



The Monthly InStAllment *Lite!*

UHS Health Promotion Office, UHS Building, 2nd floor, 585-273-5775

Baby, It's Cold Outside...

January 2010



Welcome Back!

The UHS Health Promotion Office would like to welcome you back to campus—we hope you have a healthy and productive spring!

Avoiding Frostbite

Frostbite is a thermal injury to the skin that can result from prolonged exposure to moderate cold or brief exposure to extreme cold. Areas of the body most prone to frostbite are fingers, toes, hands, feet, nose, ears, and cheeks. Signs of frostbite include pain and numbness in affected area, prickly sensations, blotchy and/or whitened skin, itching, and/or swelling.

Prevention is the key to avoiding frostbite and its recurrence. You can prevent frostbite injury if you:

- * Do not go outdoors for prolonged periods in severely cold weather.
- * Cover vulnerable body parts such as cheeks and nose with a scarf.
- * Wear loose fitting, warm, layered clothing when out in the cold.
- * Avoid caffeine, tobacco, and alcohol when going out in the cold, as these leave the skin more prone to thermal injury.
- * Change any wet clothing immediately!
- * Check skin every 10-20 minutes for signs of frostbite.
- * Wear mittens instead of gloves, wool or insulated type socks, and a hat and scarf.



Wintertime Fun Ideas...

It's cold outside and you and your friends are looking for something to do! Here are some fun, healthy ideas to keep you/your mind active this winter...

- Go for a swim in the heated pool in the Goergen Athletic Facility.
- Go see a movie on Friday or Saturday night in Hoyt Auditorium.
- Visit the Rochester Public Market for fresh and locally grown goodies - it's open year round on Saturdays from 5am to 3pm.
- Catch a UR basketball game.
- See stars (visit the planetarium) at the Rochester Museum and Science Center.
- Go see a Rochester Americans (Amerks) hockey game - tickets are as low as \$10!
- Go sledding, snowshoeing, ice skating, or cross country skiing in any of the 22 parks in the Rochester area. Visit www.monroecounty.gov/parks.
- Enjoy outdoor & indoor activities during Winterfest Weekend (Jan. 29-31).

Is winter weather getting you down?

Seasonal Affective Disorder (also called SAD) is a type of depression that is triggered by the seasons. The most common type of SAD is called winter-onset depression. Symptoms usually begin in late fall or early winter and go away by summer. SAD may be related to changes in the amount of daylight during different times of the year. Exposure to sunlight and/or artificial light can be an effective treatment. UCC has light boxes available for students in need of this treatment.

Other facts about SAD...

- * As many as half a million people in the United States may have winter-onset depression. Another 10% to 20% may experience mild SAD.
- * SAD is more common in women than in men.
- * Although some children and teenagers get SAD, it usually does not start in people younger than 20 years of age.

If you would like to talk with someone about SAD or depression, contact the University Counseling Center (UCC): 585-275-3113.

The flu isn't fabulous

Protect yourself from another wave of H1N1 by getting vaccinated if you haven't already. UHS has vaccine!! Call UHS at 585-275-2662 to schedule a time.

Are you ready to Feel Fabulous in February?!

Stay tuned to The Monthly InStAllment and the Weekly Buzz for details!

Does your group or organization want to help the UHS Health Promotion Office by co-sponsoring an event during the month of February?



Watch for more about FFF!!

Please contact us as soon as possible!
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Learn about exciting ways to stay healthy!

