

# NEWS YOU CAN USE!

MAY 2006

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## MAKING THE MOST OF YOUR MASSAGE



A massage works in wonderful ways, easing stress and pain, calming the nervous system, increasing circulation, loosening tight muscles, stimulating internal organs, and enhancing skin. The multiplicity of physiological responses sends a simple, clear message to the mind: Massage feels good. Of course, you want to hold on to that just-had-a-massage feeling -- total body relaxation, muscles relaxed and at ease, and fluid movement restored -- for as long as possible.

But how long that bliss lasts depends on the state of your body. If you're suffering from chronic pain or recovering from injury, then it may take more sessions and perhaps different modalities before optimal health is restored.

If massage is part of your regular health regimen, then it's more likely the effects will endure. In other words, the effects of massage are cumulative, like any healthy habit. The more often you get a massage, the greater and longer-lasting the benefits.

### Massage Frequency

How often you receive massage depends on why you're seeking massage. In dealing with the general tension of everyday commutes, computer work, and time demands, a monthly massage may be enough to sustain you. On the other hand, if you're seeking massage for chronic pain, you may need regular treatments every week or two. Or if you're addressing an acute injury or dealing with high levels of stress, you may need more frequent sessions. Your situation will dictate the optimum time between treatments, and your practitioner will work with you to determine the best course of action.

In general, experts say "regular" is preferable, but how regular depends on your situation. While daily massage would be delightful, practical considerations such as cost, time, and physical need likely determine the frequency of treatments.

**Water**—One bit of advice you'll hear over and over again is to drink plenty of water after a massage. Bodywork -- no matter the particular modality -- releases toxins, such as lactic acid and carbonic acid, that need to be flushed from the body. Massage also promotes circulation, increasing blood flow and oxygen and stimulating the lymphatic system, which helps rid the body of pathogens. After-massage hydration supports these functions, helping to eliminate released impurities, sooner rather than later.

**Body Awareness**—After a massage, respect how your body feels. If your body seems to ask for rest, give in to that demand. This may mean backing off the to-do list, taking it easy, moving slower, and perhaps doing less for a while. And don't allow yourself to get fatigued because it will undermine the effects of massage. Get sufficient sleep to allow the body to absorb the effects and regain vitality.

The benefits of massage are many, including: increasing circulation, allowing the body to pump more oxygen and nutrients throughout the body, stimulating lymph flow and boosting immunity, relaxing overused or tight muscles, increasing joint mobility and range of motion, reducing recovery time after strenuous workouts or surgery, and relieving back pain and migraines, just to name a few.

By opting for a few lifestyle choices, you can extend these benefits and get the most out of your massage.

"I don't know the key to success, but the key to failure is trying to please everybody."

~ Bill Cosby

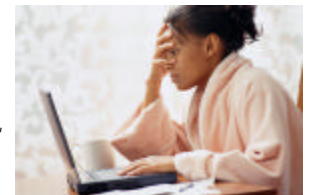
## WELLNESS FUN FACTS

### Sale of Cigarettes Drops to Lowest in 55 years

Good news for Americans' health: Cigarette sales in 2005 declined 4.2% from 2004 to 378 billion cigarettes in the United States. This is the lowest number since 1951. Cigarette sales have fallen by more than 21% since the state attorneys general negotiated the landmark 1998 tobacco agreement with the tobacco companies. The agreement imposed public health restrictions on the advertising, promotion and marketing of cigarettes by tobacco companies. This decline is even more impressive because the U.S. population has more than doubled since 1951. Source: National Association of Attorneys General. [www.naag.org](http://www.naag.org).

### Take a Vision Break From Your Computer

To reduce eyestrain and fatigue from working on a computer, take a vision break every 20 minutes or so and look at an object 20 feet or more away to relax your eye muscles. Blink your eyes frequently to keep them lubricated. Also alternate your computer work with non-computer tasks to give your eyes a rest. Source: U.S. Occupational Health and Safety Administration, [www.osha.org](http://www.osha.org).



## PROTECT YOUR SKIN FROM TOO MUCH SUN

Whether you are spending the day at the beach or outside working in your yard, fishing, hiking, engaging in a sport, going on a picnic or attending a baseball game, protect your skin from the sun.

Overexposure to the sun's ultraviolet rays can lead to skin cancer—the most common of all cancers.

Here are some valuable tips from the American Cancer Society and the National Council on Skin Cancer Prevention to protect your skin from sun damage:

- Cover up as much as possible with a wide-brimmed hat and tightly woven long-sleeved shirt and pants.
- Wear sunglasses that block 99% to 100% of UVA and UVB radiation.
- Use sunscreen of SPF 15 or higher and apply at least 20 minutes before you go outside. Choose a sunscreen that provides "broad-spectrum" protection against UVA and UVB radiation. Apply liberally. Reapply every two hours or more frequently after sweating or

being in the water. Remember to check the expiration date on your sunscreen.

- Use lip balm with sunscreen.
- Limit your exposure to the midday sun between 10 am and 4 pm when the sun's rays do the most damage. When outside at this time, seek shade whenever possible.
- Protect children from the sun by also following all the recommendations above. Scientists have found a link between sunburn suffered by a child and skin cancer later in life. Special note: Do not use sunscreens on babies younger than 6 months. Instead, cover them up with a hat and clothing and shade them from the sun.
- Avoid tanning beds and sun lamps.

For more tips on protecting your skin, visit the American Cancer Society Web site at [www.cancer.org](http://www.cancer.org) and the National Council on Skin Cancer Prevention Web site at [www.skincancerprevention.org](http://www.skincancerprevention.org).



## MAY 2006

### SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			

No Events Scheduled for the Month of May

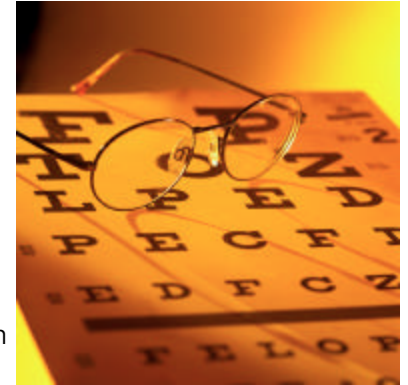
## MAKE YOUR VISION A HEALTH PRIORITY

Good health, protecting your eyes, and regular eye exams are important to maintaining good vision.

You can reduce your risk for eye disease, injury, and vision loss if you:

- Avoid smoking. This may reduce your risk of age-related macular degeneration, cataracts, glaucoma, and diabetic retinopathy (if you are a diabetic).
- Wear protective eyewear at work and at home where eye hazards exist.
- Eat a healthy, balanced diet. Good nutrition will help you keep healthy and also keep your eyes healthy. Maintain a diet that is rich in fruits and vegetables, low in saturated and trans fats, and moderate in salt and sugar.
- Exercise regularly. Staying active reduces your risk for health problems that can lead to eye disease such as high blood pressure, arteriosclerosis, and diabetes.
- Control high blood pressure. High blood pressure increases your risk for glaucoma.
- Protect your eyes from the sun. When outdoors, wear a hat with a broad brim and sunglasses rated to absorb 99-100% of both UV-A and UV-B rays from the sun. UV rays may lead to macular degeneration and cataracts in later life. They can also burn your corneas, a condition called photokeratitis that causes temporary vision loss.
- Get regular eye exams. Get fitted with the vision-correcting lenses as needed for the best vision possible to avoid accidents at work, home and while driving because of poor vision. Also, early detection and treatment of eye disease can help protect your vision and limit vision loss. Check with your eye care professional on the type of exam that is best for you and how often you need to get your eyes checked.

Sources: "Making Vision a Health Priority," National Eye Institute, [www.healthyvision2010.org](http://www.healthyvision2010.org) and "Healthy Living, Healthy Vision," Prevent Blindness America®, [www.preventblindness.org](http://www.preventblindness.org). U.S. Dept. of Health and Human Services, [www.smallstep.gov](http://www.smallstep.gov).



"Spring is  
nature's way  
of saying,  
'Let's party!'"

~ Robin Williams

## NEW GUIDEBOOK FOR BETTER SLEEP

Do you sacrifice sleep to do more each day? Have trouble falling a sleep?

Adequate sleep is important to your overall health, safety, and performance. Not getting enough sleep can harm your health.

For more information on sleep, coping with nightshift work and jet lag, tips on how to get enough, and sleep disorders, download free the new National Heart, Lung and Blood Institute (NHLBI) booklet Your Guide to Healthy Sleep from website

[http://www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.htm](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.htm). To receive a printed copy by postal mail, call the NHLBI Health Information Center at 301-592-8573. Cost for a printed copy is \$3.50 plus \$2.50 shipping and





## SLCC HEALTH & WELLNESS SERVICES

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C O M E O N I N ...  
Y O U ' L L F E E L  
B E T T E R I F Y O U D O !

At Health and Wellness Services we believe that health is more than a good check-up. Being healthy and well means having balance between all parts of our being. Our mission is to provide services that will enhance all of the areas of human wellness. Social, Physical, Intellectual, Emotional and Spiritual health are all a part of that mission. In general, we try to help SLCC students progress toward better health and wellness by supporting responsible choices, providing students with affordable, high quality health care, and by challenging social norms which undermine attempts to adopt healthy behaviors.

Our web site contains a wide variety of information. Visit it often as information is updated regularly.

### Staff Member Spot Light—David Smith



David received a B.A. in Family Sciences from Brigham Young University, and a M.S.W. from the University of Utah. David has worked for Wasatch Mental Health, Intermountain Specialized Abuse Treatment Center, and Pride Counseling. During his graduate studies, David spent a semester working in Eastern Europe. In Blagoevgrad, Bulgaria, at the American University, David assisted in restructuring the on-campus Student Counseling Center (the only University Counseling Center in Bulgaria). His findings were reported at

the 13th Annual Conference for Alliances of Universities for Democracy in November of 2002. David also donates time to the Utah AIDS Foundation working in prevention, education, and support services for those living with HIV/AIDS.

David is experienced in working with couples, anger management, grief and loss, addiction and recovery, and assisting clients as they create and manifest the life they want to live. David's professional interests include working with the gay, lesbian, bisexual, and transgender community.

## PHYSICAL ACTIVITY ADDS UP TO BETTER HEALTH

How much physical activity do you need for better health?

"For health benefits, adults need 30 minutes a day of moderate physical activity on 5 or more days a week," notes Melissa Johnson, Executive Director of the President's Council on Physical Fitness and Sports. Youth aged 6 to 17 need 60 minutes of physical activity most days of the week.

If there were a medication that conferred all of the health benefits of regular moderate physical activity, every doctor would prescribe it according to Johnson. Physical activity is the ultimate magic pill. It helps prevent and treat coronary heart disease, high blood pressure, osteoporosis, diabetes, arthritis, certain forms of cancer, anxiety, and depression. Physical activity also helps maintain a healthy weight and manage stress.

Taking small steps to become more physically active can add up to better health.

Here are some ideas to help get you started: Take the stairs instead of the elevator, go for a walk instead of a coffee break, park your car further away from the office or shopping mall, do sit-ups in front of TV, and walk instead of drive whenever you can.

For more tips and resources to help you get more physically active, including the President's Challenge program, visit the President's Council on Physical Fitness and Sports website at [www.fitness.gov](http://www.fitness.gov).

