



From the Eagle's Beak

Volume 2, Issue 3

January 2009

**Benedictine University
Student Health Services
and Counseling Center
Krasa 116
M-F: 9a.m - 4:30
p.m.**

Welcome Back! Start the New Year Right!

It is the start of a new semester; the start of new beginnings!

Start the semester healthy. Hand in all required Health Forms and Immunization information to the Student Health Office before the 10th day of class. Don't put it off. The immunization information and health forms are required by Illinois State Law.

Familiarize yourself with the location of various important offices on Campus: Student Health Services, Krasa 116; Ben Central Express, Krasa 169; Ben Central Main, Lownik 068; Student Success Center, Krasa 012 (lower level); Student Life Offices, Krasa 112; Campus Ministry,

Krasa 179; University Police, Krasa 035 (lower level). Also, become acquainted with the University web site:

www.ben.edu and your university email (The preferred method of communication). Email the Office of Student Health Services at **studenthealth@ben.edu** Find the Student Health Service web page: www.ben.edu→Student Campus Resources→

Health Services.

Explore the page for important Health Forms, health tips, newsletters and more!



Your Student Health Medical and Nursing Staff.

Dry Skin

Skin requires extra care during the cold winter months. Protect your skin from the elements. Wear hats, scarves, and gloves to keep skin warm.

Moisturize, moisturize, moisturize. Apply a good non-comedogenic moisturizer to skin daily, especially, after showering, and before bed.

Avoid hot steamy showers or baths as the extreme temperature can be damaging to the skin. Shower and bathe using tepid water and soap with a moisturizer.

Drink at least 8 to 10 glasses of water daily to maintain skin health and replenish lost fluids.

Don't forget to use a moisturizer on your lips!



Scabies and crabs (pubic lice) are 2 more concerns to add to the list of sexually transmitted infections (STIs).

Scabies is a skin disease caused by a parasite that burrows under the skin and begins laying eggs.

Symptoms include persistent itching and the presence of reddish-brown nodules in the pubic area and the groin. The itching and nodules can be found on other body parts as well.

While scabies can be sexually transmitted, transmis-

sion can also occur thru bedding, clothing, even holding hands

A clear way to avoid STIs is to be informed and to be abstinent. For more information on STIs visit www.cdc.gov/STD or www.dchd.gov

March 1, 2009

Health Forms and Immunization records are due in the Student Health Services. The health form is available from the University web site: www.ben.edu\student campus resources\student health services

Are you Sharing more than love with your partner? *Excerpt from MPH student Stephanie Forbes 11-03-08*