

A Su Salud

To your health



Health Services Receives Grant Money

The Santa Clara County Public Health Department has awarded a \$22,000 grant to De Anza College Health Services to provide a variety of smoking cessation interventions to students, faculty and staff. Our plan is to

offer several different programs including behavior modification, nicotine replacement products (patch and gum), Zyban, hypnotherapy and acupuncture at a reduced or no cost. If you or someone you know is interested in learning more about the project, contact Mary-Jo Lomax in Health Services at 864-8903 or e-mail her at lomaxmaryjo@fhda.edu.

Don't Fall Behind this Fall Quarter



Ahhh, a brand new fall quarter! Mid-terms and finals are far, far away. Or are they? By the time you read this, it's already October. Soon it will be Thanksgiving and then there's only one week to go before final exams begin. Where did the time go!?

Time management is a way to organize your schedule so that you can successfully complete the things you have to do, enjoy the things you want to do, and have time for the unexpected, too. The following suggestions may help you to make the most of your time.

What do you do when you don't have anything to do? Do you spend time on

the computer playing games, e-mailing friends or surfing the web? Do you watch TV? Nap? Eat? Talk on the phone? Time management experts refer to these "down time" activities as *time wasting* activities if you are engaging in them instead of more important activities such as homework. In other words, when the going gets tough, the tough procrastinate! Identify your top five down time activities and minimize the time you spend on each.

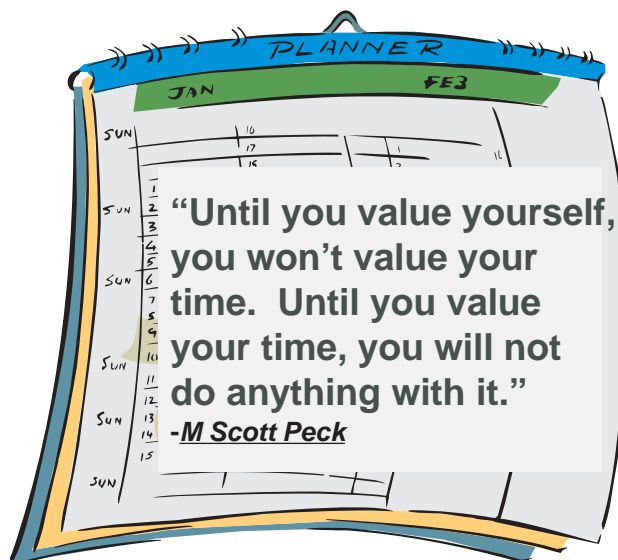
When are you most productive? Knowing the answer to this can save you heaps of time. By tackling your toughest (or most

boring) homework during your most productive hours you will spend less time reading and re-reading the assignment.

Create your master plan. Map out the entire quarter. Write down your class schedule, assignment due dates and all the dates for tests and exams. In addition, fill in any times you know you will be out of town and any social events you have planned. Don't forget to write down holidays. Viewing your schedule from this distance gives you an opportunity to do some long-range planning. For example, you may want to start an assignment early or not schedule an out-of-town trip the weekend before an exam.

Plan your week. While the quarter calendar gives you the big picture, it's too vague to really make it useful on a day-to-day basis. Assignments are added, your work schedule changes, you're invited to a party, etc. Make a weekly calendar on which you list classes, assignments, and other activities you have planned. Don't forget to estimate how much time each task or activity will take to accomplish. This helps you to be realistic about your time.

The daily grind. From your weekly planner, you can easily write a detailed list of what you have to accomplish today. Make a list and prioritize the items on the list. Are there items that you absolutely *have* to do? Are there other items that can be put off for another day?



Hand Washing: As easy as ABC...XYZ

Catching a cold could be something you didn't expect to pick up on campus. But the truth of the matter is, you are more likely to catch a cold when you are around large crowds of people. Think about it: how many people before you have opened that door, tapped on those computer keys, touched that desk, handled those library books? And how many have a cold, picked their nose, coughed without covering their mouths, or didn't wash their hands before leaving the rest room? And how often have you put your finger or hands near your eyes, mouth or nose since touching that door, desk, book or keyboard? Ewwwww!

The most proven way to avoid catching a cold is to wash your hands several times throughout the day, even if they don't look or feel dirty. Cold, flu and other germs are invisible. Washing your hands is easy, but here are a few tips about how to effectively wash those germs right out of your life.

Soap is the key – just running your hands under water—even hot water—isn't enough to wash off any germs. You must apply some soap. Any kind of soap will work.

Timing is everything – Rub your hands together and recite the alphabet. The length of time it takes to say, “ABCDEFGHJKLMNOPQRSTUVWXYZ” is how much time it takes to wash off cold and other nasty germs from your skin. Don't forget to wash any rings you may be wearing and clean underneath your fingernails, too.

Rinse, dry and be healthy – Rinse your soapy hands in running water and then dry your hands.

This whole process shouldn't take more than 30 *seconds* to complete. Sound inconvenient? Washing your hands, even three times during the day, doesn't begin to compare with the inconvenience, not to mention misery, of having a cold that lasts 7 to 10 days.

Energy drinks: soda on steroids?



What are energy drinks and how do they differ from your average soda or espresso? Energy drinks are beverages that are super-charged with sugar, caffeine and other caffeine-like substances like ephedrine, ma huang and guarana. Some also have

vitamins, “acid stabilizers” or other nutritious-sounding ingredients, too. Red Bull, Jolt, Amp and Hype are four such energy drinks. Energy drinks are classified as “functional beverages” which are part of the bigger—and rapidly growing—nutraceutical food industry. Nutraceuticals are not really foods but not really dietary supplements. As neither foods nor dietary supplements, the Food and Drug Administration do not

regulate them. The “function” of energy drinks is to boost your energy and ability to concentrate, not to quench your thirst.

Don't confuse energy drinks with sports drinks. Sports drinks are formulated to help provide energy to fatigued muscles and to help the body absorb water and glucose (sugar). Sports drinks are most beneficial if your workout exceeds one hour. For physical activity lasting less than an hour, plain water is all you need to quench your thirst and replenish body fluid. Energy drinks, on the other hand, *dehydrate* rather than hydrate. Here's what Red Bull's website has to say on the subject of hydration: “Red Bull® Energy Drink is an energy drink. It has not been formulated to deliver re-hydration. Adequate fluid intake is critical during intense and long lasting physical performance. Without adequate fluid intake, intense physical activities may lead to dehydration. As Red Bull® Energy Drink has not been formulated to deliver re-hydration, we encourage people who engage in sports also to drink lots of water during intense exercise.” This fact can be confusing to many people, especially because several energy drink companies sponsor sporting events.

Energy drinks and alcohol can be a dangerous mix. Many energy drinks are sold at bars as either an alternative to alcohol or as an alcohol mixer. This can be problematic. First, as I mentioned earlier, energy drinks have a diuretic effect. Add that to a night of heavy dancing and you could easily pass out from dehydration. Second, mixing alcohol, a depressant, with an energy drink, a stimulant, sends mixed messages to your nervous system and can cause cardiac related problems. Recently, several young people throughout the world have died after consuming energy drinks and either dancing or working out. There is no clear connection between their deaths and the energy drinks but some health officials suspect one. Finally, mixing alcohol with an energy drink can mask how drunk you really are. You can feel quite energetic because of the high concentration of stimulating ingredients (caffeine, sugar, ma huang, etc).

So, What's the Buzz? Despite their many “health” claims, energy drinks aren't necessarily healthy drinks. Their super-concentrated stimulating ingredients will indeed wake you up. Too much, however, causes sleep disturbances. As far as increasing your ability to perform better on tests, caffeine has been shown to improve simple mental tasks but not complex reasoning tasks. If energy drinks are part of your diet, consume them with caution

De Anza College Health Services

is available to all registered De Anza students. Some of our services include:

Health education/TB skin tests/First Aid/Blood pressure checks/Condoms/lubricants/Over-the-counter medicine/
Pregnancy tests/Family planning

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