

# Student Health Center Citrus College



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## WHERE GERMS ARE HIDING.....

Germs can show up where you least expect them, and some of them are in plain sight!. Here are where some bugs lie and what you can do to avoid them.

**Kitchen Sponge** - This is an ideal place for bacteria to flourish as they sit wet with bits of food on them. It harbors more bacteria than any other room in your home. *Solution:* Replace sponges often, allow them to dry out between uses, or microwave a wet sponge for one minute.

**Doorknobs/Handles** - Bacteria easily accumulates on doorknobs causing illness, especially if a sick person doesn't wash their hands before touching it. *Solution:* Wash hands frequently. Clean doorknobs and refrigerator handles regularly.

**Grocery Cart** - Carts can have more bacteria than the average public bathroom from dirty hands, children's mouths and diaper-aged children. *Solution:* Swab the handle with a disinfectant wipe

before grabbing hold. (If your supermarket doesn't offer disinfectant wipes, find a new store). Bag unpackaged fruits and vegetables before placing in your cart. Also, skip the free food samples, which are nothing but a communal hand-to-germ-to-mouth zone.



**Lemon Wedge** - Lemon wedges put onto the side of water glasses can contain microorganisms, even *E. coli* and fecal bacteria. *Solution:* Order your drink without the lemon. Why risk it?

**Restaurant Menu** - Hundreds of hands touch menus, which can hold onto cold and flu viruses for up to 18 hours. *Solution:* Never place your menu on your plate or silverware and wash your hands after you order.

**Your Bed** - Beds host dust mites, which can contribute to allergies and asthma. *Solution:* Let your bed air out well before making it. Dust mites need moisture to thrive and humidity levels above 50% to survive, so let your bedding dry out.

## HEPATITIS A - Are You Traveling This Summer?

Hepatitis A is transmitted from person to person or through contaminated food or water. Poor hygiene, such as not washing the hands after using the bathroom, is one of the most common ways that hepatitis A is transmitted.

A person infected with hepatitis A may not begin to feel ill for about four weeks, but then may develop symptoms of fever, weakness, nausea, abdominal pain, jaundice, and loss of appetite. These symptoms are usually more severe in adults than in children. Most people feel better within two months, but symptoms can last as long as six months.

*Getting the hepatitis A vaccine can prevent hepatitis A.* Persons traveling to countries with high or intermediate prevalence of hepatitis A, such as Mexico, those located in Central or South America, Asia (except Japan), Africa, and eastern Europe should get vaccinated. The vaccine consists of two doses for lasting protection, and are given at least six months apart.

The Student Health Center provides the hepatitis A vaccine for the cost of \$25.00 per shot to currently enrolled students and staff. For questions about the vaccine call (626) 914-8671.

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## TESTICULAR CANCER

Testicular cancer is defined as malignant (cancer) cells that form in one or both testicles. The testicles are the two egg-shaped glands located inside the scrotum. The testicles are the male sex glands and produce testosterone and sperm. While testicular cancer is rare, it strikes primarily young, white males and is the most common cancer in men 20-35 years old.

*Risk factors for testicular cancer include:*

- Having had an undescended or partially descended testicle
- Abnormal development of the testicles
- Family history of testicular cancer

- Being a white male

*Signs and symptoms of testicular cancer can include:*

- A painless lump or swelling in either testicle
- A dull ache in the lower abdomen or groin
- A change in how the testicle feels
- A sudden build-up of fluid in the scrotum
- Pain or discomfort in a testicle or in the scrotum

Testicular self-examination (TSE) is something that all men should do once a month. It takes only three minutes to perform and will get you familiar with your anatomy and in the best position to know if you find anything abnormal. The best time to perform TSE is immediately following a warm shower or bath because the warm water relaxes the skin on the scrotum.

If you find a lump, see a doctor immediately. It may not be testicular cancer, but if it is and is found early it can be treated. Currently the survival rate for testicular cancer is 94% if caught early.

Source: [www.cancer.gov](http://www.cancer.gov)

## NUTRITION MYTHS



### ***Skipping meals promotes weight loss.***

*False.* Metabolism slows when meals are missed, burning fewer calories, and people are likely to consume excess calories at the next meal because they are so hungry.

### ***Frozen and canned fruits and veggies have fewer nutrients than fresh ones.***

*False.* Fruits and veggies that are canned or frozen are processed in a way that ensures they contain the same vitamins and minerals as fresh produce.

### ***"Reduced Fat" foods are low fat.***

*False.* "Reduced fat" foods have 25% less fat than the original version. "Low fat" foods have no more than 3 grams of fat per serving or 30% of calories from fat.

### ***Bananas are fattening.***

*False.* Bananas are very low in fat and very high in energy and nutrients. They are a filling, low calorie, nutrient-dense food.

### ***Decaf coffee is caffeine free.***

*False.* Most of the caffeine is removed from decaffeinated coffee, but a small amount still remains. Decaf coffee can still produce a jittery response in individuals, as well as raise blood pressure and increase heart rate.

### ***Brown eggs are healthier than white eggs.***

*False.* There is no difference in the nutritional content of brown and white eggs. Although more expensive, brown eggs cook, taste, and feel the same as white eggs.

### ***All brown breads are whole grain.***

*False.* Look for words "whole grain" or "100% whole grain" on packaging and check the nutrient label for 3-5 grams of fiber per slice to ensure the brown color isn't just dye.

### ***Everything in a "health food" store is healthy.***

*False.* These stores still sell processed, packaged products that can be as high in fat, calories, sodium, and sugar as at any other grocery store. Always look at nutrition labels no matter where you are.

***Eating sugar causes diabetes.*** *False.* Risk factors for Type II diabetes include family history, being overweight, lack of physical activity and excessive calorie consumption. Eating sugar is not a cause if no other risk factors are present

## VITAMIN D - Are You Getting Enough?

Vitamin D plays an important role in helping the body absorb calcium, in maintaining bone density, and in preventing osteoporosis. New research also suggests it may help protect against chronic diseases such as type 1 diabetes, cancer, rheumatoid arthritis, multiple sclerosis, as well as supporting a healthy immune system. However, recent scientific studies have shown that as much as 50% of the US population is unknowingly deficient in vitamin D.

Known as the sunshine vitamin, the body makes vitamin D from exposure to the sun.

It is the only vitamin that does not need to be consumed in food. The use of sunscreen and the amount of time you spend in the sun determines how much sunlight is absorbed. Most people in the Southern US can get 10-15 minutes of sun exposure to their face and arms a few times a week to be adequate, without using sunscreen that blocks UV rays necessary for absorption. Those with darker skin need 5-10 times more exposure to synthesize the same amount of vitamin D as lighter skinned people. Chances are your not getting enough

vitamin D. Sunshine and supplements, not food, are the best sources of vitamin D. The current intake recommendation is 200 IUs (international units) of vitamin D for those up to age 50 and 400 IUs for those 51-70 years of age. Vitamin D can be found in dietary sources such as fish, eggs, fortified milk, yogurt, cereals and cod liver oil, although it's hard to get enough vitamin D in your diet. So, safely use the sun!

Source: Webmd

