January
Blood Donor Month
Cervical Health Awareness Month

February
Heart Month
Recreational Therapy Month

March
Kidney Month
Nutrition Month
Athletic Training Month

Don’t forget your FLU SHOT
$18 | no cost to SHIP

Should I Google or go in???

COME IN!
HAVE YOUR SYMPTOMS CHECKED BY A PROFESSIONAL.

- We have a staff that consists of Medical Doctors, a Physical Therapist & Athletic Trainer, Registered Dietitian, Nurse Practitioners, Physician Assistant, LPNs and CMAs ready to provide you with top quality affordable healthcare.
- Our services represent best-practices and cover a range of services such as: primary care, women’s health, immunizations, laboratory services, diet and nutrition, physical therapy, sports medicine and travel medicine.
- We also offer referral services, Student Health insurance, and a wealth of online resources.

Clinic Hours

Monday: 8AM-5PM
Tuesday: 8AM-6:30PM
Wednesday: 8AM-5PM
Thursday: 7AM-5PM
Friday: 8AM-4:30PM
New Year, New Me!

5 HEALTHY RESOLUTIONS YOU CAN ACTUALLY KEEP.

1. Make an annual appointment with your primary care provider. Most insurances will pay for a yearly wellness exam be it a women’s wellness visit or an annual physical. You want to make sure you see your provider yearly to monitor things like your blood pressure, cholesterol, and weight. Don’t have a primary care provider? The beginning of the year is a great time to find one. Ask your insurance provider who is covered in your area or ask a friend for a recommendation and see if they accept your insurance. Remember, we are always happy to see currently enrolled AU students at Student Health.

2. Treat yo self! Find a healthy outlet for your stress. Explore new passions. Try out different hobbies. It is extremely important to your physical and mental health that you find a way to deal with stress and anxiety. Whatever you decide on make sure you can rely on it when things are getting out of control. So a vacation to Italy or the beach might relieve a lot of stress but a spinning class might be more practical for most of us.

3. Exercise, conventionally or unconventionally. A new year means all the gyms have a special, shop around for one. Just make sure you read the fine print. You can exercise in an unconventional way too. Such as parking in the back of the parking lot. Stop circling the first two rows for ten minutes. Really, you could have already parked and made it into the store by now.

4. Sleep more. The lack of sleep can be the underlying cause of health issues including stress, irritability, anxiety, weight gain, and low immunity. Its recommended adults get 7 hours of sleep each night. To ensure you are getting you best sleep try setting an alarm on your tv to shut off in 30mins when you are feeling tired. The darkness and quietness of the room should help you achieve a deeper more restful sleep.

5. Drink more water. Increasing your water intake is a key in staying healthy. We know eight glasses a day sounds hard try buying a nice water bottle and you’re more likely to reach your water intake goal.

Written by Jillian Oliver
HEART HEALTH

About 610,000 people die of heart disease in the United States every year—that’s 1 in every 4 deaths. -CDC

Coronary heart disease (CHD) is the most common type of heart disease, killing over 370,000 people annually. -CDC

Heart disease is the leading cause of death for people of most ethnicities in the United States, including African Americans, Hispanics, and whites. For American Indians or Alaska Natives and Asians or Pacific Islanders, heart disease is second only to cancer. -CDC

Coronary Artery Disease (CAD)

According to the CDC, CAD is the most common type of heart disease in the United States. For some people, the first sign of CAD is a heart attack. CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body; this may cause chest pain or discomfort, called angina. Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can’t pump blood the way that it should. An irregular heartbeat, or arrhythmia, also can develop.

Heart Attack

According to the CDC, a heart attack, also called a myocardial infarction, occurs when a part of the heart muscle doesn’t receive enough blood flow. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle.

Every year, about 790,000 Americans have a heart attack. Of these cases 580,000 are a first heart attack. -CDC

Written by Jillian Oliver
No one likes needles, especially big ones. But no one likes dying either. Blood transfusions save lives and there isn’t much to go around right now. According to the Red Cross, there is a terrible shortage of blood available for those who need it. At any given time, the supply hovers around five days’ worth throughout the country. That’s without a disaster like 9/11 or the Boston Marathon Bombing. The cool thing is, when a disaster happens, we pull together and there are usually mass donations. Don’t get me wrong, that’s a beautiful thing. But what about afterwards. What about the family in the car crash or the patient having open-heart surgery who all of a sudden is bleeding out from an unknown source? What about the cancer patients, the burn victims or the hemophiliacs? We need to do better.

Are there reasons you can’t give blood? Absolutely. Some common disqualifications are not weighing enough, past illnesses, recent tattoos or piercings or being in certain countries during a specific time. For those that don’t give because they are afraid of needles I ask this: if that cancer patient was your mom, would you give? If that car crash involved your dad and little brother and sister, would you give? If the answer is yes then think about this: that cancer patient is someone’s mother. Those car crash victims are someone’s dad, brother and sister. You would want your family to live, why not be the one who helps someone else’s family live. Blood donation costs you nothing but time. Usually 30 minutes to 1 hour. A lot of places, like Shepeard Community Blood Center give you a t-shirt and some snacks for your time. Get over your fear and donate.
NUTRITION

OBESITY DECREASED BY LEVEL OF EDUCATION. ADULTS WITHOUT A HIGH SCHOOL DEGREE OR EQUIVALENT HAD THE HIGHEST SELF-REPORTED OBESITY (35.6%), FOLLOWED BY HIGH SCHOOL GRADUATES (32.9%), ADULTS WITH SOME COLLEGE (31.9%) AND COLLEGE GRADUATES (22.7%).

HIDDEN SUGARS
I was watching TLC’s My 600-lb Life the other day and noticed Dr. Now often recommends the participants refrain from eating fruits on their pursuit to weight loss. I had always thought fruits were good for you because they were natural sugars. I decided to do a litter research on sugars in seemingly healthy fruit. Huffington Post listed: granola cereals or bars, ketchup based salad dressings, yogurt, frozen meals, dried cranberries, fruit juices, bbq and other sauces, white wine, and canned fruit. I found similar results from John Hopkins. (Links bottom right.)

RANKING SUGARS
It’s important to remember even if you choose to switch to a ‘healthier’ sugar all sugar consumption should be done in moderation.

THE FRESHMAN 15: IS IT REAL?
Nicole L. Mihalopoulos, MD, MPH, Peggy Auinger, MS, and Jonathan D. Klein, MD, MPH is with the Department of Pediatrics at the University of Utah in Salt Lake City. Ms Auinger and Dr. Klein are with the Department of Pediatrics at the University of Rochester, NY

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5 INGREDIENT RECIPES
Less is more - focus on the true tastes by using fewer ingredients. Flavorful and easy to prepare, these recipes will make weeknight dinners stress-free and delicious.

Written by Jillian Oliver
We’re not kidding, you need to take care of your kidneys!

**Kidney Conditions**
- Pyelonephritis
- Glomerulonephritis
- Kidney stones
- Nephrotic syndrome
- Polycystic kidney disease
- Acute renal failure
- Chronic renal failure
- End-stage renal disease
- Papillary necrosis
- Diabetic nephropathy
- Hypertensive nephropathy
- Kidney cancer
- Renal cyst

...to name a few

**CDC Chronic Kidney Disease Basics**

CKD is a condition in which the kidneys are damaged and cannot filter blood as well as they should. Because of this, excess fluid and waste from blood remain in the body and may cause other health problems, such as heart disease and stroke. If left untreated, CKD can progress to kidney failure and early cardiovascular disease. When the kidneys stop working, dialysis or kidney transplant is needed for survival. Kidney failure treated with dialysis or kidney transplant is called end-stage renal disease.

**About 30 million US adults are estimated to have CKD and most are undiagnosed.**

**Kidney diseases are the 9th leading cause of death in the USA.**
PURSuing ACCREDITATION

STUDENT HEALTH STARTS ON THE PATH TO ACHIEVING NATIONAL ACCREDITATION

The Student Health Services staff have embarked on a lofty goal: to become nationally accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). Accreditation is a voluntary quality assurance process under which the services and operations of an outpatient ambulatory care center are critically evaluated by a national team of experts to determine if a set of nationally recognized best-practice standards are met. The entire process typically takes between two to three years. To achieve such accreditation, the Student Health Services must prove compliance with all applicable standards, including the following:

1) Patient Rights and Responsibilities
2) Administration and Governance, including peer review and staff credentialing
3) Quality of Care, quality assurance, risk management
4) Health information, security
5) Lab, infection control, diagnostic services
6) Facilities, environmental health and safety
7) Emergency policies
8) Health education and promotion
9) others

Presently, Student Health is about to start the important first step, i.e., conducting an intensive self-survey of these standards. The self-study includes review of mission and vision, administrative and clinical policies and procedures, quality improvement evaluations, and compliance with internal, university, local, state, and federal guidelines regulating all health care organizations. Quality improvement studies need to start immediately as ideally, accrediting evaluators like to see at least two years of studies at the time of their site visit.

Benefits of accreditation include:

1) Improved quality of care,
2) Increased community confidence,
3) Improved operational efficiency and processes,
4) Reduced liability,
5) Improved staff morale with a sense of working toward a common goal, and
6) National recognition as one of the best student health centers, a “gold standard” distinction that we provide the best quality of care, something important for students, their parents, and the entire University community. We would join a small but elite group of college health centers.

In Georgia, the only the Student Health Centers that are nationally accredited are the University of Georgia, Georgia Tech, Emory, and Georgia Southern

A timeline has been established with a December 2020 goal for site review and 2021 accreditation announcement. Hard Work ahead – something necessary to better serve our top priorities: students and patients.
HAVE YOU HEARD ABOUT THE SAFE SEX SUPPLIES PROGRAM?

WHAT IS IT?

- A FREE PROGRAM THAT EASES THE ACCESS OF SAFE SEX SUPPLIES TO AUGUSTA UNIVERSITY STUDENTS.
- IT DISCRETELY SENDS SAFE SEX SUPPLIES AND HEALTH INFORMATION TO AUGUSTA UNIVERSITY STUDENTS LIVING IN A SCHOOL RUN RESIDENCE BUILDING.

HOW DOES IT WORK?

- VISIT OUR WEBSITE. FILL OUT THE REQUEST FORM. A DISCREET PACKAGE WILL ARRIVE IN THE MAIL WITHIN 5-7 BUSINESS DAYS.