HEALTH-e-mail

- a confidential service for MIT students only
- provides general information on personal health
- responses usually sent within a week
- sponsored by MIT Medical

Your questions are answered by an MIT health educator who consults with MIT Medical physicians and other staff if needed. No identifying records are kept; when the response and any follow-up are completed, correspondence is deleted.

Send your questions to:
HEALTH@MITVMA.MIT.EDU

HEALTH-e-mail is not a substitute for consulting with a health care provider or a counselor. In urgent situations MIT students should call the health care provider directly, or the 24-hour Urgent Care Line, 253-1311. To speak with a health educator call Janet Van Ness, 253-1316.

questions about sex, drugs, or birth control?

visit the
Health Ed Wellness Center
MIT Medical
2nd floor, E23-205
open 9-5, M-F

free answers, pamphlets,
books to borrow

for more information
or to speak with
a health educator,
call 253-1316

eat

Too busy to think about whether your diet is healthy? Choose a variety of foods each day to stay out of a dietary rut.

Eat four servings of each: breads or cereals, fruits or vegetables, dairy products. Eat a bush yellow or dark green fruit or vegetable and one high in vitamin C. Eat two servings of protein foods like meat, poultry, seafood, eggs, nuts and legumes.

You need fats and oils for health, but Americans eat too much—try healthier pizza, order extra vegetables, not extra cheese. French fries are full of fat—split a small order with a friend.

The grain in beer and the grapes in wine don’t count as cereal or fruit; beverage alcohol has many calories but no nourishment.

think

A healthy lifestyle maximizes your ability to think productively.

When you study, schedule short, regular breaks hourly if reading, taking notes, or writing, every half hour if memorizing formulas or detailed material.

Stretching or walking releases tension during breaks. Light nourishing foods like crackers, cheese, fruit, and juices sustain energy. Smoking, alcohol and caffeine reduce efficiency.

and be merry

You don’t need to drink to be merry. You can find plenty of company even if you party sober. A bad mood often feels worse the next day if you drink when you’re feeling down. Decisions about sex made under the influence are seldom safe.

You won’t be merry if you have these signs of overload: trouble making decisions, getting organized, concentrating; procrastination, increased alcohol or drug use; problems eating or sleeping; anxiety or confusion over unimportant events; headache, stomachache, or fatigue.

Counter chronic stress by talking to a friend, doctor, or counselor. Learn relaxation techniques at an MIT Health Education Stress Strategies workshop.

To stay healthy at MIT, be good to yourself. For more tips contact MIT Health Education. Remember, we’re here for you.

Off

Order a complete pair of eyeglasses by 9/25, and pick an envelope for your discount.

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MIT Optical

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The Fine Print
Orders are non-refundable with no exchanges. If you don’t like your discount you can put it back: one drawing per order. Applies only to complete eyeglass orders (lenses and frames), not to parts or repair. Not valid with any other discount. Good thru 9/25/92.