

New Options for Wellness news



Stanford Linear Accelerator Center

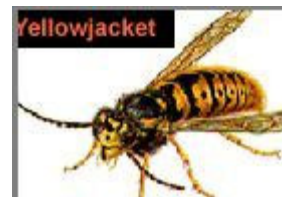
Published by the SLAC Medical Department *September/October 2006*

What's Inside...

- * **Insect bites and stings**
- * **Special Considerations for Travel Abroad**
- * **Stress, new research study**

Wellness Activities

- **Volley Ball:** Nicolas Berger sets up the volleyball net on front lawn Tues. & Wed. 12-1:00 PM & Thurs. 5-6:00 PM. Call Nicolas Ext.3434 for more info.
- **Healthy Back Cross Training:** Taught by HIP instructor on site. 3/30-6/3/05 Wed. & Fri. 11-11:55 AM in Bldg. 27. STAP fund: Yes
- **Smoking Cessation:** A free consult by P. L. Sachs, M.D. Questions? Dr. Gherman Ext. 4382.
- **Body Sculpting & Step Aerobics:** Taught by Ziba Mahdavi, this stretching class is offered on Tues. & Thurs. 12-1PM in Bldg. 27. Questions? Please call Ext.4458 or 2281.
- **Pilates:** Taught by Kerry Spear & Mary O'Connell Mon. & Wed. 5:15-6:15PM in Bldg. 27 at SLAC. Classes run 3/28 – 6/15/05 Register at: <http://hip.stanford.edu>
- **Yoga:** Taught by Kim Tanzer Friday 12-1:00PM in Bldg. 27 at SLAC. Classes 4/17 – 6/17/05. <http://hip.stanford.edu>
- **Ballet/Lyrical Jazz:** Taught by Vicky Brey, Friday 5:15-6:30 PM in Bldg. 27. Questions? olga@SLAC.Stanford.EDU
- **Aerobics:** Taught by Cecilia Glower, Mon. & Wed. 12-1PM, Tues. & Thurs. 5-6 PM in Bldg. 27. Questions? Michelle Steger @ x.3011 or Bette Ferandin @ x 2601.
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281 for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.
- **Soccer:** On the front lawn Mon. & Thurs. at noon Call Rafael Miranda x 4471 or Tu Ly x 4442



Insect bites and stings:

Signs and symptoms of an insect bite result from the injection of venom or other substances into your skin. The venom triggers an allergic reaction. The severity of your reaction depends on your sensitivity to the insect venom or substance.

Most reactions to insect bites are mild, causing little more than an annoying itching or stinging sensation and mild swelling that disappear within a day or so. A delayed reaction may cause fever, hives, painful joints and swollen glands. You might experience both the immediate and the delayed reactions from the same insect bite or sting. Only a small percentage of people develop severe reactions (anaphylaxis) to insect venom. Signs and symptoms of a severe reaction include facial swelling, difficulty breathing and shock.

Bites from bees, wasps, hornets, yellow jackets and fire ants are typically the most troublesome. Bites from mosquitoes, ticks, biting flies and some spiders also can cause reactions, but these are generally milder.

For severe reactions:

Severe reactions may progress rapidly. Dial 911 or call for emergency medical assistance if the following signs or symptoms occur:

- Difficulty breathing
- Swelling of your lips or throat
- Faintness
- Dizziness
- Confusion
- Rapid heartbeat
- Hives
- Nausea, cramps and vomiting

Special Considerations for Travel Abroad

If you're heading overseas, start preparing well in advance. For instance, it's important to find out what vaccinations your child (and even you) might need because:

- Different countries have different risks and requirements and may require specific vaccines. For example, your family will need the yellow fever vaccine if you're traveling to sub-Saharan Africa or tropical South America, but not to Eastern Europe.
- Some vaccines require more than one dose and are given in a series over a period of days or sometimes weeks.
- Most vaccines take time to become effective in your body.

Most immunizations should be given at least 1 month before travel, so try to schedule a doctor's visit 4 to 6 weeks before your trip. Even if you're leaving in less than 4 weeks, you should still make an appointment, as your child might still benefit from shots or medications.

Depending on your travel plans, your doctor may recommend that in addition to routine immunizations, you and/or your child be vaccinated against:

- Hepatitis B
- Typhoid
- Hepatitis A
- Yellow fever
- Japanese B encephalitis
- Meningitis
- Rabies

Also, kids of any age can get malaria so if you're traveling to a country with a malaria risk, talk to your doctor about antimalarial drugs. The doctor will decide the best preventative medication based on your destination and your child's health status.

Ask your doctor or visit the Centers for Disease Control and Prevention (CDC) website for a list of recommended or required vaccinations (the site includes a section devoted to travelers' health that you can search by destination), and be sure to take your child's immunization records with you if you're traveling internationally.

Stress and Immune Systems



New research is providing insight into how stress can shrink your brain cells and prematurely age your immune system.

Essentially, the researchers say, stress can addle your mind and make you older. But there's good news too: Exercise can make a huge difference. And, in the case of the brain at least, time might heal the wounds caused by stress.

Earlier research showed that the neurons shrink in the hippocampus, and that seems to impair memory in response to stress, he said. More recent research suggests that the same thing happens in the brain region called the prefrontal cortex, which is crucial for decision making and attention.