



TANG CENTER BEAR TALK

News And Information From University Health Services

Inside:

The Importance of Catching ZZZs

Quick Guide to Using the Tang Center

New Computer Scheduling system

Back Page:

It's Flu Shot Time!

Message from the Medical Director

Peter Dietrich
MD, MPH



Welcome to new students!

& welcome back continuing students

Please know that all registered students are eligible to come to the Tang Center. You don't need to have the Student Health Insurance Plan to receive care here. Many services, including urgent care and regular medical care visits, are covered completely by student registration fees.

Take a moment to review the article on Page 3, "Quick Guide to Using University Health Services." Much more information is available on the website at www.uhs.berkeley.edu, or, if you prefer—just ask! Stop by the front desk of any department or pick up the phone and call. Again, phone numbers are listed in the website.

I wish you a fine academic career at Cal. I hope we at the Tang Center assist you well. And, I hope, after you graduate, you'll look back favorably on the care and assistance you received here.

I am proud to introduce the Tang Center as the home of one of the best campus health centers in the country.

We are fortunate to have an outstanding professional staff, providing services that include urgent care, primary care, gynecology, specialty care, counseling, psychiatry, social services and health education.

Our clinical staff includes board-certified physicians and highly qualified nurse practitioners who are geared to take care of students' health needs, from prevention to complex treatment. And, if we don't provide the service on-site, we work closely with providers in the community.

Counseling Debuts Three Groups

This fall, three new groups are starting up in Counseling & Psychological Services:

■ **Feel Better Fast**, a three-session workshop in which participants rapidly learn tools for managing stress, sleeping better and transforming negative thoughts into positive steps.

■ **Mood Group**, a six-session group to help students experiencing anxiety, depression and anger-management difficulties.

Depression Screening Day

Tuesday, Nov. 9
11 am- 2 pm
MLK Student Union
Free, walk-in screenings provided by counseling professionals. Open to all.

■ **General Therapy Group**, a semester-long psychotherapy group for students who could benefit from longer-term therapy.

See "Therapy Groups," pg 3

Don't Skimp on Sleep

Cal is an academically rigorous university, and many students fall into the trap of sacrificing sleep for school demands. Working on problem sets until 3 am or pulling "all-nighters" before an exam is not uncommon.

This type of lifestyle has created a campus filled with chronically fatigued students. Sleep deprivation can make you more prone to various illnesses which translates to lost school time.

Even students who try to follow a regular sleep schedule can have difficulty sleeping. Any abrupt change in your life—such as adjusting to college or graduate school, the end of a relationship, or serious illness—can cause stress and possibly, sleep loss. Illnesses, particularly ones that cause pain, can interfere with sleep. Anxiety and depression (both treatable with counseling and medication) also are common causes of disrupted sleep. Everyone has trouble sleeping from time to time, but if your sleep problems have lasted more than a few weeks, ask yourself the following questions:

Take this Sleep Quiz

❑ Do you go to bed and get up at a different time every day?

Establishing a schedule helps regulate your body's inner clock.

❑ Do you take naps during the daytime or in the evenings?

Falling asleep in front of the television at 7PM will make it more difficult to sleep later that night.

❑ Do you drink coffee, tea or sodas after 3PM in the afternoon?

Many soft drinks, as well as coffee and tea, contain caffeine, a powerful stimulant. Certain headache preparations, like Excedrin, also contain caffeine and should be avoided before bedtime.

❑ Do you smoke a cigarette, pipe or cigar before going to bed?

The nicotine in tobacco is a stimulant and can keep you up.

❑ Do you sleep in a noisy bedroom?

If you can't block outside noise, "cover" it with a familiar noise like the steady hum of a fan, or wear earplugs.

❑ Do you try to sleep in a room with a lot of light?

If street lights shine in your room, or if you must sleep during the day, buy special room-darkening shades.

❑ Do you drink alcohol in the evenings?

A glass of wine can be relaxing, but too much alcohol will lead to disturbed sleep. When the alcohol wears off during the night, you may experience periods of wakefulness and/or nightmares.

❑ Do you work on school assignments right before bedtime?

Stirring up strong emotions or feeling stressed before bedtime will make it much more difficult to fall asleep. Instead, try watching a mindless TV show or reading a light novel.

❑ Do you use your bedroom for schoolwork or watching TV?

Don't. Learn to associate that room with sleep. Sexual activity is the exception to this rule, as sexual release is a powerful sleep-inducer.

❑ Do you share a bed with a snoring or restless partner?

If you do, make temporary sleeping arrangements until you establish a satisfactory sleep pattern.

10 Tips For Health And Success at Cal

1. Be smart about your study habits

2. Find your niche

3. Get your Zzz-s

4. Eat!

5. Exercise is a must

6. Strike a balance

7. Say "yes" to fun

8. Resilience is key

9. It's okay to ask for help

10. Get involved

Other Suggestions for A Good Night's Sleep

You don't have to do all of them, but choosing one or two will help most people.

Get some exercise each day (but not right before bedtime).

Take a warm bath or shower 45 minutes before bedtime.

Drink a glass of warm milk 30 minutes before bedtime. Milk contains an amino acid, L-tryptophane, which is used by the brain to facilitate sleep. Or try an herbal tea with natural relaxing effects.

Do relaxation/tension release exercises on a regular basis. But don't wait until you can't sleep.

If you can't fall asleep within 20 minutes of going to bed, get up and pursue some relaxing activity in another room. *Do not lie in bed fretting about getting to sleep.* Return to bed only when you feel sleepy. If you haven't fallen asleep again in 20 minutes, repeat process.

Set your alarm for the same time every morning. Although it may take a number of days, this will help your body develop a sleep rhythm.

Look closely at your life and try to locate stressors you can eliminate.

If you would like to talk to a mental health professional about any problems you identify, call Counseling and Psychological Services (642-9494).

For New Students:

Quick Guide to Using UHS

If you're a new student at UC Berkeley, taking responsibility for your own health care may be among a whole list of new responsibilities in your life. But don't worry. University Health Services (or UHS) is set up not only to address all aspects of your health, but also to assist you as a first-time health care consumer. Using UHS is very straightforward. It's mostly a matter of knowing what's here and how to use it.

UHS is an outpatient medical center (meaning we don't keep patients overnight), counseling center and health education center all in one building. All registered students may use everything here. SHIP or your own major medical insurance is for outside care, i.e., hospitalization or other care not available at UHS.

If you...

■ Need medical care...

Call 642-2000 and make an appointment just as you would at any doctor's office. You can request a specific clinician, or you can explain your situation to the appointment counselor, and he or she will schedule you with an appropriate clinician at the earliest possible date. At your first appointment you will receive a gold medical record card—often referred to as your "gold card"—which you will keep and use as your UHS identification.

■ Are injured or very ill and cannot wait for an appointment...

You can come, or have someone bring you, to the Urgent Care Center, located on the Durant side of the building. (For life-threatening emergencies, call 911 or go directly to the nearest hospital emergency department.)

■ Need lab work, x-rays, or a prescription filled as part of your care at UHS....

These services are part of UHS and are located in the building.

■ Want to speak to an advice nurse...

There is one available during regular Tang Center hours to advise on the best course of action for either medical or emotional problems. Call 643-7197. This number rolls over to a community-based After-Hours Urgent Care Referral Line when the Tang Center is closed.

■ Want to see a counselor about a personal or academic issue, or are interested in the Career Counseling Program...

Make an appointment in person at Counseling and Psychological Services (CPS) on the third floor of UHS.

■ Are interested in a psychiatric evaluation for medication...

This is by referral from a counselor; make an appointment as explained for CPS.

■ Need counseling for health-related issues, including medical problems, chronic illnesses, substance abuse, pregnancy or domestic violence...

Make an appointment with Social Services by calling 642-6074 or stop by Room 2280.

■ Are interested in preventive health education...

You can schedule a consultation with a health educator by calling 642-2000. Topics can include (but are not limited to) stress, study problems, sexuality, nutrition, headaches.

■ Are interested in becoming a health worker or participant in one of a number of other peer education programs...

Stop by Health Promotion on the second floor or choose "Peer Education" in the Health Promotion section of the UHS website.

■ Would like more information on any of these programs (and more!)

See the UHS website at www.uhs.berkeley.edu. A general brochure is available at the front desk in the lobby.



Please bear with us
...as we change to a new computer system

- Tang Center staff members are learning new software—we ask for your patience during the transition.
- If possible, please arrive for your appointment a few minutes early to accommodate possible delays.

Thank you for your understanding. We look forward to serving you better with the new system.



New scheduling system launched

You may have seen the signs around the Tang Center, "Please Bear With Us," asking for your patience as staff are learning a new appointment scheduling system.

Again, your understanding is appreciated as the final kinks are ironed out.

The upgraded system, established to better serve all UHS patients, is the first step toward implementing the electronic medical record—to be phased in over the next couple of years.

Therapy Groups (from front page)

The new groups have been established in response to student feedback—in particular a recent survey of grad students indicating not only a high level of mental health needs, but more on-campus services.

"Group work can be highly effective," says Jeff Prince, PhD, Director of Counseling & Psychological Services. "For students in certain situations, it can be more effective than one-on-one therapy."

Students interested in attending any of these groups should come to CPS (3300 Tang) and speak with a counselor, who will help determine which group would best suit their needs.



It's Flu Shot Time!

Fall 2004

To protect yourself, you need a flu shot every year. Drop in to get one at the Tang Center on one of the dates below. Available to college-age or above. Cost: See UHS web site mid-September (Students with SHIP pay 20%).

- ◆ **Wednesday, Oct. 6**
- ◆ **Tuesday, Oct. 12**
- ◆ **Friday, Oct. 22**
- ◆ **Monday, Nov. 1**
- ◆ **Wednesday, Nov. 10**
- ◆ **Thursday, Dec. 2**

*Subject
to vaccine
availability*

Open to the Campus & Community ♦ No appointment necessary

University Health Services ♦ Tang Center ♦ First floor/Class of '42 Rm
2222 Bancroft Way ♦ 642-1814 ♦ www.uhs.berkeley.edu

Flu bear borrowed from 2004 Welcome Week poster by Jenne Mowry, New Student Services