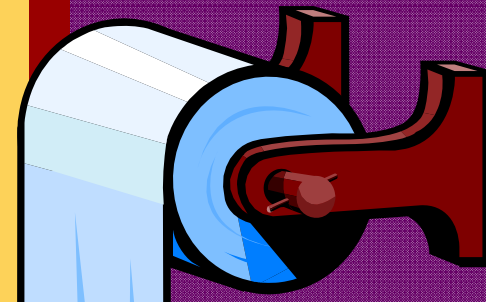


On a Roll



Coming Events

Is it a Cold ... or the Flu?

Sometimes it can be hard to tell the difference between a simple cold and the more serious condition of the flu. They are similar in many ways, but the flu can lead to more serious illnesses. Below is a chart to help you determine the signs and symptoms of each.

Symptom	Cold	Flu
Fever	Rare	Characteristic, high (102°–104°) Lasts 3-4 days
Headache	Rare	Prominent
General Aches and Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Mild to moderate	Common; can become severe
Cough	Mild to hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis; pneumonia; can be life threatening
Prevention	None	Annual vaccination; antiviral medicines—see your physician
Treatment	Only temporary relief of symptoms	Antiviral medicines—see your physician

The Flu and Good Handwashing

While the flu vaccine is helpful in reducing your chances of 'catching' the flu, there are many other steps you should take to protect yourself. **Good handwashing** is one of the most basic things all of us can do to protect ourselves and others.

- Wash your hands before preparing and eating meals. Be extra thorough if you wear rings, since bacteria can build up around and in the rings.
- Always wash your hands after using the bathroom.
- Keep your hands away from your eyes, nose and mouth. Think about all the things you touch every day and how easy it is to transfer germs into your body.

Avoid skipping meals and drink plenty of fluids to keep your body nourished and hydrated.

Exercise regularly to condition your body. Walking is a great form of exercise.

Regular medical and dental check-ups to monitor your baseline and ongoing condition.

Detecting Hearing Loss

An estimated 28 million Americans suffer from partial or full hearing loss. Hearing loss can be very subtle at first. Voices may sound as loud as ever, but certain words may become harder to pick up.

Some questions to consider are:

- Do I have a problem hearing over the telephone?
- Do I have trouble following a conversation when two or more people are talking at the same time? Do I have to strain to follow conversations?
- Do people complain that I turn the TV or radio volume up too high?
- Do I misunderstand what others are saying and make inappropriate responses?

If you think you may have a hearing problem, see your physician to rule out correctable causes such as earwax, inner-ear infections, side effects of common medications, circulatory disorders, hypothyroidism, Paget's disease of the bone and rheumatoid arthritis. If there is no medically correctable cause for your hearing loss, hearing aids and other assistive devices may be able to help you reconnect with the sound around you.

October is:

- National Breast Cancer Awareness Month
- Sudden Infant Death Syndrome Awareness Month
- Healthy Lung Month

October 5

NDSU Wellness Center Rededication (2:00 p.m.)

October 7-13

National Mental Illness Awareness Week

October 10

Noon, MU Century Theater
YMCA of NDSU Brown Bag
Gender Violence & Homophobia

October 10

World Mental Health Day

October 10

Stop Violence Everywhere Day

October 11

National Mental Health Screening Day

October 19

National Mammography Day

Brought to you by
NDSU Wellness Education

NDSU Tobacco Cessation Program
Apple iPod Nano Giveaway
See our website for details
www.ndsu.edu/wellness/education

For more information about exercise and wellness, visit the NDSU Wellness Center on the web at: www.ndsu.edu/wellness

