gamecockhealthfall2015
Student Health Services
Supporting the vision of a Healthy Carolina community

www.sa.sc.edu/shs

Like us
facebook.com/UofSCshs

Follow us
@UofSCshs

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