

Student Health Center Citrus College



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PROTECT AGAINST WHOOPING COUGH

Whooping Cough, also called pertussis, is a highly contagious bacterial disease caused by *Bordetella pertussis*. Initial symptoms are similar to the common cold, and usually develop about a week after exposure to the bacteria. Approximately 10-12 days later severe bouts of uncontrollable, violent coughing starts, which can lead to vomiting, disturbed sleep, weight loss, rib fractures, short loss of consciousness, pneumonia and hospitalization. The “whoop” sound is produced when air is inhaled after coughing.

Most healthy adults have a full recovery from pertussis, however those with underlying conditions can have complications. Infection to newborns can be particularly severe. Pertussis in infants can lead to complications such as pneumonia, encephalopathy, seizures, failure to thrive, and death.

Pertussis has been increasing significantly infecting adults and adolescents with debilitating cases, and in turn putting newborns at risk of catching the disease.


Pertussis vaccines are highly effective and strongly recommended to prevent becoming infected with Whooping Cough. The Center for Disease Control recommends a vaccine called Tdap for people ages 11-64. *The Tdap vaccine protects against three diseases, which include Tetanus, diphtheria and pertussis.* All three are caused by bacteria. Diphtheria and pertussis are spread from person to person and tetanus enters the body through cuts, scratches, or wounds.

The Student Health Center has the Tdap (Tetanus, Diphtheria & Pertussis) vaccine available to currently enrolled students, staff and faculty for \$40.00. For more information please stop by or call the Student Health Center at 626-914-8671.

Remember, vaccinating can save thousands of lives each year.



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Is It a Cold or Allergies?

Colds are caused by hundreds of different viruses. When one of these viruses gets into your body, your immune system attacks. The effects of this immune response are the classic symptoms of a cold, such as congestion, sore throat, sneezing, and coughing. **Cold** germs are contagious and you can pick them up when an infected person sneezes, coughs, or shakes hands with you. Symptoms take a few days to appear after the infection with the virus. **Colds** will last 3 –14 days and your immune system fights off the virus and you stop having symptoms.

Allergies are caused by an overactive immune system. For some reason, your body mistakes harmless substances, such as pollen or mold, for germs and attacks them. Your body releases chemicals, just as it does when fighting a cold. Symptoms can appear any time of the year, although the appearance of some allergens are seasonal, and may produce itchy red eyes, clear runny nose, and itchy/scratchy throat. **Allergies** are not contagious, although some people may inherit the tendency to develop them. **Allergies** can last days to months depending how long you are exposed to the allergen.

Although there are some differences, cold and allergy symptoms overlap. The most important difference is that colds don't last longer than 14 days. If they do, you may have allergies.

IS IT A PANIC ATTACK?



A panic attack is a sudden episode of intense fear that develops for no apparent reason and that triggers severe physical reactions. When a panic attack occurs, you might think you're losing control, are having a heart attack, or even dying. Panic attacks can be very frightening.

Panic attacks may be symptoms of an anxiety disorder however panic is strikingly different from other types of anxiety because they are so sudden, unexpected and appear to be unprovoked. Panic attacks can be disabling and are a serious health problem in the U.S. It is estimated that 20% of adult Americans will suffer from panic attacks at some point in their lives.

Symptoms of a panic attack can include

one or several of the following:

- Feeling dizzy, light-headed or faint
- Feeling hot flushes or chills with increased sweating
- Nausea or stomach cramps
- Shaking or trembling
- Numbness or tingling in the hands, feet or around the mouth
- Feeling that your throat is closing up, or that you can't swallow
- Tension, pressure or pain in your chest
- Shortness of breath or that you can't get a full breath

- Feeling you're heart is beating fast or skipping beats
- Fear you're having a heart attack or are about to die
- Fear you're going crazy or are about to lose your mind
- Feeling you're watching yourself from far away, or that everything is too vivid or not vivid enough

If you've had 4 or more of these symptoms, talk to your health care provider. Panic attacks were once dismissed as nerves or stress, but they are now recognized as a real medical condition. Although panic attacks can significantly affect your quality of life, treatment can be very effective.

Source: MayoClinic.com

Heartburn and Acid Reflux— What Can Help?

Heartburn occurs when stomach acid backs up into your esophagus. It may be experienced more often when lying down or bending over. Often acidic or spicy foods can trigger this in some people. Some other foods that *could* trigger heartburn include: Alcohol, black pepper, coffee, fatty foods, fried foods, orange juice, soft drinks, tomato sauce, ketchup, vinegar, mustard and chocolate.

There are many over-the-counter medications available to help relieve the pain of heartburn such as antacids like Mylanta, Rolaids, Tums and Maalox. When frequent heartburn occurs and interferes with your daily routine you may have gastroesophageal reflux disease (GERD), which may

require prescription medications and, occasionally surgery or other procedures. If you experience frequent heartburn, you should seek the advice of your physician.

For occasional heartburn consider trying to:

- **Maintain a healthy weight**—Excess pounds put pressure on the abdomen, pushing up your stomach and causing acid to back up into your esophagus.
- **Avoid tight fitting clothing**—Clothes that fit tightly around your waist put pressure on your abdomen and lower esophagus sphincter.

- **Avoid foods and drinks that trigger heartburn**—Learn what triggers your heartburn.
- **Eat smaller meals**—Avoid overeating by eating smaller meals.
- **Delay lying down after a meal**— Wait at least two to three hours after eating before lying down or going to bed
- **Elevate the head of your bed**—An elevation of about six to nine inches can put gravity to work for you.
- **Stop Smoking**—Smoking decreases the lower esophageal sphincter's ability to function properly.

Source: mayoclinic.com

EASY Ways to Exercise Your

- Start a walking program
- Tighten your stomach muscles while sitting
- Work out to fitness videos
- Answer the phone that's farthest away
- Do jumping jacks
- Lift hand weights while talking on the phone
- Walk circuits around the shopping mall
- Do sit-ups while watching TV
- Ride a bike instead of driving
- Wash your car by hand
- Go dancing
- Clean out the garage
- Use the stairs instead of the elevator
- Jump rope
- Walk to deliver messages
- Do squats when brushing your teeth
- Park your car in the farthest lot from your destination
- Do housework
- Stretch at your desk
- Be creative....there so are many things you can do to exercise during the day, if you just put your mind to it. No excuses....

