6 "Bests" About Exercise
At least one hour of physical activity a day helps to:
- Feel less stressed
- Feel better about yourself
- Feel more ready to learn in school
- Keep a healthy weight
- Build sturdy muscles, bones, and joints
- Sleep better at night

More time in front of the TV means less active time. So CDC suggests that you should limit your TV, video game time, and computer time. Be physically active.

Exercising with others can be fun for everyone. Easy ways to stay active include walking or biking, joining Chesley Pagana's Figo Fit class, and participating in organized club sports programs.

Getting Enough ZZZ's
Nodding off in school may not be the only outcome for otherwise healthy young adults who don’t get enough sleep. A study funded by the National Heart, Lung, and Blood Institute (NHLBI) links poor sleep in young adults to higher blood pressure.

Researchers found that young adults who got less than 6½ hours sleep were 2½ times more likely to have elevated blood pressure than those who slept longer.

Also, older adolescents who had trouble falling asleep or staying asleep were 3½ times more likely to have high blood pressure or pre-high blood pressure than young adults who slept well.

These results are similar to findings from other studies in adults. High blood pressure, if left untreated, can increase the risk of stroke and heart diseases later in life.

• Sleep Facts:
School-aged children and young adults need at least nine hours of sleep a night. Older adults need seven to eight hours of sleep a night.

• Sleep Tips:
Set a sleep schedule, going to bed and waking up the same times each day. Keep room temperature on the cool side. A TV or computer in the bedroom can be a distraction.
Is Rinsing Your Sinuses Safe?

Neti pots are used to rinse the nasal passages with a saline (salt-based) solution, and have become popular as a treatment for congested sinuses, colds and allergies, and for moistening nasal passages exposed to dry indoor air. However, the Food and Drug Administration (FDA) has concerns about the risk of infection tied to the improper use of neti pots and other nasal rinsing devices. The agency is informing consumers, manufacturers and health care professionals about safe practices for using all nasal rinsing devices, which include bulb syringes, squeeze bottles, and battery-operated pulsed water devices. These devices are generally safe and useful products, says Steven Osborne, M.D., a medical officer in FDA’s Center for Devices and Radiological Health (CDRH). But they must be used and cleaned properly. Most important is the source of water that is used with nasal rinsing devices. Tap water that is not filtered, treated, or processed in specific ways is not safe for use as a nasal rinse. Some tap water contains low levels of organisms, such as bacteria and protozoa, including amoebas, which may be safe to swallow because stomach acid kills them. But these “bugs” can stay alive in nasal passages and cause potentially serious infections, according to the Centers for Disease Control and Prevention (CDC).

Misleading, Missing Information
Information included with the device might give more specific instructions about its use and care. However, FDA staff has found that some manufacturers’ instructions provide misleading or contradictory information, or lack any guidelines. The procedure for nasal rinsing may vary slightly by device, but generally involves these steps:

- Leaning over a sink, tilt your head sideways with your forehead and chin roughly level to avoid liquid flowing into your mouth.
- Breathing through your open mouth, insert the spout of the saline-filled container into your upper nostril so that the liquid drains through the lower nostril.
- Clear your nostrils, then repeat the procedure, tilting your head sideways, on the other side.

Nasal rinsing can remove dirt, dust, pollen and other debris, as well as help to loosen thick mucus. It can also help relieve nasal symptoms of allergies, colds and flu.

“The nose is like a car filter or home air filter that traps debris. Rinsing the nose with saline solution is similar to using saline eye drops to rinse out pollen,” Osborne says. The saline, he adds, enables the water to pass through delicate nasal membranes with little or no burning or irritation. FDA staff recommends that you consult a health care provider or pharmacist if the instructions do not clearly state how to use the device or the types of water to use, if instructions are missing, or if you have any questions.

Questions and Answers
What types of water are safe to use in nasal rinsing devices?

- Distilled or sterile water, which you can buy in stores. The label will state “distilled” or “sterile.”
- Boiled and cooled tap water—boiled for 3-5 minutes, then cooled until it is lukewarm. Previously boiled water can be stored in a clean, closed container for use within 24 hours.
- Water passed through a filter with an absolute pore size of 1 micron or smaller, which traps potentially infectious organisms. CDC has information on selecting these filters, which you can buy from some hardware and discount stores, or online.

How do I use and care for my Net device?

- Wash and dry hands.
- Check that the device is clean and completely dry.
- Use the appropriate water as recommended above to prepare the saline rinse, either with the prepared mixture supplied with the device, or one you make yourself.
- Follow the manufacturer's directions for use.
- Wash the device with distilled, sterile, or boiled and cooled tap water, and then dry the inside with a paper towel or let it air dry between uses.

Neti Pots Are Available in the Health Center Free of Charge.
What Is Psoriasis?

There are several forms of psoriasis. The typical form causes itchy or sore patches of thick, red skin covered with silvery scales. Although they can appear anywhere on the body, the patches occur mostly on the elbows, knees, other parts of the legs, scalp, lower back, face, palms, and soles of the feet. Psoriasis may also affect the fingernails, toenails, the soft tissues of the genitals, and inside the mouth. Some people get psoriatic arthritis in which the joints become inflamed and painful.

What Causes Psoriasis?

Psoriasis is a disorder of the immune system, which defends the body against infection and disease. In psoriasis, white blood cells—called T cells—become overly active. This causes inflammation—pain, swelling, heat, and redness. It also leads to fast turnover of skin cells. Normally skin cells grow deep in the skin and slowly rise to the surface. With psoriasis, it can happen in just a few days because the cells rise too fast and pile up on the surface. In many cases, there is a family history of psoriasis. Researchers have identified genes linked to the disease.

People with psoriasis may notice times when their skin problems get worse. These are called flares. Flares may be due to infection, stress, or dryness of the skin. Certain medicines, such as beta-blockers for high blood pressure, may trigger or worsen the disease. Sometimes psoriasis will appear after a cut, scratch, sunburn, or an infection.

How Does Psoriasis Affect Quality of Life?

People with psoriasis may have significant physical discomfort and some disability. Because of itching and pain, they may have trouble taking care of themselves or others. Walking and sleeping may be difficult. Medical care is frequent and costly and can disrupt work and school schedules. People with psoriasis may feel self-conscious about their appearance. That can lead to depression and social isolation.

How is Psoriasis Diagnosed?

Psoriasis may be difficult to diagnose. It often looks like other skin diseases, such as eczema. Examining a small skin sample under a microscope can help your doctor make the diagnosis.
Health Tip: When You Want to Quit Smoking

Ask friends, family for support

(HealthDay News) -- Quitting smoking is tough, but relying on friends and family can help you get through the challenges.

The American Cancer Society offers this advice:

Let friends and family know that you’re trying to quit.

Socialize with those who support you in quitting, preferably those who don’t smoke or are ex-smokers.

Explain what you need from loved ones, whether it’s being patient, being available for phone calls or adhering to smoke-free environments.

Develop a good understanding of how each loved one can help you quit.

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