USC graduate student Tiffany Fishburne with counseling staff Tobin Lovell & Jennifer Myers
Tiffany Fishburne met with a counselor to help her manage her stress, and she wants other students to consider doing the same. Read more on page 14.
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As we mark the beginning of a new year, it’s important to acknowledge the positive impact that health and wellness can have on each student’s academic success.

How are health and wellness achieved? One way is to focus on preventive measures like staying up-to-date on vaccines, exercising and getting plenty of sleep. You can read more preventive care recommendations on page 23. Other tips include:

Make it your New Year’s resolution to eat more healthfully, then schedule an appointment with one of our registered dietitian nutritionists to develop a plan. Students who pay the student health fee get unlimited sessions with the nutritionists. Read more about how nutrition consultations can help college students on pages 20-22.

Are you or someone you know struggling with anxiety, stress or depression? If so, meet with one of our counselors or psychiatrists. Mental well-being is a vital component of overall health. See how counseling made a difference for one graduate student on page 14.

Kick the habit. Tobacco products can be detrimental to health. One year ago, our campus became tobacco-free as a way to encourage tobacco cessation and to prevent the harmful effects of secondhand smoke. Read more about cessation resources on page 18.

Learn the difference between healthy and unhealthy relationships and what to do if you or someone you know is a victim of relationship violence or sexual assault. We’ve provided information on page 6.

Don’t miss the skin care tips on page 9. These healthy practices are the key to keeping skin radiant.

In addition, we’re particularly excited to break ground on a new building in fall 2015. We’re confident that a new health center will further improve our delivery of services to you.

Have a wonderful spring semester, and remember that we’re here for you if you ever need any help or guidance in your journey toward a healthy life!

Yours in health,

Deborah Beck
Executive Director
Student Health Services
Recent Awards & Recognition

NASPA Excellence Award for Healthy Carolina Bronze Level

Center of Excellence - Working Well™

Jed and Clinton Health Matters Campus Program

Re-accreditation and Medical Home Accreditation

Student Health Services has recently been re-accredited for three years by the Accreditation Association for Ambulatory Health Care (AAAHC) and earned the patient-centered Medical Home accreditation.

The AAAHC Medical Home accreditation is the highest achievement for primary care; it centers on a comprehensive review of our entire organization. The peer-based process included an on-site survey that assures our patients receive high-quality, holistic care.

Medical Home Model Care Teams

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

At USC, when a student visits the General Medicine Center, they are assigned a primary care provider, and this provider is part of a care team, composed of other physicians and nurse practitioners.

These providers work with counselors, case managers, social workers, nutritionists, wellness professionals, pharmacists, advocates and other support staff to ensure each student is cared for across departments so each student receives the most comprehensive health care.

For students, this means when they meet with their primary care provider at the health center, the physician or nurse practitioner will not only address the issue that brought them to the office but will also inquire about their mental health and any other issues that may be bothering them. If the student is a smoker, the provider will discuss tobacco treatment options.

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

Groundbreaking for New Health Center

The groundbreaking for the new health center will be Sept. 16, 2015. Located directly beside the current Thomson Student Health Center, the new health center will seek a LEED silver certification and feature a green roof as well as many innovative health care upgrades, including allowing students to check in with their smartphones.

Rendering of the approved design for the new health center
October 2014
When is Enough, Enough?

Every relationship is unique. One couple’s definition of a good relationship may be completely different than another couple’s. However, there is a difference between a relationship having quirks and being an unhealthy one. From the outside looking in, it’s often easy to identify when someone we know is in a relationship that isn’t good for him or her. But when you’re the one in the relationship, it can be much more difficult than you’d think. That being said, no relationship is perfect. So how do you know for sure if you need to get out of a relationship? We’ve identified 10 red flags to look for that indicate you may be in an unhealthy relationship.

While there are other factors that could constitute an unhealthy relationship, disrespect, control and abuse are prevalent indicators. Leaving an unhealthy relationship can be very difficult. Your partner is probably a huge part of your life, and it’s likely that you may see him/her more than you do your friends and family. If you fear that you or someone you know is suffering from relationship difficulties, seek help.

POLICE At USC, if you are experiencing relationship violence or sexual assault, your first step should be to contact the USC Police Department at 803-777-4215. In the event of a domestic violence or sexual assault emergency, call 911.

SUPPORT ADVOCATES The Sexual Assault and Violence Intervention & Prevention Office staff at 803-777-8248 are also available if you need someone to talk to if you are concerned your relationship is unhealthy. They are on call 24/7 (after 5 p.m. and on weekends, call the USCPD at 803-777-4215 and ask for the SAVIP advocate).

COUNSELING The professional mental health care providers in the Counseling & Human Development Center at 803-777-5223 provide students with 10* individual counseling sessions per year, as well as couples counseling services; our psychiatrists at 803-777-1833 can help, too.

OTHER Additional resources for relationship violence and sexual assault and contact information can be found at sc.edu/sexualassault.

*10 counseling sessions are paid for through the student health fee for full time students
1. If it seems too good to be true, it often is. It’s normal for a couple starting a new relationship to experience a “honeymoon phase.” But when your partner appears to become totally preoccupied with you, you may have a reason to be concerned. Does your partner constantly want to tag along to every activity you do? Does he/she call you every hour on the dot, “just to hear your voice?”

2. Your partner is excessively jealous. Everyone feels jealous from time to time. However, it’s not alright if your partner is jealous to the extent that he/she can’t stand when you are around other people. This level of jealousy is unhealthy for both you and your partner. It’s important that you set boundaries with your partner and are able to spend time apart.

3. Your partner is overly possessive. A good partner will not make you feel guilty when you spend time with family and friends; you need these relationships in your life. If you find that your partner isolates you or holds you back from developing and nurturing your other relationships, this may be a sign of abuse.

4. You’re constantly being insulted. Some couples enjoy playfully teasing each other a little. But when does teasing cross the line? A good partner should compliment you and encourage you to achieve your goals. If you feel like your partner is constantly putting you down, and you feel like you always have to be on the defensive, you may actually be in an emotionally abusive relationship.

5. Your partner is always playing the blame game. Does your partner have a habit of blaming others, especially you, for everything that he/she does wrong? Nobody is always right, and nobody is always wrong. Your partner should be able to recognize when he/she has made a mistake and take ownership of it. Making false accusations toward you is not healthy behavior.

6. Your partner takes “control freak” to another level. Going to your partner for advice is completely understandable. However, if your partner is constantly trying to advise or influence you to do things, this can be an attempt to control you. Does your partner go as far as to tell you which friends you may or may not spend time with, or what clothes to wear? Does he/she check your cell phone or email without your permission? If so, it may be time to get out of the relationship.

7. Saying that your partner has a “short fuse” is an understatement. Outbursts of temper, such as yelling, throwing or kicking things, are often a sign of an abusive relationship. Even if the anger is not always directed towards you, the display of an explosive temper is still a red flag.

8. R-E-S-P-E-C-T: your relationship is lacking it. Your partner should respect you and your individuality. A sure sign of an unhealthy relationship is when one or more partners does not respect the other. If your partner has a habit of breaking promises or criticizes you as a way to build him/herself up, he/she is not treating you with the respect you deserve.

9. Your partner has used force or coercion to get you to do something you’re uncomfortable with. If your partner has ever threatened you, hit you or done anything else to coerce you into doing something you do not feel comfortable with, you should definitely be concerned. Both you and your partner should feel safe being open and honest with one another without being afraid of negative consequences.

10. Violence is present in your relationship. Whether your partner is sober or under the influence of alcohol or other drugs, there is never a good reason for your partner to be violent.

-Kristi Niro
• Watch out for your friends and never leave a friend alone, especially if they’ve been drinking
• Never accept a drink that you haven’t seen prepared and never leave your drink unattended
• Speak up & step in if you are concerned about a situation

DON’T LET RESPONSIBILITY TAKE A BREAK THIS SPRING BREAK

Sexual Assault and Violence Intervention & Prevention (SAVIP)
University of South Carolina Student Health Services

803-777-8248    Office hours M-F 8 a.m. - 5 p.m.
www.sa.sc.edu/shs/savip/stand-up
SAVIP advocates on call 24/7 - in an emergency or to reach an advocate after 5 p.m. and on weekends, call 803-777-4215.
**S.O.S.**
**Save Our Skin**

**SPF:** stands for Sun Protection Factor. It refers to the length of time that the product will protect you from sunburn. Theoretically, SPF 30 would allow you to stay in the sun 30 times longer than without protection.

Ex: If your skin reddens after 10 minutes of sun exposure, applying SPF 30 means you can stay in the sun for 300 minutes. However, you need to reapply sunscreen every two hours, even if it has a high SPF.

Pick up some sunscreen at the Thomson Student Health Center Pharmacy!

**UVA** vs. **UVB**

- **UVA** damages cells in the base layer of the skin, where most skin cancers occur.
- **UVB** causes sunburn, damaging skin’s outer layers; plays a key role in the development of skin cancer and aging of the skin.

Make sure you choose a sunscreen labeled ‘Broad-Spectrum’ to protect yourself from UVA/UVB rays.

Get a professional skin examination from a dermatologist once a year, and learn how to perform a monthly self-examination. Skin self-exams do not require any special medical equipment. Perform skin self-examinations in a well-lit room in front of a full-length mirror. Recognize the pattern of your moles, freckles or other birthmarks so that you will notice any changes. Look for new growths, spots, bumps or sores that do not heal normally. Don’t forget to check hard-to-see areas of your body such as your head, the underside of your arms, the backs of your legs and between your toes.

Know the “ABCDs” of moles. If you have any moles that fit the following criteria, ask your doctor to check them out.

- **A**symmetrical: Is the mole oddly shaped?
- **B**order: Does the mole have irregular or vaguely defined borders?
- **C**olor: Does the mole have uneven coloring or multiple colors?
- **D**iameter: Is the mole larger than a pencil eraser or is it growing in size?

cancercare.org; www.mskcc.org
Want to get your hands dirty?

Apply for a community garden plot.

Did you know that USC has two community gardens open to students, faculty and staff? The Strom Thurmond Wellness & Fitness Center garden has six raised beds, and the Carolina Community Garden at Preston Green features 20. Groups of four or more people can apply for a spot. Plots are awarded at the beginning of each semester. Get growing!

Learn more or apply for a plot online at http://campusrec.sc.edu/orec/carolinacommunitygarden/.
Allergy, Immunization 
& Travel Clinic

Smart Planning, 
Safe Travels

With all of the international health concerns such as Ebola Hemorrhagic Fever and Middle East Respiratory Syndrome (MERS), travelers are nervous about the risks they face when they go abroad. Travel is still safe as long as you make informed decisions when planning your vacation. Here are some tips for staying safe and healthy during your getaway:

Pay attention to the Centers for Disease Control and Prevention (CDC)’s travel advisories as you make your travel plans and strongly consider skipping areas that the CDC recommends avoiding. Find their travel advisories by visiting www.cdc.gov.

Do a travel consultation with the Allergy, Immunization & Travel Clinic at USC’s Thomson Student Health Center. A staff member will review your itinerary and ensure you’ve got all the recommended vaccinations and that you understand the safety precautions for the area you will visit. Make an appointment today by calling 803-777-9511.

Get recommended vaccinations for diseases that may be prevalent in the area you’re traveling to. You can get vaccinations at the Allergy, Immunization & Travel Clinic. Some vaccinations need to be given months ahead of time to be effective. Make an appointment today by calling 803-777-9511.

Plan ahead. Look at the typical weather you can expect at your destination during the time of year you plan to visit. Certain countries’ climates vary greatly from the United States, so you want to make sure you pack the right clothing.

Take a small first aid kit with you when you travel (remember to keep liquids, gels and ointments in containers 3.4 ounces or less for carry-ons or put larger items in your checked baggage). Good items to include are decongestants in case the flights make you stuffy, bandages, antibiotic ointment, alcohol swabs, antihistamines in case you have an allergic reaction, acetaminophen or ibuprofen and upset stomach relief/digestion aids. These items may be hard to find in certain countries, especially if you can’t read the language written on the packaging.

Check with your insurance provider to determine what would be covered in the event of an emergency while you’re abroad.

Most importantly, start getting excited about your trip! Anticipating and planning your vacation can be a great stress reliever.

-Marjorie Riddle Duffie
The best protection against the flu is a flu shot. It’s not too late! Get your flu vaccine now so you’ll be protected as flu season continues through the spring. Flu shots are $10 for students and $20 for faculty and staff at the Thomson Student Health Center. Just walk in, no appointment is needed. How can you tell if you have the flu? The flu can include these symptoms:

- a temperature higher than 100F
- headache
- sudden onset of dizziness
- sore throat
- cough
- muscle aches and pains
- diarrhea

Over-the-counter medicines such as fever reducers/pain relievers, antihistamines, decongestants and cough medicines can help alleviate symptoms. You can purchase these items in the Thomson Student Health Center Pharmacy.

If you have some of these symptoms and think you may have the flu, make an appointment with the General Medicine Center at the Thomson Student Health Center by visiting www.sc.edu/myhealthspace or calling 803-777-3175. You get unlimited free consultations after you’ve paid the student health fee, which is included in tuition.

Follow these tips to protect yourself and others in your home from the flu:

- Keep everyone’s personal items separate. Avoid sharing computers, clothes, towels, sheets and eating utensils.
- Disinfect surfaces that are commonly touched around the home.
- It’s okay to wash everyone’s dishes and clothes together. Use detergent and very hot water. Wash your hands after handling dirty laundry.
**Getting Help When You Need It**

Tiffany Fishburne recommends the Counseling & Human Development Center to any student who is struggling.

Now a counseling center graduate assistant, she sees the impact the counselors have on students and understands personally how the counselors can help, as Fishburne used the center last year during a difficult time.

Personal issues got her off track and led to some depression symptoms, said Fishburne, a Walterboro, S.C., native who is getting her master’s in public health and health promotion, education and behavior.

“I realized I was very distracted; it was hard to get up in the morning,” she said. “I missed a week of classes, and a friend of mine in the social work program said ‘Maybe you want to go talk to someone in the counseling center.’

“I figured I would just try it, and it definitely changed my perspective on things.”

Through the mandatory student health fee all full-time students pay, students receive up to 10 individual sessions with the Counseling & Human Development Center, as well as unlimited group counseling.

Counselors can help students who are overwhelmed, depressed, stressed or who are dealing with any kind of personal difficulty.

“Getting assistance with mental health issues can be vital to assure one’s safety, improving academics, improving mood and decreasing anxiety, improving the overall quality of one’s life,” said Tobin Lovell, a licensed psychologist in the counseling center.

“You are asked questions that inform an accurate diagnosis and treatment plan. You are then given options for treatments that may assist with your individual problem, issue or concern.”

Counselors and psychiatrists within USC’s Student Health Services had more than 21,000 appointments in 2013-2014.

For Fishburne, instead of focusing on the areas where she needed to improve, her counselor helped her realize she needed to focus on the bigger picture instead of focusing on little things.

Counseling “helps you realize you are made up of much more than the few things you don’t like about yourself or that you would like to change about yourself,” she said.

Fishburne also stressed over her future plans for her career and family life.

Through her sessions with her counselor, she understood “every day is a process, and you have to take it one day at a time.”

One of Fishburne’s goals in working as a graduate assistant for the counseling center is to encourage students to use the resources available to them.

“If you go through these situations, these tough life battles, then we’re here,” she said.

She also wants to help remove the stigma from getting help for mental health issues.

Students resist getting help for mental health issues because of “this idea of self-reliance or resilience, that they can get through it on their own; they want to be an adult and grown up,” Fishburne said. “They think that when they need mental health help, they’re not able to handle social situations. When you sprain your ankle, you go to the doctor. People think about it differently. “There are a lot of negative connotations, but (getting mental health help) needs to be turned into taking care of yourself and your health.”

-Marjorie Riddle Duffie

**Feeling overwhelmed or depressed?** Make an appointment with the Counseling & Human Development Center by calling 803-777-5223. Full-time students pay the student health fee, which includes 10 individual counseling sessions and unlimited group counseling.
Graduate student Tiffany Fishburne, middle, with Jennifer Myers, a licensed professional counselor, and Tobin Lovell, a licensed psychologist. All three work in the Counseling & Human Development Center in the Byrnes Building.
Students Committed to a Healthier Campus
Catching up with one of the Changing Carolina Peer Leaders, a group of diverse USC student leaders who have a passion for health education and wellness.

Name: Tamaragail Tarrant, Tamara for short.
Age: 20 years old
Major: Biological Sciences Major with Emphasis on Pharmaceutical Studies and a Minor in Health Promotion, Education, and Behavior

Q: Why did you join Changing Carolina Peer Leaders?
A: I joined Changing Carolina Peer Leaders because what they do for our campus aligns with my values and interests. My biggest and most passionate interest is that of sexual health and sex education. Those are the areas I plan to focus on when I get into my career for public health and pharmacy. I also thought that it would be a great way for me to work on my shyness and public speaking skills. I am terribly shy when it comes to big crowds, and I am terrified of public speaking. Because of this organization, public speaking has become more natural for me and is not as scary as it used to be. I did not only join them for my benefit but also for their benefit. I felt as though that I would an asset for them with my many leadership skills, ambition, dedication and work ethic and that I could really help make a change for our campus and our students.

Q: How do you think Changing Carolina Peer Leaders will influence your career after you graduate?
A: It has influenced my career a great deal. I did not have a minor in Health Promotion, Education, and Behavior until after I joined this organization. I also did not consider pursuing a Master of Public Health when applying to graduate school, but now I am. They have helped me grow and realize my passion more and more for public health. Because of them I get to minor in my true passion but also pursue it in a graduate degree and as a career after school. I will now be applying for a dual degree program of the PharmD and MPH because of the impact this experience has had on me.

Q: How have you gained leadership skills in the organization?
A: I came into this organization as a leader with various leadership skills I obtained from the many workshops the Leadership and Service Center provides for the students. This organization has helped me actually apply my leadership skills and learn more about what kind of leader I am. This organization has helped me with event planning, community outreach, communication, budgeting, and various other skills. The leadership skills I have obtained from this organization have made me a better leader and better person. I now know how to handle various situations when it comes to being in a leadership position. I am better able to communicate with others to get my point across and get tasks accomplished.

For more information about the Changing Carolina Peer Leader organization, check out their website at www.sa.sc.edu/shs/peerhealth.
Carolina’s Tobacco Treatment Program

Carolina’s Tobacco Treatment Program is a comprehensive program designed to assess an individual’s readiness to change by utilizing various motivational interviewing techniques and behavioral change strategies.

Carolina’s Tobacco Treatment Program is composed of four in-person sessions. The first session is at least 60 minutes, and subsequent sessions are shorter in length. The sessions are tailored to each individual’s needs, and the length of each session may vary. The frequency of the four sessions is also based on an individual’s needs.

The program seeks to promote tobacco treatment among USC students, faculty and staff and prevent relapse among those trying to quit.

Participants will receive coaching from a trained Campus Wellness graduate assistant or coordinator. Completing an online assessment of how ready you are to quit is the first step for program participation.

To complete the assessment or for more information, visit www.sa.sc.edu/shs/cw/tobacco/program or call:
Students: 803-576-9393
Faculty/Staff: 803-777-6518

-Marjorie Riddle Duffie

Tobacco Free USC Policy Celebrates One Year

Are you breathing easier? January 1 marked one year 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. 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.

The policy is community-enforced. That means if you see someone violating the ban, speak up! Remind the person of the policy and politely ask that he/she dispose of the product. If you or someone you know needs help quitting,

Campus Wellness offers tobacco cessation programs for students, faculty and staff. There are also numerous other treatment options available. Visit www.sa.sc.edu/shs/cw/tobacco to learn more.

Check out www.sc.edu/tobaccofreeusc to 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
Healthy Alternatives for Unhealthy Cravings

When you’re in the mood for something sweet or savory, skip the calorie-filled options and choose something healthier and more satisfying.

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<td>Dried dates, raisins, plums, cranberries, apricots and goji berries are foods that will satisfy your cravings for chewy, candy-like treats. Eat sparingly so you don’t go overboard on the sugar.</td>
<td>Blend two peeled, chopped frozen bananas, ½ cup almond milk and 1 teaspoon vanilla. Blend until combined. Try adding 2 tablespoons of peanut butter for a rich, creamy treat, or ¼ cup of cocoa powder.</td>
<td>Cut slices from large carrots at a diagonal and use them to scoop fresh raw guacamole or hummus. Munching on slices of colorful raw beets, jicama or bell peppers also satisfies that need for a crunch.</td>
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<td>Use a vegetable peeler or a spiralizer to make long peeled “noodles” from zucchini, summer squash or cucumbers. Toss with your favorite herbs, fresh tomatoes and a little olive oil.</td>
<td>Slice a ripe piece of fruit or have dried fruit mixed with nuts or a bowl of fruit with honey. Roll grapes in coconut sugar (found in health food stores) and freeze or have a homemade energy bar.</td>
<td>Drink lots of water, and enhance it with citrus, fruits, mint or even a slice of cucumber.</td>
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**ALTERNATIVES**

Other ways to manage unhealthy cravings:
- Write in a journal, especially your food journal
- Meditate
- Don’t skip meals; eating at the same time every day helps keep cravings at bay
- Exercise
- Sleep
What You Need to Know about Eating Lifestyle Choices

In recent years, certain eating lifestyles have grown more popular, especially among health-conscious young adults. It may seem like everyone knows at least one person who identifies as a vegetarian, vegan or gluten-free. But these nutritional choices are more than just giving up meat or bread, and if the proper research isn’t done beforehand, could actually do more harm than good to your body. Learning how to go about these lifestyles the right way is crucial.

With the help of some of USC’s nutrition experts, we’ve broken each of these choices down for you and have come up with some important things you need to know before diving into the pool of popular eating lifestyles.

First of all, being a vegetarian is more complex than a lot of people think, as there are actually several variations of vegetarianism. The type of vegetarianism practiced influences nutrition concerns. The more restrictive a person is with food choices, the higher at risk he or she is for missing nutrients. For example, a lacto-ovo vegetarian is less at risk for nutrient deficiencies than a vegan. Depending on the type of vegetarianism practiced, an individual may have difficulty getting a healthy amount of protein, iron, zinc, calcium, vitamin B12, and/or omega-3. So, what’s the best option for you? We won’t make that decision for you, of course, but here are some facts that may help you decide:

A lacto-vegetarian excludes all animal products from his or her menu except for milk. By including milk in their diets, lacto-vegetarians increase their sources of protein and vitamin B12. Daily milk consumption also helps ensure that lacto-vegetarians get enough zinc and calcium. If you’re considering this option, be sure to include plenty of non-animal iron sources in your nutrition regime, including beans, spinach and oatmeal. Since no fish is consumed, it’s also important to include non-fish sources of omega-3. Ground flaxseed is a great source.

An ovo-vegetarian excludes all animal products except for eggs. While eating eggs increases their intake of protein and vitamin B12, ovo-vegetarians need to seek out non-animal iron sources, like raisins and tomato juice. It’s also essential for ovo-vegetarians to consume plant sources of zinc, such as sprouted grains and beans, soy and nuts, as well as plants with easily absorbed calcium, like broccoli, bok choy, kale and collards. Similar to the lacto-vegetarians, ovo-vegetarians should include non-fish sources of omega-3.

A lacto-ovo vegetarian eats both milk and eggs. Much like lacto- and ovo-vegetarians, lacto-ovo vegetarians increase their sources of protein and vitamin B12 by consuming both milk and eggs. Lacto-ovo vegetarians also need to seek out non-animal iron sources and non-fish sources of omega-3.

A vegan avoids all animal products completely. It’s therefore crucial that vegans eat a lot of beans, nuts and soy to ensure that they consume enough protein. They also need to include non-animal iron sources and plant sources of zinc. Vegans should look for cereals and soy milk fortified with vitamin B12 and consider including nutritional yeast in dishes for a cheesy flavor and a punch of vitamin B12. For non-fish sources of omega-3, vegans should look to ground flaxseed, canola oil, soy and walnuts.

Although it has become more common lately, gluten-free is not really a lifestyle eating choice. Unlike the variations of vegetarianism, gluten-free is necessary for people who have been diagnosed with a gluten intolerance. Being gluten-free can prove to be quite restrictive and is not advised for individuals who do not have a gluten intolerance. Due to the extensiveness of gluten-free, it is recommended that students with a gluten intolerance meet with one of USC’s registered dietitians to discuss a detailed plan that will work best for them.

-Kristi Niro

To schedule an appointment with a Campus Wellness registered dietitian nutritionist to discuss these lifestyle choices or gluten intolerance, visit www.sc.edu/myhealthspace or call 803-777-3175. For more information about nutrition, visit www.sa.sc.edu/shs/cw/nutrition.
Creating the Perfect Salad

Although it’s easy to assume that all salads are healthy, this is not actually the case. Believe it or not, many salads are high in calories and fat, disguised as healthy meal options. Creamy dressings and tons of cheese instantly deplete the nutritional value of salads. However, if done right, salads can help you satisfy your hunger, maintain a healthy weight and even lower your risk of diseases. Below you’ll find the ingredients needed to create a perfect salad, full of the fiber, vitamins and nutrients you need to live a healthy life!

1. Dark, Leafy Greens
Dark, leafy greens, such as spinach and kale are low in calories and high in fiber, which can help lower cholesterol levels and maintain a healthy digestive system. They also contain B vitamin folate, proven to reduce the risk of getting some cancers.

2. Vegetables
Many people are lacking in their daily vegetable intake. Raw veggies contain a variety of antioxidants and are also very low in calories. They also may reduce your risk for heart disease and some types of cancers.

3. Fruits
Another daily nutritional area many of us are lacking in is fruits. Fruits are known as “nature’s candy.” They are low in fat, sodium and calories and do not contain cholesterol. Eating fruit can help maintain bone health and reduce the risk of obesity and type 2 diabetes.

4. Protein
Whether you’re a vegan or a meat-lover, you need protein. Lean meats such as fish, chicken and turkey supply protein, as well as B vitamins, vitamin E and iron. Other foods high in protein are eggs, beans and nuts.

5. Healthy Fat
It may sound crazy, but there is such a thing as healthy fat. Good fats, found in foods such as avocados, nuts, olives, tofu and even low-fat cheese can protect your heart, lower your cholesterol and help with your overall mental health.

6. Low-Calorie Dressing
Adding some vinaigrette or mixing some olive oil and vinegar as a dressing to your salad is a healthier choice than drenching it in a creamy Caesar or ranch. Olive oil has been found to help prevent cancer, heart disease, diabetes, rheumatoid arthritis and stress, lower blood pressure and keep your bones healthy.

www.choosemyplate.gov
www.ars.usda.gov
www.prevention.com

-Kristi Niro
Is Your Body Missing Something?

Get the details on deficiencies – a Q&A with Student Health Services dietetic intern Katie Fesler

Our bodies are fueled by what we eat, and much of that energy comes from the vitamins and nutrients packed into our food. While vitamin deficiencies aren’t common in college students, dietetic intern Katie Fesler says certain issues do sometimes arise.

Q: What sort of vitamin deficiencies do you see in college students and what are the symptoms?
A: College women and athletes who feel sluggish and get cold easily, get sick more often than normal, and have brittle nails may have low iron. Low iron could also cause frequent headaches, a fast heartbeat, poor appetite and an odd, crawling sensation in the legs.

College students who choose the vegetarian or vegan life may be low in vitamin B12, which is found in animal products. Including some animal products, such as milk or eggs, will help to keep vitamin B12 levels where they should be. However, if all animal products are removed, students should look to a supplement. A slight deficiency may go unnoticed.

However, signs of significant B12 deficiency are similar to those of iron. Too little B12 causes a form of anemia and can make you sluggish. It can make the skin pale and easily bruised or opened and can cause stomach and intestinal issues.

Q: Are there any supplements college students should consider taking?
A: Students should talk to their doctors before starting any new supplements. If they do not include animal products in their diet and will follow this diet for many years, they should consider including nutritional yeast in their diets as a source of vitamin B12. Otherwise, they may consider discussing the possibility of starting a vitamin B12 supplement. If they suspect iron deficiency, they should talk to their doctor about getting their levels tested. It is important that they discuss these options with their doctor first, though.

If they follow a diet low in fruits and vegetables, one that is primarily processed foods, they may benefit from a multivitamin. However, it is also important that they realize that a healthy diet will give you all the vitamins and minerals you need – for a much lower price than supplements. Following Choose My Plate and filling up half the plate with a variety of fruits and vegetables is a great way to pack in the vitamins you need.

Students should also be sure to include a source of calcium (such as dairy, soy milk or almonds), a source of protein (meat, beans or nuts/nut butters) and a grain at each meal. The combination of these foods will help ensure their bodies have all of the nutrients they need to stay healthy and energized for a college student’s busy schedule.

Q: What are some tips for getting essential vitamins and nutrients through food?
A: In general, college students could use more fruits and veggies on their plates. Ideally, each meal or snack would include at least a fruit or vegetable (preferably both). These guys will help students stay healthy and energetic for everything they pack into a day.

As you get more and more hungry, your body starts having more cravings, and you are more likely to eat more calories overall. When you finally give in to the call for food, you probably want junk and a lot of it. This is when we overeat. The solution? People generally get hungry every three to four hours. Eating three meals and one or two snacks each day will help keep ravenous hunger away. Be sure to include fruit with breakfast, at least two food groups in every snack (ex. cheese and grapes) and fruits and veggies at lunch and dinner.

Want more information on how good nutrition impacts you? Schedule a one-on-one consultation with a registered dietitian nutritionist in the Thomson Student Health Center. Appointments are already paid for through the student health fee for full-time students. Call 803-777-3175 or visit www.sc.edu/myhealthspace.

If recommended by your health care provider, multi-vitamins can be purchased in the Thomson Student Health Center Pharmacy.
Few things can derail a busy college student’s schedule as quickly as health issues. Staying healthy now can prevent big trouble later. Check out these prevention tips from the Centers for Disease Control and Prevention (CDC).

**Hit the gym** The CDC recommends exercising at least 2.5 hours per week. Work up a sweat by participating in a Group X fitness class at the Strom or Blatt, taking a long walk across campus or joining an intramural sports team. You can also schedule a fitness assessment or exercise consultation by calling Campus Wellness at 803-576-9393 (students) or 803-777-6518 (faculty & staff).

**Eat a healthy, well-balanced diet** When life gets hectic, it can be tempting to eat poorly. Luckily, USC makes it easy for students to choose healthy options. Check out the Farmers Market on certain Tuesdays when produce is in season. Dates and times are posted at www.sa.sc.edu/healthycarolina/farmersmarket. You can also schedule an appointment with a licensed registered dietitian nutritionist at www.sc.edu/myhealthspace. Plus, look for foods labeled with the Healthy Choice icon in various locations around campus.

**Protect yourself from sexually transmitted infections and diseases** According to the CDC, nearly half of the 20 million new STI/STDs diagnosed each year are in the 15-24 age bracket. If you choose to be sexually active, information regarding safe sex, pregnancy prevention, STI/STDs and more can be found at the Thomson Student Health Center. You can also schedule an appointment with a sexual health educator by calling 803-777-1835 or make an appointment with the General Medicine Center at 803-777-3175 or Women’s Care at 803-777-8920.

**Stay current on vaccinations** Getting vaccinated is one of the easiest ways to ward off illness. While certain vaccines are mandatory for all incoming students, others, including the HPV, Tetanus (Tdap), chicken pox and Hepatitis B vaccines, are optional and could help keep you well. Getting a flu shot during the fall or winter is another way to prevent getting sick. Make an appointment with the immunization clinic by calling 803-777-9511.

**Know how to seek help for sexual violence** If you experience sexual assault, stalking, harassment or relationship violence, contact the USCPD at 803-777-4215, and they can get you in touch with the Sexual Assault Violence Intervention & Prevention (SAVIP) advocate. For more information about resources for sexual assault, stalking, harassment or relationship violence, visit www.sc.edu/sexualassault.

**Catch some zzz’s** The CDC says that not getting enough sleep can increase the risk of diabetes, depression, obesity and cardiovascular diseases. It can also impact a student’s academic performance. While studying or socializing can sometimes lead to late nights, try to carve out enough time to get 7-9 hours of sleep each night.

**Don’t forget mental well-being** Did you know that your student health fee covers 10 individual counseling sessions per year at the Counseling & Human Development Center? The center also provides a number of other services, including suicide prevention training and group counseling. To schedule an appointment, call 803-777-5223.

**Know who to call** Sign up for the Carolina Alert System, which notifies students via text message during emergency situations. In the event of an emergency, contact the USC Police Department by calling 911 or 803-777-4215.

**Just say no** Using drugs and alcohol can increase your risk of injury, sexually transmitted infections and diseases, unintended pregnancy and sexual violence. Tobacco is also harmful, not only to the user but also to those exposed to secondhand smoke. Avoid drugs and abstain from or limit alcohol consumption. For help with tobacco cessation, call Campus Wellness at 803-576-9393. For help with alcohol or other substance abuse issues, call the Counseling & Human Development Center at 803-777-5223.

-Compiled by Rebekah Friedman
**Student Health Services**

**Grocery Store Tours**
(Food Lion - 1001 Harden St.)
Jan. 28, 10:30 a.m.
(Gamecock Bi-Lo - 4464 Devine St.)
Feb. 19, 4 p.m.
(Publix - 2800 Rosewood Dr.)
March 25, 10:30 a.m.
(Trader Joe’s - 4516 Forest Dr.)
April 23, 4 p.m.

**Wind Down Wednesdays**
(Russell House Room 309)
Jan. 21
Feb. 18
March 25
April 15
12:15 p.m.

**Keep Calm and Pet a Puppy**
(Davis Field)
Jan. 13
Feb. 10
March 10
April 14
11 a.m. - 1 p.m.

**Gentlemen Respecting Interacting in Truth (GRIT)**
(First floor of Thomson Student Health Center)
Jan. 27
Feb. 24
March 24
April 28
5:30 p.m.

**Healthy Carolina Farmers Market**
(Greene Street)
Wednesdays
Beginning March 17
Through April 21
9:30 a.m. - 1:30 p.m.

*mark your calendars now!*
Suicide Prevention Gatekeeper Training
(Russell House Room 203)
Jan. 20, 2-4:30 p.m.
Feb. 12, 3-5:30 p.m.
Feb. 27, 2-4:30 p.m.
March 25, 9-11:30 a.m.
April 15, 1-3:30 p.m.

Women’s Self-Defense Classes
(Strom Martial Arts Room)
Jan. 30
Feb. 20
March 20
April 17
1-4 p.m.
(Lecture-only condensed classes at the Strom, Feb. 3, March 3 & March 31, 5:30-7:30 p.m.)

Gamecocks Speaking Proactively on Topics of Sexuality
Russell House Room 302
Feb. 10
6:30 p.m.
*Subject to change.

Project Condom Fashion Show
(Russell House Ballroom)
Feb. 18
8 p.m.

Carolina BeYOUtiful Week
Feb. 23-27
For more information, visit www.sa.sc.edu/shs/events.

Let’s Talk
Beginning Jan. 20 through April 23
First, Third and Fifth Tuesday of each month - Capstone Room 111
Second and Fourth Thursday of each month - Honors Residence Hall Room A107
All are 4:30-6:30 p.m.
*Check the website for more details.

For more information about and to register for these events, and possible scheduling changes, visit www.sa.sc.edu/shs/events or find us on Facebook (www.facebook.com/UofSCshs) and Twitter (@UofSCshs)
# Contact Us

**www.sa.sc.edu/shs**

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<tr>
<th><strong>Allergy, Immunization &amp; Travel Clinic</strong></th>
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<td><a href="http://www.sc.edu/myrxspace">www.sc.edu/myrxspace</a></td>
<td>Ph: 803-777-1833</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

Student email
Twitter
Facebook
Brochure
Poster
The Daily Gamecock ad
Orientation
Greene Street event
Website
Word of mouth

Other:____________________

I have not heard about Student Health Services event/programs.

How would you like to get information about services, programs and events? Check all that apply

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 www.LINK...
Student Health Services
We are Healthy Carolina
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!