

The Health Educator



Center for Health Education & Promotion, Student Health Service

Center for Health Education
and Promotion Staff:

Amy Melichar
Coordinator

Becky Michelsen
Health Educator

Jessica May
Office Assistant

Christine Hayes
Preceptee

Health Corner: Sun Safety by Amy Melichar

Every year, I find myself excited in the anticipation of on-going, great sunny weather, especially after our long and dreary winter Wisconsin months. As the sunny days begin to become more abundant, sun safety becomes of the utmost importance.

According to the American Cancer Society, each year skin cancer accounts for nearly half of all cancers in the United States. Skin cancer risks may be elevated in any of us if we have: unprotected and/or excessive exposure to ultraviolet (UV) radiation; fair complexion; occupational exposures to coal tar, pitch, creosote, arsenic compounds, or radium; family history; multiple or atypical moles; or severe sunburns as a child. The good news is that skin cancer can be found early. Please seek medical attention immediately if you have any of the following symptoms occur: any change on the skin,

especially in the size or color of a mole or other darkly pigmented growth or spot, or a new growth; scaliness, oozing, bleeding, or change in the appearance of a bump or nodule; the spread of pigmentation beyond its border such as dark coloring that spreads past the edge of a mole or mark; or a change in sensation, itchiness, tenderness, or pain.

The good news is that skin cancer can be prevented and risks can be lowered. We can all continue to enjoy being outside on sunny days. Keep in mind some of these easy tips:

- Avoid direct sun between 10 a.m. and 4 p.m.
- Seek shade.
- Cover up with protective clothing to guard as much skin as possible when you are out in the sun.
- Lay on the sunscreen. Use sunscreen and lip balm with a

sun protection factor (SPF) of 15 or higher. Apply a generous amount of sunscreen (about a palmful) and reapply after swimming, toweling dry, or perspiring. Use sunscreen even on hazy or overcast days.

- Put on a hat.
- Put on sunglasses. Consider wearing sunglasses with 99% to 100% UV absorption to provide optimal protection for the eyes and the surrounding skin.
- Follow these practices to protect your skin even on cloudy or overcast days. UV rays travel through clouds.

Avoid other sources of UV light. Tanning beds and sun lamps are dangerous because they can damage your skin.

For further information, consider checking out the following sources: www.marquette.edu/healthed, www.webmd.com, or www.cancer.org.

HAVEN Corner: Sexual Violence Awareness Week 2010 by Becky Michelsen

It is hard to believe, but planning is underway for Sexual Violence Awareness Week 2010, which is scheduled for September 19 - 24. The purpose of this week is to honor survivors, raise awareness and work towards ending sexual violence. Last year's events included workshops, panel discussions, keynote speaker Todd Denny and

information tables. The keynote speaker for Sexual Violence Awareness Week 2010 is Mike Domritz, whose "Can I Kiss You" program was well attended on campus a few years ago.

If you are interested in helping to plan Sexual Violence Awareness Week 2010, planning meetings are held on Fridays at

3:00 p.m. in the Center for Health Education and Promotion, from April 9th-May 7.

If your department or student organization is interested in sponsoring a program during Sexual Violence Awareness Week, please contact [Becky Michelsen](#) or [Sue Cooper](#).

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“The best advice I’ve received as a PHE is ‘practice what you preach.’ A huge component of a peer education position is being a role model.”

PHE Program Spotlight: Healthy Relationships by **Christine Hayes**

“Wise men say, only fools rush in...” Spring is in the air, and many people just can’t help falling in love. The Peer Health Educators are ready with this month’s program, “Healthy Relationships 101.” In recognition of April being Sexual Assault Awareness Month, they are

ready to help students learn about the foundations of a healthy relationship and how to recognize the potential warning signs of an unhealthy relationship. Students attending the program will receive an informational packet with resources about healthy

relationships and unhealthy relationships, including where to go for help. Request this outreach program today by calling the Center for Health Education and Promotion at (414) 288-5217 – this could be the beginning of a beautiful Relationship!

Better Know A Peer Health Educator: Lindsey Jacob by **Amy Melichar**

Lindsey Jacob
4th Year PHE
Senior, Business
Appleton, WI



Why did you become a PHE?
I became a Peer Health Educator because I am extremely passionate about health and helping others maintain a healthy lifestyle. That may sound cliché, but anyone who knows me would have to agree. I am the friend who will always offer to be the designated driver, who will cook nutritious meals with plenty of organic fruits and veggies for the roommates, and who will talk any willing listeners’ ear off about healthy living.

How have you put your PHE skills to work?
My PHE skills are constantly at work. Whether I am presenting on a health topic for my public

speaking course, listening to a friend who has had a rough day, networking with another student group on campus, setting the agenda for a group meeting, or educating a classmate on the benefits of meditation, I am relying heavily on the skills I’ve developed as a PHE.

What have been some of your favorite PHE programming opportunities thus far?
My all-time favorite PHE programming opportunity has been Iron Chef Marquette. I was fortunate to be able to help plan Marquette’s first annual Iron Chef, as well as the second-annual. Iron Chef Talk about a great event. Participants, chefs, celebrity judges, emcees, and audience members alike all commented about the fun, interactive program that was held in conjunction with National Nutrition Month. Anyone who complains about not being able to make food for themselves in their residence hall or apartment should come to this event. The creativity of the dishes, all made with food commonly found in a res hall room, was astonishing, and the food was, or so the celebrity

judges tell us, delicious (and healthy too)!

What is the best advice you have received as a PHE?
The best advice I’ve received as a PHE is, “practice what you preach.” A huge component of a peer education position is being a role model. My peers see me as someone they can talk to when they have a question or concern about a health-related topic. When I make healthy lifestyle choices and “practice what I preach,” I fulfill my responsibilities as a peer educator and establish credibility as someone who can be trusted to give sound advice.

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Lindsey Jacob and fellow PHE, Kelly Roering, present donated bras to a representative from the Sexual Assault Treatment Center, at the annual Al McGuire Center PINK OUT.

Better Know a Peer Health Educator, Continued...

What has this experience meant to you?

Being a business major, I don't always get to express my health-loving side, so my role as a PHE has been invaluable to rounding-out my college experience. I feel very grateful to be able to go to "work" every day surrounded by people I respect and all while developing transferable skills and doing what I love: educating others about healthy living.

Any notable "PHE moments?"

One moment that I will always remember occurred during Breast and Testicular Cancer Awareness Week. Several PHEs, including myself, were working at the "Health Hut" (information table) when Father Wild approached. Seeing this as an opportunity to show Father Wild what an amazing PHE program

we have at Marquette, I immediately began explaining to him the purpose for our "Health Hut" table. Our "Health Hut" table featured models of breasts and testicles containing cancer-like lumps. Students can touch the models to learn what a potentially cancerous lump might feel like. So, imagine my surprise when I found myself telling Father Wild that he could touch the testicles if he would like. Never in a million years did I imagine saying those words to Father Wild, but being a Peer Health Educator, I've also come to learn that any opportunity to educate someone about a health issue should be welcomed (and embarrassment can easily be laughed off).

A word from Amy Melichar, Lindsey's supervisor:

It has really been amazing to see

Lindsey's leadership as a Peer Health Educator blossom over the past four years. She has accomplished great things in this role, all of which she will take with her for the rest of her life. Lindsey has truly been an outstanding member of the Center for Health Education & Promotion staff...always ready to jump in and get the job done with the utmost sincerity, grace, gratefulness, and energy. For me, it is always sad to see a PHE go after they have been with me for four years (there have only been a few who fit the four year category!!). She will truly be missed. We will forever be grateful for the ways she has not only impacted our department but the layers she has helped build within our Peer Health Education program here at MU.

"I've also come to learn that any opportunity to educate someone about a health issue should be welcomed (and embarrassment can easily be laughed off)."

Collaboration Highlight: Iron Chef by Christine Hayes

The 2nd Annual Iron Chef Marquette competition had participants channeling the likes of Iron Chef Bobby Flay as the six student teams engaged in their own culinary battle! In honor of March being National Nutrition Month, the teams each had to create a healthy, student-friendly appetizer, entrée, and dessert using only

food and equipment typically found in a dorm room or apartment. This year, an additional challenge was added, and part way through the competition the teams were notified that they were also required to create a drink to present to the judges as well.

Competition was tight and our

seven celebrity judges had their work cut out for them. In the end though, only one team's cuisine could reign supreme...the 2010 Iron Chef Marquette winners, Team MUSG! We would also like to say a special thank you to the many students, staff, community members, and businesses that made this year's event a huge success!



Iron Chef Marquette winning group: Team MUSG!



Left-Right: Marquette "celebrity" judges, cooking chaos, and good eats!



“Some may find that the law makes smoking more of an inconvenience. If you decide that now is the time to quit, realize that you are not alone and there are a lot of great resources out there to help you.”

Tobacco Update: 7/5/2010—Are You Ready? by *Becky Michelsen*

On July 5, 2010, Wisconsin's Smoke Free Law will go into effect. This means that all enclosed places of employment or public places will now be smoke free, including but not limited to: bowling centers, bars, restaurants and sporting venues. However, there are still a lot of questions surrounding this law. Some of the common questions include: what does this law mean and how is it going to affect me?

- If you are a non-smoker, this law really won't change anything for you. The change that you may notice is that you will be able to visit a bar or a restaurant without walking away, feeling as though you smell like smoke.
- For smokers, this will mean an adjustment to your current smoking habit. You will no longer be able to smoke within any enclosed public place, and will need to step outside anytime you want to light up.
- For those who enjoy visiting a hookah, pipe or cigar bar on occasion, these places will still exist. If they were established before the bill was signed (June 2009), they will still be allowed to operate as a hookah, pipe or cigar bar; however, you will not be able to smoke a cigarette in any of these places.

If you are a tobacco user, now is the time to consider if this is a

habit that you want to continue. Some may find that the law makes smoking more of an inconvenience. If you decide that now is the time to quit, realize that you are not alone and there are a lot of great resources out there to help you. For more information about tobacco cessation, contact the Center for Health Education and Promotion or visit the Employee Wellness webpage at www.mu.edu/chs/wellness

For more information about Wisconsin's Smoke Free Law visit: www.legis.state.wi.us/lc/publications/act/2009/act012_sb181.pdf

Student Health Service Update by *Becky Michelsen*

You may have noticed some changes occurring at Student Health Service, over this past academic year. Here is just a highlight of the changes:

- Brought flu shot clinics into the residence halls
- Enabled the ability for students to cancel appointments on-line through the Student Health Service web site
- Enabled e-mail reminders about upcoming appointments at Student Health Service
- Created Cold/Flu Kits and Travel Kits for purchase
- Updated the website to include additional information about our services
- Enacted a No-Show/Missed Appointment Policy
- Activated the ability to accept cash as a form of payment

All of these changes were student influenced, and were done in the hopes of making things easier for the students who utilize Student Health Service. One of the student groups who helped to advocate for these changes was the Student Health Advisory Board. The Student Health Advisory Board is a group of students who serve as an

advisory body to Student Health Service and work to ensure the satisfaction and the quality of health care at Marquette University. The Student Health Advisory Board is always looking for feedback from their peers regarding Student Health Service. For more information about the Student Health Advisory board visit: www.marquette.edu/healthed/get_involved/shab.shtml.



Spring 2010 SHAB members.

Program Wrap-up: Greek Life Challenge by Christine Hayes

This semester, the first ever Greek Life Health & Wellness Challenge was held. This collaboration project linked the Center for Health Education & Promotion, Department of Recreation Sports, and Marquette Greek Life as they challenged the 22 Greek Chapters on campus to get involved and get healthy. Love

Your Body Week, Iron Chef Marquette, and the Fit Like an Eagle Challenge were just a few of the many programs available for chapters to participate in and earn points. Competition was steep, especially with \$700 in programming money up for grabs for the winning chapter. Stay tuned for the official results. The runner-ups and

winning teams will be recognized and the prize money awarded at the Greek Life Awards on Sunday, April 25. Thank you and congratulations to everyone that was a part of this year's challenge. We look forward to working with everyone again next year!

Know Your Resources: Class Projects & Papers by Christine Hayes

We've all been there...the professor assigns you a major project and you are left wondering where you could possibly find the information and resources to get it done, without running all over town or spending hours searching on the

internet. Friends, never fear, the Center for Health Education & Promotion is here! We have a plethora of books, brochures, handouts, videos, and much more on a wide range of health related topics. From alcohol to women's health, we have you

covered. Give us a call or come on by our office and find out how we can take the fear out of class projects! For more information visit us online at, www.marquette.edu/healthed.

Preceptee Spotlight: Christine Hayes by Amy Melichar

The Center for Health Education and Promotion was fortunate to host two great preceptees, this academic year. During spring semester, Christine Hayes has been with us, completing her preceptorship to finish her degree in Community Health Education from UW-La Crosse. Many of you have met Christine through meet-and-greets, have seen and worked with her in

countless committee meetings, and have interacted with her at a variety of programmatic opportunities. With respect to her experience thus far here in the Center for Health Education & Promotion, she has stated: "It is giving me the opportunity to actually use all the things I have been learning in the classroom. I feel that this is a great way to be ending my degree." Though there

is still work to be done as we move toward the end of the semester, we thank her greatly for her hard work and dedication to our program. She has been a valuable extra set of hands to have around as we continue to build more layers to our health promotion program, here at MU.

"It is giving me the opportunity to actually use all the things I have been learning in the classroom. I feel that this is a great way to be ending my degree."



Spring 2010 preceptee, Christine Hayes.



April Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 AIDS Awareness Week Planning Meeting	6 SHAB Meeting	7	8	9 SVAW Planning Committee Meeting
12 AIDS Awareness Week Planning Meeting	13	14	15	16 SVAW Planning Committee Meeting
19 AIDS Awareness Week Planning Meeting	20 SHAB Meeting	21 HAVEN Soup with Substance	22	23 SVAW Planning Committee Meeting
26 Sex & Chocolate AIDS Awareness Week	27	28	29	30 SVAW Planning Committee Meeting

May Events

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 SVAW Planning Committee Meeting
10 Stress-free Zone	11 Stress-free Zone	12	13	14

Thank You, to All Our Campus Partners!


On behalf of the entire Center for Health Education & Promotion staff, I would like to extend a huge thank you your way. Yes...this means you. This academic year has been filled with many challenges and kudos, collaborations and connections, programs and partnerships, and most of all some really great work done in the name of health for our students. The Center for

Health Education & Promotion has been extremely busy this year. However, we know that we don't do health alone. It takes all of us working daily to continuously build and support a campus community of health wellness that ultimately leads to great student academic success. Thank you for the role that each and everyone one of you, your departments, your

classes, your student organizations, and your peers play. Have a safe, happy and healthy summer. We'll see you in fall.

Yours in Health,
Amy M. Melichar

Center for Health Education and Promotion

707 Building, Suite 130
707 N. 11th St.
Milwaukee, WI 53233
Phone: (414) 288-5217
Fax: (414) 288-0234
E-mail:
healthyeagle@marquette.edu
Website: www.mu.edu/healthed
Follow us on Facebook! 



Center for Health Education and Promotion
Student Health Service

About the Center for Health Education & Promotion:

The Center for Health Education and Promotion is the preventative health office, within the Marquette University Student Health Service. It is committed to providing programs, services and resources that create a campus culture in which Marquette students make informed and proactive decisions about personal and community health.

*For event details, please visit www.mu.edu/healthed, and click on the [Events Calendar](#) tab.