

MyShockerHealth Newsletter

April 18, 2025

Issue 4



Student Health Services

For all your healthcare needs



Tulips are out! Which means the semester is almost over and finals are coming up soon. Our content today relates to working parents, handling stress at the end of the semester and IUD contraception information! Enjoy the tulips and the healthy articles you find in this edition of our newsletter.

Topics this month:

- **Balancing Two Full-Time Roles**
- **Screen Breaks are Necessary for Eye Health**
- **April is Alcohol Awareness Month**
- **I'm "Low-Key" Stressed Out**
- **Employee Corner: ShockerStart Resources**
- **IUD's: Your New Birth Control BFF**

Links to the most current newsletter will be posted through WSU newsletters, social media, and our website, www.wichita.edu/shs

For content requests: student.health@wichita.edu

Balancing Two Full-Time Roles: Working and Parenting

Do you feel guilty leaving your home and children to work? Do you feel guilty leaving work to tend to your children and family? It's a roller coaster of feelings and responsibilities. Here are some tips for working parents (The Nursing Beat).



Screen Breaks Necessary for Eye Health

Each additional hour of daily screen time ups the risk of vision issues, study finds. If reducing screen time is challenging due to work or other factors, you can at least use the 20-20-20 rule (looking 20 feet away for 20 seconds every 20 minutes) to reduce eye strain.



April is Alcohol Awareness Month

How do you know if you or someone you care about is experiencing problematic alcohol use, and where do you go to find help and support? Screen4Success is a free 10-minute online screening to look for signs of risk and help find support. Check it out!

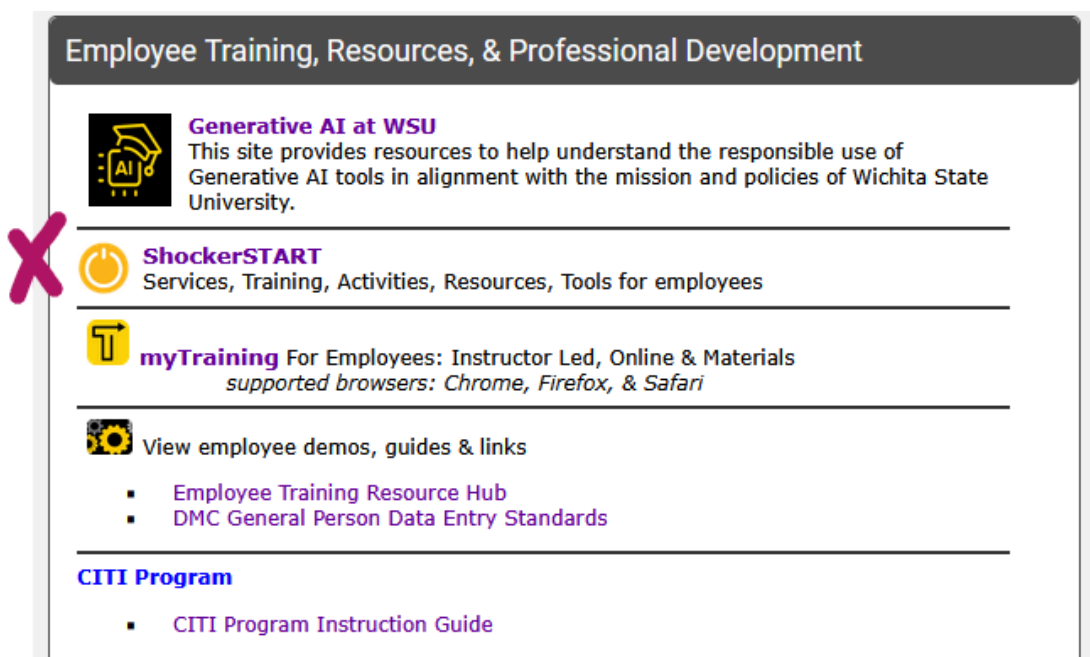


I'm Low-key Stressed Out

April is a difficult month for college students. Papers are due, project deadlines are coming up and finals are looming in the next month! Despite expressing a need for care, however, most students are not seeking it. Remember that WSU has mental health counselors in the Student Wellness Center!

Employee Corner:

- **Shockerstart Resources**- Are you aware of all the additional resources you have access to as a WSU employee? Located on your myWSU portal "Faculty/ Staff Tab - Resources section", you can find service opportunities, training, and discounts for local health clubs, restaurants, healthy activities and more!



- ****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
- **10 Free Things to Do in Downtown Wichita** - From birthday parties to free events, there is always something fun to do in Downtown Wichita. (*Wichita Mom*)

"IUDs: Your New Birth Control BFF"

by Sara Cowen, DNP, APRN, FNP-C - SHS Provider

What Are They?

IUD is short for “intrauterine device”—basically, a T-shaped device inserted into your uterus to prevent pregnancy. IUDs can release a hormone called progestin or be hormone-free. There are many brands of IUDs, that can last anywhere from 3 to 10 years. The good news: if you don’t like it or you’re ready to have a baby, you can have it removed at any time!

So, how does this little device prevent pregnancy?

IUDs prevent pregnancy by thickening the natural cervical mucus, which prevents sperm from swimming to an egg and fertilizing it. If the IUD is hormonal, the hormone can thin the lining of the uterus and make it difficult for implantation to occur (the beginning of pregnancy). This is a great method if you want a one-and-done birth control method—they are 99% effective!

But is it Safe?

The short answer—YES! Inserting the IUD is a procedure performed in-office by a qualified healthcare provider that usually lasts 10 minutes or less. Just like with any procedure, there can be some potential risks, but the likelihood is very low. You may experience cramping (like period cramps), but your provider will help you manage it. Removing the IUD is super quick, about 1 minute or less to remove.

Is It Right for You?

Only you can decide that! But if you think you may be interested, contact Student Health Services for an appointment!

