

**JOKE OF THE MONTH:**  
**WHY DID THE COOKIE GO TO THE DOCTOR?**



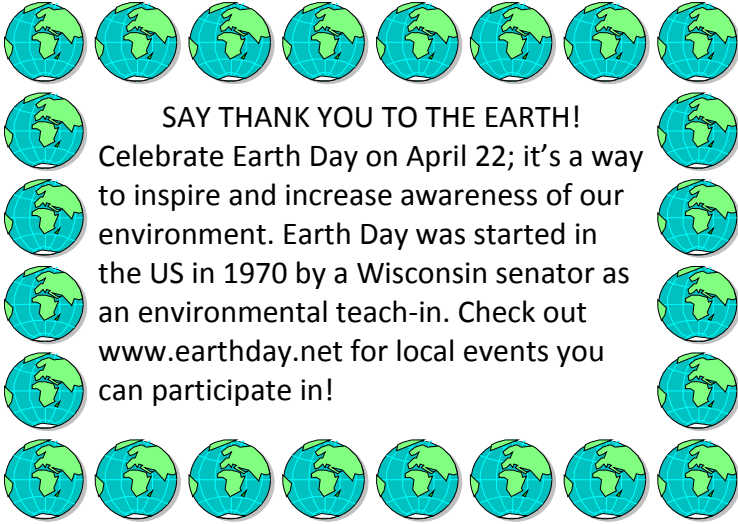
# APRIL NEWFLUSH

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Answer: Because he felt crummy!



## SAY THANK YOU TO THE EARTH!

Celebrate Earth Day on April 22; it's a way to inspire and increase awareness of our environment. Earth Day was started in the US in 1970 by a Wisconsin senator as an environmental teach-in. Check out [www.earthday.net](http://www.earthday.net) for local events you can participate in!

## APRIL SHOWERS BRING MAY FLOWERS... AND ALLERGIES!

If the spring and summer months leave you sneezing and wheezing, you may suffer from allergies. Colds, on the other hand, are more likely to occur at any time of the year (though they're more common in the colder months). Although colds and allergies produce similar symptoms, colds usually last only a week or so. Although both may cause your nose and eyes to itch, colds and other viral infections may also give you a fever, aches and pains, and colored mucus. Cold symptoms often worsen as the days go on and then gradually improve. Allergies begin immediately after exposure to the offending allergen and last as long as the exposure continues.

[http://www.kidshhealth.org/teen/diseases\\_conditions/allergies\\_immune/allergies.html](http://www.kidshhealth.org/teen/diseases_conditions/allergies_immune/allergies.html)

## Insomnia Triggers You Can Control

1. **LIMIT ALCOHOL.** It may make you sleepy initially, but alcohol produces an unsettled sleep by reducing REM sleep and increases middle-of-the- night wake-ups.
2. **CUT DOWN ON CAFFEINE.** Most cola drinks and tea are caffeinated. Watch your intake in the afternoon and evening.
3. **DON'T SMOKE.** Nicotine keeps some people awake.
4. **ELIMINATE NOISE.** Try earplugs or a "white noise" machine.
5. **MAKE YOUR BEDROOM SLEEP-FRIENDLY.** Put up darker shades or make other changes to keep the room dark. A sleep mask can help as well. Your bed, linens, and pillows should feel comfortable.
6. **DRINK LESS LIQUID AFTER DINNER.** Don't let the need to urinate wake you.
7. **DECREASE STRESS.** Try and deal with the problems that cause it.
8. **SET A REGULAR TIME TO SLEEP AND RISE.** Stick to it even if you haven't had enough sleep and on weekends
9. **USE YOUR BED ONLY FOR SLEEP.** Don't bring paperwork or food to bed.
10. **IF YOU NAP, KEEP IT TO 30 MINUTES MAXIMUM.** Try to nap early in the day.
11. **DAYTIME EXERCISE CAN RELAX YOU AND PROMOTE SLEEP LATER.** Don't exercise too strenuously in the evening however, since that may have the opposite effect.

Source: University of California, Berkeley Wellness Letter Vol 24, Issue 6 (2008).

## NOT FEELING SO HOT?

Dozens of Marquette students have recently become ill with vomiting and diarrhea. Student Health Service has no reason to believe this illness is food borne. Instead, it is *viral gastroenteritis* (commonly called the "stomach flu") which has not only infected the Marquette campus, but the metro Milwaukee area as well in recent months. Symptoms generally last one or two days. Treatment includes resting and drinking room temperature clear fluids (such as water or Gatorade) as tolerated to maintain hydration. There is no medication currently available that will treat viral gastroenteritis.

As this illness is contagious, frequent and effective hand washing (before eating and after using the restroom) is essential to prevent spreading the illness. For more information about viral gastroenteritis, refer to the Centers for Disease Control link: [www.cdc.gov/ncidod/dvrd/revb/gastro/faq.htm](http://www.cdc.gov/ncidod/dvrd/revb/gastro/faq.htm)

## ...DID YOU KNOW... BIPHASIC EFFECT

*Alcohol in lower doses produces mild arousal, such as excitement, increased energy, and confidence. Over time, however, the effects become more depressant in nature. The typical point of diminishing return is a BAC > 0.6; continued drinking only leads to greater depressant effects such as blurred vision or impaired coordination.*

**FACT:** *The more one drinks and the higher the BAC, the more alcohol acts as a depressant, instead of a stimulant.*



**AIDS Awareness Week 2008**

April 20-April 27



Watch out for upcoming publicity around campus and check out [www.marquette.edu/healthed](http://www.marquette.edu/healthed) for a schedule of events!