

MAVERICK HEALTH

A newsletter devoted to student health at Minnesota State University, Mankato

Fall 2007

Is Your Food Making You Sick?



The Centers for Disease Control and Prevention estimates that every year about 76 million people in the United States get ill from eating food or beverages contaminated with bacteria, parasites, or viruses; about 5,000 die. Chances are good that most of us have some past experience with foodborne illness and the accompanying symptoms: nausea, vomiting, diarrhea, or fever. But did you know that most cases of foodborne illness can be prevented by following easy-to-use precautions? The National Digestive Diseases Information Clearinghouse offers the following advise:

- Refrigerate foods promptly. If prepared food (like last night's pizza) stands at room temperature for more than two hours it may not be safe to eat. Set your fridge at 40°F and your freezer at 0°.
- Cook food to the appropriate internal temperature—145°F for roasts, steak, & chops; 160°F for ground beef; 180°F for whole poultry. The only way to be sure is to check with a meat thermometer.
- Keep raw meat, poultry, seafood, and their juices away from all ready-to-eat foods. Bacteria can spread from one food product to another throughout the kitchen and get on cutting boards, knives, sponges, & countertops.
- Always wash your hands for at least 20 seconds with warm, soapy water before and after handling food. Wash your hands after using the bathroom, changing diapers, or touching animals.
- Wash utensils and surfaces before and after use with hot, soapy water.
- Wash sponges and dish towels in hot water in the washing machine.
- Keep cold food cold and hot food hot.
- Reheat cooked food to at least 165°F.
- Refrigerate or freeze perishables, produce, prepared food, and leftovers within 2 hours.
- Never defrost on the kitchen counter. Use the refrigerator, cold running water, or the microwave.
- Wash all unpackaged fruits and vegetables, and those packaged but not pre-washed, under running water just before eating, cutting, or cooking.
- Don't pack the fridge or freezer tight—cool air needs to circulate to keep the food safe.
- When in doubt, throw it out! Contaminated food usually doesn't look or smell "funny."

Looking for an inexpensive, healthy breakfast? Take a bite out of this!

Egg MavMuffin

- 1 frozen veggie sausage patty (like Morningstar Farms or Boca) or 2 oz. lean ham
- 1 large egg
- 1 slice 2% low-fat American cheese
- 1 whole grain English muffin
- 1 tsp soft margarine



1. Spray skillet with cooking spray. Heat veggie sausage in pan over medium heat for 5 minutes, turning once. Remove from heat.
2. Break egg into same pan (breaking the yolk) and cook for 1-2 minutes. Flip egg over with spatula and cook an additional 1-2 minutes. Place cheese on top of the egg. Heat for 1 minute or until the cheese is melted.
3. While cheese is melting, toast English muffin either in the pan or in the toaster.
4. When English muffin is toasted, spread soft margarine on both halves. Layer sausage, egg and cheese onto bottom half of muffin. Top with other half of muffin..

Nutrition facts per serving: 360 calories, 15g total fat, 3 g saturated fat, 215mg cholesterol, 800mg sodium, 34g carbohydrate, 7g dietary fiber, 25g protein. Good source of Vitamin A, Calcium, Iron and Dietary Fiber.

Pyramid servings: 2 oz. grains, 3 oz. meat & beans, 1/2 cup milk.

Like this recipe? Interested in seeing more? Visit the Minnesota State Mankato Student Health Services website at www.mnsu.edu/shs and click on: [Beyond Mac & Cheese](#)

FDA Approves "No-Period" Pill

The Food and Drug Administration (FDA) approved Lybrel™, the first continuous use drug product for the prevention of pregnancy.

The new contraception, Lybrel™, comes in a 28 day-pill pack with low-dose combination tablets that contain 90 micrograms of a progestin (levonorgestrel) and 20 micrograms of an estrogen (ethinyl estradiol), which are active ingredients available in other approved oral contraceptives. Continuous contraception works the same way as the 21 days on-seven days off cycle. It stops the body's monthly preparation for pregnancy by lowering the production of hormones that make pregnancy possible.

Other contraceptive pill regimes have placebo or pill-free intervals lasting four to seven days that stimulate a menstrual period. Lybrel™ is designed to be taken without the placebo or pill-free time interval. Women who use Lybrel™ would not have a scheduled menstrual period, but will most likely have unplanned breakthrough bleeding or spotting. The occurrence of unscheduled bleeding decreases over time in most women who continue to take Lybrel™ for a full year.

The safety and efficacy of Lybrel™ as a contraceptive method were supported by two one-year clinical studies, enrolling more than 2,400 women, ages 18 to 49. The risks of using Lybrel™ are similar to risks of other conventional oral contraceptives and include an increased risk of blood clots, heart attacks, and strokes. Cigarette smoking increases the risk of serious cardiovascular side effects.

Because Lybrel™ users will eliminate their regular periods, it may be difficult for women to recognize if they have become pregnant. Women should take a pregnancy test if they believe they may be pregnant.

For more information about Lybrel™, talk to your health care provider.

Survey Says...

The surveys have been completed and the numbers are back. Over 900 Minnesota State Mankato students in randomly selected, on-campus classes participated in the National College Health Assessment last spring semester, answering a variety of health related questions in this anonymous survey. The following is a sampling of some of the results:

- 60% of Minnesota State Mankato students described their health as very good or excellent
- The most common health concerns reported by students were: back pain, allergy problems, sinus infection, strep throat, and depression
- 64.9% reported being vaccinated against hepatitis B
- 87% mostly or always wore a seatbelt
- Students reported that stress, sleep difficulties, colds/flu/sore throat, and concern for a troubled friend or family member were the most common factors affecting academic performance
- 82% of Minnesota State Mankato students don't let alcohol affect their academic performance
- More than 50% of sexually active students reported using a condom the last time they had sex
- Nearly 45% of students reported participating in moderate or vigorous exercise each week
- Most students (60%) had an estimated body mass index that indicated they were a healthy weight.

A complete summary of survey data is available. Visit www.mnsu.edu/shs/news & click on: [2007 National College Health Assessment Executive Summary](#)

Student Health Services

MINNESOTA STATE UNIVERSITY, MANKATO

APPOINTMENTS & INFORMATION—389.6276

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