



©Marquette University 2009
Center for Health Education and
Promotion / Student Health Service
January 2010, Volume 94
healthy eagle@mu.edu
www.marquette.edu/healthed
Become our fan on Facebook!



Q: How do you prevent cold feet?

What's new at Student Health Service?

- **No-show/ Cancellation Policy change**
If you need to cancel or reschedule an appointment, you must provide at least four hours advance notice. Failure to do so may result in a \$10.00 charge.
- **Travel clinic reminder**
If you are traveling abroad this semester, visit student health service to receive the necessary vaccinations before your big trip! Visit www.marquette.edu/shs/clinical/travel.shtml for more information.
- **Online cancellation option**
For a faster and more convenient way to cancel your appointment, just go to www.marquette.edu/shs/contact.
- **Congratulations to the Seasonal Flu Clinic Raffle Winners!**

For more information regarding any of the above, please visit www.marquette.edu/shs

The New New Year's Resolutions

Are you tired of vague and repetitious New Year's Resolutions that you never seem to keep year after year? Instead of making unrealistic expectations this January, try our top five unique and healthy New Year's Resolutions.

1.) Get Smart About Snacking -

Snacking throughout the day is actually a good idea because it can help keep blood sugar levels steady, which leads to improved mood, better productivity and more effective appetite control. Plan snacks ahead of time and make sure you always have healthy ones on hand such as fresh or dried fruit and unsalted nuts (pistachios, cashews or walnuts).

2.) Take Time for Tea -

Drinking green tea can improve your cholesterol levels, as well as help protect against cancer and bacterial infections.

3.) Begin Breathing Exercises -

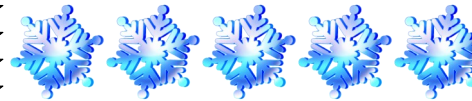
Simple breathing techniques offer a drug-free way to help lower your blood pressure, calm a racing heart, or settle an upset digestive system. Breathing has direct influence on emotional states and moods.

4.) Don't Forget Flu Shots -

Getting an annual flu vaccination is the single best way to protect against the influenza virus. With the flu season lasting into the spring, getting a vaccination now will still provide significant medical benefits. This year consider the H1N1 as well. Visit the Student Health Service website for more information.

5.) Save your Skin from the Sun-

Use a sunscreen with an SPF of 15 or higher every day and be sure to increase it to 30 or higher if you are exposed to the sun for a prolonged period of time.

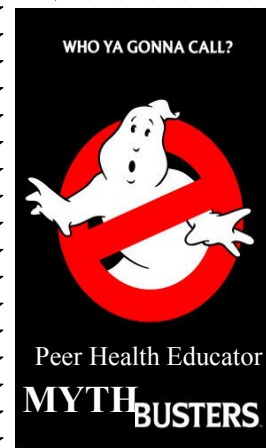


A: Don't go around BRKfooted!

Why Exactly is Binge Drinking Harmful?

Binge drinking is defined as four consecutive alcoholic beverages for a female and five consecutive alcoholic beverages for a male. Binge drinking is harmful because alcohol is metabolized through oxidation into acetaldehyde in the liver.

Acetaldehyde is then converted into AcetylCoA by the enzyme acetaldehyde dehydrogenase. High levels of alcohol, caused by binge drinking, saturates this enzyme making acetaldehyde accumulate in your liver. It is the acetaldehyde which causes liver damage through direct toxic means. It also causes problems for the rest of the body by decreasing Vitamin B1, B6 and B12, iron, calcium, zinc and folate absorption and utilization.



Myth Buster!

Myth: Sports Drinks and Energy Drinks are the same thing.

Fact: While both drinks contain carbohydrates, energy drinks tend to also include amino acids and caffeine. Energy drinks also contain a higher percentage of carbohydrates which can actually delay fluid absorption and cause intestinal distress. To properly replace electrolytes (sodium, potassium and calcium) and glycogen stores after exercise, you should consume sports drinks such as Gatorade and Powerade.