HEALTHY HIGHLIGHTS

Summer 2018

AUGUSTA UNIVERSITY
Student Health

Pavilion II, AF-1040
706-721-3448
Augusta.edu/shs

Twitter
Facebook
COMING UP @ STUDENT HEALTH

July
26th Disability Independent Day
28th World Hepatitis Day

August
Nat’l Immunization Awareness
Psoriasis Awareness Month

September
Food Safety Ed Month
Ovarian Cancer Awarness
Prostate Cancer Awarness
Sexual Health Awareness

We Need You!
The Student Health Advisory Council (SHAC) is an AU recognized student organization whose members represent the student body at large in the Augusta University Student Health Services (SHS). These students represent the student voice for Student Health by helping ensure quality health care and health education for all AU students. Students provide new ideas regarding clinic services that are specifically designed to meet the needs of AU students and help market the various programs through special events and social media. Membership is open to all registered students at Augusta University, including undergraduate, graduate and professional students of all majors and interests. For more information regarding SHAC and membership application, visit:

8/15
Student Health Clinic
OPEN HOUSE
Lemonade Brigade

8/20
SHAC - Takeover Tuesday
JSAC Patio

8/22
SHAC - Club Fest
Summerville Amphitheater

8/21
Taste of Augusta
Summerville Amphitheater
Student Health Table

9/4
Extended Clinic Hours Start

Director's Welcome
Welcome to our inaugural issue of the Augusta University Student Health Services newsletter. Throughout the year, this newsletter will provide several regular features, including:

- a calendar of healthy happenings, including health promotion outreach programs, such as our Fall Open House, many flu vaccine clinics and breast cancer awareness programs on both Health Sciences and Summerville Campuses.
- monthly Health Observations and health alerts
- health articles written by members of our clinical staff with the student in mind
- interesting Health trivia and facts for students, and
- much more

Our motto is “to care, to cure, to educate”! Our dedicated licensed clinicians and staff provide quality and student-centered health care, health education and preventive services to all Augusta University students. These services represent clinical best-practices to assist students maintain health to help maximize their learning potential. We hope you’ll find this newsletter educational, interesting, and enjoyable. Please feel free to submit your ideas to me at rdollinger@augusta.edu.

Happy Healthy Reading!
YOU MIGHT BE ELIGIBLE TO RECEIVE A FREE PAP & HPV TEST!

Augusta University students age 21 years or older may receive free Pap and HPV testing as part of an AU IRB-approved clinical study being conducted at the AU Student Health Clinic. In addition, a painless 15 seconds test for a cervical cancer biomarker will be obtained with test results available in just 2 minutes. Students with abnormal test findings will also receive a free colposcopy exam. All students will receive a $25 gift card at the conclusion of their exam.

“This is a terrific opportunity for AU students to support cutting edge research offered by the Georgia Cancer Center” said Dr. Daron Ferris, Professor of Obstetrics and Gynecology at the Georgia Cancer Center. For an appointment, call the AU Student Health Services at 706 721-3448. Additional information about the clinical research study, call Angela Goebel at 706 721-2535.

NUTRITION SERVICES NOW AVAILABLE AT AU STUDENT HEALTH SERVICES.

Karen Cota, a Registered Dietitian Nutritionist and Certified Diabetes Educator, is available at Student Health Clinic to see students in consultation who have questions or concerns about their diet or nutrition needs. The foods we choose to eat or not eat can have a huge impact on our health as well as how we feel and function. Students with chronic conditions like diabetes, high cholesterol, high blood pressure or who are overweight/obese can benefit for nutrition assessment and education. Call SHS to set up your confidential appointment, 706-721-3448. Services are 100% covered by the United Health Care student insurance plan.
WHAT YOU DON'T SEE CAN HURT YOU!
Karen Cota, RDN, LD, CDE
Registered Dietitian Nutritionist and Certified Diabetes Educator

Just because food tastes OK doesn’t mean it won’t make you sick. One in six Americans get sick each year from food borne illness. This is what you need to know to help keep you and your food safe.

There are 4 basic steps to food safety at home:

- **CLEAN** – wash hands, counters and utensils with warm soapy water or sanitize with a mixture of 1 teaspoon of chlorine bleach in 1 quart of water. Sponges and dishcloths are the perfect environment for bacteria to multiply. Microwave them for 2 minutes on high or run through the dishwasher everyday.
- **SEPARATE** raw and cooked foods to prevent cross-contamination. Raw meats can spread germs to ready to eat foods.
- **COOK** to kill bacteria. When food stays in the danger zone (40 degrees F to 140 degrees F) bacteria multiply rapidly. Don’t let food stay in danger zone more than 2 hours (or 1 hour if outside temperature is 90 degrees F).
- **CHILL** – Keep cold foods cold. Your refrigerator should be below 40 degrees F. Thaw frozen food in the refrigerator. Most leftovers should be thrown out after 3-5 days.

Check out these websites for more food safety information:

www.choosemyplate.gov
www.cdc.gov
www.fsis.usda.gov
www.fda.gov

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IMMUNIZATION 101
Karyn Kelly, RN, MSN, NP
Certified Family Nurse Practitioner

Illness can interrupt your college career. Immunizations help protect against disabling and potentially fatal diseases. Immunizations for college students include:

- **Meningococcal vaccine** – The American College Health Association (ACHA) and Centers for Disease Control (CDC) recommend that all college students consider receiving the Meningococcal vaccine due to recent trend of increased in the number of cases of Meningococcal infection and meningitis in the 15–24 year old age group.
- **Measles / mumps /rubella (MMR)** – Outbreaks of measles continue to occur on college campuses.
- **Tdap Tetanus–Diphtheria–Pertussis** – Boosters needed every 10 years to maintain adequate level of protection.
- **Varicella vaccine** – Chickenpox in college age adults can be dangerous causing acute symptom. Varicella is highly contagious to the unvaccinated population.
- **Hepatitis B vaccine** – Recommended for all college age adults to prevent infectious liver disease. Hepatitis B, which can be transmitted sexually, through blood and body fluid exposure, as well as by needles.
- **Influenza (Flu) vaccine** – Offered during the fall semester. In 2017, the influenza outbreak was disruptive on the AU campus. Consider a flu vaccine before the end of November. Flu vaccine are available at Student Health Services and Flu vaccination clinics throughout the campus.

Check out the University System of Georgia’s policy to see what they have to say about the immunization requirements for students. Policy 4.8.2

SHS offers these vaccines at the Student Health Clinic for a nominal charge.

Source: ACHA Guidelines: Immunization Recommendations for College Students