

# Special Populations Newsletter

McKinley's Special Populations Student Health Concerns Committee

Winter 2014

Volume 1, Issue 1



## What is Special Pops?

The Special Populations' Student Health Concerns Committee (SPSHCC) is one of the University of Illinois' registered student organizations. It is affiliated with and housed at the McKinley Health Center with a primary goal to educate, promote, and address health issues and concerns that impact the overall campus community.

### In this issue:

Winter Survival Tips

Keep the Heat for Cheap

Winter Fitness

Winter Recipes

Fight the Cold with McKinley Health Center

Cold/Flu Symptoms

HRC Locations

Seasonal Affective Disorder

## Winter Survival Tips

The winter weather can take a toll on your body and your mind. Use these tips to help you stay healthy, happy, and warm this winter!

- ◆ Keep your body moisturized. Use lots of lotion, baby oil or petroleum jelly for really dry skin.
- ◆ Use a moisturizing lip balm or petroleum jelly to keep lips moist.
- ◆ Layer your clothing. Wear thermals, a hat, and gloves.
- ◆ Avoid going into the cold weather with wet hair.
- ◆ Exercise! Avoid winter weight gain. Exercise also helps relieve stress and prevents seasonal affective disorder.



- ◆ Get sunlight exposure every day if possible. Sunlight affects hormones that have an impact on both brain chemistry and mood.
- ◆ Eat a healthy, balanced diet and avoid eating foods containing lots of sugar and/ or fat.
- ◆ Do not drink alcohol as a way to warm up! When you drink, more blood flows toward the surface of the body, taking away heat from vital organs.

## Keep the Heat for Cheap

Utility expenses can skyrocket during the winter months due to the cold weather. Here are some tips to keep your expenses in check this winter:

- ◆ Turn down the thermostat when you are out of your home and at night.
- ◆ Use door sweeps or caulk to seal drafty areas on exterior doors and windows.
- ◆ Keep heating vents clear to promote effective circulation of heat.
- ◆ Open curtains and shades during the day to allow sunlight to naturally heat your home.





# Winter Fitness

## Stay Hydrated

By: Dominic  
Gentile

- You can become *just* as dehydrated in the cold as in the heat from sweating, breathing and increased urine production, but it may be harder to notice during cold weather.
- Drink water or sports drinks before, during and after your workout, **even if you are not really thirsty.**



## Watch the Weather

- If the wind chill is too extreme it may be unsafe to exercise outdoors even if you dress warmly.
- Be wary of exposed skin (cheeks, nose, ears, hands, feet).
- Exercising in cold, rainy weather increases the risk of hypothermia.
- If you suspect frostbite, get out of the cold immediately and slowly *warm* the affected area — but **DON'T RUB** since that can damage your skin.
- Signs and Symptoms: intense shivering, slurred speech, loss of coordination and fatigue.

## How to Dress

- Layer up!
- Breathable first layer
- Wool or fleece second layer
- Waterproof, breathable third outer layer
- Keep hands, feet and ears warm
- Wear reflective clothing in the dark
- Wear shoes with good traction (for ice)
- Remember sunscreen! (UVA and UVB, SPF no less than 30!)

## Winter Recipe

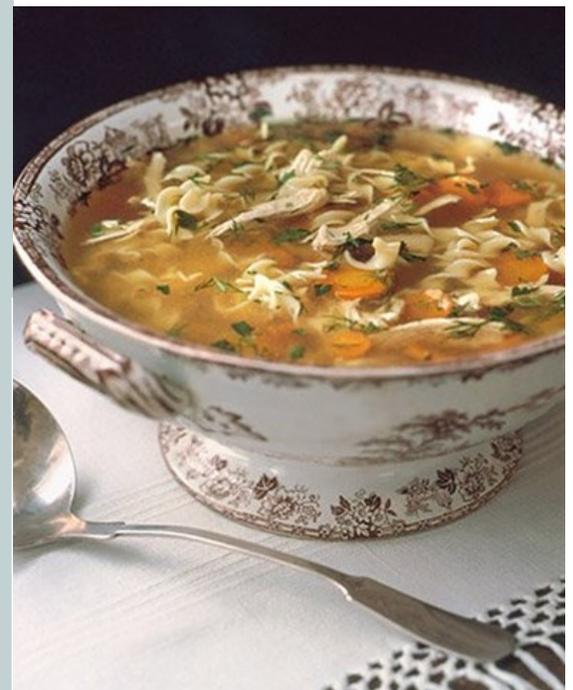
### Chicken Noodle Soup: Serves 8

#### Ingredients:

- 3 quarts Homemade Chicken Stock, or canned low-sodium chicken broth, skimmed of fat
- 3 carrots, cut into 1/8-inch-thick rounds
- Salt and freshly ground black pepper
- 8 ounces medium egg noodles
- Cooked chicken meat, shredded (from Homemade Chicken Stock recipe)
- 1/4 cup chopped fresh dill, or 1 tablespoon dried dill
- 1/4 cup fresh flat-leaf parsley

#### Directions:

- Place stock in a crockpot over medium-high heat, and bring just to a simmer. Add carrots, and simmer until tender—about 6 minutes.
- Meanwhile, bring a large saucepan of salted water to a boil. Cook noodles until just tender—about 6 minutes. Drain noodles, and add them to the pot of stock, along with shredded chicken meat. Season with salt and pepper. Heat until hot. When ready to serve, stir in dill and parsley. Enjoy!



# Fight the Cold with McKinley Health Center

By: Michelle Taddeo

All you need is your student I-card to take advantage of all the over-the-counter self-care supplies McKinley's Health Resource Centers (HRC) has to offer. The HRC provides you with the skills and knowledge to better care for yourself during the winter. All supplies are included as a part of your health service fee and are available to all students at no additional cost.

To alleviate cold symptoms, look into picking up a Cold Care Supply Pack.

They include:

- A decongestant to help with a stuffy nose
- Cough syrup to help with coughing and chest congestion
- Your choice of acetaminophen or ibuprofen for your aches, & pains
- Throat lozenges for your sore throat

If symptoms persist, make an appointment at McKinley Health Center with your primary care physician. There are two ways to make an appointment; either visit My McKinley via <http://www.mckinley.illinois.edu/> (have your Net-ID and password ready) or call the Medical Clinics at 217-333-2700 between 8:00am and 11:00pm. Dial a nurse can be reached 24/7.

If you decide to walk in without an appointment, or feel your medical problem is urgent but non-life-threatening, you may come directly to McKinley for evaluation.



## Cold & Flu Symptoms

By: Daphne Erpelo

### Cold Symptoms

Symptoms of the common cold usually begin 2 to 3 days after infection and can last anywhere from 2-14 days. Symptoms include:

- Sore throat
- Mucus buildup in your nose
- Difficulty breathing through your nose
- Swelling of your sinuses
- Sneezing
- Cough
- Headache
- Tiredness

### Flu Symptoms

Unlike symptoms of a common cold, flu symptoms usually come on suddenly. Symptoms include:

- High fever
- Severe aches and pains in the joints/muscles and around the eyes
- Generalized weakness
- Ill appearance with warm, flushed skin and red, watery eyes
- Headache
- Dry cough
- Sore throat

## Health Resource Center Locations

Pick up Cold Care Supply Packs and a variety of other health care supplies at any of the HRC locations:

•McKinley Health Center - Information/HRC counter, located in the Main Lobby (333-6000)  
1109 S. Lincoln Avenue, Urbana, IL 61801  
Hours of operation - Monday - Friday from 8:00 a.m. - 5:00 p.m.

•Illini Union, Room 40, lower level (244-5994)  
1401 West Green Street, Urbana, IL 61801  
Hours of operation - Monday - Friday from 8:00 a.m. - 8:00 p.m. and Saturday from 12:00 p.m. - 6:00 p.m.

Satellite locations and hours

•African American Cultural Center (333-2092)  
708 South Mathews (located at the Cultural Center)  
Urbana, IL 61801  
Hours of operation - Wednesday's 11-1

•La Casa Cultural Latina (333-4950)  
1203 West Nevada (library on 2nd floor)  
Urbana, IL 61801  
Hours of operation - Monday's 5-7 and Thursday's 12-2

•Asian American Cultural Center (333-9300)  
1210 W. Nevada (M/C 149)  
Urbana, IL 61801  
Hours of operation- Tuesday's 12-1

•Native American Cultural Center (265-0632)  
1206 W. Nevada St. ( M/C 139)  
Urbana, IL 61801  
Hours of operation- Friday's 12-2

# Seasonal Affective Disorder: More Than the Winter Blues

By: Dominic Gentile

## What is seasonal affective disorder (SAD)?

Seasonal affective disorder, or SAD, is a type of depression that affects a person during the same season each year. If you get depressed in the winter but feel much better in spring and summer, you may have SAD.

## What are the symptoms?

If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more and feel drowsy during the daytime.

Symptoms come and go at about the same time each year. For most people with SAD, symptoms start in September or October and end in April or May.

## What are risk factors?

**Being female.** Seasonal affective disorder is diagnosed more often in women than in men, but men may have symptoms that are more severe.

**Living far from the equator.** Seasonal affective disorder appears to be more common among people who live far north or south of the equator.

**Family history.** As with other types of depression, those with seasonal affective disorder may be more likely to have blood relatives with the condition.

**Age.** People between the ages of 15 and 55 are at increased risk. The risk of getting SAD for the first time goes down as you age.

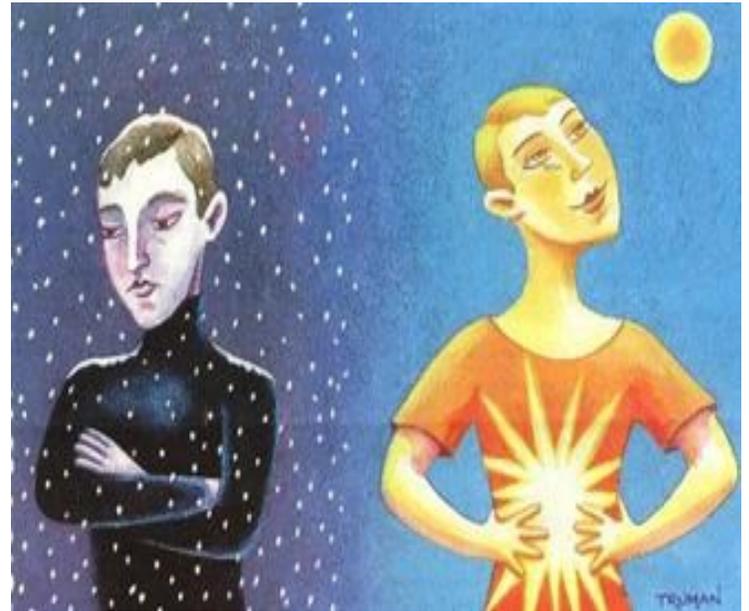
## How is SAD diagnosed?

It can sometimes be hard to tell the difference between non-seasonal depression and SAD, because many of the symptoms are the same. To diagnose SAD, your doctor will want to know if:

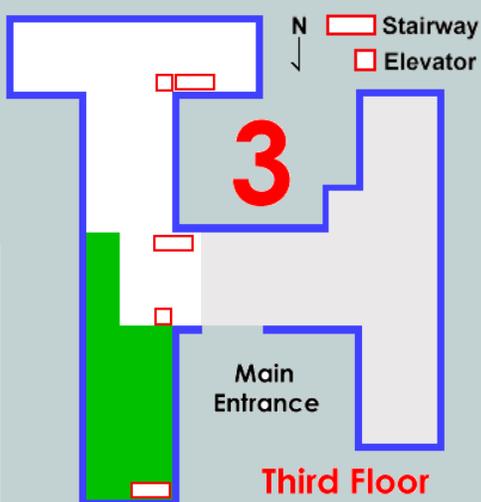
- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.
- You have symptoms that often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.
- A close relative-a parent, brother, or sister-has been diagnosed with SAD.

## What causes SAD?

Experts are not sure what causes SAD, but they think it may be caused by a lack of sunlight. Lack of light may upset your sleep-wake cycle and other circadian rhythms. And it may cause problems with a brain chemical called serotonin that affects mood.



## McKinley Mental Health Clinic



McKinley's staff of mental health professionals includes psychiatrists, psychologists, a clinical nurse specialist, and social workers. The Mental Health Department at McKinley provides evaluation and consultation for a variety of emotional and behavioral difficulties. Short-term psychotherapy and medication treatment are provided, when necessary.

**Location:** McKinley Health Center, 1109 S. Lincoln Avenue, Urbana, IL 61801

**Hours of Operation:** Monday - Friday from 8:00 a.m. - 5:00 p.m.

**Phone Number:** 217-333-2705