

# MyShockerHealth Newsletter



**Student Health Services**

For all your healthcare needs

**June 26, 2025**

Issue 7



It is June, and yes, we are behind getting a newsletter out this month! Are we busy at Student Health? You bet! Summertime brings new concerns and challenges such as ticks and mosquitoes, skin care, outdoor recreation, severe weather, are just to name a few!

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- Employee Corner:
  - "Bridge the Slang Gap"
  - "Healthy Events"
  - PSA: State Insurance Not Covering Zepbound
  - Weight Loss Journey with GLP-1s


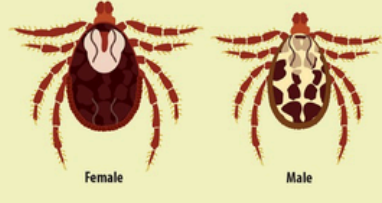

Links to the most current newsletter will be posted through WSU newsletters, social media. and our website, [\*\*www.wichita.edu/shs\*\*](http://www.wichita.edu/shs)

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

# Babesiosis - nope....has nothing to do with your babe!

A disease caused by a parasite you can get through a tick bite! Those dang ticks (CDC)

**TICKS 101**  
A quick guide to Indiana tick vectors

<b>Black legged/Deer/Lyme disease tick (<i>Ixodes scapularis</i>)</b> Transmits Lyme disease, anaplasmosis, babesiosis and Powassan encephalitis Widely distributed in the Northeast and upper Midwest Bite risk: Nymphs active late spring-early summer, adult females active late summer and again in early fall, but note that adults may bite whenever temperatures are above freezing	 Female      Male
<b>American dog tick (<i>Dermacentor variabilis</i>)</b> Transmits Rocky Mountain spotted fever and tularemia Widely distributed east of the Rocky Mountains and in limited areas of the Pacific Northwest Bite risk: Adult females most likely to bite humans and are active spring-summer	 Female      Male
<b>Lone star tick (<i>Amblyomma americanum</i>)</b> Transmits ehrlichiosis, tularemia and Southern tick-associated rash illness (STARI) Widely distributed in the southeastern and south central U.S. Bite risk: Nymphs and adults are active spring-summer	 Female      Male

Images are not actual size. This information is intended as a general guide only. Please consult the CDC, your state or local Department of Health or Extension Specialist for further information regarding tick identification and risks associated with exposure to ticks and tick-borne diseases. Sources: Catherine Hill, Professor of Entomology/Vector Biology, Purdue University; Centers for Disease Control and Prevention, [http://www.cdc.gov/ticks/geographic\\_distribution.html](http://www.cdc.gov/ticks/geographic_distribution.html)  
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**PURDUE**  
UNIVERSITY

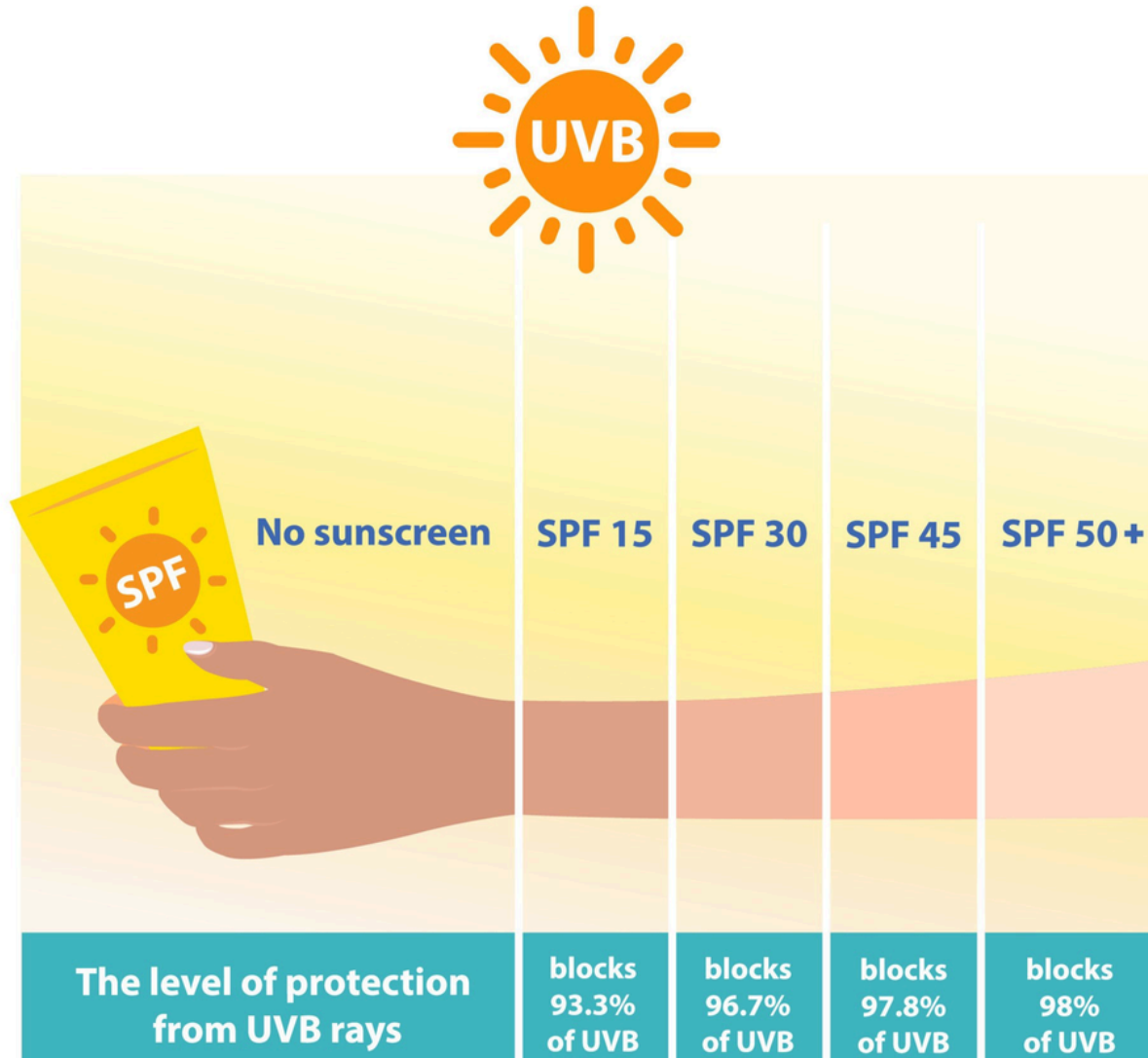
## Tick Removal: What is the right way to remove a tick?

Here are step-by-step instructions for removing ticks the right way (Youtube).



# SPF 30 or 50 sunscreen: Which is better?

Most people think the higher SPF number the better, is 15 too low and 50 too high? An SPF of 30 is just right (Healthline).



## Employee Corner:

- "Bridge the Slang Gap"
- Do you need help understanding your students' language? (Legit)
- "Outdoor Healthy Events"

Don't forget about all of the great fresh produce markets this summer and other healthy events, like Yoga on the River! (Wichita Life Update)

## Public Service Announcement

As of August 1, 2025, CVS Caremark, which is the State of Kansas Employee's insurance pharmacy benefit manager (PBM), will no longer cover Zepbound as an option for weight loss treatment. Talk to your prescriber for options before August!

## Weight Loss Journey with GLP-1s

When I started on Ozempic in Fall 2023, I had an initial gap in treatment due to manufacturer backorder. But I had lost weight! The amazing thing about these meds were they reduce your food intake through decreasing your appetite and hunger. But, the side effects with Ozempic such as abdominal cramping, nausea, and acid reflux was too much for me. Other people may have severe constipation and headaches. After some time, due to the difficulty getting Ozempic and my side effects, my doctor started me on Wegovy. Despite the weight loss, I became discouraged and so sick with Wegovy! So my doctor tried me on Mounjaro and I felt great! Weight loss became regular with limited side effects. And then, Spring 2024 it was decided that Mounjaro was only for the treatment of diabetics. So, my doctor put me on Zepbound, which is approved for weight loss. A year and a half later and I have lost 130 pounds with limited side effects. But, the saga continues with Zepbound no longer being covered by our employee pharmacy benefits. I am asked all the time about weight loss medications, so feel free to email me with questions! [Heather.stafford@wichita.edu](mailto:Heather.stafford@wichita.edu).