An Unexpected Injury, A New Support System

Cobb Howell

Gamecock Health
University of South Carolina Student Health Services
Spring 2014
In this issue of Gamecock Health

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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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

**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
F: 803-777-0126

**Campus Wellness**

**Location**
Strom Wellness & Fitness Center
Lower level

**Fall & Spring Semester Hours**
Monday - Friday, 8 a.m. - 5 p.m.

**Sexual Assault and Violence Intervention & Prevention**

**Location**
Thomson Student Health Center
First Floor
(Entrance is on the Bull Street Garage-side of the building)

**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, call 803-777-4215.

**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
F: 803-777-0965

**Psychiatric Services**

**Location**
Thomson Student Health Center
Third Floor

**Fall & Spring Semester Hours**
Monday - Friday, 8 a.m. - 5 p.m.

**Appointments**
www.sc.edu/myhealthspace

**Contact Information**
Ph: 803-777-3175

**Counseling & Human Development Center**

**Location**
Byrnes Building
Seventh 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: 803-777-5223

**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

**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: 803-777-3175
As you’ve probably already noticed, health and health care are major talking points in our nation.

The Affordable Care Act took effect on January 1, and now most Americans should have some form of health insurance by this point.

To find out more about the Affordable Care Act and health insurance, see page 20-21.

The best news for college students out of the Affordable Care Act is an emphasis on preventive health care.

Instead of just visiting the Thomson Student Health Center when you’re sick with bronchitis or sinusitis, make an appointment to take advantage of some of Student Health Services' preventive services.

Meet with a Campus Wellness nutritionist to get on the right track to eating healthy.

Women’s Care is available for annual visits, whether you just need your usual check up or if you have questions for one of our gynecological providers.

Utilize the Counseling & Human Development Center if you are experiencing stress, anxiety or other difficulties and just need someone to talk to. Let’s Talk is a good option if you just need a listening ear for a few minutes - see page 23 for more information on this program.

Student Health Services offers all of these preventive services and more - and most of them are already paid for with your student health fee.

In addition to all the preventive care provided through Student Health Services, there are many other programs and services that can help you maintain and increase your overall health and wellness.

Please contact our office if you ever have questions about our services, events or programs. We want you to feel completely comfortable meeting with our providers and utilizing our services, so we welcome any and all of your questions and feedback.

Yours in health,
Deborah Beck
Executive Director
Student Health Services

Did you know?
We have our own Psychiatric Services department, which helps students by providing emotional support through psychotherapy, medication management and referrals. If you are experiencing emotional or physical symptoms such as mood changes, depression, anxiety or sleep problems, suicidal thinking or any other changes in behavior, you can schedule an appointment with one of our board-certified psychiatrists without a referral.
Kristy Michelle Wolff

Women’s Care

Family: One son with autism who is 11, a husband, two dogs and two cats

Favorite memory as a student: When my husband proposed to me at USC in the gazebo near the gardens on Blossom Street. Also the lasting friendships that I have made with my dear friends from graduate school and undergraduate. We keep in touch now as colleagues and friends and remember our fond days as students and think we are now a little wiser about our health and our lives.

A word that describes you best: Committed - I always keep my promises and never give up.

Favorite quotes: “The future belongs to those who believe in the beauty of their dreams.” -Eleanor Roosevelt

“What do you wish you learned in school but didn’t?” More about financial diversity and how important it is to start saving for retirement

Favorite genre of movies: Romance and comedy

Corey Ingram

Sexual Assault and Violence Intervention & Prevention (SAVIP)

Favorite memory from when you were a student: Being named Mr. Miles College two years in a row, being elected National Pan-Hellenic Council (NPHC) president two years in a row and holding state and national office with the NPHC

Favorite thing about working with USC students: Having the opportunity to positively exact change in a person’s life

One thing you do that keeps you healthy year-round (mentally or physically): Playing basketball

One Word that describes you best: Giving

Favorite quotes: The Serenity Prayer, “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” -MLK Jr., “In all thy getting, get understanding.” -Proverbs 4:7

What do you wish you learned in school but didn’t? A lot, though foreign language is one enormous thing I wish I had learned.

Best meal you’ve ever had: A variety platter in Barbados (different types of seafood, meats and desserts)

Title: Health Educator
Undergraduate Education: Miles College
Post-Undergrad Education: University Of Alabama, MSW

Judy Chontos-Komorowski

General Medicine Center

Past Experience: Residency in Emergency Medicine at Christ Hospital/Rush Medical Center in Chicago. Faculty at Emergency Medicine Residency Program at (Palmetto Health) Richland. I continued to work in the emergency departments of Palmetto Health Richland and Baptist until September 2013. Additionally, I worked at Palmetto Health Baptist as medical director of the fast-track area of the emergency department for 10 years.

Family: I have a son and two daughters, all of whom have recently completed their college years. My husband and I also have a dog, a cat and a horse.

Favorite memory from when you were a student: That was a really long time ago, and many memories are less than crisp! My favorite memory is meeting my husband of 33 years. We were both students at Bowling Green, and I can remember every detail of that evening, from our first glance to the exact clothes he was wearing. That’s an enduring memory!

Favorite thing about working with USC students: I am extremely fortunate to have such intelligent, personable, compliant, self-motivated and gracious patients. This is a dream job for me, and I have thoroughly enjoyed each patient encounter. I look forward to getting to know my patients as individuals during their time at USC. The staff of the General Medicine Center, as well as the other departments within Student Health Services, has been an absolute pleasure to work with and is deeply invested in providing optimal patient care through cooperation, compassion and teamwork. I am very happy to be part of this team!

What do you wish you learned in school but didn’t? Take care to plan for the future and learn from the past, but don’t forget to live in the moment.
Diagnosing Online Medical Symptom Checkers

JIMMY

Jimmy is a 19-year-old male who attends the University of South Carolina. One morning, he wakes up feeling ill. In an attempt to determine what is making him feel sick, Jimmy visits three online medical symptom checkers and types the same symptoms into all three: cough, difficulty swallowing, hoarse voice and sore throat. As you can see from his “diagnoses” below, online symptom checkers vary greatly and are not a reliable source of medical information.

WebMD

76 possible Conditions
Top 5 most likely:
- Viral Pharyngitis
- Laryngitis
- Common Cold
- Heartburn
- Bronchitis

Pros: The WebMD symptom checker is managed and edited by three M.D.s. Additionally, the checker is user-friendly and provides images to assist those who may have trouble reading. There is also the ability to refine your symptoms.

Cons: Produces a significant number of potential causes.

Mayo Clinic

9 possible Conditions
Top 5 most likely:
- Tonsillitis
- Common Cold
- Influenza
- Strep Throat
- Epiglottis

Pros: The Mayo Clinic symptom checker was developed by expert nurses and is vetted through four M.D.s, senior medical editors and specialty medical editors. It is easy to use and provides a short list of possible causes.

Cons: Doesn’t factor in gender, age or health behaviors, such as smoking or alcohol use.

Isabel

30 possible Conditions
Top 5 most likely:
- Acute Infectious Laryngitis
- Tonsillitis
- Lung Cancer
- Gastro Esophageal Reflux
- Glandular Fever

Pros: The Isabel symptom checker allows the user to type in their own symptoms. Separates potential causes from common to rare and encourages seeking medical advice for “red flag” causes.

Cons: Only one medical editor on staff. Links to unreliable sites like Wikipedia and Google.

Note about online medical symptom checkers from Mike McKenzie, medical director and physician for Student Health Services: Do not rely on the information that you find on any website as an alternative to medical advice from your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, seek immediate medical attention. Never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information online.

If you need to see a medical provider, make an appointment at the Thomson Student Health Center by visiting MyHealthSpace at www.sc.edu/myhealthspace. All Columbia campus students enrolled in at least one credit hour in a degree program are eligible for care at Student Health Services. Visit www.sa.sc.edu/shs for more information.
A Message from President Pastides

As a public health scientist, I know that good health habits have a profound impact on body, mind and spirit. (My wife) Patricia and I have worked with students, faculty and staff to imagine, create and implement positive changes for a healthy campus. From healthy dining choices to exercise options and now to a tobacco-free campus, our community of scholars is preparing for the future through healthy choices today.

I am encouraged by the outpouring of support for a tobacco-free campus. And I thank all who have sent positive emails and tweets. I do understand that this will not be an easy transition for everyone. Please know that for those of you who desire to quit smoking or to abstain from other tobacco use, Carolina will provide significant support through ongoing communication and cessation programs. Visit www.sc.edu/tobaccofreeusc for additional information. Please join me in celebrating a tobacco-free environment.

Sincerely,

[Signature]

As of January 1, 2014, USC became a tobacco-free campus. By becoming tobacco-free, the university joined more than 1,182 other colleges and universities in the nation who are smoke- and/or tobacco-free. We are also the largest university statewide to achieve this status. This new policy is an expansion of the 2006 policy, which eliminated tobacco in all buildings and moved smoking to 25 feet away from buildings and in certain outdoor spaces. Within that policy, the university expressed its intent to expand the ban to the entire campus, including grounds and all other spaces in the future.

The essential aspect of the new policy is that all tobacco products are prohibited on property that the University of South Carolina Columbia campus owns, leases or controls. This includes company and personal vehicles on university property. The policy also discourages use of tobacco products on adjacent properties so as not to affect the health of our business and residential neighbors.

The policy’s purpose is three-pronged: to create an environment that is conducive to quitting tobacco, to promote the prevention of tobacco use and to prevent the risks associated with exposure to second-hand smoke. To support those who use tobacco, we have increased educational efforts about cessation resources for all faculty, staff and students. Campus Wellness has also created new programming that includes health coaching tailored to the individual’s readiness to change their tobacco use.

As with all policies, there is the issue of enforcement. The policy enforcement is everyone’s responsibility. There is new signage to point to and gentle reminder cards to give those who violate the policy. There is a new reporting system for hot spots where tobacco users congregate to help with educational and compliance efforts.

University staff know this will be a cultural change within the university, and they will provide support through ongoing communications and cessation programs for those who desire to quit or abstain from tobacco. The bottom line is a tobacco-free campus is a healthier campus. For more information about the policy, communications, cessation resources and enforcement, visit www.sc.edu/tobaccofreeusc.

Here’s a Health, Carolina!

-Jessica Johnston, M.P.H.
Director, Healthy Carolina
Chair, Tobacco Free Task Force
Tobacco Cessation

Campus Wellness has a wide variety of options to help you with your tobacco dependence. For a full list of tobacco cessation programs, visit www.sa.sc.edu/shs/cw/tobacco.

Here are just a few of the ways you can quit:

**Tobacco Treatment on Campus**

**Carolina’s Tobacco Treatment Program**
Comprised of four in-person sessions, the program is designed to assess an individual’s readiness to change by utilizing various motivational interviewing techniques and behavioral change strategies. Participants will receive coaching from a trained Campus Wellness coordinator. Visit www.sa.sc.edu/shs/cw/tobacco/program for more information.

**Tobacco Treatment in the Community and Beyond**

**Free Yourself from Smoking class**
Palmetto Health, in conjunction with USC’s Department of Family and Preventive Medicine, offers a free, comprehensive adult smoking cessation program. Visit www.sa.sc.edu/shs/cw/tobacco for more information.

**Tobacco Cessation by Phone**
If you would rather speak to a smoking cessation coach over the phone, call 1-800-QUIT-NOW through the Quit for Keeps program. Visit www.scdhec.gov/health/chcdp/tobacco/quit-for-keeps for more information.

**Tobacco Cessation by Text Messages**
The National Cancer Institute’s LiveHelp Service offers support by a live smoking cessation counselor through real-time text messaging. Visit https://livehelp.cancer.gov/app for more information.

**Tobacco Cessation on the Web**
Campus Wellness has many web-based tobacco cessation options listed on their main tobacco cessation web page: www.sa.sc.edu/cw/tobacco.

If you’re overwhelmed and want to discuss which tobacco cessation program may be best for you, contact Campus Wellness: Students 803-576-9393; Faculty/Staff 803-777-6518.
Student Health Services provides services for more than just students.

Student Health Services, Campus Wellness, Healthy Carolina and other campus partners are there for Faculty & Staff, too:

**Wellness Services**
- Nutrition Appointments
- Preventive Health Screenings
- Body Fat Percentage Measurement
- Fitness Assessment
- Exercise Consultations
- Stress Management
- Tobacco Cessation

**Health Center Services**
- Lab work
- Pharmacy services
- X-rays
- Allergy shots
- Immunization shots
- Travel Clinic

**Events and Programs**
- Choose to Lose
- Gamecocks on the Move (GOTM)
- Healthy Aging
- Heart Beat Pedometer Challenge
- Wind Down Wednesdays
- Sweet Success! Diabetes Management
- Flu Clinics
- Mobile Mammography
- Grocery Store Tours
- The Summer Wellness BINGO Challenge

**Periodic Workshops**
- Break Time, Lunchtime, Anytime
- Strength Training (B.L.A.S.T.)
- Breastfeeding Learn-at-Lunch seminars
- Diabetes Prevention
- FitStop (Blood Pressure & Body Fat Percentage)
- Cancer 101: Colon Cancer Awareness
- Nutrition 101: Healthy Eating Basics
- Stress Management 101: Work-Life Balance

And so much more!

Services, workshops, events and programs are available free or at low cost to faculty and staff. Contact Campus Wellness 803-777-6518 for more information.

To view the brochure and for more information about Campus Wellness services for Faculty & Staff, visit www.sa.sc.edu/shs/cw/staff

To view the Healthy Carolina Healthy Meetings Guide, Faculty & Staff Wellness Guide and the Healthy Baby and You guide, visit www.sc.edu/healthycarolina/our-publications

Remember Faculty & Staff are welcome to shop at the Healthy Carolina Farmers Market:
9:30 a.m. - 1:30 p.m. March 18 & 25, April 1, 8, 15 & 22
Greene Street in front of the Russell House
What You Should Know About Alcohol

April is Alcohol Awareness Month.

The Alcohol Awareness campaign is designed to bring attention to the impact alcohol, alcohol-related problems and alcoholism have on students, families and communities. Alcohol is the most-commonly abused substance among young adults in the United States. Early use of alcohol can lead to a variety of problems.

Nationally

- 8.5 percent of Americans suffer from alcohol use disorders.
- Approximately 5,000 young adults under the age of 21 die as a result of underage drinking each year.
- The effects of alcohol use play a role in roughly 700,000 assaults, 600,000 injuries and 100,000 sexual assaults on college campuses across the nation.
- Alcohol use and alcoholism cost an estimated $223.5 billion per year. This includes lost work productivity, health care costs, law enforcement expenses and vehicle crashes.

USC

- 74 percent of incoming freshmen are not high-risk drinkers (High risk drinking is defined as four or more drinks for women and five or more drinks for men at least once in the previous two weeks.) (2013 AlcoholEdu Executive Summary).
- 70.4 percent of students reported they did not drive after consuming alcohol (Spring 2013 National College Health Assessment (NCHA) given at USC).
- 66.7 percent of students said they keep track of how many drinks are being consumed while they “party” (Spring 2013 NCHA given at USC).

Signs of Alcohol Abuse

- Repeatedly neglecting responsibilities
- Using alcohol in potentially dangerous situations
- Legal problems due to drinking
- Financial problems due to drinking
- Relationship problems due to drinking
- Drinking to change mood

Signs of Alcoholism

- Increasing tolerance
- Withdrawal when not drinking
- Loss of control
- Desire to stop but can’t
- Neglecting important activities
- Continued use despite negative consequences

Is Alcohol Affecting You or a Friend?

If you or someone you know is experiencing any of the signs of alcohol abuse or alcoholism, please contact the USC Substance Abuse Prevention & Education (SAPE) office at 803-777-3933 or visit www.sa.sc.edu/sape. You can also contact the Counseling and Human Development Center (CHDC) at 803-777-3175 or visit www.sa.sc.edu/shs/chdc.

-Information provided by Rhonda DiNovo, Substance Abuse Prevention & Education Director
What You Get With the Student Health Insurance Plan:

- Worldwide coverage
- Easy enrollment
- Travel Guard benefits (coverage anywhere 100+ miles away)
- Most generic prescriptions just $20
- Most services at the Student Health Center are reimbursed at 100 percent
- Vision coverage (up to $300 annually)
- Dental coverage – two cleanings and one set of x-rays annually
- Preventive services*, including:
  - Depression screenings
  - Sexually Transmitted Infection (STI) screenings
  - Tobacco cessation interventions
  - Adult immunizations
  - Routine gynecological services/well-woman exams

What You Should Know About the Student Health Insurance Plan:

- $1457 annual premium ($121.42 per month)
- No pre-existing condition exclusion
- You should visit the Student Health Center first and be referred to outside facilities to reduce costs
- Lower deductibles, copays & co-insurance

The University of South Carolina-sponsored Student Health Insurance Plan by AIG

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<th>Key Benefits</th>
<th>Outpatient Doctor’s Visits</th>
<th>Rx</th>
<th>ER</th>
<th>Urgent Care</th>
<th>Dental</th>
<th>Vision</th>
<th>Nationwide PPO</th>
<th>Deductibles</th>
<th>Birth Control</th>
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<td>Office Visits</td>
<td>Outpatient Doctor’s Visits paid at 80% Allowable Charge after a $20 copay per visit in Network, 70% Reasonable &amp; Customary (R&amp;C) after a $35 copay per visit Out of Network (No charge if visiting the Student Health Center)</td>
<td>Paid at 80% after a $10 copay at the Student Health Center. All other 80% R&amp;C after a $100 deductible per policy year, subject to the following copays: $20 Generic, $40 Formulary Brand Name, $100 Non-Formulary and Specialty Brand Name.</td>
<td>$350 copay per visit (waived if admitted) – 80% Allowable Charge In Network, 80% R&amp;C Out of Network</td>
<td>$75 copay per visit – 80% Allowable Charge In Network, 70% R&amp;C Out of Network</td>
<td>Preventive dental service: $100% R&amp;C for oral exam (2 per Policy Year), cleaning (1 per 6-month period), and bitewing x-ray (1 per policy year). Basic services: 80% R&amp;C for cavities involving 1 surface (permanent teeth only) up to a maximum of $35. Other: Injury to sound natural teeth or removal of impacted wisdom teeth - 80% R&amp;C up to a maximum $1,000 per policy year.</td>
<td>Preventive dental service: 100% R&amp;C, after a $15 copay per visit, up to a maximum of $300 per policy year</td>
<td>MedCost inside South Carolina, First Health outside South Carolina</td>
<td>$350 In Network/$500 Out of Network</td>
<td>Paid at 100% with no copays at Student Health Center</td>
</tr>
</tbody>
</table>

*This is a partial list. Please go to www.studentinsurance.com to view a full list of preventive services (as specified by the Patient Protection and Affordable Care Act (PPACA)).
Introducing Jason Stacy, MD
Director of Sports Medicine and Physical Therapy

Where did you complete undergrad and medical school? University of Wisconsin in Madison, Wis., and Medical College of Wisconsin in Milwaukee, Wis.

Please list your specialized certifications/degrees: Doctor of Medicine, Board-Certified in Family Medicine and Sports Medicine.

When did you start working for Student Health Services? (SHS) I worked at the health center one day a week for 10 years and was hired to work full time as of August 2013.

Why did you decide to work with SHS? I decided to work at the Thomson Student Health Center to provide sports medicine care for a young and active patient population. I enjoy working with active young patients who are interested in improving their health and staying active. Joining SHS at the time I did has allowed me to be involved with making decisions to shape the Sports Medicine and Physical Therapy departments in the new state-of-the-art student health facility, which will be under construction soon.

What did you do before coming to SHS? I worked for 10 years in the Department of Family Medicine at the University of South Carolina School of Medicine. While employed there, I was the director of the sports medicine fellowship for seven years and was a family medicine residency faculty member. Also while at this job, I spent 10 years on the sidelines and in the training rooms as a team physician for all of the Gamecock student athletes at USC.

What do you like about sports medicine? This is really a simple answer: I like sports medicine since it combines two of my loves. I love the competition in sports, and I love being able to help people while practicing medicine.

What do you remember most about being an undergrad student? I remember spending a lot of time studying in the libraries on campus, but I prefer to remember all the fun times at sporting events and parties. I certainly do remember walking to class many times in the snow at the University of Wisconsin.

What is one thing you do that keeps you healthy year-round (mentally or physically)? Actually it is two things - I try to work out five days a week and eat healthy foods. I do need my morning coffee to keep me awake and alert during the day.

How would you describe yourself? I am a father and husband to the best kids and wife in the world, and in my spare time, I am a sports medicine doctor.

What are your words to live by? Don’t sweat the small stuff.

If you could vacation anywhere in the world, where would you go? I would love to travel to the islands of French Polynesia and stay in an over-the-water bungalow on the ocean.

What do you wish you learned in school but didn’t? I wish I had learned to be more efficient. I always thought that I was busy in college and medical school, but I did not realize how much more hectic life becomes when you have a family.

Which is your favorite genre of movies? Comedy

What’s your favorite TV show? Just like my choices in movies, I prefer to watch comedy shows on TV. I watch shows on Comedy Central, and I like sarcastic humor on shows like The Soup with Joel McHale. I also like to watch Survivor.
An unexpected injury, 
A new support system

When Madison “Cobb” Howell heard a pop in his right knee during an intramural flag football game in September 2013, he thought it felt a little weird but didn’t hurt, so he kept playing.

The next morning when he woke up, his knee had swollen to more than double its usual size. In pain, Howell could barely walk and couldn’t put any weight on his knee.

That same morning, Howell went to the Thomson Student Health Center, where Dr. Jason Stacy, director of sports medicine and physical therapy, did X-rays and sent Howell to the USC Sports Medicine Center to get an MRI.

When the MRI results came back, Stacy confirmed Howell had an ACL tear and would require surgery to repair it.

The ACL is the most-commonly injured knee ligament, and in the U.S., there are between 100,000-200,000 ACL tears each year, Stacy said.

The ACL injury is a “difficult injury for a young person, as it greatly limits his or her ability to play sports,” he said. “It is a rare occasion where a young person can return to activities without ACL reconstruction surgery.”

Howell, a junior mechanical engineering major from Spartanburg, had never been injured before, even as a former high school football and lacrosse player.

“Dr. Stacy was really nice, and it made it a lot easier,” Howell said. “He’s quick to get to you and to get back to you.”

In addition to diagnosing and treating Howell, Stacy also spoke with Howell’s mother, Alice, multiple times after her son was injured.

“(Stacy) was very calming and reassuring that, yes, this was a significant injury, but (Cobb) would do pre-hab and get surgery to repair the ACL,” Alice Howell said. “As a mom, I asked a thousand questions, and he was very thoughtful and caring and explained exactly what needed to be explained at that time, in detail, and left nothing out.”

Howell had to wear a knee brace until his surgery, which was scheduled on October 30, exactly a month after his injury.

Howell had surgery in Greenville so he could recuperate at home.
After a week on his parents’ couch resting his knee, Howell returned to the USC campus and relied heavily on his brother, Louis, a senior business student, and his girlfriend, Rachel Tidd, a junior retail management major, to tote him back and forth from classes to his off-campus Shandon duplex.

Howell also frequently used the Carolina Shuttle in between classes, especially when he had to go back and forth between the Jones Physical Science Center and the Swearingen Engineering Center.

“Cobb’s physical limitations, getting around school, the pain, the difficulty of rehab, has been hard,” Alice Howell said. “The lack of mobility is hard for a 20-year-old across a huge campus.”

The most frustrating thing for Howell after hurting his knee was not being able to drive.

“Not driving has been the most difficult part – not being able to get where you need to go, to class or to the store.”

He also said missing classes while he had surgery and was at home recuperating also made the process difficult.

Luckily, most of his professors were understanding and kept him from falling too far behind, Howell said.

After returning to Columbia, Howell was able to do his physical therapy at the Thomson Student Health Center with Misty Dix, a licensed physical therapist.

Howell chose to do his physical therapy at the health center because of its quality care and convenience.

The health center “is a good place to come for therapy,” he said. “It’s nice to have doctors on campus to make sure you’re doing what you need to be doing to get healed up.”

Dix, who began working at the Thomson Student Health Center in fall 2013, usually does physical therapy each week with around 12 patients, whose need for therapy comes from injuries, surgeries, car accidents, among other things.

In addition to Stacy’s patients at the health center, some physical therapy patients are referred to USC after undergoing surgery or treatment in their hometowns, she said.

Alice Howell was skeptical at first about Cobb doing his twice-weekly physical therapy on campus.

“We said, ‘We’ll try out the University, and if it doesn’t work, we’ll move on,’” she said. Howell’s physical therapy regimen with Dix “was phenomenal,” Alice Howell said. “She did what had been prescribed and then some. I was so impressed.”

Alice Howell said she would recommend the Thomson Student Health Center for sports injuries and physical therapy to anyone in need of those services.

“Usually you get this type of attention to detail in your hometown when they know who you are,” she said. “I felt that they gave me that type of attention (at USC). They don’t know me at all – or my son – as he’s never had to go to the health center in his three years.

“We could’ve taken him anywhere, but we decided to come back to the Thomson Student Health Center because of their quality of care.”

Howell continued physical therapy at home in Spartanburg during winter break and finished his therapy at USC in February.

“I hope to be 100 percent by February,” Howell said in November. “I want to get back to sports – football, basketball, water skiing, snow-skiing and rock-climbing.

“It’s been tough not being able to get out and do everything I like to do.”

By Marjorie Riddle Duffie, Student Health Services PR & Marketing Director
Refill your prescriptions on the go! Forget the hassle of calling the pharmacy and running back and forth to drop off and pick up your prescriptions. Download PocketRx. This free app is available for USC students, faculty and staff. Use it to order and refill prescriptions anytime, anywhere.

Time is valuable, so why waste a minute of it? Using the prescription number on your bottle or by scanning the barcode on the label, send your information through PocketRx, which will notify the USC pharmacy that you’re ready to have your prescription filled, and they will begin processing the order. Once your order has been filled, you will receive a text message that it’s time to pick it up. It’s that simple.

Here’s what to do:

1) Find PocketRx at the app store on your smartphone or scan the QR code below.
2) Search “South Carolina PocketRx” and download the app.
3) Create your profile and pin.
4) Add your prescriptions.
## Going Green at USC

### Water
- **TURN off water while brushing teeth**
  Up to 1.3 gallons of water can be wasted by leaving the water running while brushing your teeth.

- **Use REFILLABLE water bottles**
  Having your own water bottle to fill up can reduce the amount of plastic bottles thrown away. If you do use a plastic water bottle, recycle it instead of throwing it in the trash.

### Energy
- **RECYCLE your old cellphone**
  Instead of throwing away your old cell phone, you can recycle it or donate it to Cell Phones for Soldiers: www.cellphonesforsoldiers.com.

- **Turn your lights OFF**
  When you leave your residence hall, apartment or house, turn off the lights to save electricity.

- **Download a free ENERGY-SAVING application for your computer**
  Energy-saving applications can reduce the energy consumption of your computer.

### Paper
- **Switch to PAPERLESS bills**
  If you have bills or bank statements sent to you, go online and switch to paperless bills. This will be more convenient and environmentally-friendly.

- **CONSERVE paper use**
  If you printed a rough draft, don't throw it away; use the back of it for scratch paper. Also, print on both sides of the page when possible.

### Water & Energy
- **Spend LESS TIME in the shower**
  You can conserve electricity used to heat the water as well as conserve water used by reducing the amount of time spent in the shower.

- **Wash clothes in COLD water**
  This can reduce the amount of heat damage to your clothes and reduce the amount of electricity used.

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- Compiled by Blake Sox, Student Health Services Student Worker
What does it mean to stand up CAROLINA?
Midterms are over, and you can practically feel the sun and sand of your spring break trip. You and your roommates have been planning this trip for months. You arrive in Panama City, check in to your hotel and immediately head out to see the nightlife scene. As the night goes on, you realize your friend Lucy has had way too much to drink. So much that she is not only making a fool of herself, but people are beginning to feel uncomfortable. As it’s spring break, you let her be for a little while. Later, you think it’s time to head back to the hotel. Lucy is clearly intoxicated but is not ready to go. She says this guy she just met is staying at a hotel right down the street from your group, and he has offered to walk her home when the bar closes. As her friend and a bystander, what do you do?

**Trust your Instincts:** If something doesn’t feel quite right, it probably isn’t. Go with your gut feeling.

**Assess the Situation:** Anytime alcohol is involved, unpredictable events can happen. Make sure that you assess the situation before saying something to your friend. If you have also been drinking, you want to make sure that you are able to help your friend. If you are not able to help, the best thing that you can do is find someone who is sober enough to make the most responsible decision. Make a plan before you go out and designate a thinker - a person who is going to stay sober and encourage smart and safe choices.

**Get Involved:** Approach your friend and communicate why her decision may not be the best one. Suggest alternatives such as meeting the following day as a group. If possible, avoid embarrassing the person or being confrontational. No matter what - don’t leave your friend behind.

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You’ve been living with Ben for almost three years now. You were randomly matched freshman year, and he is a pretty good roommate, so you have continued living together. You got out of class early yesterday, and you walked in on Ben and his girlfriend Susan having an argument. Susan was visibly upset and had been crying. Ben looked enraged, and Susan had some visible red marks and the start of bruising around her eye. Ben calls Susan a derogatory name before storming out of the room. What do you do?

**Determine your level of comfort:** Approaching the situation can be sensitive and difficult. If needed, reach out to campus resources such as SAVIP, the Counseling and Human Development Center or even campus police for support and advice.

**Set up a time to talk:** Try to make sure you have privacy and won’t be distracted or interrupted when you tell your friend you have some concerns. Be open and honest in the conversation and express your perspective.

**Don’t place shame, blame or guilt on your friend:** Be sure to acknowledge where they are coming from and listen to their point of view. Encourage the victim to talk to somebody who they feel comfortable with.

**Encourage your friend to talk to someone who can help:** Offer to help find resources that may alleviate the situation.

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It’s your last semester of college, and you can hardly contain your excitement. In order to graduate, you have to take a class that has a reputation as one of the hardest courses in your major. Everybody talks about how they just barely passed, and you have heard some students had to take it the following semester. Luckily for you, a couple of friends in your student organization have to take the same class. You all decide to form a study group for the first exam. When one of your friends arrives, she pulls out all of the past tests. She mentions that everybody says they are the same exam every semester, and if you study from these, you will surely pass the class. What do you do?

**Speak Up:** Voice your opinion about the situation and express your concerns. Reference the university’s code of conduct as well as the punishments for cheating.

**Offer alternatives:** Brainstorm as a group other ways to study for the exam. Meeting with the professor or dividing up the material and re-teaching to one another can help you understand the information.

**Separate Yourself:** Don’t let your friends’ lack of judgment impact your academic success.

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Standing up and voicing your opinion when a situation doesn’t feel right is one of the hardest things you can do. We have all been a bystander at some point in our lives. The Sexual Assault and Violence Intervention & Prevention (SAVIP) office is working to empower USC students to be active, accountable bystanders through their Stand Up Carolina initiative. If we keep our eyes open to potentially dangerous situations, we can step in before something bad happens. As people feel empowered to become “active” bystanders, it will, in turn, empower others surrounding them. Read the scenarios below. How would YOU Stand Up in each situation?

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*By Megan McConville, Student Health Services Graduate Assistant*
The idea behind health insurance is simple: medical care is not cheap, and most people can’t pay for it all out of pocket. Essentially, health insurance is a contract between you and a selected insurance company. In most cases, you pay a fee called a premium each year to your selected insurance company. In return, the insurance company agrees to pay your providers a certain amount of money in the event you have a medically-related expense. This expense can come from wellness visits, preventive services, surgeries or catastrophic incidents. This amount and coverage varies based on the plan you select and is defined in your insurance policy.

Health insurance is available through a wide range of plans, and the costs and benefits vary for each one. Each person’s individual needs are different and are based on health needs, age and job status. Becoming an informed buyer is crucial for finding the best coverage. As a student, there are four main ways you can get health insurance:

Parents’ Plan: As part of the ACA modifications, young adults can stay on their parents’ health insurance plan until age 26. This is true even if you’re married, live somewhere else or have a job. For students, this means that you may not have to worry about selecting an individual or group insurance plan, because your parents have already included you in their family plan.

Employer Plan: This is the way most people in the United States get their health insurance. It is usually also the least expensive option, since employers often help pay for part of the insurance. For more information about insurance through work, contact your human resources representative.

Individual Plan: An individual plan is a health insurance policy that you buy on your own. Selecting an individual insurance plan allows people to choose the best insurance to meet their individualized needs. To help with the selection of an individual plan, the Health Insurance Marketplace (or Health Insurance Exchange) has been created through the ACA. Companies must meet certain criteria to be featured in the Health Insurance Marketplace, and all companies in the marketplace must cover services such as hospital, doctor and mental health visits, preventive care and prescriptions. They also can't change their prices based on pre-existing conditions or gender. While insurance companies in the marketplace must meet certain criteria, the coverage they provide greatly differs and may not include all the services you need, including dental care, vision care or alternative medicinal services. Not all insurance companies are represented in the marketplace, so be sure to do your research. It’s important to note when enrolling in individual plans, you can only do so during open enrollment times or if you have a qualifying life event, such as losing your job.

Student Health Plan: As a USC student, you have the option to enroll in the University of South Carolina-sponsored Student Health Insurance Plan through AIG. The school-sponsored plan provides an affordable and convenient way for students to make sure they have health insurance that meets the coverage requirement as set forth by the ACA. The university-sponsored plan includes everything from dental and vision to worldwide coverage. While all students have access to the services provided through the university, those on the Student...
Understanding the types of health insurance plans that exist are important, but even more important is understanding what all this really means when you go to the doctor. Even before making your appointment, it is important to understand costs associated with your visit, such as your copayment and deductible, as they vary greatly based on your plan.

Following your appointment, your provider will file an insurance claim with your insurance’s processing center for the services you received. The processing center looks at all of the information regarding the services you received, including information from your doctor and intake forms. These are compared to the insurer’s explanation of benefits to see if the policy covers the services. If it does, your insurance carrier will pay their part of the remaining balance, which will be determined by the coinsurance, if applicable. If not, you are responsible for whatever balance is left after your copay.

Understanding insurance plans is complicated because each plan is different. Figuring out which one is right for you is a balancing act, so be sure to do your research. You want to get the most benefits at the least cost as it relates to you as an individual.

An example of a hypothetical insurance claim:

Be aware that not all insurance companies have the same deductible and coinsurance amounts. It’s important to look at your policy and understand what is covered in your medical services.

You decide that for winter break you’re going to go skiing in Colorado with your friends. So you pack your gloves, helmet, and skis and head out west. You arrive at the mountain and get ready for your first run. As soon as you push off the chair-lift, you realize that you’ve made a horrible mistake and have taken the lift to a highly-advanced trail. You hit a divot and start rolling down the mountain. You hit a couple trees, which causes some injuries, and land at the bottom of the hill. While you survive with just a couple of broken bones, you accumulate $10,000 in medical bills.

Your insurance plan includes:
- **Deductible:** $2,000
- **Coinsurance:** 20 percent

In the example above, you would be responsible for the first $2,000 out of your pocket (deductible). Of the remaining $8,000, you will pay 20 percent ($1,600), and the insurance company will pay 80 percent ($6,400). The total cost out of pocket for you would be $3,600, and the insurance company would pay $6,400.

**Terms to Know**

- **Deductible:** The amount you’re responsible for paying for covered medical expenses before your health insurance plan begins to pay for covered medical expenses each year.
- **Coinsurance:** Shared costs between you and the health insurance plan. For example, you pay 20 percent of costs, and your plan pays 80 percent. These percentages may be different for each plan. Some plans may not have coinsurance.
- **Copayment:** The payment you make, usually a fixed dollar amount such as $15, each time you visit the doctor or fill a prescription medication. Not all plans have copayments. These typically do not count toward the deductible.
- **Out-of-pocket maximum:** The most you will have to pay for covered medical expenses in a plan year through deductible and coinsurance before your insurance plan begins to pay 100 percent of covered medical expenses. Typically, you are still responsible for the copayment even when the maximum is reached.
- **Premium:** Amount you pay to buy insurance. The premium is usually paid monthly, quarterly or annually. If you are receiving your insurance from your employer, this could be taken out of your paycheck each pay period. The amount of your premium may change over time.

**Explanation of Benefits:** An Explanation of Benefits (EOB) is a form or document that may be sent to you by your insurance company after you receive health care services. It details recent care charges and benefit plan payments. It includes the charges from the services, the amount not covered by your insurance provider and the amount that you will be responsible for paying.

**Staying Healthy**

One way to help prevent medical costs is to take charge of your health. Here are some simple tips to help prevent expensive health care costs:

1. **Make healthier lifestyle choices.** Exercise regularly, eat a balanced diet and keep stress to a minimum. Campus Wellness regularly provides FREE Group X-Fitness classes and stress management programs.

2. **Practice prevention.** Get regular physical, dental and vision check-ups, schedule recommended health screening tests and get your annual flu shot.

3. **Take care of your body.** Evaluate your diet and exercise routine. A healthy lifestyle can help you save money on prescription drugs and ongoing doctor visits. Campus Wellness provides free exercise and nutrition consultations for students.

4. **Take an active role in your care.** Meet with a Student Health Services doctor to manage your health and take time to build a good relationship with your provider.
Presented by the Counseling and Human Development Center (CHDC), G.S.P.O.T.S. (Gamecocks Speaking Proactively On Topics of Sexuality) is a series of workshops featuring discussions on various topics of human sexuality. The goal is to provide basic sexuality education and to normalize concerns that go unaddressed because of stigma, shame, fear, lack of resources or knowledge. Topics range in focus and are presented twice a semester. Below are actual questions students asked in an open forum in fall 2013 and answers by Sarah Wright, Psy.D., a counselor and the coordinator of human sexuality services for the CHDC.

Q: Do you think anyone waits to have sex until they are married anymore?

A: I know they do! While sex may have a more liberal persona than it did 20 years ago, there are still a lot of people with more traditional values about sex, one of which is waiting until marriage. It is very important as a sexual being to know your values. If waiting until marriage is important to you, then I say wait! You're definitely not alone, despite what others may say.

Q: Why does it seem like guys often have a higher sex drive than females?

A: Because they often do! Research shows that men tend to think about sex more, fantasize more frequently, masturbate more often and are more likely to initiate sex than females. This may be because of increased testosterone levels, which fuel the sex drive in both men and women. From an evolutionary lens, it benefits men to want sex more often to increase chances of procreation.

Q: What does the “G” stand for?

A: In our use – Gamecocks. In everyday life – Grafenberg, after Dr. Ernest Grafenberg, the gynecologist who claimed to have found a spot within the vagina that brought about orgasms by its stimulation. It’s still a hotly-debated topic as to whether this spot actually exists!

Why is sex such a big deal in society if it’s human nature?

A: This is quite a broad question! I think part of the “big deal” is the taboo nature that sex has taken on in Western society. This can be traced back to our Victorian roots, as anyone versed in Roman history could tell you, it was not this way in ancient Rome! I think this, too, can vary from culture to culture, family to family. Most things that tend to be kept “secret” or undiscussed can feel like a big deal when any part of them is brought to light.

The next G.S.P.O.T.S. will be April 1 from 6:30-8 p.m. in Russell House room 303.

The April 1 GSPOTS will be an open forum where you can text Sarah Wright your questions about sex before the event, and she will answer them during the discussion. Like us on Facebook (facebook.com/UofSCshs) or follow us on Twitter (@UofSCshs) to get information about this and other Student Health Services events.
Let’s Talk

If you are considering counseling or just want to spend a few minutes with a counselor, consider Let’s Talk, which is an informal, confidential consultation with a CHDC counselor. Stop in to the following locations - no appointment necessary!

- **Tuesdays 3-5 p.m.** Booker T. Washington Hall
- **Wednesdays 3-5 p.m.** School of Medicine Honors Residence Hall
- **Thursdays 4:30-6:30 p.m.** Honors Residence Hall
- **Thursdays 3-5 p.m.** Bates West

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Suicide Prevention Gatekeeper Trainings

Suicide is the second leading cause of death among 18-24-year-olds.

During the trainings, CHDC staff will
- Teach you the warning signs of a suicidal person and early signs of depression
- Assist you in gaining confidence in how to respond
- Educate you about the resources available at the University of South Carolina

- **March 25** 9-11:30 a.m.
- **April 4** 1-3:30 p.m.
- **April 21** 2-4:30 p.m.

All trainings will be held in Russell House room 203. Sign up online at www.sa.sc.edu/shs/chdc/training

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Other Services provided by the CHDC:
- Individual counseling
- Couples counseling
- Group counseling
- Crisis intervention services
- Stress management
- Community consultation and intervention (CCI)
- Guided relaxation group
- emWave biofeedback
“Lose 30 pounds in 30 days!” Everywhere we look there is something new and improved to “help” us look a certain way. Americans spend approximately $60 billion annually on dieting and weight loss products. When changing your eating habits, here are some tips to help make the best decision for your lifestyle:

At the end of the day, there is no secret to weight loss. So what should the plan be? Consume a balanced diet with variety, indulge in moderation, drink lots of water and exercise. If you need support or advice, make an appointment with one of the registered dietitians on campus to help build an individualized plan to achieve your goals. Overall, the best diet is the one you don’t know you are on.

Make an appointment with a Campus Wellness registered dietician by visiting www.sc.edu/myhealthspace.
Tips for Eating Healthy on a Budget

By Lisa Money, Campus Wellness Registered Dietitian

As a campus Registered Dietitian, students often ask how to manage their money wisely while eating healthy on campus. How can a college student make ends meet? It’s one of the toughest questions to answer, but my last name is “Money,” so I will give it a try! These tips can help you get the most out of your food budget:

The majority of freshmen at USC purchase the 14-meal plan, which constitutes 66 percent of their meals, pre-paid each semester.

1. The most important tip is to know the amount of meals swipe each Thursday night, which is the end of the meal plan week. One way to take advantage is to plan ahead: whenever you are NOT going to eat one of the 14 meals, go swipe your card for a bag of fruit, veggie snacks, bottled water or fruit juice at any of the dining locations on campus. This ensures that the money you paid up-front does not go to waste.

2. Each student on the regular meal plan receives $20 in BonusBucks (BB) each semester. Use these dollars for healthier options such as Wholly Habaneros or Plan-it Healthy, because they do not transfer to the next semester.

3. Take advantage of the Healthy Value Meal Deals at locations such as Colloquium and Horseshoe Deli. These locations generally offer a healthy sandwich, choice of fruit, side salad or soup with a carton of milk or water to drink, all for one meal swipe.

4. Freshmen usually skip breakfast to save a meal swipe, but eating this meal has been associated with increased grades in morning classes that require critical thinking skills. If a student buys breakfast items at the grocery store such as individual yogurts, bulk oatmeal, low fat milk, bagels and peanut butter while using fresh fruit from meal swipes, he or she can expect to pay only an additional $25 per week (see recipes below on how to prepare some of these foods).

Commuting students face a more difficult scenario. The typical monthly cost of groceries and dining out in Columbia is $574 per person ($301 for groceries and $273 for dining out).

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Banana Waldorf

3 bananas (peeled & sliced)
1 apple (cored & sliced, with peel)
4 cups nonfat vanilla yogurt
1 pinch cinnamon
2 tablespoons walnuts (ground)

1. Mix all ingredients together in large mixing bowl.

2. Place in individual serving dishes and chill until ready to serve, up to 1 hour.

Cost: $3.89 per recipe ($0.97 per serving)

Nutrition Facts per serving (Makes 4 servings): Cals 240, Cals from Fat 20, Cholesterol 15 mg, Total Fat 2.5 g, Carbohydrates 48 g, Protein 9 g, Sodium 140 mg


Apple Tuna Sandwiches

1 can tuna, packed in water (6.5 ounces, drained)
1 apple
1/4 cup low-fat vanilla yogurt
1 teaspoon mustard
6 slices whole wheat bread

1. Wash and peel the apple. Chop it into small pieces.

2. Drain the water from the can of tuna.

3. Add the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.

4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.

5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Cost: $4.83 per recipe ($1.21 per serving) (Makes 3 servings)

Nutrition Facts per serving: Cals 250, Cals from Fat 25, Cholesterol 15 mg, Total Fat 2.5 g, Carbohydrates 35 g, Protein 23 g, Sodium 330 mg

Source: Pennsylvania Nutrition Education Program, Nutrition Education Network Website

Garden Chili

3/4 pounds ground beef (lean, 10% fat)
1/2 cup green pepper (chopped)
1/2 onion (large, chopped) 8 oz. tomato sauce
1/2 cup celery (chopped)
2/3 cup kidney beans (canned, drained & rinsed)
1 dash black pepper 2 tsp chili powder
1/2 cup corn (sweet) 1/2 tsp garlic powder
1 cup tomatoes (chopped fresh)

1. Brown ground beef over medium-high heat, stirring occasionally to break into pieces. Drain fat, blot meat with paper towels and transfer to a colander and rinse with very hot water.

2. Add green pepper, onion and celery, cooking until softened.

3. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder. Cook mixture over low heat for 20 minutes.

4. Serve hot in bowls. Cover and refrigerate leftovers within 2 hours.

Cost: $4.83 ($1.21 per serving) (Makes 4 servings)

Nutrition Facts per serving: Cals 250, Cals from Fat 25, Cals from Fat 20, Cholesterol 160 mg, Total Fat 2.5 g, Carbohydrates 20 g, Protein 24 g, Sodium 300 mg

Source: Kansas State University Research and Extension, Fix it Fresh!
HOW DO YOU HANDLE STRESS?

90 percent of students say they have experienced some form of stress in 2013, according to the National College Health Assessment administered at USC.

“I’ve started going to the Strom, and I’ve started Insanity (the exercise program).”
-Sonal Patel

“I go shopping and try to distract myself by watching TV shows.”
-Shivani Patel

“I’ve started going to the Strom, and I’ve started Insanity (the exercise program).”
-Sonal Patel

“I take about an hour break to read or nap.”
-Eric Bethea

“I make a lot of lists to check things off and feel accomplished.”
-Daniel Keenen

“I make everything an accomplishment to feel productive and keep up my confidence.”
-Kaleigh Thomas

“I like to drive around and listen to music.”
-Cody Kerridge

“I like going out on a run on a beautiful day.”
-Rebecca Yu

“I like to sit and think about how to solve the problem, meditate and stay positive.”
-Ja’ron Foster
Feeling stressed? Join Campus Wellness for FREE events all semester. Break a sweat by attending a Group X fitness class, pet a puppy with Pet Therapy and relax and meditate your way to a stress-free day with Wind Down Wednesdays.

Visit www.sa.sc.edu/shs/cw/students/keepcalm for more information or call 803-576-9393.
Sleep Myths: Fact or Fiction

MYTH: When driving, turning up the radio, opening the window or turning on the air conditioner will help you stay awake.

FICTION: These “aids” are ineffective and can be dangerous to a drowsy or sleepy driver. If you’re feeling tired while driving, pull off the road and nap for 15-45 minutes.

MYTH: If you wake up in the middle of the night, it’s best to lie in bed, count sheep or toss and turn until you eventually fall back asleep.

FICTION: Waking up in the middle of the night and not being able to go back to sleep is a symptom of insomnia. Whichever technique is used, most experts agree that if you do not fall back asleep within 15-20 minutes, you should get out of bed, go to another room and engage in a relaxing activity.

MYTH: When you’re sleeping, your brain is “resting.”

FICTION: While the body does rest during sleep, the brain remains active. It “recharges” and is responsible for controlling the bodily functions that keep us alive. While sleeping, we typically drift between two sleep states, REM (rapid eye movement) and non-REM. Even in the deepest non-REM sleep, our minds still process information.

MYTH: Daytime sleepiness usually means a person isn’t getting enough sleep.

FACT: Excessive daytime sleepiness is a condition in which an individual feels drowsy during the day and has an urge to fall asleep. This can be a sign of an underlying medical condition or sleep disorder.

MYTH: As you get older, you need less sleep.

FICTION: While sleep patterns change as we age, the amount of sleep we need does not. While adults may wake more frequently through the night and get less nighttime sleep, their sleep duration needs are the same as younger adults.

MYTH: Insomnia is characterized by difficulty falling asleep.

FACT: Difficulty falling asleep is only one of four symptoms associated with insomnia. Others include waking up and not being able to fall back asleep, frequent awakenings and feeling tired after waking. Insomnia can be a symptom of a sleep disorder or other medical or mental health problem.

If you’re continuously having trouble sleeping and don’t know why, make an appointment with the General Medicine Center by visiting www.sc.edu/myhealthspace.

-Information compiled by Pamela Pralow, Student Health Services NRCMA & Campus Wellness MSW Intern
If you're continuously having trouble sleeping and don't know why, make an appointment with
a sleep specialist. Sleep specialists can

1. Help you identify the cause of your sleep problems,
2. Teach you sleep strategies,
3. Prescribe or recommend medication if necessary.

Sleep specialists are trained to help you overcome sleep disorders and improve your sleep quality.

**Sleep Myths:**

1. **MYTH:** Snoring is harmless. **FACT:** While the majority of people who snore do not have a sleep disorder, snoring may be a symptom of a sleep disorder such as sleep apnea.
2. **MYTH:** You can compensate for lost sleep by taking naps. **FACT:** Taking naps during the day may help you feel more alert, but it can disrupt your sleep at night if you’re not careful.
3. **MYTH:** If you wake up in the middle of the night, it means a person isn’t getting enough sleep. **FACT:** The amount of sleep a person needs varies widely and people can have different sleep patterns.
4. **MYTH:** Daytime sleepiness usually means a person is simply tired. **FACT:** Daytime sleepiness can also be a symptom of a sleep disorder such as sleep apnea or narcolepsy.

**Sleep and Health:**

Insufficient sleep has been linked to a variety of health problems, including:

- Increased risk of heart disease
- Increased risk of diabetes
- Increased risk of obesity
- Increased risk of depression
- Decreased immune function

Get enough sleep to maintain good health and well-being.

**Women’s Care:**

- **Annual Well Woman Visit**
- **Birth Control & Family Planning**
- **STD/STI Testing**
- **Clinical Breast Exam**

**Thomson Student Health Center Fourth Floor**

Fall & Spring Hours
Monday-Friday 8 a.m. - 5 p.m.
Sunday 2-8 p.m.

To make an appointment, visit www.sc.edu/myhealthspace.

**Psychiatric Services:**

If you are experiencing emotional or physical symptoms such as mood changes, depression, anxiety or sleep problems, suicidal thoughts or any other changes in behavior, schedule an appointment to see one of our board-certified psychiatrists. No referral is needed.

**Thomson Student Health Center Third Floor**

Fall & Spring Hours
Monday-Friday 8 a.m. - 5 p.m.

To make an appointment, call 803-777-3175.

*Co-payments are required for psychiatric consults.

**Studying Abroad This Summer?**

The Allergy, Immunization & Travel Clinic can administer your travel vaccinations.

Make an appointment today
www.sc.edu/myhealthspace

Fall & Spring Hours
Monday-Friday 8 a.m. - 5 p.m.

*Allergy services are scheduled daily Monday through Friday until 4:30 p.m. Please allow additional time for your appointment because you may be required to wait 20-30 minutes after your injection to monitor for reactions.

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**Thomson Student Health Center Third Floor**

Fall & Spring Hours
Monday-Friday 8 a.m. - 5 p.m.

To make an appointment, call 803-777-3175.

*Co-payments are required for psychiatric consults.
Sound Off

What people are saying about Student Health Services:

“I wanted to take a moment of your time to let you know how much my class and I appreciate the two presentations offered to us by your employee Corey Ingram (health educator for Sexual Assault and Violence Intervention & Prevention).

Corey presented the STAND UP CAROLINA and the TRUE STRENGTH program to 20 of our (bachelor of social work) students. His enthusiasm and passion for the topic was evident, as was his level of expertise in presenting both topics. I especially appreciated his “real world” examples, as he made an immediate and long-lasting positive impression on our future social workers.”

- Nicole Cavanagh, USC Faculty, College of Social Work

“The staff I interacted with were friendly, professional and sincere. My appointment was with (nurse practitioner) Kristy Wolff, who proved knowledgeable, relatable and eager to help.”

- Logan Newbold, USC student

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Healthy Carolina Wins NASPA - Student Affairs Administrators in Higher Ed Bronze Award

Congratulations to Healthy Carolina and Campus Wellness as Healthy Carolina was selected as the NASPA – Student Affairs Administrators in Higher Education Bronze Award Winner for their work on Healthy Carolina - A Healthy Campus Initiative.

Healthy Carolina received the award in the Student Health, Wellness, Counseling and Related Category.

Campus Wellness provides many support programs for Healthy Carolina.

In addition to their NASPA Excellence Awards Bronze Certificate, Healthy Carolina will be recognized on the NASPA website, will be included in a collection of selected entries on the NASPA Excellence Awards web resource center and will receive letters of commendation from NASPA to USC’s President Harris Pastides and Dennis Pruitt, vice president for student affairs.

Congratulations to their staff on a well-deserved award!

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If you would like to share a great experience you had with one of our providers and possibly be featured in future issues of Gamecock Health, e-mail Marjorie Riddle Duffie at duffiem@mailbox.sc.edu.
**Gatekeepers Training**
Become a suicide prevention gatekeeper. Trainings will be held in the Russell House.
3/25, 4/4 & 4/21
www.sa.sc.edu/shs/chdc/training

**Grocery Tours**
Learn how to navigate your favorite grocery store to find healthy options. Tours are held at grocery stores close by.
3/26 & 4/23
www.sa.sc.edu/shs/cw/nutrition/tours

**Farmers Market**
Buy some local fresh fruits and vegetables. Stop by the Healthy Carolina Farmers Market Tuesdays on Greene Street!
3/18, 3/25, 4/1, 4/8, 4/15 & 4/22
www.sa.sc.edu/healthycarolina/farmersmarket

**GRIT (Gentlemen Respecting Interacting in Truth)**
This all-men group seeks to empower and educate men on preventing sexual assault in our community.
3/25, 5/27, 6/24 & 7/25
www.sa.sc.edu/shs/savip/events

**Women’s Self Defense Classes**
Learn the right way to fight back and protect yourself. Register for a class today!
3/28 & 4/25
www.sa.sc.edu/shs/savip/self-defense

**Coming Soon**

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Learn the right way to fight back and protect yourself. Register for a class today!
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Student Health Services

Like us
facebook.com/UofSCshs

Follow us
@UofSCshs

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