HEALTHY HIGHLIGHTS

HEALTH SCIENCE CAMPUS
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## COMING UP AT STUDENT HEALTH

### October
- Breast Cancer Awareness Month
- Physical Therapy Month
- Dental Hygiene Month

**Breast Cancer Awareness**
- **Date:** October 1, 2018
- **Time:** 5PM-7PM
- **Location:** Oak Hall

**Breast Cancer Awareness**
- **Date:** October 22, 2018
- **Time:** 11AM-2PM
- **Location:** Allgood Hall

**Breast Cancer Awareness**
- **Date:** October 8, 2018
- **Time:** 11AM-2PM
- **Location:** JSAC

**Breast Cancer Awareness**
- **Date:** October 15, 2018
- **Time:** 5PM-7PM
- **Location:** HS Wellness Center

**Breast Cancer Awareness**
- **Date:** October 29, 2018
- **Time:** 11AM-1PM
- **Location:** Ed Commons Patio

**CHECK THE SH WEBSITE FOR FLU CLINIC DATES**

### November
- Sexual Health Month
- Lung Cancer Month
- Diabetes Month

### December
- World AIDS Day - 12/1

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### NEED A FLU SHOT?

- **Cost:** $18
- **For students only**
- **The vaccine is free for students with the Student Health Insurance Plan from United Healthcare Student Resources.**

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### EXTENDED CLINIC HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8AM-5:00PM</td>
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<tr>
<td>Tuesday</td>
<td>8AM-6:30PM</td>
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<tr>
<td>Wednesday</td>
<td>8AM-5:00PM</td>
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<tr>
<td>Thursday</td>
<td>7AM-5:00PM</td>
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<tr>
<td>Friday</td>
<td>8AM-4:30PM</td>
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### The Student Health Advisory Council (SHAC)

The Student Health Advisory Council (SHAC) is a student organization whose members represent the student body at large in the Augusta University Student Health Services.

Membership is open to all registered students at Augusta University, including undergraduate, graduate and professional students of all majors.

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### NEW MEMBER APPLICATION

[SHAC Logo]

[SHAC Student Health Advisory Council Logo]
STUDENT HEALTH IS GETTING A SUMMERVILLE LOCATION

SUMMERVILLE CLINIC HOURS

MON  9AM-3PM
TUES 9AM-3PM
WED  9AM-3PM
THUR 9AM-3PM
FRI  9AM-1PM

Location: former aquatic center site that is adjacent to the Archeology Lab and the Science Hall.
Ms. Griffin was born and raised in South Georgia where she attended Georgia Southern University and received her BSN from Georgia Southern University. She later returned to GSU and received her MSN with Family Nurse Practitioner certification. Ms. Griffin is a board certified FNP by American Nurses Credentialing Center. She serves as Chief Clinical Officer at Student Health Services; provides primary and women health services full-time. Prior to her start at Student Health Services she has over 15 years of clinical, administrative, and leadership experience within AU Health.

Ms. Griffin has a passion for preventive health. She is currently completing a DNP research project to reduce cardiovascular disease among those with health disparities. Her interests include reading, do-it yourself projects, and spending time with family.

DID YOU KNOW STUDENT HEALTH OFFERS

Group Nutrition Services

A GROUP OF 15 OR LESS CAN HAVE A GROUP DIET AND NUTRITION CLASS. WE COVER THE BASICS AS WELL AS ADDRESS ANY SPECIFIC CONCERNS. COST IS $15 PER PERSON.

CALL 706-721-3448 TO SCHEDULE A CLASS.
Every October we all gear up to wear our pink in support of breast cancer. It seems like you can buy a pink version of everything from yogurt to t-shirts. And who doesn’t want to don a save the ta-ta’s shirt in the name of breast cancer awareness? Well, this year we want to remind you to be aware that men can also develop breast cancer. After all, men have breast tissue too and nearly any cell can become cancerous. Cancer is simply when a cell's growth is abnormal or out of control. A large mass of cells becomes a tumor. The mass is biopsied and if it comes back malignant it’s cancer. Sometimes these cells stay localized to one area and other times they spread across the body to other tissues, metastasize. Even in terms of the breast there are many areas where cancer can start because the breast is made up of different parts. Such as the glands, that make breast milk, or the ducts, that carry milk to the nipples. You can have cancer in the breast tissue called sarcomas and lymphomas but these are often not classified as breast cancer. Once cancerous cell have amassed in the breast they can spread with help of the lymphatic system. As a preventative measure you can do self-checks, or if breast cancer runs in your family get tested for the BRCA gene. You can check out the recommendations from the American Cancer Society on testing for breast cancer in men or general information on breast cancer.
According to the American Physical Therapy Association, APTA, Physical Therapists (PTs) are licensed health care professionals who can help patients reduce pain and improve or restore mobility - in many cases without expensive surgery and often reducing the need for long-term use of prescription medications. They teach patients how to prevent or manage their condition so that they will achieve long-term health benefits. PTs examine each individual and develop a plan, using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

Physical Therapist
- Examining (history, system review and tests and measures) individuals with impairment, functional limitation, and disability or other health-related conditions in order to determine a diagnosis, prognosis, and intervention.
- Alleviating impairment and functional limitation by designing, implementing, and modifying therapeutic interventions.
- Preventing injury, impairment, functional limitation, and disability, including the promotion and maintenance of health, wellness, fitness, and quality of life in all age populations.

According to the National Athletic Trainers Association, NATA, Athletic Trainers are Health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education and training and the states’ statutes, rules and regulations. As a part of the health care team, services provided by ATs include injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions.

Athletic Trainer
- Recognize, evaluate and treat on-site injuries
- Provide game, practice and event medical coverage
- Bracing, splinting and taping
- Develop home exercise programs
- Help athletes improve their performance
- Help manage injuries and return athletes to play in a safe and timely manner

Like the physical therapist, the athletic trainer will see all students, not just athletes, who have sustained an injury. Students may be referred by a provider or they can make their own appointment to be seen.
SEXUAL HEALTH

Sexual health is more than just condoms and birth control. According to the World Health Organization, WHO, it is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. Because sexual health is about well-being it involves respect; for oneself and ones partners. Respecting your body should include preemptive care as well as routine maintenance. Prior to engaging in sexual activity you should have a conversation with a loved one you trust and respect and your healthcare provider. You want to be sure you have a good foundation on how sex works anatomically and how to establish and maintain safe sex practices. This also includes solo sessions. What to buy and how to keep it clean. Be sure you and your partner have a clear understanding of both or your sexual health standards and sexual needs. It's all about clear communication and having an open honest dialogue with your partner. You don't have to compromise and you shouldn't be coerced. You can withdraw your consent at any time. This experience should be fun, for both of you…I mean that's the point right? Be sure you both are seeing your healthcare provider regularly for wellness checks and STD testing.
WHAT IS WORLD AIDS DAY?
World AIDS Day takes place on the 1st December each year. It’s an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

WHY IS WORLD AIDS DAY IMPORTANT?
Over 100,000 people are living with HIV in the UK. Globally, there are an estimated 36.7 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history. World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

WHAT SHOULD I DO ON WORLD AIDS DAY?
World AIDS Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. Most people do this by wearing an HIV awareness red ribbon on the day.
Influenza is a highly contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. People who have the flu typically experience any or all of these signs and symptoms that usually start suddenly within hours, not days:

- Fever, usually greater than 100 or feeling feverish/chills
- Cough (usually not producing much mucous)
- Sore throat
- Runny or stuffy nose
- Muscle or body aches, headaches
- Fatigue (very tired)
- Vomiting and diarrhea (more common in young children than in adults)

Sound a lot like a cold? Well, you're right. Flu and the common cold are both respiratory illnesses but they are caused by different viruses. As a general rule of thumb, the flu is worse than a cold and the symptoms are very abrupt. Learn more about differences and similarities of the cold and flu from the CDC.

The Student Health Services Clinic provides flu vaccines for students. Cost is only $18.00. The vaccine is free for students with the Student Health Insurance plan from United Healthcare Student Resource.