

A Guide to Navigating Childhood Development and Wellbeing

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For our parents it is a great joy to see their children start a new life in college. There is a lot of excitement for our students in the beginning as they enjoy independence. It is important for our students to follow good discipline pattern that helps develop self-control, efficacy, good character and willingness to accept authority

During the school years There are lots of challenges met by students and by following a few safety guidelines, they can have a wonderful, safe academic year at college.

What are some of the commonly encountered health problems in students?

Eating Disorders

Minor Health ailments such as headaches, body aches and tiredness.

Lack of Sleep

Nervousness and anxiety syndrome due to academic pressures.

Alcohol and drug abuse.

Mental illness such as bulimia or depression.

Smoking cigarettes or marijuana.

Irritable bowel syndrome due to stress and stomach ulcers.

During the school years, due to lack of time and loss of interest in cooking, our students get indulged in eating junk food and drinking caffeine beverages. Hence they encounter several health problems such as:

Excess weight-gain due to eating fried and fast foods since they taste good.

Anorexia nervosa, a condition characterized by loss of appetite due to intense fear of gaining weight.

Bulimia, which is characterized by a recurrent episode of binge eating fear of not being able to stop eating during these binges, regularly engaging in self-induced vomiting, use of laxatives, vigorous dieting or fasting to counteract the effects of binge eating. An average binge eating episode per week lasts for two to three months.

Stomach ulcers and irritable bowel syndrome characterized by frequent episodes of stomach cramps, vomiting and diarrhea, frequent passing of bloody stools and are frequently seen during the final examination.

A Guide to Eating Well

In order to stay healthy, eat a variety of foods such as:

- A. whole grain and enriched breads, cereal and grain products.
- B. vegetables.
- C. Fruits.
- D. Milk, cheese and yogurt.
- E. Meat, poultry, fish, eggs, dried beans and peas.

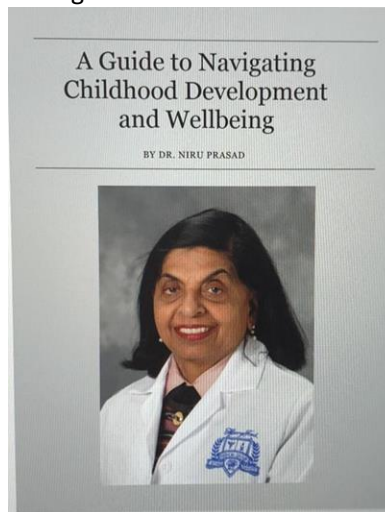
2. Maintain a healthy weight by doing exercise.

3. Choose a diet low in saturated fat and cholesterol.

4. Eat plenty of vegetables, fruit and complex carbohydrates.

5. Take sugar and salt in moderation.

6. Eat fiber fruits and vegetables to protect yourself against colon cancer.



what to do about tension headaches from academic stress?

Most of the headaches, back pain are related to anxiety and stress during the Academic Year and can be prevented by taking a few safety measures such as

- 1 Relieve tension by doing vigorous exercises or massages.
- 2 get enough rest.
- 3 Avoid caffeine, chocolate and nicotine since they raise anxiety levels.
- 4 Stop studying, do something you enjoy such as going to the shopping mall or seeing a movie then, once relax, go back to studying.
- 5 Always plan your day.
- 6 Get involved in social groups or volunteer to help others

well spending time reading small print or working on computers, students develop headaches or poor vision. Here are some tips to help correct them

- 1 Wasp meaning make sure your room is well lit.
- 2 Your chair should be comfortable. You can use nut pads or cushion seats.
- 3 If you get a headache, take a break.
- 4 Get your eyes checked for glasses.
- 5 If you do not have time to do full exercises on a regular basis, it is all right as long as you are active. Try to walk a lot on campus since walking is the best exercise to stimulate your cardiovascular system.

Depression

Some of us get depressed at the campus due to the fact that we are away from our home and our family members, too busy with studies to get good grades. Oh, and there's a lot of competition among our friends to achieve good grades and get good jobs after graduation. What do you mean poop is your studies to get good grades

here are a few safety guidelines to avoid depression

- 1 self-care is very important to pull you out of depression.
- 2 Ask your friends for some extra attention and spend time with others. Do not be alone.
- 3 Check your medication in the morning or may shake a lot.
- 4 May be sober for long periods and then go on drinking binges lasting for weeks or months.

It's Saint Patrick's Day cocoa hair There's also growing use of tranquilizers, sedated painkillers and anti-meta teams for high school and college students.

What are the signs of drug abuse?

- 1 Chronic red eyes, sore throat, dry cough and fatigue.
- 2 Major changes in sleep or eating habits.
- 3 Moodiness, hostility or abusive behaviors.
- 4 Missing classes and poor academic performance.
- 5 Loss of interest in favorite activities.
- 6 Social withdrawal or changes in France.
- 7 Stealing, lying and poor family relationships.

How to prevent yourself from getting in dolls with alcohol and drug abuse

- 1 Try to understand yourself, think about your stress factors in life and resolve the sources of depression, anxiety and loneliness. Do not use alcohol or drugs at the shelter against your problems.
- 2 If you drink, do so only in moderation. Remember one drink is 12 oz of beer 5 oz of wine or one and a half ounces of hard liquor.
- 3 While you are at a party, try to drink non-alcoholic beverages.
- 4 Seek medical advice and counseling by attending an Alcohol Anonymous meeting, build your self-esteem, and help your friends if they are indulged.