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Fall 2013

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HOT TOPICS

News You
Can Use
pg. 3

TAKE FIVE

Expert Stress-
Busting Tips
pg. 4

STUDY SMARTS

Say Goodbye to
All-Nighters
pg. 6

HEALTHY EATS

Beat the
Freshman 15
pg. 13

HEALTHY TRAVEL

Study-Abroad
Strategies
pg. 11

Greater Good

Vampire Diaries' bad guy
Ian Somerhalder sinks his teeth
into big issues off-set **PG. 8**



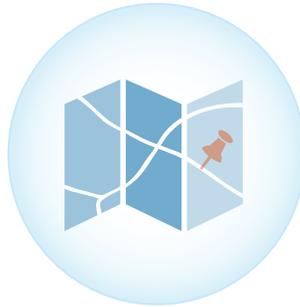
The Affordable Care Act Will Affect You



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2 Understand
Costs



3 Know Your
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4 Get Ready
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NEWS & VIEWS

HOT TOPICS!

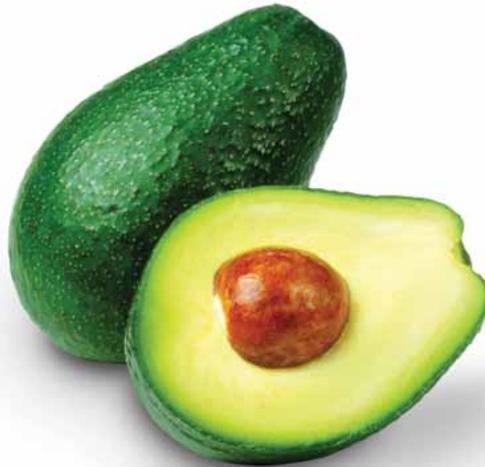
WHAT YOU NEED TO KNOW RIGHT NOW



INK THINK

Temporary tattoos are a trademark of beach trips. But the ugly side effects of black henna—which can include redness, rawness, and blisters—may outlast the fun. Pure henna, which is reddish-brown, is safe. But black henna, often used for temporary tattoos, can contain PPD (p-phenylenediamine), an ingredient in hair dye that's illegal for use in skin products. Some states regulate temporary tattoo artists, but not all do. Depending on where you get one, your temporary tattoo could be risky.

Source: FDA



Trim the Fat

You've heard saturated fat isn't good for your heart, but it could affect your mood and how much exercise you get, too. In a recent study, young adults spent three weeks on a diet whose main fat source was an oil high in saturated fat (like that found in red meat and eggs). Then they ate those same foods for another three weeks, only this time with an oil high in monounsaturated fat (like that found in nuts and avocados). While on the monounsaturated fat diet, those in the study were more active, burned more calories while at rest, and reported less anger.

Source: American Journal of Clinical Nutrition



Bad Boost?

Dietary supplements that contain DMAA (dimethylamylamine) may promise weight loss, muscle building, and performance enhancement, but the FDA says the stimulant could raise blood pressure and lead to heart problems. The FDA is moving to remove the stimulant from stores. Meanwhile, check labels for DMAA.

Source: FDA

26.3%
PERCENTAGE OF
AMERICANS AGES
19 TO 25 WHO
HAVE NO HEALTH
INSURANCE

Source: CDC



In & Out

If your mind wanders during tests, focus on your breathing. In a study, college students who completed eight sessions of mindfulness meditation training reduced mind-wandering during a GRE reading comprehension test and significantly improved their scores.

Source: Psychological Science

TAKE FIVE

Dis Stress

GOT FIVE MINUTES? RECHARGE WITH THESE HEALTHY TIPS

By Jennifer Soong



● Five minutes. It may not sound like much. And you may feel you hardly have one minute, let alone five, when you look at your class schedule. But it can be plenty of time to do just one thing that might make the difference in your whole day. Take five and try one of these five simple ways to

reduce stress, rejuvenate your energy, and improve your mood.

Pack a snack. Before you head out in the morning, grab some fruit (like a banana, apple, or grapes) or a healthy protein snack (like unsalted nuts or low-fat cheese) on your way to class. When the munchies strike later in the afternoon, you won't reach for a bag of chips or a candy bar from the vending machine. Besides, you know what they say about an apple a day.

Stretch. You don't have to be a yogi to benefit from stretching. Lift your arms above your head at your desk. Better yet, stretch your legs by walking around your dorm building once or twice. Stretching can improve your circulation and flexibility, and helps ease the tight muscles that accompany stress.

Say om. Try meditation and deep breathing to relax and turn your mind off. You don't need any equipment to practice meditation. Find a comfortable

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



Take a deep breath and read a top article, **Blissing Out: 10 Relaxation Techniques to Reduce Stress on the Spot.**

WebMD.com

position in a chair or on the floor. Focus on your breathing, bringing your attention back to it whenever your mind wanders. Meditating daily, even for just a few minutes, helps fight depression and ease stress.

Write it down. Take a minute every day to write down several things you're thankful for, whether they're big or small. It's easy to vent about crabby professors or that noisy neighbor down the hall, but complaining brings negative energy along with it. Being thankful for what you have helps you appreciate all the positives in your life.

Prioritize. It's easy to feel overwhelmed when you have multiple tasks crowding your mind. Make a list and check off each task as you complete it. Tackle your most dreaded must-dos first to avoid the anxiety caused by procrastination. At the end of the day, a list of accomplishments is a great visual reminder of how productive you were.

COLD FACTS

WILLIAM SCHAFFNER, MD, PAST PRESIDENT OF THE NATIONAL FOUNDATION FOR INFECTIOUS DISEASES, TACKLES THE MYTHS AND TRUTHS ABOUT COLDS AND FEVERS.

Feed a cold, starve a fever: MYTH

"There's nothing to this ancient 'wisdom,'" Schaffner says. In fact, some supposed sickness sages recommend it the other way around: Starve a cold and feed a fever. Either way, it's a myth.

Vitamin C can help cut a cold short: MYTH

Sorry, but research does not support the idea that popping vitamin C will shorten the duration of a cold.

Drink plenty of fluids if you have a cold or the flu: TRUTH

Schaffner recommends drinking lots of fluids (of the nonalcoholic variety), because dehydration can make symptoms worse.

Wash your hands after using the restroom and before eating: MYTH Well, you do want to wash your hands at those times, but Schaffner also

recommends washing your hands after coming inside from being out in the world, where you likely came into contact with lots of potentially infected people and things.

Take extra zinc to shorten the duration of a cold: MYTH

Save your money, says Schaffner. "The jury is in on zinc: It does not help," he says. "There are now a number of studies that show that."

Get moving to boost your immune system: TRUTH

According to Schaffner, regular exercise seems to tone up not only your body, but also your immune system. "It doesn't matter what kind," he says. "Walking, jogging, running, lifting weights, playing volleyball—anything you can do several times per week."

—Linda Formichelli

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*American Journal of Preventive Medicine, August 2008



STUDY SMARTS

Prep School

SAY GOODBYE TO ALL-NIGHTERS!
LEARN HOW TO STUDY SMARTER, NOT LONGER

By Colleen Oakley



● ● It's exam time. You pore over your books for hours before the big test, only to get to class and completely space on the material. What the heck happened? Well, for starters, you may not have studied as much as you thought, says Nate Kornell, PhD, assistant professor of psychology at Williams College. "A lot of college students often think they're studying when they're not," he says. "Let's say you spend an hour in front of the computer, but you have IM on and YouTube running and your music blaring. You probably spent only 20 minutes studying, but you think you studied for an hour."

And it's not just distractions that slow you down. If you're just rereading your notes and books, you're probably not retaining a lot of information. A recent study found that students remember just 10% of their reading material.

So how do you study more effectively? Put down that coffee cup and pull up a chair. It's time to gain some knowledge.

Log off Facebook. It might seem like a no-brainer, but a recent study from Ohio State University found that college students who use the social networking site spend less time

TAKE NOTE

OUR EXPERTS OFFER THESE TIPS TO IMPROVE YOUR NEXT STUDY SESSION.

TEST YOURSELF.

Most textbooks have practice questions at the end of each chapter. Use them! "When you try to retrieve information from your memory, you'll learn far more than [when you're] just rereading information," says Nate Kornell, PhD, assistant professor of psychology at Williams College. "You'll also identify gaps in your knowledge, pinpointing what you know and what you need to study more."

SUM UP.

After reading a passage or your notes, try to summarize the material in your own words. "This forces you to synthesize the information and make sense of it. You'll learn it, rather than just memorizing it," he says.

PRETEND YOU HAVE TO TEACH.

Studies have found that people who learn with the intention of having to teach that material to someone else have far higher retention rates. "When you think you have to teach something, you approach the material differently," says Kornell. "You have to make sure you understand it so that you can explain it to another person, which guarantees you won't just scratch the surface."



studying and have lower grade point averages than students who don't. "It doesn't mean that using Facebook necessarily causes you to get bad grades," says Kornell, "but it is another distraction, a time-suck that you could be spending studying."

Change locations. You may think the library is the best place to hunker down before a big test, but studies show you will retain more information if you move around—study one night in your dorm, go over your notes in the cafeteria at lunch, do flash cards on the bus or train.

A study found that sleeping for 90 minutes after learning new information helps consolidate it in your long-term memory.

"Part of encoding new information in your brain is connecting it to the environment you're in," says Kornell. "So when you study the same thing multiple times in different rooms, you'll connect it to different external cues, giving you more triggers to retrieve the information later on."

But wherever you choose to hit the books, make sure it's a place with few distractions—especially if you're someone who finds it difficult to concentrate. "Coffee shops are probably the worst place to study," he says.

Take naps. In college, sleep can be hard to come by. And while a full night of zzz's is crucial for your health and brain power, studies show naps can be just as beneficial. A recent Israeli study found that sleeping for 90 minutes after learning new information helps consolidate it in your long-term memory. Researchers aren't exactly clear why this works, but while they're

figuring it out, try to squeeze in an afternoon snooze.

Space out. In a recent study, students who studied one large stack of flash cards over a four-day period fared better on a test than students who broke the stack into smaller segments and studied them all in just one day. What gives? "It's called the spacing effect," says Kornell. "The more cards you have in your stack, the more time passes before you see [one] again."

Though it seems counterintuitive, when something is fresh in your memory, studying it more doesn't increase

your ability to remember it for the long term. "Studies show you have better retention rates when you allow yourself time to forget information and then relearn it again," says Kornell. So rather than cramming the night before a big exam, study for an hour or two per day leading up to the test.

Do jumping jacks. Or push-ups. Or run in place. A University of California, Irvine study found that short bursts of exercise—as little as six minutes—improve the ability to remember information you just learned. Researchers believe that may be because exercise induces the release of norepinephrine, a chemical messenger in the brain known to play a strong role in memory. Just be prepared to explain to the librarian why you're lunging down the aisles.

Reviewed by **Patricia A. Farrell, PhD**
WebMD Mental Health Expert

TAKE A 3-MINUTE SURVEY AND BE ENTERED FOR A CHANCE TO WIN AN

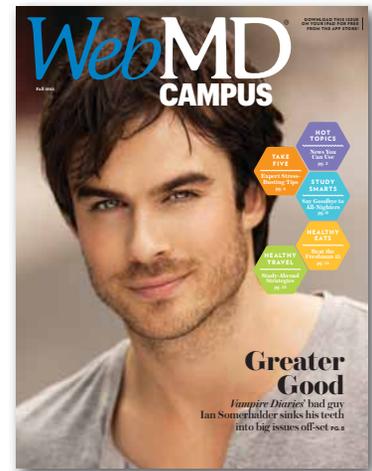
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Goodwill

He plays a bad guy on screen, but *Vampire Diaries* actor **Ian Somerhalder** sinks his teeth into bigger issues off-set

Hunting

Ian Somerhalder wants to be the bad guy again. As vampire Damon Salvatore on the CW's hit series *The Vampire Diaries*, his role has evolved over the show's first four seasons. In season five, which airs this fall, he hopes to return to his villainous roots. "In season one, Damon was extremely dangerous, volatile, and unpredictable," Somerhalder, 34, says as he takes a break from shooting the last few episodes of season four in Atlanta. "I hope to bring that Damon back."

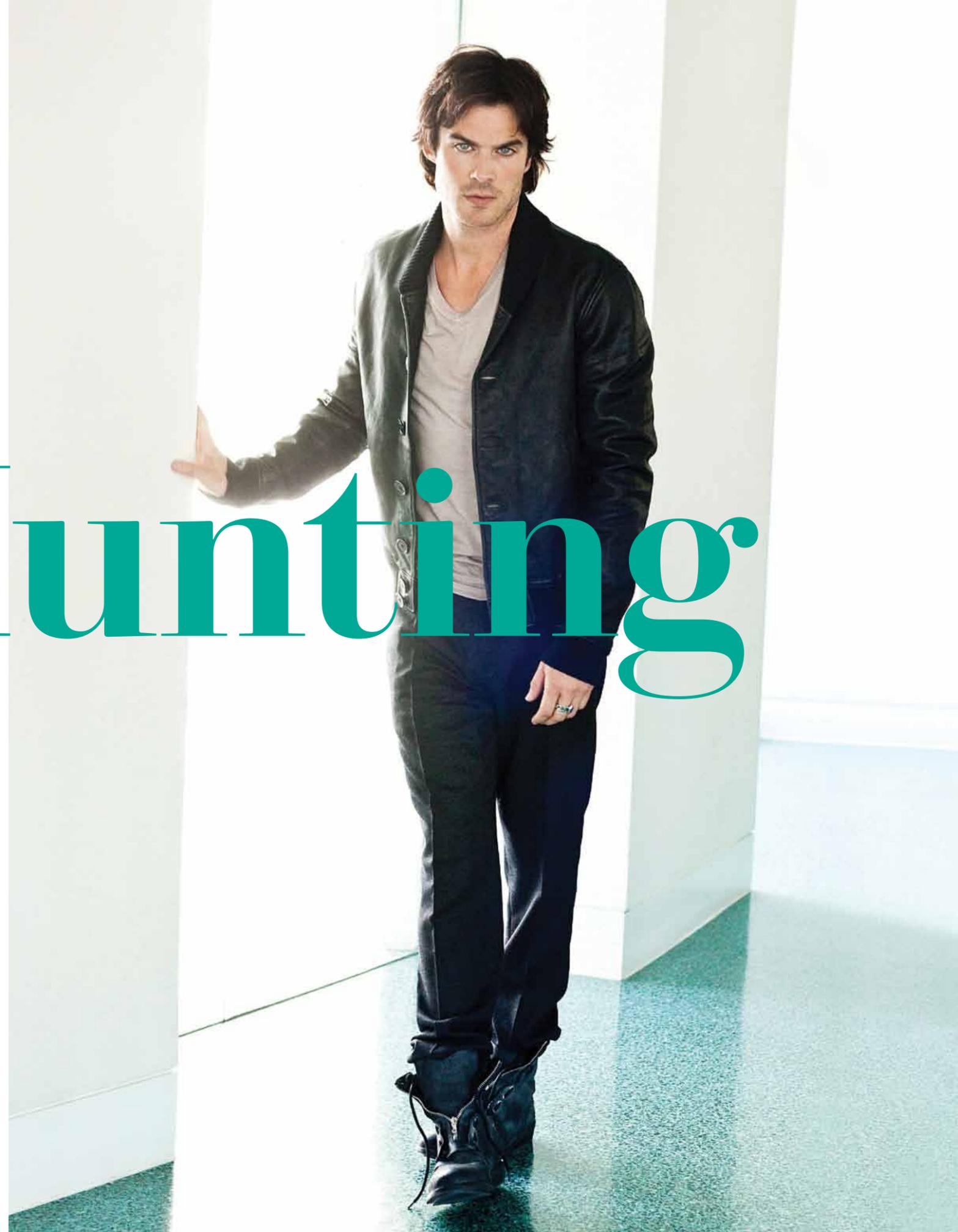
Damon sinks his fangs into throats on TV, but in real life, Somerhalder wants to save the world. In 2010 he launched his eponymous IS Foundation, which focuses on environmental issues, champions green energy, and fights against animal cruelty (isfoundation.com). "This was an idea that had been percolating for a while," says Somerhalder, "but the true catalyst, what really pulled the trigger, was the BP oil spill."

For Somerhalder, a Louisiana native who grew up near New Orleans, the 2010 disaster in the Gulf of Mexico hit close to home. As massive amounts of oil flooded the coast, Somerhalder seethed. "It left me feeling helpless, and I don't ever want to feel like that again."

Over the past two and a half years, the foundation has supported a successful campaign to toughen animal cruelty laws in British Columbia; partnered in the production of *Blue August*, a weeklong TV series on Discovery's Planet Green network (now the Destination America network) celebrating the diversity of the

BY MATT McMILLEN

PHOTOGRAPH BY ANGELOS KRITIKOS/CORBIS OUTLINE



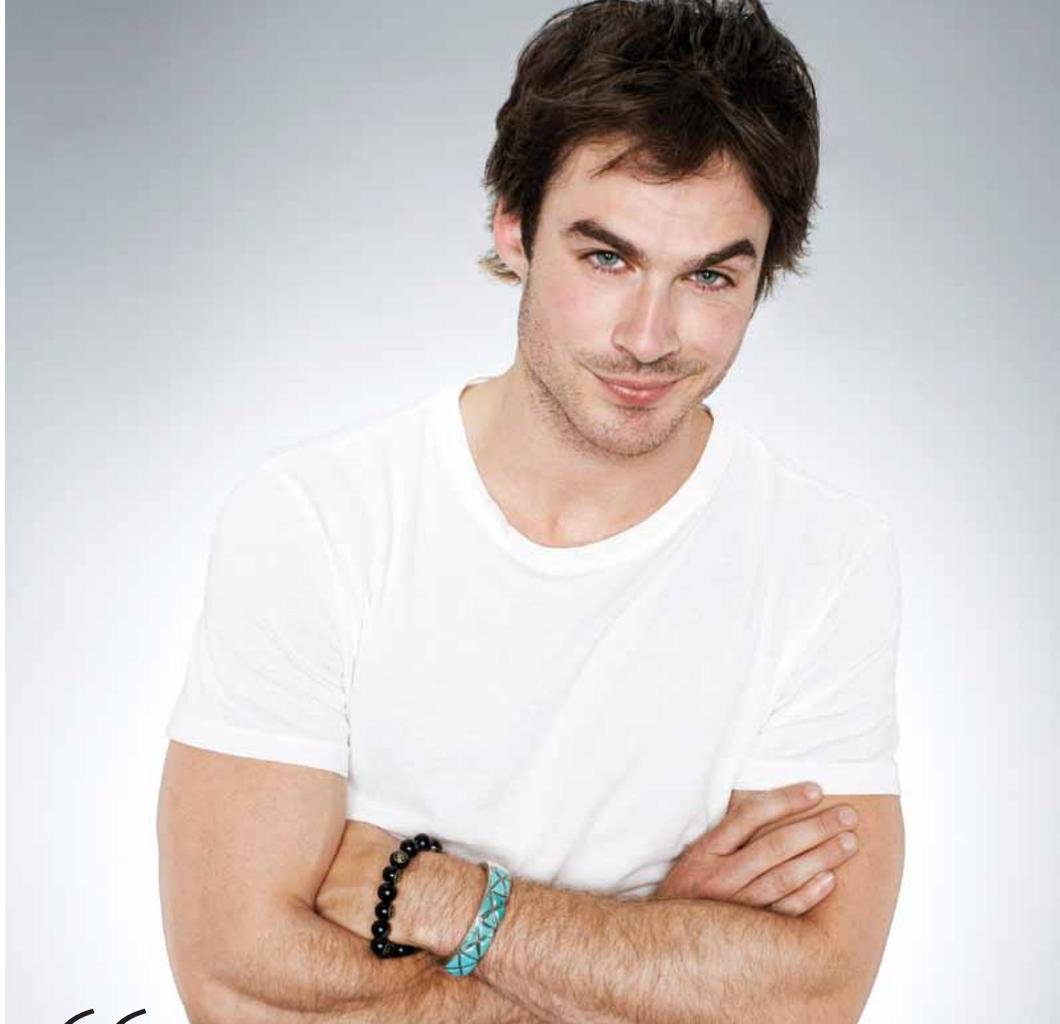
IAN'S INSIGHTS

Fight stress with exercise. "If you're stressed out and wound up, go for a one-, two-, or three-mile run and see what happens. Push your body, and your body will produce the chemicals that make you feel better."

Stay focused on your health. "You've got to be really committed to it. You've got to plan for it. And you've got to make it a habit. You're going to get a lot more out of your brain and your body if you take care of both."

Think positively. "You've got to be really careful about what's going on in that noggin of yours. Keep it full of really positive stuff and that's what you manifest in your life. I know it sounds clichéd, but it's true, man, and I'm glad I learned that."

Don't stop learning. "I'm excited for people to learn more and put more stock in what's happening with their world, with their bodies, what they're putting into it, what they're getting out of it."



“Our mission is to empower young adults to take a stand on global issues, to become a force for positive change.”

ocean; created an animal sanctuary for outcast pets; and broken ground on a farm that will showcase sustainable agriculture.

Today, Somerhalder says, the foundation has 90 crews, representing 24 countries. The vast majority of these crews are made up of college and university students. Last fall, for example, the foundation's Green Your Thirst campaign, which aims to educate students about the environmental impact of bottled water and to encourage them to work toward a bottled-water-free campus, got under way.

The IS Foundation also recently launched a college advisory board, made up of 15 students from around the world who will help expand the foundation's educational efforts and activism at colleges and universities everywhere. "This is a really cool, globally diverse group of people," Somerhalder says of the board members, each of whom will serve six-month terms. "Our mission is to empower young adults to take a stand on global issues, to become a force for positive change."

Somerhalder's passion for the planet and all the creatures on it—including himself—runs deep. "My health's wildly important to me," he says. "I wouldn't have the stamina and energy for 80-hour work weeks without good health." To stay in shape, Somerhalder likes speed walking, yoga, basketball—anything, really, that doesn't involve a gym and gets him outdoors. He reads and meditates to relax.

And although his on-screen diet is blood-based, in real life he has a much more humane and nutritious approach. He loads up his plate with fruits and vegetables, sticks to lean meats, and eats lots of healthy whole grains, like quinoa. And eating right means more than just nutrition. In keeping with his foundation's mission, he seeks out foods that are produced by sustainable methods and farmed humanely.

Doing all this good for himself and the planet keeps Somerhalder busy offscreen. In his on-screen life, he doesn't know where the show's writers will take the story, but, he says, "Damon was the bad boy, and I miss that guy."

HEALTHY TRAVEL

Country Roads

GEARING UP FOR A SEMESTER ABROAD? DO YOUR HOMEWORK ON STAYING SAFE AND HEALTHY

By Stephanie Watson

● A semester abroad is one of the coolest parts of college. When else in your life will you have the time—and the freedom from responsibilities—to travel for weeks or months on end?

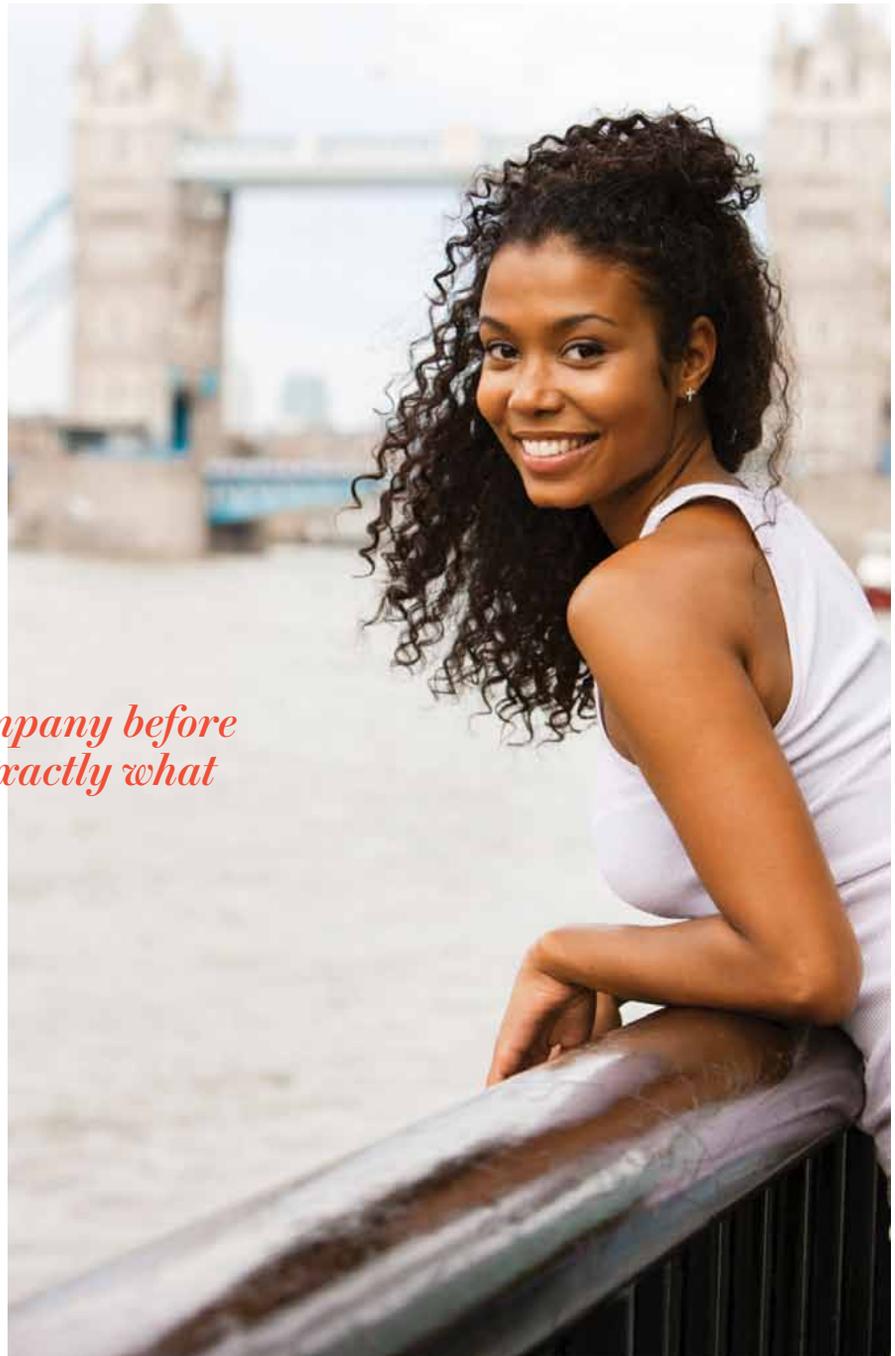
But after dreaming about your trip for years and planning for months, coming home early because you got sick would really stink. You want to spend your time abroad seeing the sights—not the local hospital. So treat your trip like you would a big class project: Do your homework and study up before you leave. Two top travel health experts help you prep for health problems you could encounter overseas.

Arm yourself. Developing parts of the world host diseases you might never have heard of—and that you definitely don't want to bring home as souvenirs—

Call your insurance company before you leave and find out exactly what it will cover.

such as typhoid and yellow fever. To find out which bugs are booming at your destination, check the CDC's traveler's health site or download the CDC's Yellow Book traveler's app from iTunes.

Visit your campus health clinic to get all of the country's recommended vaccinations at least a month before you leave. "Vaccines take a little while to set up before they provide you with good protection," says Jeff Hall, MD, director of the University of South Carolina and Palmetto Health Travel Clinic. For example, the hepatitis A vaccine—which you might need for travels to Africa or



ANNA BRYUKHANOVA/GETTY IMAGES

Asia—takes at least two weeks to fully protect you.

Make plans. Find out ahead of time where to get medical care if you need it. That could be your school's student health program if you're on an international campus, or a local clinic. The International Association for Medical Assistance to Travelers' website lists doctors and clinics around the world.

Call your insurance company before you leave and find out exactly what it will cover—from clinic visits for a stomach bug to X-rays if you get into a skiing mishap—so you don't get stuck with a big bill at the end of your trip. If you're traveling to a developing country where medical care is sketchy, it's a good idea to also have a plan that covers medical evacuation—that is, the cost of an unexpected flight home. "For a serious medical illness, the best option is to leave," says Kevin Dieckhaus, MD, chief of the Division of Infectious Diseases at the University of Connecticut Health Center.

Buckle up. The biggest threat to internationally bound college students isn't disease. "Statistically, the most likely cause of a health problem is motor vehicle accidents," Dieckhaus says. If you can avoid driving in an unfamiliar place, do it, he suggests. When you ride in a taxi or car, follow the same rule you would at home—wear your seatbelt.

Sleep tight. Crossing time zones can really wipe you out. As soon as you land, change your watch or check your phone for your destination's time. Stick to the local time, even if it's 3 a.m. at home and you're dying for some sleep. "If you can keep yourself awake until it's time to fall asleep, it will get you on your new country's schedule a little quicker," advises Hall.

You also can take melatonin, a hormone supplement that helps reset your body's sleep-wake cycle, as soon as you



BAG CHECK

HEALTH TRAVEL EXPERTS KEVIN DIECKHAUS, MD, AND JEFF HALL, MD, RECOMMEND TAKING A MEDICAL KIT STOCKED WITH SUPPLIES YOU MIGHT NOT BE ABLE TO FIND AT YOUR DESTINATION.

Stomach soothers

Up to half of all international visitors come down with a case of traveler's diarrhea. Just in case you catch this miserable affliction, pack a few stomach remedies—including Pepto-Bismol and Imodium. Ask your doctor or college health clinic for a prescription for antibiotics to take if these meds aren't enough to relieve your diarrhea, and fill it

before you go. Make sure you understand when or even if to take them. Antibiotics will only help if bacteria are behind your stomach ailment.

Your meds Whatever prescription medicines you take—from asthma inhalers to ADHD drugs—bring enough to last the entire trip, plus a little extra. Don't put these in your checked baggage; keep them on you, in case you and your luggage part ways. Also carry any over-the-counter drugs you might need for everyday ailments.

Bug spray Malaria is a health risk in some areas of Africa and other tropical climates.

Check with your doctor or campus health clinic about antimalarial drugs (such as chloroquine or doxycycline) you may need to take before you leave. Also, bring a good insect repellent with the ingredient DEET, which will help ward off the mosquitoes that carry this deadly infection.

Accessories When traveling to warm climates, pack protective clothing. Top off every outfit with a floppy hat, sunglasses, and sunscreen. Good, sturdy shoes are also essential. Flip-flops might be handy in the airport security line, but they're too flimsy for walking excursions.

leave. Keep taking it until you adjust to the new time zone. To help you get used to sleeping in your new country, bring your favorite pillow from home. And watch the caffeine and alcohol. They can prevent you from getting the rest you need.

Don't drink the water. In Europe and other developed parts of the world, you can pretty much eat and drink whatever you like. "As soon as you get into

developing areas, food- and water-borne illnesses become a problem," Dieckhaus warns. Stick with boiled or bottled water, even for brushing your teeth. And order your drinks without ice. Though you'll want to sample the local cuisine, watch what you eat. "The foods that tend to be safest are things that have been cooked. Foods that get you into trouble are those that have been washed, but not cooked," Hall adds.

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

HEALTHY EATS

Numbers Game

WARD OFF THE “FRESHMAN 15” BY KEEPING THESE 10 FOODS ON HAND

By Erin O'Donnell

● “The freshman 15,” or ● the 15 pounds that many students gain during their first year of college, is somewhat of a tradition—but it doesn't have to be. The trick may be to stock your dorm room with good-for-you foods instead of trying to skip meals altogether (and who can do that with so many burger joints around?). Dietitian Lori Clements, RD, LDN, who works with students at Temple University in Philadelphia, shares her top 10 choices, all healthy, inexpensive, and tasty enough to hold off the 2 a.m. pizza binges that pack on pounds.

Hot breakfast cereal

Skipping breakfast wrecks your concentration and problem-solving ability and sets you up to overeat at lunch, Clements says. Thankfully, hot cereals like oatmeal are filling and fast, ready after a minute in a microwave. Look for brands with at least 5 grams of fiber. Among its benefits, fiber keeps you fuller longer, she says, “so you're not sitting in class an hour later with your stomach growling.”

Reviewed by
Hansa Bhargava, MD
WebMD Medical Editor



REGGIE CASAGRANDE/GETTY IMAGES



Check your grocery list for **Food Frauds That Wreck Your Diet**, the top slide-show on the Health & Cooking channel.

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Microwave popcorn

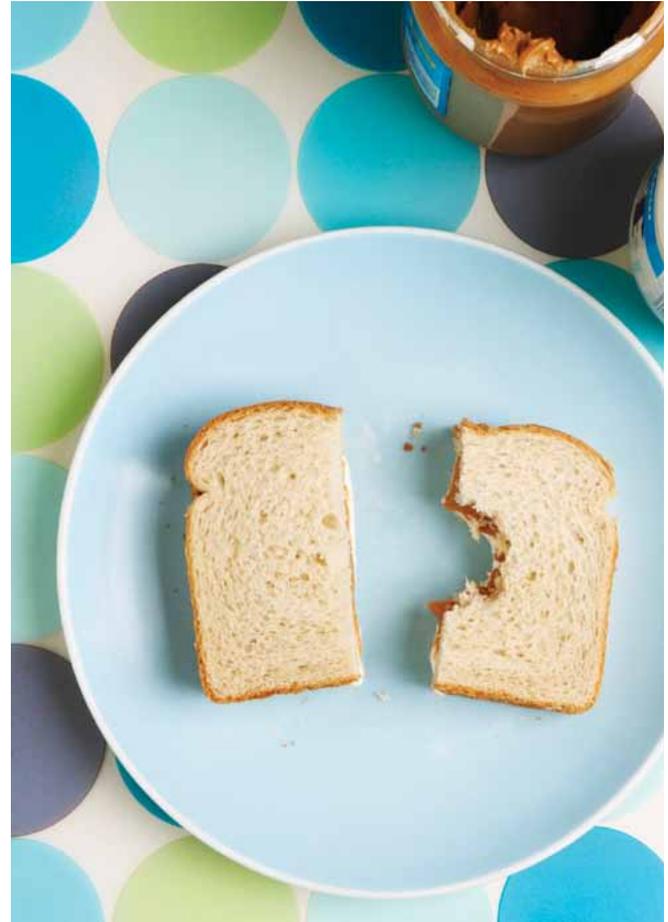
Popcorn rocks when you're craving crunch. Just opt for a brand that's light on fat and salt, "not the movie theater triple-butter kind," Clements says. One ounce of low-fat microwave popcorn contains just 120 calories and 4 grams of filling fiber. Instead of devouring a regular-size bag on your own (calorie overload!), share with a roomie, or opt for single-serving bags.

Milk It's an easy source of muscle-building protein, as well as calcium and vitamin D, two key bone nutrients. To avoid extra calories and fat, choose skim or 1%. And keep a box of dry milk handy, Clements says. You can make a portion at a time, so you'll always have some for cereal or oatmeal, even when you can't make a grocery run.

can also satisfy cravings for sweets. As a bonus, "there's always individual, 6-ounce yogurts on sale," Clements says. Greek yogurt is higher in appetite-suppressing protein.

Apples Apples (as well as oranges and bananas) are great grab-and-go snacks. Because these fruits provide vitamin C and other nutrients that support the immune system, they provide some insurance against colds and flu, a risk of dorm living, Clements says.

Baby carrots An ounce of baby carrots contains 77% of your daily requirement of vitamin A, which protects vision and supports immune function. Best of all: "When they're on sale, sometimes baby carrots are just a dollar a bag," Clements says.



Skipping breakfast wrecks your concentration and sets you up to overeat at lunch.

Salsa It's a low-calorie alternative to fatty sour-cream-based chip dips. It's also a decent source of vitamin-rich veggies, which many college diets lack. Pair salsa with whole grain chips, Clements suggests.

Low-fat yogurt A source of filling protein and bone-building calcium, yogurt

Hummus Pair those baby carrots with protein- and fiber-rich hummus for a balanced and filling super-snack. Packed with iron, hummus is especially healthy for college-age women, who often are iron-deficient.

Peanut butter It's cheap, filling, and doesn't require refrigeration. It's also full of

protein and heart-healthy monounsaturated fats. Spread it on apple slices. Just keep your portion to a tablespoon, which is about 100 calories, Clements says.

Soup When the weather turns chilly, warm up with soup. "It's an easy meal

because it's microwaveable," Clements says. "And vegetable soup is a good way to get lots of vegetables." Buy reduced-sodium versions and skip the 24-case of ramen noodles, which contain too much sodium (in the seasoning packet) and no protein or fiber.

DID YOU KNOW?

ONE ENERGY DRINK
CAN CONTAIN 80 TO 500 MG OF CAFFEINE, COMPARED WITH ABOUT 100 MG IN A 5-OUNCE CUP OF COFFEE.