

Student Health Center

Citrus College



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What the Student Health Center Has to Offer

The Student Health Center, located in Hayden Hall, has a mission of providing high-quality medical services, health education, mental health counseling and preventive health care. Our services are available to currently enrolled students who have paid the student health fee. Some of our services include:

- Treatment of acute illness/ambulatory care
- Immunizations
- Tuberculin skin tests
- Over-the-counter (non prescription) medications
- Commonly used prescription medications (prescribed by health care provider)
- Family planning services
- STD and HIV testing
- Laboratory testing

- Plan B emergency contraception
- Off campus referrals
- Short-term personal counseling
- Blood pressures and weight checks
- Condoms and personal hygiene items

There is no charge to see a provider, however some tests, medications or procedures require a nominal fee.

Our staff is committed to empowering students to make educated decisions regarding their health care needs. Our goal is to provide you with information and resources to promote a healthy lifestyle.

Hours of service to students are:

Monday–Thursday 8:30 AM–4:30 PM (Monday until 6:30 PM by appointment only) and Friday 8:00AM–12:00 noon.

Please feel free to call with any questions at 626-914-8671

Ways to Manage Your Anger



Being constantly angry can lead to health problems such as headaches and stomach upset as well as the alienation of others. Some ways to take control of your anger are:

- Count to 10 when something angers you. This gives your body time to diffuse before reacting.
- Distract yourself with another task to turn negative energy into positive energy.
- Walk off your anger. A short stroll can calm you down and let you think out loud.
- Keep a log to monitor your hostile thoughts. This may help find the real causes of your anger.
- Ask for help if managing your anger seems impossible. Don't be afraid to ask for counseling.

If you need help managing your anger, the Student Health Center has mental health consultants on staff. For questions or if you would like an appointment, call the Student Health Center at (626) 914-8671. Your health may depend on it!

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TREATING MINOR BURNS

Burns are a very common injury and can come from many different sources. Generally burns are categorized for diagnostic and treatment purposes into the three classifications of first-degree, second-degree and third-degree.

First-degree burns are the most common affecting only the epidermis, or outer layer of skin. They are usually caused by a sudden, brief burst of heat, mild sunburn or friction. Symptoms may include redness, skin that is painful to the touch, swelling, dry or peeling skin, and may last 48-72 hours.

For minor burns take the following action:

1. Hold the burn under cold, running water for **10-15 minutes**. If not available, im-

merse burn in cold water or cover with cold compresses.

2. Cover the burn loosely with a sterile gauze bandage. This will keep the air off the burn, which will help reduce the pain.
3. Take an over-the-counter pain reliever such as aspirin, ibuprofen or acetaminophen to help relieve pain

CAUTION:

1. **DO NOT** apply ice directly on the burn as contact with ice can cause more damage.
2. **DO NOT** cover with ointment or butter. This can hold in the heat and

lead to infection.

3. **DO NOT** break a blister if one develops. This can lead to infection.

A second-degree burn is one that burns through the dermis, or second layer of skin. If the burn is less than 3 inches it can be treated the same as a first-degree burn. If larger, seek medical attention. When a third-degree burn occurs, seek immediate medical attention.



Source: MayoClinic



What Is It About Dark Chocolate?

*Great news.....*dark chocolate can actually provide health benefits! Studies have shown that dark chocolate may reduce blood pressure and protect against free radicals. Just 100 grams of dark chocolate contains more than half of the daily requirements of magnesium and iron, as well as being high in potassium, zinc and other minerals. In addition, chocolate contains potent flavanoid antioxidants, which gobble up free radicals, the destructive molecules that are implicated in heart disease, among other ailments. Although, don't add a glass of milk along with your chocolate as it may interfere with the absorption of antioxidants derived from chocolate.

Another benefit from consuming dark chocolate is that it makes you feel good! When dark chocolate is eaten it triggers the production of endorphins in the body, which in turn creates a feeling of well being. The chemical tryptophan contained in dark chocolate causes the release of serotonin, a neurotransmitter that regulates mood. While eating chocolate won't cure clinical depression, it can provide a quick hit of happiness.

To get the most health benefit be choosy about your chocolate. Dark chocolate contains the highest level of flavonoids. Buy chocolate that has 70% or more cocoa solids. The higher the amount of cocoa solids,

the more benefits the chocolate will contain so the darker the better.

Since there is currently no established serving size of chocolate known to reap these benefits, enjoy your dark chocolate in moderate portions a few times per week. Don't forget to add other flavonoid-rich foods to your diet as well such as cranberries, tea, and apples.

Tip of the Day:

At the first sign of a sore or scratchy throat, combine one level teaspoon of baking soda in one cup of water. Gargle, rinse and spit out three to four times a daily. The solution changes the throat's pH creating an environment that is less conducive to bacteria and virus reproduction.

SOME GOOD ADVICE.....

- Eat breakfast like a king, lunch like a queen and dinner like a beggar
- Drink plenty of water
- Live with the 3 E's—Energy, Enthusiasm and Empathy
- Sleep for 7 hours
- Play more, read more, laugh more
- Take 10-30 minute walks daily
- Do the right thing!
- Don't compare your life to others. You have no idea what their journey is about
- Realize life is a school and you're here to learn
- No one is in charge of your happiness except you
- Eat more foods from trees and plants and less foods manufactured in plants
- No matter how you feel, get up, dress up and show up
- Don't turn to food when your bored. Keep yourself busy
- A well balanced diet along with exercise is the best way to stay healthy and strong
- Make peace with your past so it won't spoil the present
- Invest your energy into the positive
- You don't have to win every argument. Agree to disagree
- The best is yet to come.....