

WebMD **CAMPUS**

HEALTH SMARTS FOR COLLEGE STUDENTS



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ULTA
YOUR BEAUTY DESTINATION

Fall 2011

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Smart Ideas



fit tip

BRAIN DRAIN

If stress is getting the best of you, WebMD's work-life balance coach Tevis Rose Trower has a radical idea: Slow down. "Pick a day coming up and intentionally take everything off your schedule that's not a 'must,'" she says. Then, give yourself all the time in the world for what's left. "When you go through an activity with ease, it makes you feel more at peace with yourself," she explains.



healthy eats

SLEEPING BEAUTY

Gals, whether you skimp on sleep or not, now is the time to add eye cream to your beauty routine. The skin around the eyes is thinner than the rest of your body, and thins even more with every birthday. To stave off future under-eye circles and hollow-looking skin, Lisa Ginn, MD, a cosmetic dermatologist in Chevy Chase, Md., suggests looking for an eye cream with vitamins A, C, E, or K—and start using it regularly.

skin care



give back

TAKE A BREAK

Thinking about Spring Break already? Instead of hitting the beach again this year with the gang, why not think about using your time off to make a difference? Organizations like the United Way's Alternative Spring Break help arrange volunteer trips for students to make an impact in challenged regions such as the Gulf Coast. Find an updated list of sites at www.liveunited.org/asb.

GOOD FOOD

The smorgasbord in the dining hall can be overwhelming—and the junk food options can be hard to resist—but it's easy to make smart and satisfying choices. WebMD nutrition expert Carolyn O'Neil, MS, RD, suggests these healthy snack swaps:

GRAB THIS

- ½ cup hummus (204 cal.) and six carrot sticks (5 cal. per stick)
- 1 cup unsweetened iced tea (2 cal.)
- Plain hamburger on whole-grain bun (394 cal.)

NOT THAT

- 1 portion of nachos (346 cal.)
- 1 cup cola (75 cal.)
- Plain cheeseburger on regular bun (463 cal.)

CLOCKWISE FROM TOP: JORDAN SIEMENS/GETTY IMAGES; ALEX CAUGHEY IMAGES; YELLOW DOG PRODUCTIONS/GETTY IMAGES; RANDO HALL/GETTY IMAGES



Sick 101

Q ▶ If I'm sick or feel really wiped out, how do I know if I should just stay in bed or if I need to go to my college health clinic?

A ▶ The distinction is not always clear-cut, but some symptoms are a definite sign you need to check in with your campus clinic:

You have a fever that lasts more than a week. If you have a fever of 102 or higher, go in right away.

You can't hold down any food. If you have severe diarrhea for more than two days or even mild diarrhea lasting a week, it's probably time to visit the clinic. Constipation for more than two weeks or bloody diarrhea is another reason to go.

You're in pain, such as you'd have with a severe headache, backache, or stomachache. Get it checked out to (a) make sure it's nothing serious and (b) find some relief. Headaches with a fever, stiff neck, rash, mental confusion, or signs such as sensitivity to light or speaking problems are cause for concern.

You have red, swollen, and hot joints (such as hands, knees, or ankles), which could indicate a serious infection that needs urgent medical attention.

You've been "blue" for more than two weeks. Academic stress, homesickness, and social issues can lead to depression in students. Unexplained weight loss, difficulty falling asleep, or poor concentration may be signs of depression or other ailments that call for a checkup.



Brunilda Nazario, MD
WebMD SENIOR MEDICAL EDITOR

Only or lonely?

Q ▶ I like to spend a lot of time alone (hey, I need to study!), but my roommate thinks I'm getting too isolated. Who's right?

A ▶ Here's what might be going on. Typically, college students become isolated for one of three reasons: anxiety, stress, or depression. Trouble dealing with an academic workload, discomfort with a new environment, struggling to find like-minded people, and trying to adjust to college life can stir up all of these feelings. But balancing a social life with academic obligations and time to yourself is important to overall mental well-being.

To figure out if you're "too isolated," ask yourself: Do you spend any time with others? Do you feel as though people just don't "get" you? Are you balancing school obligations with an exploration of the world around you? Does the thought of trying to start new friendships make you so uneasy you feel socially paralyzed?

If your answers are mostly "yes," try to force yourself to be around others. College campuses are full of clubs, associations, study groups, and activities where you might find people similar to you. If the thought of interacting with strangers is overwhelming, try for an activity where you can just observe. Simply being out and about can help elevate your mood.



Jerry Weichman, PhD
WebMD MENTAL HEALTH EXPERT

Don't Worry, Be Happy



In the movies, college is all about ice luges, frat parties, and snoozing in class to recover from it all. You know what? Movies lie.

Sure, there are parties, but most of the time college is more stress than fiesta followed by siesta. And the pressure of homework—tons of it—and exams—lots of them—can take a toll on your mental and physical health. WebMD asked Alex Lickerman, MD, interim assistant vice president for Student Health and Counseling at the University of Chicago, for some smart tips to keep the stress at bay (or at least at a low ebb) throughout the semester.

We're only half kidding. It really is possible to de-stress your semester

By Linda Formichelli
WebMD Contributing Writer

STOCKBYTE/GETTY IMAGES

STOP STUDYING.

A marathon study session may seem like a great idea, but you can wear out your willpower and concentration. “Keeping on task is a very energy-expensive process,” Lickerman says. “When you use all your energy to keep yourself studying, you can’t use that same energy to control your worry or your stress about it.” This can lead to freak-outs of major proportions. So when you start feeling fatigued, take a break and do something that replenishes you, such as noshing on a light snack or taking a 10- or 20-minute walk outside, before hitting the books again.

GIVE YOUR MIND A BREAK.

Anxiety pops up when your mind is not on the present moment: You’re trying to study, but you’re worrying about your next exam. Or you’re taking the exam while stressing about something your boyfriend said. According to Lickerman, daily meditation for as little as 20 minutes can help you develop your mindfulness muscle. “Meditation seems to have an effect beyond the period when you’re meditating,” he says. Find a quiet place to sit, close your eyes, and focus on your breath, gently bringing your mind back whenever it wanders.

MAKE A LIST.

Does it seem like *everything’s* stressing you out? “Sometimes it turns out the entire source of your stress is just one thing, and yet because you’re so stressed you feel like you can’t do the other things,” Lickerman says. The solution? “It’s helpful to pinpoint what exactly is making you feel overwhelmed so your worry doesn’t bleed into other areas.” He suggests compiling a list of everything on your plate. Then rank the tasks by which ones are *really* bugging you so you can take care of them right away. Crossing things off a list has its own stress-reducing reward.

GET YOUR ZZZ’S.

You already know that lack of sleep makes it harder to kick stress to the curb. The question is: How can you catch your eight hours when you’re in a dorm full of partyers, and your roommate considers 3 a.m. prime study time? Keep it simple: Lickerman suggests buying a pair of earplugs and

an eyeshade (really!) and talking to your resident assistant if rowdy neighbors consistently keep you up. Also, daytime naps as short as 15 to 20 minutes can help you feel refreshed after a poor night’s sleep.

DON’T CRAM (FOOD, THAT IS).

Yes, a small snack can help replenish your energy during a study session, but it’s easy to distract yourself from stress with copious amounts of food, which causes pounds to pile on, which causes more

stress—you get the picture. Instead of chowing down an entire bag of tortilla chips whenever you feel anxious about a project or exam, Lickerman says, distract yourself with a nonfood activity you enjoy. Read your favorite blog or a short magazine article, or click on the TV for some news headlines, or get outside for a quick walk around your dorm building. Your urge for mindless eating should go away so you can return to studying—without a junk-food break. ■

“When you use all your energy to keep yourself studying, you can’t use that same energy to control your stress about it.”



DAVID TRUDD/GETTY IMAGES

Tame your stress.  WebMD.com

iCarly Preps W for College

When Miranda Cosgrove's band went on its *Dancing Crazy* tour this summer, she fancied it a bit like college. "We're all on a bus, we watch movies, and it's kind of like having a sleepover every night," says Cosgrove, 18, star of the long-running Nickelodeon hit *iCarly*. "My backup singer's mom sends cupcakes, and she and I are always telling the guys to pick up their clothes. It's like being in a dorm."

OK, maybe if you add piles of homework and take away some movies, there's a hint of dorm life in bus touring. But next fall, Cosgrove will find out for sure. She was accepted to New York University and the University of Southern California and plans to defer her admission until 2012, after she's finished shooting *iCarly*. She's still deciding between the two schools. Her father, who owns a dry-cleaning business, went to USC and proudly showed Cosgrove around when she took her SATs there. But NYU offers the allure of an unfamiliar coast.

By Melanie D.G. Kaplan, WebMD Contributing Writer

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Actor and musician
Miranda Cosgrove
gets ready to graduate
to living on her own

"I feel like college is all about getting away and figuring out what you want to do and meeting new people," she says. "I've lived in Los Angeles my whole life, and it would be good to get away. But I'd probably be in shock at first." Cosgrove's mother has joked about getting an apartment in Manhattan not too far from her only child. "She's like, 'I can do your laundry,' and I'm like, 'Mommmyyyyyyy.'"

Known internationally for her role as Carly Shay and for her run on Nickelodeon's *Drake & Josh*, Cosgrove is one of the highest-paid teens on TV. She also lent her voice to *Despicable Me*, appeared in an episode of CBS's *The Good Wife*, and released her first album with Columbia Records, *Sparks Fly*, which debuted at No. 8 on the Billboard 200, all last year. Yet Cosgrove—who laughs easily and makes even a stranger on the phone feel like she's Cosgrove's BFF—still thinks of herself as an average 18-year-old. That's especially true now, as she transitions from her teens to adulthood.

"I feel like it's one of those moments where everyone is figuring out what they want to do," she says. "It's kind of a nice time. You have a lot of open doors and a lot of possibilities. All my friends are going through the same things, so I don't feel alone in that." Even Cosgrove's precollege fears are typical—she worries about keeping up academically (having been tutored on and off the set since sixth grade) and fitting in socially.

Cosgrove plans to study theater or film and would like to continue acting after college, yet she welcomes the break from a career that she fell into as a child. "I couldn't see myself doing anything besides acting," she says. "But I want to take a step back to make sure it's the right path for me."

Finding the right path means experimenting in other areas of her life as well. Take fashion. It's not easy to admit in Hollywood—a place where everyone seems to have her own look and fave designer—that you don't have a signature style. But Cosgrove confesses she's still figuring it all out.

"I've gone through phases where I've tried things that didn't really work, but my mom helps me with that," she says. "We shop together a lot, and she's really good



((College is all about getting away and figuring out what you want to do and meeting new people.))

with fashion." While Cosgrove is more of a jeans and sweatshirt girl on workdays, she does love dolling up in heels and a leather jacket when she's headed out with friends.

Downtime often means chilling with her best friend and next-door neighbor, Nina, watching DVDs, making up parody songs on the guitar, or going to a kickboxing class.

But to rejuvenate her soul, Cosgrove leaves movies and music behind and heads to Memphis, Tenn., where she visits patients at St. Jude Children's Research Hospital (www.stjude.org). She made her first trip to the hospital about six years

ago. She met a girl her age who was going through chemotherapy and was moved by their connection.

She's returned twice since then to spend some time with the kids, most recently with the cast of *iCarly*. During the visit, the girl she had befriended ran up and hugged her. "I didn't know her whole story the first time, but she gave a speech to the cast and told us what it was like at the hospital. I remember thinking I could totally be friends with her. I'm never going to forget her." (At press time, Cosgrove says she hopes to go back soon and plans on visiting children's hospitals in various parts of the country during her summer tour.)

There was another unforgettable encounter in Washington, D.C., last Christmas, when she performed with other artists at the White House. "I was really nervous," Cosgrove says. "And then I got to meet President Obama before I went on, which made me more nervous."

The president cleverly referenced her role as a preppy band manager in *School of Rock*. "It was really funny. He was joking around, and I just thought, this is crazy that he knew about the movie," she says, sounding delightfully awestruck. "And crazy that he knew about me!" ■

STEPHAN PIKROBA/PRESS/CON INTERNATIONAL

Take 5

Got five minutes?
Here are five healthy ways to recharge

By Jennifer Soong
WebMD Contributing Writer



Five minutes. True, it's not a heck of a lot of time, especially with that stack of books staring at you. But it's just long enough for you to do one thing—and maybe that one thing that will turn your day around. Take five and try these five simple ways to lower stress and boost your mood and energy levels. You might just find the extra spark you need to tackle all that homework. Well—most of it.

1 MAKE YOUR BED. Starting off each day with this small ritual can help create a calm environment for you in your bedroom. Gretchen Rubin, author of *The Happiness Project*, writes that many people benefit from making this modest step part of their routines. By checking it off your to-do list early on, you've got one less thing to worry about for the rest of the day.

2 CLEAR YOUR DESK. You may not be able to overhaul your dorm closet in five minutes, but you can manage to tidy your desk. From stray papers to scattered coffee mugs, clutter can make you lose focus and can curb productivity. Declutter your outer environment, and you may feel lighter on the inside and more motivated to concentrate on the task at hand.

3 PUMP UP THE MUSIC. Several studies find that listening to music can help lower blood pressure, reduce stress, and boost mood. The right music has the power to change your attitude. So load up your MP3 player and create a special playlist that will make you smile—whether you're working or working out.

4 SNIFF A LEMON.

For a quick de-stressing trick, turn to an underrated sense—your sense of smell. Japanese researchers found that linalool, a substance found in lemons, has anti-inflammatory properties and may reduce the fight-or-flight stress response. Research shows other scents, such as basil, juniper, and lavender, help lower stress.



5 UNPLUG. Just because we live in a wired world doesn't mean you need to stay connected every minute of every single day. Staring at computer screens and electronics all day long can zap your energy and encourage inactivity. Log off your email and Internet (yes, that means Facebook, too). This is especially important to allow you to unwind and relax before bed. ■



Beat the Freshman 15

By Matt McMillen, WebMD Contributing Writer



15

Was fitting into your jeans a lot easier before you got to college? Hate to break it to you, but you and your classmates are experiencing a time-honored tradition, the Freshman 15—the roughly 15 pounds many students gain during their first year at college.

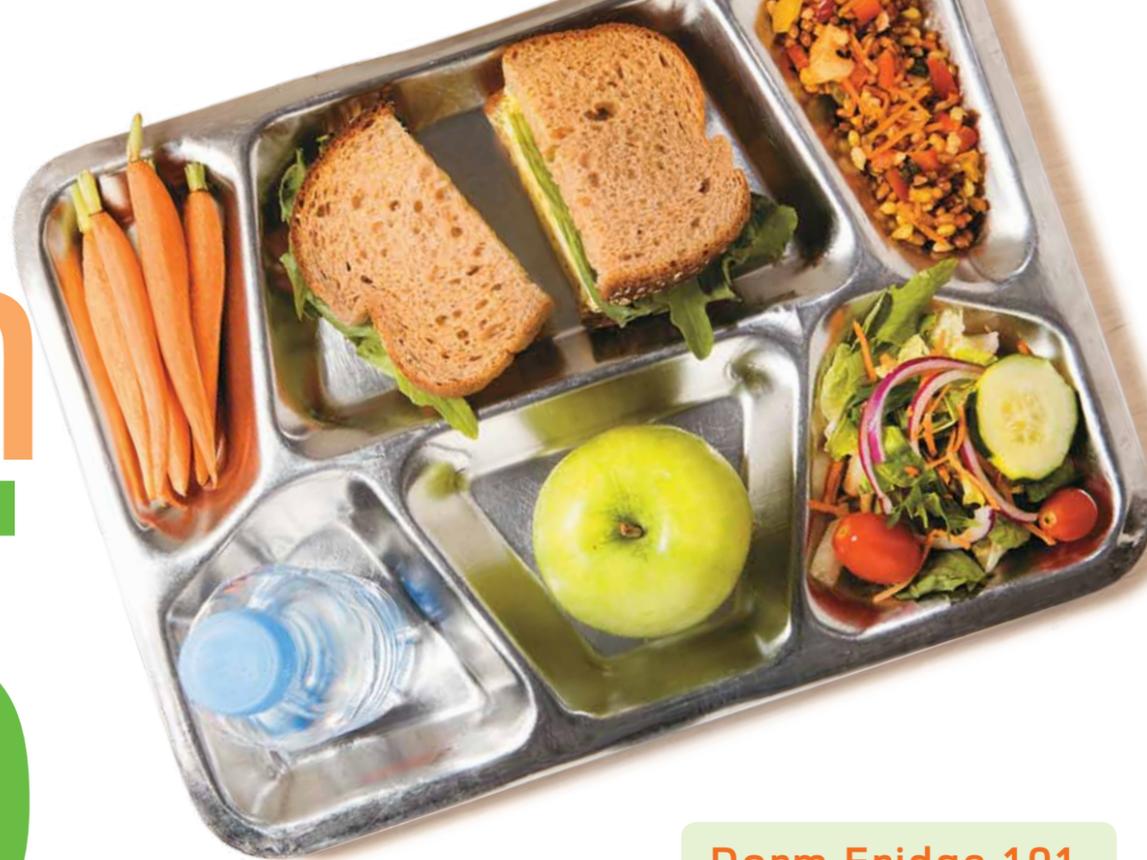
What to do? “You have to strategize,” says Katherine Grubiak, RD, dietitian at UCLA’s Arthur Ashe Student Health and Wellness Center. By that, she means you need to put some effort into eating right, eating enough but not too much, and eating regularly.

RULE NO. 1: EAT

It might sound counterintuitive, but don’t skimp on the calories you need. Going hungry will only leave you less energized and more prone to overeating later.

“You want to eat three meals and two to three snacks a day,” says Grubiak. Breakfast is key, she adds. Some studies show that having a healthy breakfast helps improve academic performance, so make it a part of your day, every day.

Enjoying healthy snacks between meals—Grubiak recommends nuts, some fresh fruit, non- or low-fat yogurt—means you won’t be tempted to pig out when



you hit the dining hall. “Starving doesn’t allow any room for smart choices,” she says.

The first key move to make at the dining hall is to head straight for the salad bar. Fill up half your plate with fresh vegetables. Then pick your entrée. Grubiak recommends dividing the empty side of your plate equally between protein and carbs. In other words, you want a 3-ounce piece of meat—that’s about the size of a deck of cards—and a cup’s worth of healthy carbs—think whole grains like brown rice or a baked sweet potato. Not a carnivore? Three-quarters of a cup of tofu or cooked beans, 1.5 ounces of unsalted nuts, 2 to 3 tablespoons of nut butter, or 3 ounces of tempeh will get you your protein fix.

RULE NO. 2: SNACK

Most dining halls won’t allow you to take any leftovers or second helpings with you, but Grubiak says they often allow students to pocket a few pieces of fruit and a sandwich or two. Take advantage of that, especially if you’re on a two-meal-a-day plan. You’ll want to nosh on those takeaway items throughout the day.

Snacks are essential at night, too. Grubiak tells students that if they’re going to be up late—and what student isn’t?—they’d

Dorm Fridge 101

A well-stocked personal fridge can keep the munchies at bay while keeping the nutrition you need close at hand. Favorites of dietitian Katherine Grubiak, RD, include these healthy treats:

- Low- or non-fat Greek **yogurt**, a great source of protein
- Fresh **fruit**
- Low- or non-fat **milk**—the real thing, or soy or almond milk
- String **cheese**
- **Hummus** and **veggies** (baby carrots, broccoli florets) for dipping

better have some good food on hand for fuel. “That’s the biggest myth: that you shouldn’t eat after dinner,” Grubiak says. “The truth is, your body is constantly utilizing calories.”

Stock your dorm fridge with healthy snacks (see box). Grubiak also likes protein bars. They provide a steady source of energy rather than the short sugar spikes you get from candy bars and soft drinks. Just realize that not all protein bars are created equal. Take a look at the nutrition info and make sure the bar you’re buying has at least 7 grams of protein and no more than 30

grams of carbs. And sugar shouldn’t be the first ingredient.

Eating well doesn’t mean denying yourself everything you love to eat. Just be smart about it. If you go out for burgers, get a small order of fries and don’t supersize your order. And skip the sodas, most of which are loaded with calories. Those are already tough enough to burn off when you spend most of your day sitting at a desk in class or hunched over books in the library.

RULE NO. 3: MOVE

Speaking of burning calories, work some exercise into your daily routine. Going to the gym is a great move when you can get there, but Grubiak tells students not to underestimate the good that walking will do for you. Give yourself time to take the long way to class, she says. Use the stairs wherever possible.

Don’t feel like leaving your dorm? Grubiak recommends surfing the Internet for an aerobics video or getting a workout with a Nintendo Wii. Some students, she says, simply turn on the radio and dance around the room or jump rope to work up a sweat.

Exercise not only helps you maintain a healthy weight but also provides an excellent counter to stress and anxiety. Both can wreak havoc on your diet, causing you to binge on a bag of donuts or skip meals altogether.

RULE NO. 4: DRINK

Water, that is. You want to make sure you’re getting plenty of water throughout the day. Every part of your body needs it. “Eight cups a day is the bare minimum,” says Grubiak. Her rule of thumb? Take half your body weight and drink that many ounces of water. So, if you’re 150 pounds, that’s 75 ounces or about 10 cups a day. Your water requirement can also be satisfied with water-heavy foods like soups, watermelon, vegetables, and beverages.

Grubiak’s final piece of advice: Take advantage of where you are in life. You’re a student, you’re at college, you’re learning. Make good nutrition a part of that learning process. Understand the foods that go into your body and what they do for—or to—you. That’s knowledge you can “chew” on way past graduation day. ■

NAIL IT

Looking to spruce up your beauty routine? Get gorgeous from head-to-toe with tips—from healthy nails to makeup how-to's—in WebMD's Skin & Beauty Center.



Food for Thought

Cramming for your next big exam? Recharge, fuel up, and get focused with WebMD.com's list of **Brain Foods That Help You Concentrate.**

brain foods slideshow

Hot Topics

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*as of August 1, 2011



Fit to a T

Can't seem to make it to the gym before or after class? Amp up your predictable fitness routine right in your dorm room with the moves featured in WebMD's "7 Most Effective Exercises" slideshow.

exercise

CLOCKWISE FROM TOP: STUDIO MPM/GETTY IMAGES; CAVAN IMAGES/GETTY IMAGES; KEVIN SUMMERS/GETTY IMAGES

Mononucleosis

TOP SYMPTOMS INCLUDE

- ▶ Fever
- ▶ Sore throat
- ▶ Swollen lymph glands in the neck

A year-round viral infection commonly called "mono" or "the kissing disease," mononucleosis is spread by saliva, mucus (from the nose and throat), and even tears. Teens and young adults are most vulnerable to the disease. Mono can cause fever, malaise, and body aches that last weeks, or headaches and fatigue that can last weeks to months. Both put a serious crimp in your lifestyle. The sore throat can be severe and the tonsils may be covered with a white or gray-green coating (you can see this with a flashlight); some people also develop a faint pink rash or large lymph nodes.

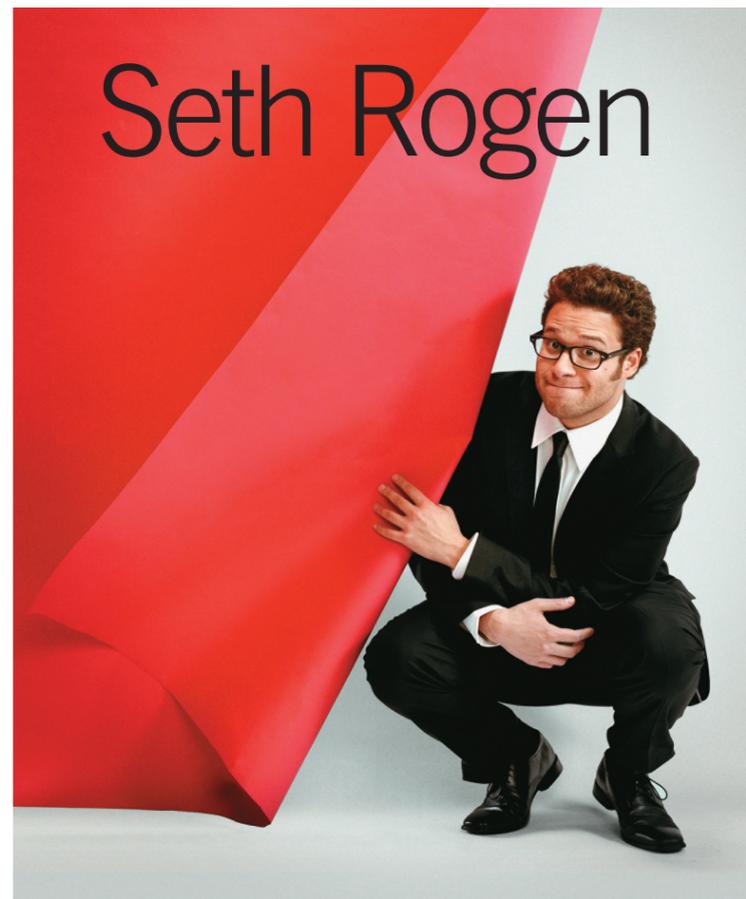
The real diagnosis, however, comes after a monospot test and other blood work from a doctor. Severe stomach pain may signal an enlarged or ruptured spleen, which can be a life-threatening emergency. One note: As a virus, mono won't respond to antibiotics. Best treatment? Rest, plenty of fluids, and fever reducers. Avoid contact sports for at least three to four weeks to protect the spleen.

symptomchecker



Key in your symptoms

Seth Rogen



ACTOR/PRODUCER

WebMD has a cameo in the film! Did Will Reiser really check out his symptoms—and odds for survival, from which the film gets its name—on WebMD.com?

Will is definitely the type to search online, looking up all sorts of potential problems.

Is there a history of cancer in your own family? And do you take any specific health precautions?

Not a huge history. Some. I try to eat healthy. And I ingest as few horrible chemicals as possible. And I wear sunscreen!

Your fiancée, Lauren Miller, makes a brief appearance in *50/50*, and you were interviewed together on Larry King's special, *Unthinkable: The Alzheimer's Epidemic*. [Miller's mother currently has the disease.] What do we need to know about this degenerative condition?

I think a lot of young people don't realize Alzheimer's is something that affects not just our grandparents' generation [but also] our parents' generation, and eventually our generation. Now that I've seen [Alzheimer's] firsthand, I think it's something that can use support.

Do you have a hero from the worlds of acting, comedy, or otherwise?

I wouldn't be able to narrow it down to one person. Too hard—I have many heroes. But who's inspired me? Trey Parker and Matt Stone consistently do incredibly funny stuff. If there's anyone I get jealous of, it's them.

When you were shooting *The Green Hornet*, you reportedly dropped 30 pounds for the role. Was it difficult to do, and have you maintained the weight loss?

Let's say I've found a happy middle ground. OK, I'm not eating as well as I used to. Now you're making me feel bad. I feel like I'm talking to my grandmother!

What's your relationship with exercise now?

I use an elliptical machine because I hate running. I hate exercising. So I have to do it in ways that I'm tricking myself that I'm not doing it. Anything I can do in front of a television or while playing a video game automatically works better for me.

If you were stuck in a hospital bed for six months and you could choose anyone from the past or present for a roommate, who would it be, and why?

Anyone? Groucho Marx. He'd be funny and interesting to talk to, a forefather of modern comedy.—Lauren Paige Kennedy

Your new film *50/50* draws from your good friend and screenwriter Will Reiser's real-life fight with a rare spinal cancer. As both producer and co-star, you call it a "passion project." What sets this film apart from your previous work?

[Will and I] took the attitude that we had to make something positive out of this, something we were proud of. It's not the type of movie, when you hear it described, that sounds like the best idea ever!

The film has many, many laugh-out-loud moments. How do you make fighting cancer funny without crossing the line?

We never wanted to be funny for the sake of being funny. It had to be consistent with the story and the characters. When your perspective is that of a comedy writer, you naturally see funny things in any situation, and it was about showing those funny things even though it was such a terrible time.

This movie also earns itself a five-hankie rating. Are you a closet fan of "weepies"?

I like a movie that's both very funny and has a lot of emotional resonance to it. There aren't a lot of movies that make you laugh really hard and make you cry.

SAM JONES/CFI SYNDICATION

ADAM LEVINE
LEAD SINGER
MAROON 5

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