

MyShockerHealth Newsletter

April 2, 2025

Issue 3



Student Health Services

For all your healthcare needs



Spring break is over and you are back to the daily grind!

BUT FIRST.....if you had a great spring break that might have included some unprotected sex.....then you should read our highlights for this month! Next time, remember to wrap it before you tap it!

(Condoms available for free at Student Health.....just sayin')

Topics this month:

- **Unprotected Sex and STI Testing**
- **FREE Sexually Transmitted Illnesses (STI) Testing**
- **April is Sexual Assault Awareness Month! Meet our new WASAC student advocate!**
- **March 30th is National Bipolar Awareness Day!**
- **Employee Corner: event opportunities**
- **Salt Intake & Blood Pressure**

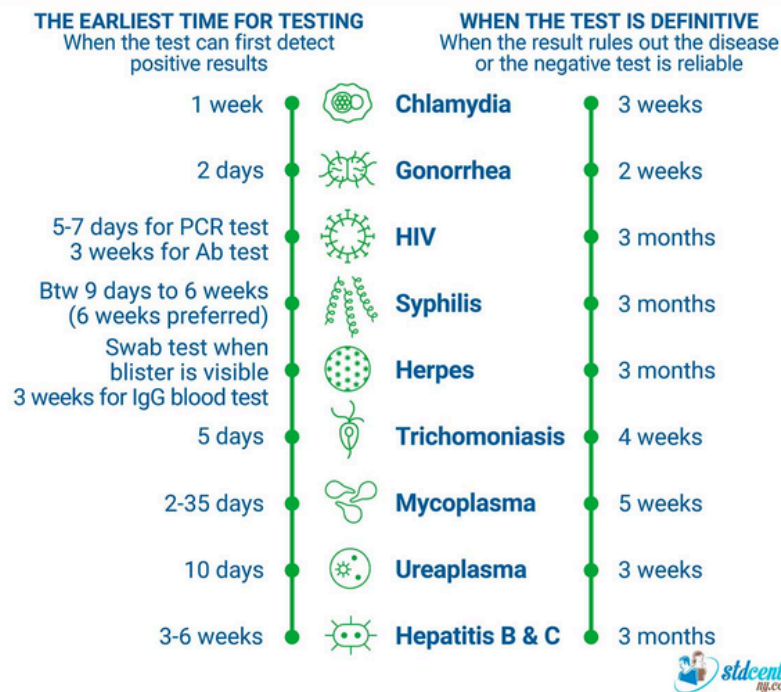
Links to the most current newsletter will be posted through WSU newsletters, social media. and our website, [**www.wichita.edu/shs**](http://www.wichita.edu/shs)

For content requests: [**student.health@wichita.edu**](mailto:student.health@wichita.edu)

Unprotected Sex and STI Testing

When is the best time to get tested for sexually transmitted illnesses (STI) after sex and most importantly, after unprotected sex? This graph is a good tool to identify when you should be screened for STI's. However, always test sooner when experiencing symptoms. **Symptoms to watch for.**

HOW SOON AFTER SEXUAL CONTACT SHOULD I BE TESTED FOR STDs?



Free Sexually Transmitted Illness (STI) Testing @ Student Health

April 2nd and April 17th

are our next FREE testing for STIs event, **Pee 4 Pizza!** You get free pizza after submitting a urine and blood specimen for 5 different STI tests! Make your appointment today in our [portal](#)! Student Health Services can test for all STIs and if you are positive, we can prescribe medications for treatment.



April is Sexual Assault Awareness Month!

Meet the new WASAC student advocate at WSU! We are excited to introduce **Jess McCoy** from the Wichita Area Sexual Assault Center (WASAC). Jess is a sexual assault victim advocate that is trained to support sexual assault survivors through the aftermath of a sexual assault. She has on-campus office hours in the Student Wellness Center!



WICHITA AREA SEXUAL ASSAULT CENTER (WASAC)

CAMPUS ADVOCATE

JESS MCCOY

LOCATED IN THE WSU STUDENT WELLNESS CENTER

OFFICE HOURS:
MONDAYS 9-11 AM
THURSDAYS 1-4 PM

CALL: 316.263.0185

EMAIL: ADVOCATE@WICHITASAC.COM

WALKS INS WELCOME!
SESSIONS BY APPOINTMENT

24/7 HOTLINE- 316.263.0185

WICHITASAC.COM

National Bipolar Awareness Day

Bipolar symptoms can make it hard for young adults to do well in school. Relationships with family and friends may also be affected. Some people with bipolar disorder may try to hurt themselves or attempt suicide.

Know the signs and symptoms: National Bipolar Awareness Day.

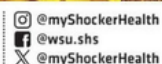
Student Health provides medication management for Bipolar I & II Disorder, PTSD, obsessive-compulsive disorder and more mental health illnesses.

Employee Corner:

- **April 9, 2025** - State of Kansas EAP Webinar: *Relaxation “Micro-Moments” and Winding Down Techniques* [Register Here](#)
- **April 25, 2025 11 a.m. - 1 p.m.** [NetApp Spring E-Waste and Shredding Event](#) Free @ NetApp
- *Music Soothes the Soul!* The College of Fine Arts has their own events calendar. Check out all of the fantastic opportunities to support our campus community and the arts!
https://www.wichita.edu/academics/fine_arts/cfa_calendar.php
- ****April 1, 2025 - July 31, 2025** - *Schedule your annual Well-Person Physical Exam and laboratory tests!* Services to meet your Healthquest discounts can be completed and may be free with your State of Kansas Employee health insurance benefits. Call for your appointment soon!



316-978-4792
wichita.edu/shs



March is National Nutrition Month:
“New Sodium Guidelines: Why Is This Important?”

by Cindy Walker DNP, APRN-CNS-NP-C - SHS provider

Did you know that the current daily sodium (salt) intake by adults in the U.S. is **MORE** than the recommended amount of 2000 mg by the US dietary guidelines (which is less than 1 teaspoon or 5 grams)?

This is a concern because excessive sodium intake increases your risk of high blood pressure, stroke, heart failure, other cardiovascular diseases, kidney disease, osteoporosis, as well as death.

Due to this risk, the American Heart Association recommends no more than 1,500 mg daily for most adults. If you have chronic medical conditions or special dietary needs or restrictions, you should check with your medical provider before making changes in your diet and salt intake.

Nutrition Facts	
6 servings per container	
Serving size	1 serving (230g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 700mg	30%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 169mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

How do we consume excessive sodium?

Over 70-75% of the sodium consumed in a diet is thought to come from processed or ready to eat meals and restaurant foods, and not by adding salt yourself. Even though you don't think you eat a lot of salty food, sodium is found in almost all foods. Therefore, it is important to read the Nutritional Facts label (including serving size and servings per container) when purchasing products.

Be aware of the package serving size!

1 serving = 700 mg sodium
6 servings = 4200 mg of sodium

How can you reduce the sodium in your diet?

- Cook your meals at home.
- Choose foods with lower sodium content when eating out.
- Learn to shop for reduced sodium or lower sodium versions of food products.
- Use a salt alternative or substitution. Check with your medical provider!
- Try flavoring foods with herbs and spices based on personal and culture preferences.