

# MyShockerHealth Newsletter

May 30, 2025

Issue 6



**Student Health Services**

For all your healthcare needs



May is here! WSU students have graduated, others have moved off-campus to their first apartment or are moving back home for the summer, and faculty/staff are looking forward to some relaxation. I hope you find something in this newsletter that can be incorporated into your life! In the last newsletter, there was some stress relief tips that may also help you decompress!

- In this Issue:
  - What is “post-nasal drip”?
  - Don’t pack portable battery chargers!
  - Do you need a measles vaccination booster?
  - How long does it take to walk 10,000 steps?
  - Employee Corner:
  - Weight Loss Journey with GLP-1

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)

## What is “post-nasal drip”?

The nose, throat and sinuses are continually producing mucus that you normally don't notice. It becomes a problem when the mucus becomes too thick or is too much and you can feel it dripping in the back of your throat. This may cause you to blow your nose more frequently or develop a sore throat or cough. [Find advice on treatment and prevention.](#) (Medical News Today)

### What Are The Symptoms Of Post Nasal Drip?

People who experience post nasal drip may also experience



- A frequently clearing of the throat
- A sore or scratchy throat
- A feeling like a lump or something stuck in the throat
- A cough or hack that is often worse in the evening
- Constant spitting or swallowing of mucus
- A feeling of nausea due to excessive mucus in the stomach
- Bad breath

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## Don't Pack Portable Battery Chargers

Due to recent incidents where lithium ion batteries have exploded or caused damage, the TSA has reportedly updated its guidance and [prohibits the chargers](#) from being checked in bags. (Travel & Leisure)



# Do you need a Measles vaccination booster?

Please refer to this [document](#) for updated information provided by Sedgwick County Health Department on which individuals need original childhood vaccinations or a booster

## ***How long does it take to walk 10,000 steps?***

How long it takes to walk 10,000 steps depends on your environment, pace, stride length, and fitness level. It also doesn't have to be all at once and can be lots of different activities, not just walking (Very Well Health)!



## **Employee Corner:**

Employees who are new to Wichita might want to participate in these upcoming events. And, consider signing up for the free Visit [Wichita Newsletter](#)

a. Wichita Riverfest May 30 - June 7, 2025!

<https://wichitariverfest.com/>

b. Wichita Pride Parade and Festival June 27-28, 2025! <https://wichitapride.org/>

# Weight Loss Journey with GLP-1s

I was nervous before asking my PCP if I should try GLP-1s for weight loss. She knew that I was struggling. Hormone fluctuation as a middle-aged female, stress, depression and anxiety onset (thanks Covid) all contributed to my increasing weight gain. I also had to get over my brain block of "the director of Student Health should be able to lose weight naturally and shouldn't be overweight".

But, my PCP was very open to the idea and gave me a prescription for Ozempic in Fall 2023 at the lowest starting dose 0.25 mg. At this time, Ozempic was available for weight loss and diabetes, originally released in 2017 for Type 2 diabetes treatment.

All of these medicines come in a prefilled pen/syringe where you administer it in your thigh or stomach with a small needle that automatically injects. As a nurse, I could definitely inject myself with no problem.

The biggest surprise was the sticker shock! Before insurance, Ozempic was going to cost me over \$1,500.00 (you receive a box of 4 pens you administer once weekly for the month supply). However, there was a patient discount program through the manufacturer and I believe I paid \$750. I told myself that this was short term until I lost enough weight to exercise. So, I proceeded to use my Health Savings Account to purchase the medication.

Let the side effects begin! I was continuously nauseated and experienced constipation and abdominal pain that first month. But, I lost 8 pounds in the first 3 weeks! Remember that everybody experiences these meds differently, and that side effects and weight loss amounts differ! Sick as a dog, I was still happy to have lost weight. And then, as there usually was at this time, there was a backorder of Ozempic when the manufacturer could not keep up with the demand, and I couldn't get my refill. To be continued.....

-Nurse Heather