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No. 2



Well Now

Your Student Health Center Newsletter

Into the Night

While The Stress Is On, Relax



By Heather Marie Braniund

The end of the term is close, and so are finals. The stress levels are up and the procrastination is over. How do people get through this crazy week and still live to tell about it? Some prepare weeks

ahead of time while others pull all-nighters, and then there are always the few that somehow keep their head just above water without opening a book.

No matter what your study habits are, stress is always an issue around finals week. There are many different ways to control stress. Stress experts have carefully studied the effects of deep relaxation on the mind and body. They find that individuals who regularly practice relaxation exercises experience less stress than people who don't. Relaxation could be anything from meditation and yoga to taking a walk or listening to music. When you find yourself becoming anxious and stressed out, that may be the

exact time to actually put down your books and do something to relax.

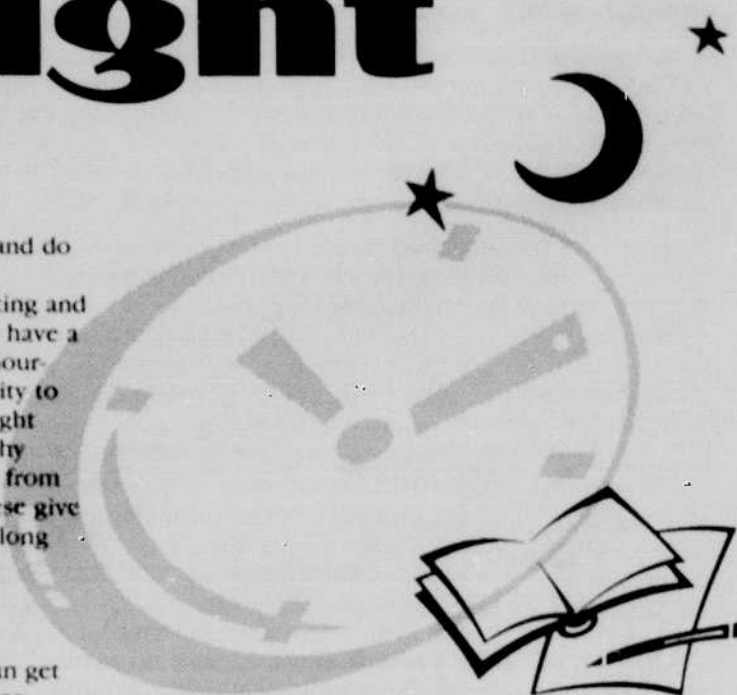
It is also important to maintain healthy eating and sleeping patterns during finals. Many people have a tendency to skip meals and become poorly nourished. This causes more fatigue and an inability to concentrate. So make sure you get a good night sleep the night before finals and have a healthy breakfast that morning. Also try to stay away from excessive amounts of caffeine and sugar. These give you a quick "boost" but the high doesn't last long and you end up feeling more tired.

There is help out there

There are places on campus where you can get tutoring or counseling. The Academic Learning Services (346-3226) in PLC offer math labs from 10:00 A.M. to 3:00 P.M. and writing labs from 9:00 A.M. to 4:00 P.M. They also have many counselors that offer advice on test taking strategies, studying techniques, and stress management. The labs and

counseling are all on a drop in basis.

Remember, the more organized and prepared you are, the less stress you will experience. So, good luck and remember that summer is just around the corner.



Safer Tanning: How to work on a less risky tan



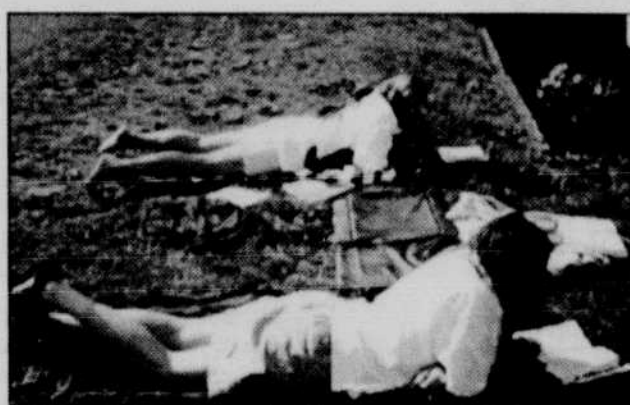
By Diane Elizabeth Wells

All around campus people take advantage of the sunny days of spring. With the first breaks of sun people everywhere enjoy the added warmth and recreation that a sunny day brings.

Unfortunately, this summer fun carries with it some very negative side effects.

The sun gives off both ultra-violet A (UVA) and ultra-violet B (UVB) rays. UVA rays slowly penetrate the skin causing changes to take place in the blood vessels. The changes damage the elastin fibers in the skin which prevents the skin from sagging, wrinkling, and getting that weather beaten look. Ultra-violet B rays are responsible for tanning and sun-burning the skin, which in the long run can lead to skin cancers.

There are three major types of skin cancer. The first and most common form is known as a Basal Cell Carcinoma which can be identified by a translucent bump that may crust and sometimes bleed. Squamous Cell Carcinoma is another form of skin cancer which is characterized by raised pink bumps



Ultimate protection: The Shirt

or patches that often become ulcerous in the center. Finally, a type of skin cancer called Malignant Melanoma can be recognized by its small brown-black or larger multi-colored patch with an irregular border.

In order to recognize such irregularities, the American Cancer Society recommends self-examinations after taking a bath or shower. Full length and

hand-held mirrors help in detecting possible irregularities. If you discover such a spot, consult a physician as soon as possible.

Preventive measures

It is indeed discouraging that skin cancer is the most common form of cancer today. But it is reassuring that preventive steps do exist. Protect yourself by wearing long sleeve shirts, pants, or a large brim hat. Clothing can protect you from the sun's damaging rays. For the areas that aren't covered, use a sunscreen with a sun protective factor (SPF) of 15 or greater. It is also important to minimize sun exposure between the hours of 11 a.m. and 2 p.m. when the sun's rays are strongest.

Following these protective measures will help you enjoy the sun while being relatively safe. Don't forget that hat. And while others are brooding on the beach, why not consider the shaded fun? Give your skin a break by taking advantage of cultural programs, indoor sports, or the shaded woods for a hike. For additional information, stop by the Peer Health Education Office in the Student Health Center, or give us a call at 345-4456.

INSIDE
the
Well Now



What's in town?
Hungry? Caroline Henry and Kristen Koenig take a look at healthy dining and shopping.



Hiking 101
Jeff Conant writes on how a hike can work out just fine.



Weekend choices
Erin Teruya considers binge drinking and its (frequently ugly) effects.