

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

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Peer Educator Corner

By Cynthia Strobeck

As students in higher education, it may be hard to put ourselves first. Here are some important aspects of personal health that we often overlook and ways to improve on them.



* **STRESS** - When things get chaotic we tend to be stressed with work, school, and our social lives. When this happens,

we can relieve the stress in a number of healthy ways like walking, writing, working out, and listening to music.



* **SLEEP** - As college students it can be a struggle to get enough sleep. Instead, we survive on caffeine and the

vending machine for late night dates with our texts books. To be healthier in the sleep department you can:

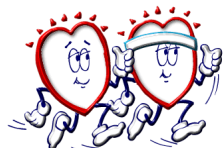
- Turn off electronics at least an hour before bed
- Drink some hot relaxing tea
- Turn off all lights
- Put down the text book an hour or so before bed
- Avoid caffeine in the afternoon
- Allow for relaxation before attempting sleep

Feeling lonely? Disconnected?

Take the on-line mental health screening if you're worried there might be a problem...Go to: www.cobleskill.edu/wellness and select "Online Mental Health Screening."

Exercise

The benefits of exercise are more than just for weight management. Exercise



also combats stress, promotes better sleep, and activates the immune system.

Accreditation

The Accreditation Association for Ambulatory Health Care, Inc. (AAAHC/Accreditation Association) will conduct an accreditation survey of the Beard Wellness Center on February 27th and 28th. The survey will be used to evaluate the organization's compliance with AAAHC standards for ambulatory health care and to determine if accreditation should be awarded to, or retained by, the organization. If you have questions or concerns, please contact Mary Radliff or Lynn Ontl.

Drug Testing in the Workplace

The Substance Education Committee

Drug testing in the workplace is a common occurrence. According to the Small Business Administration, employers spend approximately \$7,000 annually due to employee substance use. This can be due to costs associated with missed work (10% more likely to miss work), lower workplace performance, and on the job accidents. Approximately 65% of workplace accidents involve substance use.

Drug use leaves lingering traces in the body, sometimes long after use. How long drugs stay in the system depends on frequency of use, as well as the type of drug used. For instance, marijuana can stay in the system for 90-120 days past use and is tested for in many ways (urine, fingernail, or hair analysis). Alcohol stays in the system 3-5 days, Amphetamines for up to 5 days, Barbiturates for 7 days, Benzodiazepines for 1-6 weeks, Cocaine for 2-30 days, Ecstasy for 1-5 days, Opioids for 3-4 days, Methamphetamine for 1-4 days, and Oxycodone for 3-4 days.



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FROSTBITE

Have you ever been outside in the bitter cold and felt like your hands or feet were tingling, white, cold, numb, or swollen? How about when you went inside afterward and started to warm up, and they felt like pins and needles? Most likely you were experiencing frostnip or frostbite. Exposure to wetness and temperatures near freezing can cause frostnip. There's no permanent damage with frostnip. The numbness and tingling will resolve with rewarming. Frostbite is usually caused by temperatures below freezing. Frostbite results from the freezing of tissue and can be a very severe injury. It is best to seek medical attention immediately.

Here are some reminders regarding frostbite or frostnip:

- * Wear layered clothing
- * Avoid constricting clothing on hands, feet, and wrists
- * Wear a hat to retain heat - the head is a major source of heat loss
- * Beware of wind chill
- * Change wet clothing or limit exposure to the cold
- * Don't rub or massage the affected area(s)
- * Don't re-warm the affected area(s) with a heating pad, hot water bottle, stove, sunlamp, radiator, exhaust pipe, or over a fire. These are difficult to control and may result in burns
- * Don't drink alcohol or smoke - these will affect your circulation



The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819 Nurse Call Line 518-255-5622

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 days a week)