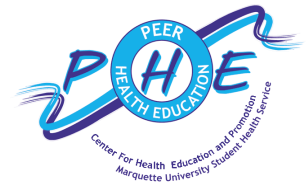


December Newsflush

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Seasons Greetings from Kelly, Lindsey, Leah, Matt,
Jenny, Amy, Becky, Stephanie and Jess!

Did you know?

- "It's a Wonderful Life" appears on TV more often than any other holiday movie.
- If you received all of the gifts in the song "The Twelve Days of Christmas," you would receive 364 presents.
- In 1843, "A Christmas Carol" was written by Charles Dickens in just six weeks.
- Christmas became a U.S. national holiday on June 26, 1870.
- Electric Christmas tree lights were first used in 1895.

Q: What did the bald man say when he got a comb for Christmas?

Have you been tested?

According to the Center for Disease Control, an estimated 56,500 young people (ages 13-24) were living with HIV infection or AIDS in the United States in 2006. However, more than 50% of HIV-infected young people are unaware they have been infected. Early identification of HIV infection enables people to start treatment sooner, leading to better health outcomes and longer lives.

Student Health Service offers confidential* HIV testing (a blood test) for \$18. Please call Student Health Service at 414-288-7184 to schedule an appointment.

*Confidential testing means your name is known and your test result is put into your medical record. In general, your result cannot be shared without your consent. However, you should ask who has access to your medical record before taking the test.

The 80/20 Rule

Do you ever feel guilty for eating sweets during the Christmas season? Well, the 80/20 rule is for you! The rule states that 80% of your food choices should be made following healthy eating guidelines from the food pyramid; while the other 20% offers wiggle room for cravings like Christmas cookies. There is no need to feel guilty about enjoying the delectable parts of this holiday season.

80% of the time choose:

Oatmeal
Fruit juice
Whole wheat bread
Grilled potatoes
Skim milk
Fresh fruit
Fresh vegetables
Sherbet



20% of the time choose:

Bacon
Fried chicken
White bread
Cream based soups
Whole milk
Candy
Fast food
Christmas cookies



Exams?!

8 Steps to Reduce Stress Before Exams

- **Rest**— get a good night's sleep before exams. All-nighters may affect your ability to think critically.
- **Eat**— complex carbs (crackers, toast, etc.) can help stabilize your blood sugar and help prevent dizziness and headaches.
- **Break time**— insert 5-10 minute breaks every hour of studying. This is proven to help you retain the material and reduce anxiety.
- **Stop**— at least an hour before the exam, stop studying to avoid the last minute stress of encountering a subject you may not know.
- **Relax**— take a deep breath before the exam. Not only will a deep breath relax you, but it will give more oxygen to your brain.
- **Avoid**— beware of the frantic student! Avoid sitting next to someone who is highly stressed because this could raise your anxiety at the worst possible time.
- **Read**— before starting the exam, look over it to discover which questions you are able to do easily and complete these first.
- **Focus**— at all times, focus on the process of answering the question rather than on the end result.

I knew everything, until I got to the exam....

Alcohol can affect your memory and comprehension skills long after a night of heavy drinking. One night of drinking can impair your thinking for up to 30 days. Drinking affects abstract thinking skills—like those you might need on a test.

A: Thanks, I'll never part with it!

