

Campus Prescription

Fall 2007

COLLEGE STUDENTS ZONING IN

Recent studies have indicated that up to 25%* of college students at some universities are "zoning in" with illicit amphetamines in order to increase their ability to study harder or party longer. In these cases, Adderall, a prescription stimulant, is the drug of choice. This drug is sometimes inappropriately used to enhance academic performance, stay awake, work efficiently, heighten concentration, lose weight, and counteract the sedative effect of alcohol.

Psychostimulants like Adderall are

intended to restore the balance of deficient neurotransmitters in the brain for patients diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). When Adderall is taken as prescribed, in low doses over a long period of time, it helps increase the patient's ability to stay focused and function like their peers.

Using Adderall without a prescription is dangerous and illegal. A single dose of Adderall may cause a heart attack, an increase in heart rate, an increase in blood pressure, nausea,



vomiting, loss of appetite, dizziness, headache, anxiety, nervousness, seizure, aggressiveness, insomnia or sudden death. With increased use, Adderall may cause psychosis, paranoia,

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STUDENT BODIES GROWING AT AN ALARMING RATE

Rates for overweight and obesity have increased steadily in the United States since the mid-seventies. This increase is now being seen on college campuses as well. According to the American College Health Association National College Health Assessment, the average Body Mass Index (BMI) of college students is increasing. In the spring of 2006, 26.7% of female college students and 39.1% of male college students were classified as overweight or obese.

A person is classified as overweight when his or her BMI is 25-29.9 and obese at a BMI over 30. Though weight gain in college is often trivialized as the "freshman 15," this weight gain is usually a continuation of the childhood obesity problem in the U.S.

Obesity contributes to so many of the top causes of death in the U.S. that it can now be considered the second greatest modifiable risk factor for early death.

Obesity contributes to high blood pressure, cardiovascular disease, diabetes, sleep apnea, depression, arthritis, respiratory problems, musculoskeletal problems, gastroesophageal reflux disease (GERD), urinary incontinence, diseased blood veins in the legs, female hormonal abnormalities, and certain cancers. Many college students are on their way to a life plagued by chronic disease and increased morbidity; These students

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99% of students who have visited the Student Health Center rate the overall quality of services as "good" or "excellent." As one student commented, "I felt comfortable and confident in the health center."

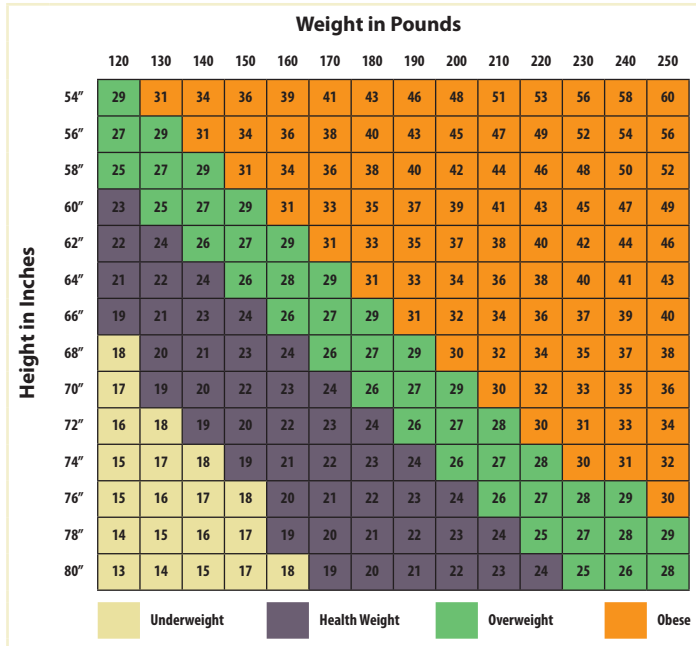
NEED A LATE APPOINTMENT?

Beginning in the fall of 2007, students will have the opportunity to schedule appointments after 5:00 p.m. Monday-Thursday. The change is being made to make our services more accessible and convenient to students who need late appointments. The pharmacy and laboratory will still close at 5:00 p.m. Late hours only on regular semester days.



Student Health Center
Sam Houston State University
A Member of The Texas State University System

STUDENT BODIES GROWING AT AN ALARMING RATE (CONT.)



may become much more of a healthcare burden than their parents' generation.

An alarming number of students are already being treated for these chronic diseases at the Student Health Center. This trend needs to be reversed before lifestyle patterns are well established. The college years are a great time to begin a balanced life with good nutrition and adequate physical activity in order to decrease the risk for obesity and the inevitable chronic disease that will follow.

BMI is not a direct measure of body fatness. BMI is calculated using an individual's height and weight, which includes both muscle and fat. As a result, some individuals may have a high BMI but not a high percentage of body fat.

Source:

American College Health Association. American College Health Association - National College Health Assessment (ACHA-NCHA) Web Summary. Updated April 2006. Available at http://www.acha-ncha.org/data_highlights.html. 2006.

WEIGHT MANAGEMENT MAZE UNTANGLED

Students are often puzzled by the abundance of information, advice, and products for weight management. Which method works? In truth, you learned everything you ever needed to know about weight management in elementary school. However, the US Dietary Guidelines for Americans have been updated a bit. Here is a refresher to get you on the right track.

Find your balance between food and physical activity

Becoming healthier is not just about eating healthy—it is also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day.

- Be physically active for at least 30 minutes most days of the week. Increasing the intensity or dura-

tion of activity can have even greater health benefits. About 60 minutes a day may be needed to prevent weight gain.

- Achieve physical fitness by including cardiovascular conditioning for heart health, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle.

Make smart choices from every food group



The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.*

- Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried.
- Vary your veggies. Choose veggies deep in color and from the whole color spectrum.
- Get your calcium-rich foods. Drink 3 cups of low-fat or fat-free

milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese—every day.

- Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day.
- Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it.

Only 6.2% of students get 5 or more servings of fruits and vegetables each day.

Know the limits on fats, salt, and sugars

Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

***For more info about weight management, visit <http://www.mypyramid.gov/>**

USDHHS/USDA. *Dietary Guidelines for Americans (2005)*. Available at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>. Accessed July, 2007.

Do you want...

less stress?

better grades?

less sickness?

better mood?

GO TO BED!

Students rank sleep difficulties as one of the top three impediments to their academic performance.

Only 5% of students report getting enough sleep each night to feel rested when they wake*. This means that a lot of students could do more to improve their physical, emotional, and academic health.

Getting enough sleep each night improves one's ability to manage stress, boosts the immune system, sharpens concentration and memory for studying, and enhances overall physical and emotional health.

TIPS FOR BETTER SLEEP:

Keep regular bedtime/waking hours

Exercise regularly

Avoid caffeine and nicotine in the evening

Stay organized and keep up with schoolwork

Minimize sleep disruptions with a dark, quiet bedroom (try earplugs and a sleep mask)

*Association - National College Health Assessment (ACHA-NCHA) Web Summary. Updated April 2006. Available at http://www.acha-ncha.org/data_highlights.html. 2006.

INSURANCE 101

While you are a student at SHSU, the Student Health Center can meet most of your routine healthcare needs by providing clinical care, laboratory tests and prescription medications, at minimal cost. However, there may be times during your college tenure that you require specialty services or even emergency care. The SHC does not provide these services, so you would have to visit a clinician in the Huntsville area or near your home.

Without health insurance, these visits can be extremely expensive.

We encourage all students to have some type of health insurance coverage, either through a family member's plan or by purchasing the

student health insurance plan sponsored by the university. (Visit www.ahpcare.com/shsu for more information.) Without insurance, one major illness or emergency could affect your ability to pay for your education.

In order to get the maximum benefit from your insurance plan and avoid unnecessary hassles, you need to be familiar with the general concepts of health insurance and with the type of insurance coverage you have. Health insurance may seem somewhat confusing to you (at best) or incomprehensible (at worst). However, with a little help and a little effort you can become adept at interpreting and using your health insurance.



COLLEGE STUDENTS ZONING IN (CONT.)

worsening of mental illness, weight loss, anorexia, changes in libido or erectile dysfunction. Use of Adderall in combination with alcohol, illicit drugs, prescription drugs, or over the counter drugs, significantly increases the potential for adverse reactions.

The Drug Enforcement Agency (DEA) classifies Adderall as a Schedule II drug, the same category as cocaine and morphine. Although these drugs have acceptable medical uses, they have a high potential for severe psychological or physical dependence and escalation to other illicit stimulant drug use (crack/speed).

It is against federal law to possess Adderall without a prescription. Students that illicitly deliver (give away/sell) or possess a Schedule II drug commit a felony drug offense,

which may eliminate students from certain careers. Illegally possessing any drug also violates the SHSU Code of Student Conduct and Discipline.

The potential health and legal consequences of inappropriate Adderall use are more likely to interfere with college life rather than enhance

it. Instead of using stimulants, students can "zone in" on positive strategies to manage the pressures of college life. The SHSU Health Center, Counseling Center, Recreational Sports Dept., and the Student Advising and Mentoring (SAM) Center all provide services to

help students achieve their wellness and academic goals.

The DEA classifies Adderall as a Schedule II drug, the same category as cocaine and morphine. Giving Adderall away is just as illegal as selling it.

*McCabe S, Knight J, Teter C, Wechsler. Non-medical use of prescription stimulants among US college students: prevalence and correlates from a national survey. *Addiction*. 2005; 100 (1) 96-100.

MESSAGE FROM THE DIRECTOR



Keith Lott, Director

The Health Center experienced several exciting milestones over the past year including the achievement of accreditation and a significant increase in the utilization of departmental services. Before touching on some initiatives for the 2007-2008 school year, I would like to elaborate on these two significant achievements of the past year.

This January, after approximately three years of preparatory work, we received notification that the department achieved the highest level of accreditation from the Accreditation Association for Ambulatory Health Care (AAAHC). The fact that a healthcare facility is accredited indicates that its performance meets rigorous nationally recognized standards. However, it means much more than that to us. While indicating the quality of the services we offer now, accreditation also embodies the hard work and dedication required to make significant changes over the past six years.

In addition to receiving accreditation, we substantially increased the utilization of our services over the past year. The department experienced a 45% increase in patient visits, an 18% increase in laboratory tests, and a 90% increase in the number of prescriptions filled. The increases in the number of patient visits and laboratory tests were consequential to the addition of a third practitioner. While the increased patient volume also increased the number of prescriptions filled, marketing efforts that highlighted the pharmacy's prescription drug prices accounted for the extraordinary increase in the number of prescriptions filled.

As we celebrate the past, we plan for the future. A few of the department's initiatives for the 2007-2008 school year include the addition of another nurse, the expansion of the department's hours of operation, the installation of an emergency power generator, and a feasibility study regarding the implementation of electronic medical records. I look forward to the realization of these initiatives and reporting our success next time.

Sincerely,

Keith Lott

Director



Accredited by the

ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

DISCLAIMER: The information in this newsletter is intended to assist SHSU students in making healthy decisions by providing general guidelines. Persons experiencing medical conditions or requiring specific instruction should contact their healthcare provider.



Hours of Operation

Clinic

Monday - Thursday
8:00 a.m. - 6:00 p.m.

Friday
8:00 a.m. - 5:00 p.m.

Pharmacy & Laboratory

Monday - Friday
8:00 a.m. - 5:00 p.m.

(Clinic, Lab, and Pharmacy services not available from 12:00 - 1:00 p.m.)

Contact Us

Appointments	936-294-1805
Front Desk	936-294-1805
Pharmacy	936-294-1803
Laboratory	936-294-1801
Nurses' Station	936-294-1802
Health Promotion	936-294-4347
Fax	936-294-1804

For more information, visit the Student Health Center website at www.shsu.edu/healthcenter

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1528 Avenue J
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CAMPUS MAIL BOX 2358