

## Common colds: a crash course



### REAL HEALTH

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Arts & Culture Editor

Each November we celebrate the same traditions: Election Day, Veteran's Day, Thanksgiving (and Black Friday, lest we forget). Another recognizable harvest-season event we tolerate, but never celebrate: the annoying and mostly dreaded cold season. Signs of the season include: empty classroom chairs, increased tissue use and a sudden tickle in the back of your throat. This is a crash course in common cold care. Everything I've written here are examples of common practices. *In no way should it serve in place of actual medical advice.*

This morning it was only a throat tickle? By lunchtime, that tickle has worsened and likely features sinus congestion, headache and a sore throat. At this point, the common cold aficionado would have already used products like Airborne or Emergent-C. Products like these supplement the immune system so you can fight the virus quickly. **IMPORTANT:** The immunity boosting products I mentioned are *not guaranteed* and **only** work if you use them at the earliest indication of a cold (during the throat tickle phase).

Over-the-counter (OTC) cold medicines are the usual fix. Admittedly ill, miserable and mucous-filled, you send your caretaker (i.e. your mom, significant other, or when all else has failed, the-very-annoyed-by-your-illness roommate) to the closest drug store seeking fast relief. Countless flavors, strengths and quantities are available for every type of cold. After browsing the great wall of OTCs, your "drug mule" selects the product best suited for your symptoms. Whether you require a night-time coughing, aching, stuffy-head, and fever brand of relief or a non-drowsy daytime remedy, buy the correct medicine for your sickness. Why take OTCs for symptoms you don't have?

**Tip:** *Already sick in bed? Take a few minutes to browse your junk mail or search online for coupons for tissues, OTCs and other products you need to get well. You can be productive while sick, downtime is perfect for studying.*

Do not rely on OTC medicines; they only treat symptoms of a cold. They do not fight the virus itself. Also, side effects of OTCs can be as bothersome as the symptoms they relieve. Read the package, ensure you are not going to have any adverse reactions.

**Tip:** *Generic brands are equally as effective as name-brand OTCs, saving money.*

Viruses have to run their course, so make sure you are taking the best care of yourself while you wait it out. Your immune system needs all the help it can get. When fighting a cold, remember the following:

•**Hydrate excessively.** When the body is hydrated, everything functions and feels better.

•**Sleep!** The body's rate of healing increases while asleep.

•**Eat as much as you can.** Not feeling very hungry? Some OTCs may affect your appetite. Nonetheless, food is a requirement for sustaining life. Indulge by eating your favorite foods. It's much easier to eat foods you love.

My best advice: Get to know your own body. Visit your physician at least once a year or anytime something does not feel right.

Don't put off your health. It really is the *only* thing keeping you alive.

# It's getting colder

Winter is closing in and no one wants to walk around dressed like a snowman.

It's easy to improve your winter wardrobe with inexpensive, but great looking pieces.

Gloves, hats and scarves are a great way to remove the lackluster from your layered looks.

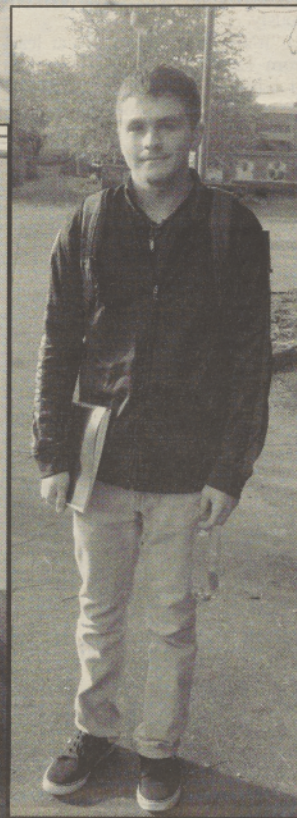
These students are rocking their looks with some serious swagger. Way to go!

it up!

step

to

Time



*Flaunting their fashion forward winter wear, these CCC students are ready for the colder climate. Pictured from left to right: Joey Karren, general education, Max Anderson, general education Kirina Itagaki & Miriam Ordzco, ESL, Travis Golden, electronic engineering.*

— Compiled by Karina Gustafson, Elizabeth Anel-Diaz and Jesse Henninger

## Last week's answers, today

In Issue 5, we asked you to find in our graphic the facts about diabetes. Below is a key to tell you which answers are fact, and which answers are fiction.

- Fiction:** Diabetes can only be attributed to poor diet and lack of exercise.
- Fact:** Diabetes can be a genetic condition (Type 1), can occur during pregnancy (Gestational), or can occur later in life from a number of different factors (Type 2).
- Fiction:** In order to have Type 2 Diabetes, both of your parents must also have Type 2 Diabetes.
- Fact:** Type 2 is not a genetic condition.
- Fiction:** Type 1 Diabetes disappears during pregnancy.
- Fact:** Type 1 Diabetes is a lifelong condition, there is no cure.

Diabetes is the seventh leading cause of death in the world. **Fact!**

Some type 2 diabetes can live a normal life without the need for daily insulin injections. **Fact!**

Americans shovel 22.7 teaspoons of refined sugar into their mouths every day. **Fact!**

Type 1 diabetes is a genetic condition for which there is no cure. **Fact!**

In order to have type 2 diabetes, both of your parents must also have type 2. **Fiction**

Type 1 Diabetes disappears during pregnancy. **Fiction**

Diabetes can only be attributed to poor diet and lack of exercise. **Fiction**

Type 1 diabetes are dependent on injection or pump-administered insulin for the duration of their lives. **Fact!**

Type 1 accounts for only 5 percent of all Diabetes cases. **Fact!**