

Department of Health Sciences

“If we knew what we were doing, it would not be called research, would it?”

Albert Einstein

For he who has health has hope; and he who has hope, has everything.

- Owen Arthur

Flu Prevention & Management

By: Nkechi Nwaoha

Happy New Year and welcome a new semester!! As the spring semester gets underway, let's not forget that staying healthy is one of the essential steps toward reducing stress. Unfortunately, the year has begun with the flu widely spreading across the country.

Symptoms may vary from person to person depending on the severity of illness. The most commonly experienced symptoms are fever or chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue. Diarrhea or vomiting may be experienced more in children than in adults. But we can avoid being sufferers of the flu by simply abiding by three simple steps recommended by the CDC:

—Get the flu vaccine: This is the first and most important step towards protecting yourself from the flu. Often times, people complain of still getting infected even after taking the virus. This

may occur because you were already exposed to the virus before taking the shot as it takes about 2 weeks after being vaccinated for the body to develop immunity against the virus, or that the vaccine taken, protects you from a different strain of the virus. The good news is that the vaccine is

readily available at the BEU center and it's free so go get yours today. (BEU Health Center: 309 298 1888).

—Take everyday preventive actions to stop the spread of the germs: CDC reminds us that this is not a substitute for the vaccination. Preventive actions could be achieved by avoiding sick people, limiting contacts with others

when you are sick and covering your nose and mouth while coughing to avoid the spread of germs. Let's not forget proper hand washing with soap and water is an essential key!

—Take antiviral flu drugs if prescribed by your doctor. The CDC refers to this as a second line defense. These medications can only be prescribed by your doctor and most effective when started within 2 days of getting sick.

Source <http://www.cdc.gov/features/fluactivity/>



A Taste of Global Health

By: Melanie Mason

As the stress of a new semester is upon us, it can be difficult to remember last semester's classes and requirements. The last memories of the Fall 2012 semester may be the hectic and fast-paced last week of final examinations. Dr. Maureen Bezold, professor of HS 511: Health Education and Promotion in the Community, took a new approach to this chaotic final week of the semester. For the class's

final requirement, the students chose a country of interest and presented on the status of public health in their chosen country. Accompanying their presentation to the class, the students brought a food commonly associated with or originating from the country. This final exam period, a combination of presentations and potluck dinner, was well received by the students. They stayed past the class period to ask their fellow students questions about the countries they researched and presented.



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Eta Sigma Gamma's New Initiates



Pictured above (from back row left): Stella Soe, Ba Kaung, Melanie Mason, Nkechi Nwaoha, Rebecca Fauvie, Lisa Biernat, Adijat Soetan, Omolara Soetan, (front row) Dr. Amanda Divin (advisor), Darwin Little, Megha Patel, and Latrecia Williams

Meet the new Graduate Assistant



Bawk Mai Aung is the new graduate assistant in the Department of Health Sciences. She is pursuing a Master of Science in Health Sciences with an option in public health. She was born and raised in the Northeastern region of Myanmar. She earned an undergraduate degree, M.B. B.S, from University of Medicine, Mandalay, Myanmar. After graduating, she worked as medical officer which gave her the opportunity to learn the importance of preventive medicine and that drove her to continue her studies at Western. By working as GA in the Department of Health Sciences, she hopes to gain experiences for her future career in a health related field.

Save the Date!!!

Health Sciences Career Forum

featuring department
alumni who will
speak about their
post grad
employment
experiences!!

February 20, 2013
5pm-7pm University
Union Grand
Ballroom