

# The Monthly InSTAllment

Brief Edition 

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Words to wiz by since 2005! 

January 2011

## Welcome Back!

We hope that the spring semester is productive and healthy for you!

## January 19th is National Popcorn Day!

- Americans consume 16 billion quarts of this whole grain treat each year!
- Compared to most snack foods, popcorn is low in calories. Air-popped popcorn has only 31 calories per cup. Oil-popped is only 55 calories per cup.
- Be sure to celebrate on the 19th with a cup of this healthy snack!



## They're Back!

Healthy Mondays are back this semester...be on the lookout for opportunities to stress less, be active, and restock!

## January is Cervical Cancer Awareness Month!



Did you know....

- Each year, approximately 12,000 women in the United States get cervical cancer.
- The human papillomavirus (HPV) is the cause of almost all cervical cancers.
- At least half of sexually active people will contract HPV at some point in their lives.
- Even though men do not have a cervix, they can contract HPV and transmit the virus to their male or female partners.
- Ways to avoid contracting HPV or spreading HPV to others:
  - \*Avoid sexual/genital contact with others.
  - \*Use a condom if sexually active, every time.
  - \*Women should get a pap test as recommended, especially if sexually active.
  - \*Consider getting the Gardasil vaccine. Ask your primary care provider about it at UHS!

Have questions about getting the Gardasil vaccine? Call the UHS Health Info Line at **585.275.1160**.

## Avoiding Colds and the Flu

Even though the fear of H1N1 has diminished, it's important to remember that preventing the spread of illness, colds, and the flu is a year round activity.

Here are some ways to try to stay healthy this semester:

- Wash your hands with soap and water frequently.
- Use hand sanitizer in between hand washings.
- Do not share towels, utensils, cups, straws, etc.
- Eat a balanced diet and strive for 8-10 hours of sleep nightly.

## January is National Soup Month!

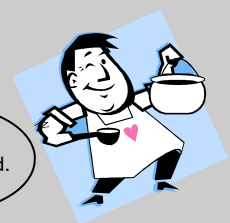
Brr...it's cold outside. A hot bowl of soup makes the chill of the air simply disappear! Visit any one of the dining locations on campus to find a variety of soup choices offered daily.

Want to stay in your room and enjoy a bowl of soup? Try this easy and healthy microwaveable soup recipe! No stove required, but you might have to make a trip to Wegman's with your roommates.

### Microwave Chicken & Rice Soup

- 1 can of reduced sodium chicken broth
- 1 cup of water
- 1/2 cup diced carrots
- 1/4 cup diced celery
- 1/4 cup diced onion
- 1 cup of peas
- 1 cup diced chicken—Buy cooked chicken & save time!
- 1/3 cup of uncooked instant rice

UHS kitchen tested.



Combine broth, water, carrots, celery, and onion in a covered microwave safe dish for 8 min; stir halfway through. Add chicken and peas and cook for 6 more min. Add rice, cover, and cook 3 min. Serves 4. Have fun with this recipe. Add seasonings, omit chicken, or add more vegetables to suit your taste!

## Ready to Feel Fabulous in February?

The UHS Health Promotion Office is gearing up for another fabulous February. Please keep an eye out for notifications of workshops, promotions, and special events! Do you belong to an organization that would like to co-sponsor an event with HPO?

Please contact us! Call us at 585.273.5775 or email [mkelley@uhs.rochester.edu](mailto:mkelley@uhs.rochester.edu).



### UHS

The University Health Service is the place to be when you aren't feeling well. Visits to UHS are by appointment. An easy way to schedule an appointment is to call **585.275.2662**.

### UCC

The University Counseling Center provides therapy, medication management, 24-hour crisis service, and educational presentations. To make an appointment call **585.275.3113**.

### HPO

The UHS Health Promotion Office provides a variety of health information resources as well as educational workshops to keep students healthy! Want more information? Call **585.273.5772**.

## Want more info about topics in this issue?

[www.rochester.edu/uhs](http://www.rochester.edu/uhs)  
[www.cdc.gov](http://www.cdc.gov)  
[www.popcorn.org](http://www.popcorn.org)  
[www.cancer.org](http://www.cancer.org)