O ISSUE 1 O VOLUME 1 O April 2011



▶ Did You Know—Around the Campus

IS YOUR BODY IN TUNE?



SPRING INTO SHAPE:

START YOUR EXERCISE PROGRAM 3/30 MINUTE SESSIONS PER WEEK

TAKE THE CHALLENGE

nints UNIVERSITY HEALTH & MEDICAL SERVICES (UHMS) KEEPING YOU WELL, SO YOU CAN EXCEL



Monthly Motivation: Hey you!! Want to know a secret about water? Water is a natural cleanser and aids in detoxifying the body, which is only effective if you drink at least 8 glasses of water daily. Water is also keeps you hydrated and provides your body with energy...now you decide...to be...or not to be HEALTHY!!

Sugar, isn't always Sweet!

The Cost of Not Knowing:

Each fall, 2.3 million freshmen enroll in institutes of higher education in the United States of America. Of these freshmen college students, 7,700 will have type 1 diabetes based on an estimated prevalence rate of 1 of every 300.

Because this is a small portion of incoming freshmen, college students fail to recognize the severity of diabetes. Seventyfive percent didn't realize that type 2 diabetes has little or no symptoms. This shows that college students aren't really educated about the risks and severity of diabetes.



Prevention:

2 diabetes.

Healthy lifestyle choices can help you prevent type 2 diabetes. Eat

the greater the risk for developing

diabetes. The risk of type 2 diabetes

increases with age especially if your

are 45 years or older. Pre-diabetes if

left untreated it can progress to type

healthy foods. Choose foods low in fat and calories. Focus on fruits, vegetables and whole grains. Get more physical activity. Aim for 30 minutes of moderate physical activity a day. Take a brisk daily walk. Ride your bike. Swim laps. If you can't fit in a long workout, break it up into smaller sessions spread throughout the day.... (read more at www.UHMS@liu.edu)

genetic. Researchers don't clearly know exactly

increase the risk of getting type 2 diabetes. Being

Inactivity is also a factor, the less active you are

why some people develop type 2 diabetes and

others don't. There are certain factor that

overweight is the number one risk factor.



Nick Jonas, Living with Diabetes

Singer Nick Jonas of the Jonas Brothers went public with his type 1 diabetes in 2007. He has said that his symptoms included weight loss and thirst. When diagnosed with type 1 diabetes, his blood sugar was over 700 -- normal blood sugar levels are from 70 to 120. Jonas was hospitalized and learned to manage his type 1 diabetes. Once called juvenile diabetes, type 1 diabetes is the most common type of diabetes among people younger than 20, but it can strike at any age. College students are (read more at www.UHMS@liu.edu)

Diabetes: The Facts:

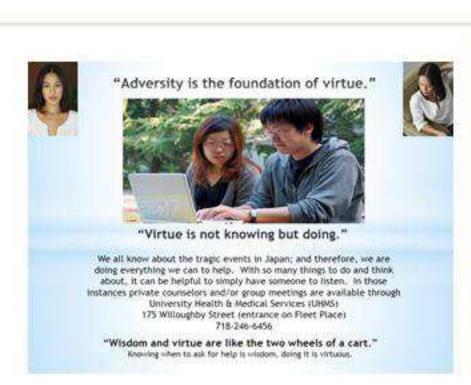
Diabetes is often undiagnosed because many of the symptoms seem harmless. Symptoms for diabetes vary depending on how high ones glucose levels are. There is a quick onset of symptoms for type 1 diabetes: frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability. There is no way to prevent type 1 diabetes because it is

Live, Love, Laugh

A professor stood before his class of twenty senior organic biology students, about to hand out the final exam. "I want to say that it's been a pleasure teaching you this semester....Read more at (www.UHMS@liu.edu)

Word Search

Check out the website to complete the word search puzzle and win a prize!



One person can save so many lives! ILL YOU BE THE ONE?