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CAMPUS

Winter 2013

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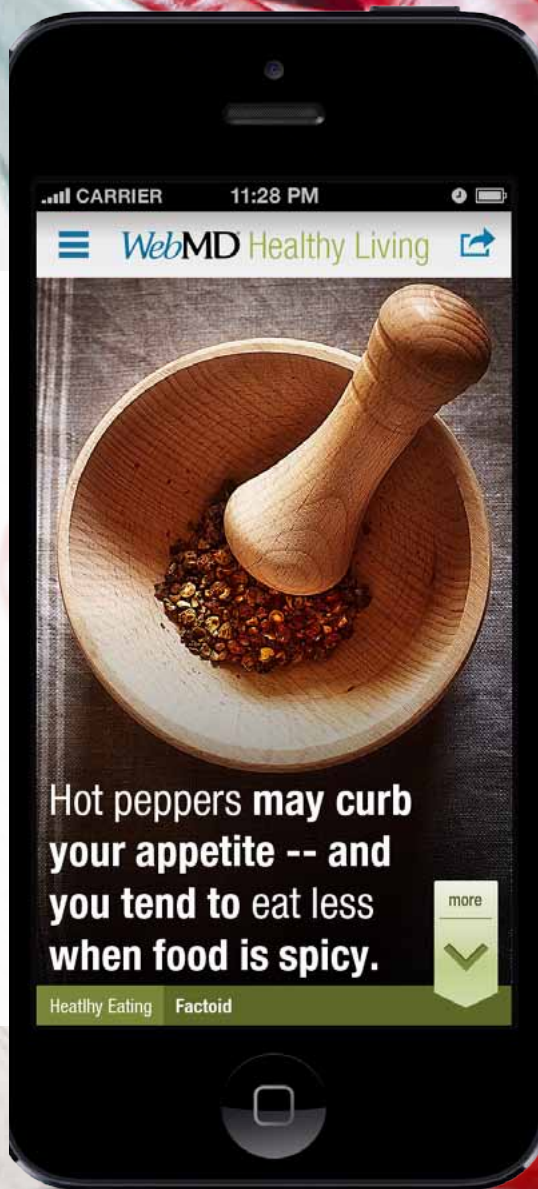
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HOT TOPICS!

WHAT YOU NEED TO KNOW RIGHT NOW



11%

Calories
the average
American
gets from
fast food

Source: CDC

Head to Pose

Instead of cramming just before your next exam, how about doing a few sun salutations instead? In a recent study, female college students who engaged in 20 minutes of yoga before taking a cognitive skills test got better scores than when they did aerobic exercise or no exercise before the test. The women's reaction time, focus, and accuracy were all better in the post-yoga tests. There was no difference between the test scores they got after aerobic exercise and after no exercise.

Source: Journal of Physical Activity & Health



ENERGY SOURCE

Pulling an all-nighter? Highly caffeinated energy drinks may hurt rather than help you. Emergency room visits connected to energy drinks doubled from about 10,000 to more than 20,000 between 2007 and 2011. Many emergencies involved combining energy drinks with other substances such as prescription drugs and alcohol. But more than half the cases were for energy drinks alone. One energy drink can contain 80 to 500 milligrams of caffeine, compared with about 100 milligrams in a 5-ounce cup of coffee.

Source: Substance Abuse and Mental Health Services Administration

SLEEP TIGHT

Are you among the 11% of American college students who say they sleep well? If not, there may be something you can do: exercise. People who exercise, even those who walk just 10 minutes a day, report sleeping better than those who don't, a recent poll shows. More than three-quarters of exercisers rate their overall sleep quality as "fairly good" to "very good," compared with about half of those who don't exercise.

Source: National Sleep Foundation



1,500

People who've gone to an
emergency room since 2010 for
injuries received while walking and
talking on cellphones.

Source: Accident Analysis & Prevention

HEALTHY EATS

Breakfast Club

ARE YOU EATING THE MOST
IMPORTANT MEAL OF THE DAY?

By Kerri-Ann Jennings

● Pop quiz: Your typical breakfast is a) coffee...that counts, right? ● b) a pastry from the dining hall, c) nothing—you don't wake up during breakfast hours, or d) yogurt and a banana from the mini-fridge in your dorm room.

Clearly, the last choice is ideal, but lots of students make a habit of skipping breakfast or just downing sugary pastries or coffee drinks. If that's you, hear this: Breakfast really is the most important meal of the day.

Why? If you eat breakfast, you'll have more stamina for those 8 a.m. classes and feel better later on, says Meghan Windham, MPH, RD, LD, campus dietitian at Texas A&M University. Plus, she says, "you'll find you're not starving at lunch and won't overeat."

Research backs up breakfast's boons. Young adults who eat breakfast regularly tend to be leaner, think sharper, and have better overall nutrition than those who skip the morning meal. Breakfast also gives you an opportunity to get important nutrients—such as calcium (from yogurt or from milk in your cereal or café au lait), fiber (from whole grains and fruit), and the many vitamins and minerals in fruits and vegetables.

If you're not in the habit of eating breakfast, start now. Windham advises students to "eat something." Even if you're short on time, it takes just seconds to grab a granola bar or piece of fruit as you head to class. And a little planning will keep your dorm room or apartment stocked with breakfast staples. Your mini-fridge can hold low-fat yogurt, fruit, and hard-boiled eggs (you can find these at many food stores or just snag them from the dining hall).



RIGHT START

**CAMPUS DIETITIAN
MEGHAN WINDHAM, MPH, RD,
LD, SUGGESTS BREAKFASTS YOU
CAN EASILY MAKE—AND WANT
TO EAT—IN THE MORNING.**

IN YOUR ROOM

**Non- or low-fat Greek yogurt
topped with low-sugar, high-fiber
cereal (such as Cheerios or
All-Bran) and a banana**

**Whole grain tortilla rolled up with
natural peanut butter and a banana**

**Microwaved eggs: Crack an egg
into a mug and stir with a fork.
Nuke for about 30 seconds
until cooked.**

**Trail mix, a piece of fruit, and
low-fat Greek yogurt**

IN THE DINING HALL

**Hard-boiled egg and sliced
avocado on whole grain toast**

**DIY café au lait: Heat half a cup of
milk in the microwave and top
with coffee and a dash of
cinnamon for a calcium-rich
pick-me-up**

**Half a whole wheat bagel with
reduced-fat cream cheese,
tomato, red onion, and sprouts**

Granola bars and dry cereal are also easy to stash. And don't forget the dining hall—if you have a little extra time in the morning, you can make a healthy meal there.

Timing is an issue, too. If you wake up at 9 but have breakfast at 11, does that count? Not so much. Windham encourages you to eat within an hour of waking up. If you work out first thing in the morning, try to eat within a half hour of finishing. It's good to nibble something before you exercise, but Windham says to "literally go with your gut—if it doesn't feel right, don't do it."

Once you start to eat *something* for breakfast, Windham encourages you to make your breakfast count. Follow this easy formula for a healthy morning meal: protein + whole grains + fruits or vegetables. It's a winning combination to fuel your day and keep you satisfied.

Protein, Windham says, "helps you feel fuller because it takes longer to digest, so it'll have a lasting effect throughout the day, taking you past 9 o'clock rather than just get you to lunch."

Reviewed by **Hansa Bhargava, MD**
WebMD Medical Editor



Step it up with **5 Calorie-Burning Treadmill Workouts**, a top article on the Health & Fitness channel.

WebMD.com

FITNESS MATTERS

Cold Rush

FIND YOUR NEXT WINTER WORKOUT
IN THE GREAT OUTDOORS

By Kara Mayer Robinson

Don't let the first sign of frost catapult you into a cold-weather stupor. Instead of hunkering down like a hibernating bear, pump yourself up with these mood-lifting and fitness-boosting outdoor workouts. Exercising in the cold can crush the winter blues, give you a shot of vitamin D (at least on sunny days), and keep your fitness level at its peak. Bypassing the fitness center, where windows are locked shut, air is recirculated, and coughs and sneezes germify the, ahem, health-boosting equipment, also means you're less likely to catch that cold everyone else has.

Walking

There's probably a walking path right outside your door. Make it count as cardio by going fast enough—about 4 mph—to raise your heart rate and break a sweat. Snow on the ground? Consider it a bonus: An inch of snow translates into extra calories burned, says Declan A. Connolly, PhD, professor of physical education and exercise science at the University of Vermont, since you'll have to work your muscles a little harder to negotiate the path. Up the ante with a pair of ski poles.

Don't overdress. You'll get warm in six or seven minutes,



so wear layers and peel them off when you hit your stride.

Running

Many runners swear by cold-weather running. Without heat and humidity, it's easier to go longer. A 30-minute run at 5 mph knocks off about 300 calories. And running makes your body function better, which can improve sleep and relaxation (not to mention promoting lower blood pressure, lower cholesterol,

and a stronger heart).

If temps are below freezing, watch your intensity. "When your breathing is rapid and you're breathing in cold air, the likelihood of bronchial constriction goes up," Connolly says. Save your vigorous runs for milder days.

Watch out for bumps in the road. Salt, sand, and frozen patches can toss you off your stride and cause injuries. Wear a pair of trail runners to minimize slipping.

Cross-Country Skiing

Cross-country skiing, aka XC skiing, is a fitness rock star. "If you rank all the aerobic activities, it ranks the highest," Connolly says, because it works a ton of muscles, including legs, back, and arms.

XC skiing doesn't require special skills. Just push off and glide, using your poles to propel you forward. For max cardio impact, go as long as possible without stopping. For beginners, gliding on smooth ground trumps stopping and going on rugged terrain. Gear up with cross-country skis, boots, and poles from a specialty ski shop or online.

Ice Skating

Looking for something intense? Hit the ice rink. Skating strengthens leg and core muscle groups and improves balance, agility, and flexibility. It's also a cardio ace for punching up your heart rate. Get this: A 150-pound man burns the same calories skating laps for an hour as running 5 mph.

Skates should be somewhat stiff to support your feet and ankles but flexible enough to break in quickly.

Reviewed by
Michael W. Smith, MD
WebMD Chief Medical Editor

By Lauren Paige Kennedy

NEXT FACTOR

*Chart-topping singer
Demi Lovato opens up about
where she's been and what's ahead for her hot career*

From a field of former Disney teen stars—think Selena, Miley, plus their older pop sisters Britney and Christina—Demi Lovato, 21, is one of the most relatable. In 2010, she entered a rehab facility to publicly deal with issues of depression, bulimia, addiction, and cutting, and she's been equally forthright about her subsequent journey to health. Now, the youngest *X Factor* judge has a new self-titled album that documents that journey. We caught up with her in between tour dates—and after surgery to have her tonsils removed—to ask how she's feeling, emotionally and physically, in the months after her father's sudden passing.

How did your throat surgery go? And how soon until we hear your voice again?

It was tough, but I'm feeling so much better now. I felt like I had a terrible sore throat for at least two weeks. I was really nervous before the surgery: I asked the doctor if he'd ever had anyone die from anesthesia before. (In case you're wondering, he said, "No.") I'm going to be singing again very soon!

Did this surgery offer a permanent remedy?

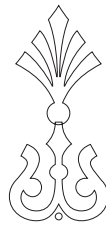
I had enlarged and impacted tonsils, so I've been dealing with chronic tonsillitis for as long as I can remember. I'd get sick every couple of weeks. Awful! I was supposed to get my tonsils out when I was 15, but my schedule was [too] crazy. Now that my tonsils are removed, I should be good.

You also broke your foot earlier this year. Are you fully recovered?

I'm a bit clumsy sometimes. Honestly, it was so challenging to not be able to use my leg. It really made me thankful for everyday things, like getting up to get myself [a glass of] water. It was a long recovery process—about three months—but I'm good as new. I had to perform in a medical boot, because I had tour dates in Asia and Russia right after the accident. I had my boot studded and covered in leather, then hit the stage!

MATT JONES/TRUNK ARCHIVE





How do you stay healthy and balanced while touring?

I drink a ton of water, and I try to make sure I get plenty of sleep. It's really hard to do that when you're traveling and dealing with crazy time changes. If I'm having a hard time, I'll go to the hotel gym and try to wear myself out. I've even brought a trainer/nutritionist on the road. He finds the health food stores in each city and buys sushi and salads. He also makes fresh juices with kale, spinach, ginger, and so forth to make sure I'm getting enough veggies every day.

It's been a challenging few months for you, with the recent passing of your father. Do you have a good support system in place?

My family has been amazing, and we've really leaned on each other to pull through. I'm surrounded by such supportive people at work as well, which is pretty amazing! I also have some great friends who stand by me, no matter what.

How are you coping with grief?

It was a very tough and sad moment in my life, but I'm dealing with it. My dad and I did not have the best relationship, but it was still so painful. He suffered from mental health issues—after he passed away, I realized he was never able to get the help he needed. I decided to start The Lovato Treatment Scholarship program [in partnership with CAST Recovery, a therapeutic outpatient organization]. My father no longer has the chance to get the help he needed, but it makes me feel better to offer help to others.

How does the scholarship work?

The goal is to cover expenses for someone struggling with mental health and/or addiction issues, including the costs for one of CAST Recovery's transitional living homes plus clinical services provided at CAST's outpatient program. I've struggled with mental health issues, so I truly know what's at stake. Effective treatment is costly, and many can't afford the care they need. I feel the most fulfilled when I can give back to others. It's a really important part of my own recovery. I've been so lucky to work with CAST Recovery for the past couple years. They've taught me to deal with my own demons.

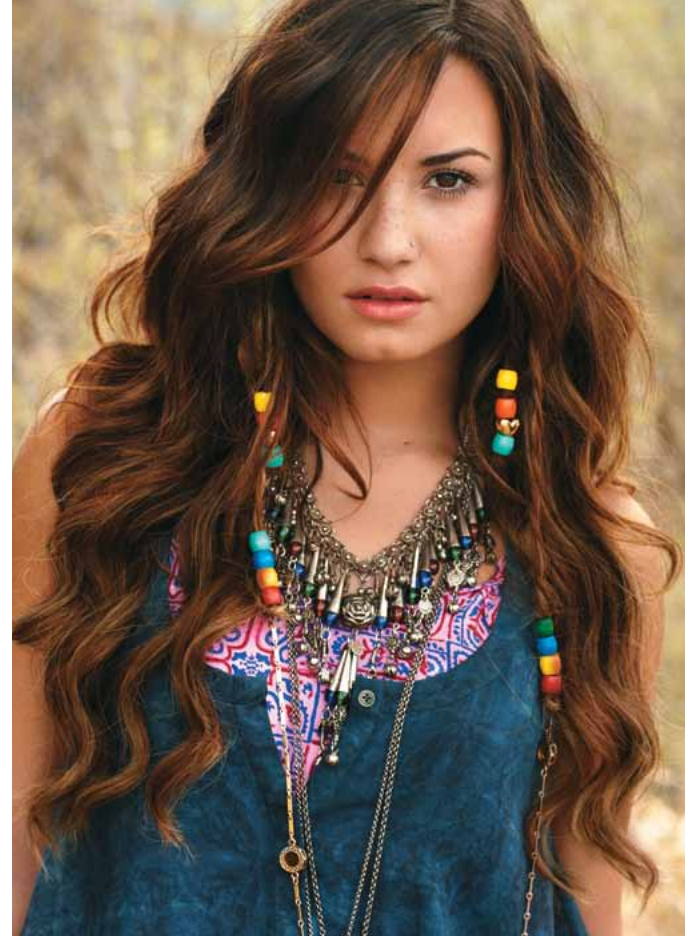
Those “demons” are well documented. What advice do you have for young women reading this who suffer from bulimia, depression, addiction, or cutting?

Get help and talk to someone. You need support, and you need someone to teach you the tools needed to get well. You can get well. I'm living proof that it gets better. It is slow and steady, but it feels amazing when you can look back over a year or two and see the progress you've made. Trust you can do it.

“

*Get help
and talk to
someone.
You need
support,
and you
need some-
one to teach
you the
tools needed
to get well.*

”



Do you have a favorite single from the new album?

I can never pick one single. It's like picking a favorite child! I'm loving performing “Made in the USA” right now. It's such a catchy song. The album is better than anything I've ever done, and I'm so proud of it. It's a celebration of life, but with realness and honesty. I co-wrote a lot of the songs, so there's a piece of me in each.

What's most exciting about the latest season of Fox's reality-TV music competition, *The X Factor*?

I love to work with the contestants. It's amazing to see their excitement and energy. There's some talent that [will] surprise everyone. Also, my category is by far the best—and, no, I cannot tell you what category that is!

Joe Jonas of the Jonas Brothers just named you his favorite Disney alum. Flattered?

Joe, Nick, Kevin, and I have a great history together, and I'm so glad that I can call them friends.

With your busy schedule, how do you find time for friends and family?

In all relationships, romantic and platonic, you need to make time to focus on the relationships that matter to you. I make time to go to dinner with friends or hop on the phone when my schedule is too packed. Without friends and family, life is very lonely.

Reviewed by **Hansa Bhargava, MD**, WebMD Medical Editor



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HEALTHY LIVING

Head Start

STAY WELL ALL SEMESTER LONG WITH THIS HEALTHY-HABITS CHECKLIST

By Gina Shaw



● College means freedom, right? No more parental hovering. But all that independence means that *you* are now in charge of a lot of the stuff Mom and Dad used to worry about—like looking after your health.

Taking care of your body now will boost your chances of success in everything from this semester's classwork to navigating your career after graduation. Marit Lysne, PsyD, director of student health and counseling at Carleton College in Minnesota, and Courtney Becker, health education promotion and services coordinator at Towson University in Maryland, give us the scoop.

Snooze, Don't Lose

You're working and playing hard, and the first thing you might sacrifice is sleep. But that can do worse than make you a little

grouchy. "It really affects your ability to concentrate," Lysne says. In other words, pulling too many all-nighters could kill your grades rather than boost them. "And if someone has a tendency toward anxiety or depression, lack of sleep can flip the switch on those issues," she adds.

Work It Out

"Exercise has a double benefit. Of course it's great for your physical health, but it's also one of the best stress relievers out there," says Lysne. (Not that you're stressed or anything...) If the word "exercise" sounds like a forced march to you, look for something active that sounds fun. Kickboxing? Racquetball? Intramural volleyball?

Remember, your sky-high tuition-and-fees bills don't just pay for classes—they also buy you access to a campus fitness center that, in many cases, rivals the fancy gyms you'll pay big bucks to join after you

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SAFETY FIRST

WHILE YOU'RE REVELING IN YOUR FREEDOM, TAKE A FEW BASIC PRECAUTIONS TO KEEP FROM BECOMING A CAUTIONARY TALE. STUDENT-HEALTH EXPERT COURTNEY BECKER GIVES THESE WARNINGS:

Always have a buddy when you go out late at night.

Program the campus police number into your phone.

Know the campus and the areas that might be dark or unsafe to walk at night. "A lot of campuses will have blue lights or emergency areas," Becker says. "You need to know where those are."

If you're of drinking age, play it extra safe. When at a party or a club, never put your glass down where you can't see it at all times. Accept a drink only from the waiter or bartender—never directly from someone who's bought you one.

Have a designated driver. That needs to be someone who has had *nothing* alcoholic to drink, not just the person who's had the least amount to drink.

Reviewed by **Brunilda Nazario, MD**
WebMD Lead Medical Editor



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*American Journal of Preventive Medicine, August 2008

continued from page 9

graduate. So take advantage! Some college gyms even have bonuses like rock-climbing walls. Find your fitness fun.

Feed Your Body

Everybody talks about the dreaded “Freshman 15”—extra pounds students pack on during their first year of college. But many students have the opposite problem, says Lysne. “Everybody’s afraid they’re going to get fat, but we see a lot of people on the other end of the spectrum who aren’t eating well and are malnourished.”

Today’s college cafeterias offer a variety of healthy food choices. “It’s a little like being on a cruise ship, with tons of options,” Lysne says. Now’s the time to try



things your parents might not have put on your dinner table—maybe new grains, such as quinoa or bulgur, or unfamiliar greens, like kale. To fill your plate with healthy fare, divide it in thirds. Two-thirds should be covered with plant-based foods, like veggies, fruits, and whole grains, and the other third with lean meats and other protein sources.

Get the Shot

College campuses are like cruise ships in another way, adds Lysne. Everybody lives in close quarters, and germs can spread faster than a new meme on Facebook. Even worse, studies show that most students don’t get vaccinated against the flu. Don’t find yourself flattened just as finals are kicking in: Get that free flu shot from your campus health clinic. (And be sure to wash your hands often and sneeze into your elbow.)

Be Your Own Doc

The family medicine cabinet is back home, so make sure you have your own first-aid basics handy. Stock a small kit with an over-the-counter pain reliever and fever reducer of choice,

any prescription meds (and the prescription), your insurance card, your hometown doc’s phone number, and a thermometer. “You need to be able to take your temperature so you’ll know if you’re really sick,” says Becker.

But you’re not totally on your own: The folks at the campus health clinic are there to help you. “Students will say to me, ‘Nobody else is struggling like I am,’” says Lysne. “I’ll say, ‘Really? So they built this whole support center just for you?’ Look, when you’re out on your own for the first time, you’re going to struggle. You’ll be stressed, anxious, homesick, trying to adjust. Come in and talk. That’s what we’re here for.”

BEAUTY SMARTS

Face Up

SLACKING ON YOUR SKIN AND
HAIR CARE ROUTINE?
GET TIPS TO ACE IT

By Shelley Levitt

● ● ● Macroeconomics theory is complicated. So is statistical mechanics. Dealing with a roommate who blasts music you detest can be challenging, and some nights figuring out where (and what) to eat feels as tricky as advanced chem lab. But good skin and hair care isn't rocket science. It's not even comparative lit. Here's all you need to know.

Skin Sense

"There's a lot working against you to maintain healthy skin in college, like erratic eating and sleeping habits," says Dendy Engelman, MD, a New York dermatologist who practices in Manhattan and the Hamptons. "So it's important to come up with a regimen that's so simple you'll follow it regularly."

That's especially true for guys. "Maybe we're missing something in our Y chromosome," says Anthony J. Meyer, MD, a dermatologist with the Swedish Medical Center in Seattle, "but keeping up a skin care routine seems more challenging for men."

The his-and-her essential steps are cleansing and sun protection, plus exfoliating for glowing skin.

Cleansing Wash your face morning and night if you have normal or oily skin. If your skin tends to be dry, you can skip the morning wash. If you work up a sweat working out, you'll want to cleanse your skin then, too.

CeraVe Foaming Facial Cleanser (\$13.59) for normal to oily skin and



Exfoliating your skin two or three times a week will help keep debris and oil from getting stuck in your pores.

CeraVe Hydrating Cleanser (\$13.59) for normal to dry skin both contain ceramides, lipids that help keep the skin's barrier function strong, "so you're better able to maintain moisture throughout the day," says Engelman. Another plus: These cleansers won't lead to comedones, better known as clogged pores.

Moisturizing sunscreen Make applying a sunscreen with an SPF of 30 or higher a daily habit (yes, even when it's cloudy or snowing). Choose a broad-

spectrum sunscreen—that means it protects against both UVA and UVB rays—that doubles as a moisturizer to pare down your skin maintenance.

Meyer prefers physical sunscreens, which block the sun's rays, to chemical sunscreens, which absorb the rays. One benefit: Physical sunblocks offer immediate protection, while chemical formulas need 20 minutes to work. In other words, you can apply a physical sunblock—these contain titanium dioxide



Freshen up on **The Truth About Beauty Product Dangers**, a top Healthy Beauty Center slideshow.

WebMD.com

or zinc dioxide—as you’re walking out of your dorm, and you’ll be defended against damaging ultraviolet rays well before the time you hit the quad. Meyer’s picks: La Roche-Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid (\$33.50) and the less expensive CeraVe Broad Spectrum SPF 30 Invisible Zinc Face Lotion (\$14.99).

Exfoliation Exfoliating your skin two or three times a week will help keep debris and oil from getting stuck in your pores. Be gentle. “Avoid anything that calls itself a scrub,” says Judith Hellman, MD, associate clinical professor of dermatology at Mount Sinai Hospital in New York City. “That’s like treating your skin with sandpaper, and it can cause a lot of micro-injuries that will leave your skin red, flaking, and irritated.” Look instead for the words “microbeads” in products like Aveeno Skin Brightening Daily Scrub “with soy extracts and gentle microbeads” (\$6.99) or Pond’s Luminous Clean Daily Exfoliating Cleanser “with soft white kaolin clay and gentle microbeads” (\$4.69).

In the Mane

Consider your hair. Want to wash it every morning or just twice a week? Either is pretty much fine. “The truth is there is no one set of rules for healthy hair,” says Jessica Krant, MD, assistant clinical professor of dermatology at Brooklyn’s SUNY Downstate Medical Center.

Try out different brands of shampoos and conditioners until you find one that makes your hair feel healthy and look shiny. “Keep in mind it isn’t necessarily the more expensive products that will do a better job,” Krant says. “The drugstore brands put a lot of research into their products, so your best bet is probably right on the shelf.”

If you find that a conditioner weighs down your hair or makes it seem oily, apply the product just from the mid-shaft to the ends and stay away from the



Never brush hair when it's wet. It's more susceptible to breakage.

scalp. But try not to bail on conditioning entirely. “A light conditioner seals the hair shaft and keeps it smoother so that it resists oil and dirt and stays clean and shiny longer,” Krant says.

Itchy scalp plus white flakes on your black tee? The culprit could be dandruff, a common problem that, Krant says, “can be easily managed by using a drugstore dandruff shampoo three times a week instead of that fancy shampoo you think is doing a better job. Give it a try.”

One of the best things you can do for your hair is lay off the brushing, which can lead to breakage and split ends. If you must brush, pick a hairbrush with wide rows of metal or plastic bristles. “The classic brush full of soft bristles tends to tear and break hair,” Krant says. “And never brush hair when it’s wet. It’s more susceptible to stretch and breakage then.” Instead, untangle wet hair with a wide-toothed comb.

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Reviewed by **Mohiba Tareen, MD**
WebMD Skin Care Expert

ZIT STOP

Almost every college kid gets at least the occasional zit. The first thing to do when a pimple appears is absolutely nothing. “Picking, popping, or squeezing a pimple can create an infection [or an] abscess that will last a lot longer, and you might even end up with a permanent scar,” says dermatology professor Judith Hellman, MD.

If you have more than the occasional isolated blemish, consider switching to an acne cleanser like Neutrogena Oil-Free Acne Wash (\$5.49) or Cetaphil DermaControl Oil Control Foam Wash (\$9.87). Don’t overload on products. You can skip the moisturizer (“Skin that’s oily doesn’t need extra moisturizing,” says Hellman), toner (“It will just dry out your skin without providing any benefit”), and even those pore strips (“They strip oxidized oil from the opening of the follicles, but they don’t pull out the stuff that’s accumulating inside the pore”). For persistent acne, talk to your doctor or see a dermatologist. “There are some very effective prescription products that can really help clear up the problem,” she says.