Achieving Balance in Life

Any new endeavor we pursue requires that we examine where and how we will fit it into our existing life. Unless you’re a person who has absolutely nothing in your life, this means that you must eliminate something that you are currently doing, or cut back on the time that you spend there in order to spend time on the new thing in your life. Going to college successfully will require major adjustments in most people’s lives. Full time enrollment is comparable to working a full time job. Don’t consider just the time you will spend in class.

Consider how much time you will need working independently as well.

1. Are you relatively satisfied with all of the important aspects of your life? If so, you will feel less stressed and more fulfilled with the things you are doing.

2. Are your pursuits in line with your values? It is important to examine who you are and what matters to you. When you are comfortable with this, you will feel less threatened by new ideas and situations.

3. Do what you love to do. Finding your passion will help you feel more balanced.

4. Work with your strengths. We do better in life when we pursue something we truly enjoy and at which we can excel.

5. Learn to say, “No.” Too often, we let other people’s priorities and interests control us. It is healthy for us to learn to set boundaries so that we can become our best.

If you have questions about how you can add college to your life and balance it successfully, speak with an academic advisor or with the learning support specialist.

Recipe for Success

Being successful takes a lot of work. It requires respecting yourself and the people and things around you.

1. Fuel your body with healthful food choices every day.

2. Get enough sleep. You’ll be more focused and less grumpy when you feel rested and refreshed.

3. Practice emotional control. It might feel good for a brief moment to slam a door or give someone “a piece of your mind,” but in the long run, it won’t be productive.

4. Get out of your box. College is a great place to meet new people, explore new ideas, and try new things.
Use Caution with Weight Loss Drugs

Two popular weight loss drugs currently on the market contain an ingredient that has been linked with liver failure. The drug Alli is sold over the counter and Xenical is a prescription drug. Both drugs contain orlistat which has been linked in rare occasions to liver failure.

If you take either of these drugs, watch for symptoms that may indicate a reaction to the active ingredient orlistat. These symptoms include itching, yellow eyes or skin (jaundice), dark urine, loss of appetite, or light-colored stools. These may be signs of liver injury. Contact your physician immediately.

You are also encouraged to report any side effects to the FDA’s MedWatch Adverse Event Reporting program. You may do this online at www.fda.gov/Safety/MedWatch. You may also fax the information to 1-800-FDA-0178 or call 1-800-332-1088. If you prefer to use regular mail, you can use a postage-paid, pre-addressed FDA form 3500 found at www.accesdata.fda.gov/scripts/medwatch/medwatch-online.htm.

Taking any medication involves risks, and while this one is low, the potential impact is quite serious. Always speak to your doctor or pharmacist before taking a medication, especially if you are taking other medications at the same time or have a history of drug-related allergies.

Understanding Skin Cancer

Knowing the alphabet is important for academic success, but did you know that it can help you monitor and identify cancerous lesions on your skin? Whether you are a sun worshipper or a tanning bed addict, or you just are in a high risk group for skin cancer (fair skin, red hair, and freckles), knowing what to look for can help you catch cancer early when it is most susceptible to treatment.

Asymmetry
Benign moles are typically round. Melanoma and other cancerous lesions typically have an irregular shape.

Border
Benign moles have smooth, even borders. Cancerous ones have ragged borders or notched edges.

Color
Harmless moles are a single shade of brown. Melanoma lesions may contain multiple shades of brown and black.

Diameter
A benign mole is usually less than 6 millimeters in diameter (smaller than a pencil eraser). Melanoma lesions are often more than 6 millimeters in diameter.

Evolving
Benign moles rarely change size over time. Melanoma lesions often grow in size and/or change in height rapidly.

It’s important for you to check your moles periodically to see if any changes have occurred. If you have questions or concerns, consult with your physician as soon as possible. The earlier skin cancer is caught, the easier it is to treat.
Does Your Colon Need Cleansing?
Once a popular fad in the United States in the early 20th century, colon cleansing has made a come back in recent years. One method of cleansing involves the use of oral supplements that you take to force the colon to expel its contents (in common terms, this is a laxative). The other method involves inserting an apparatus into the colon to irrigate it. This latter method, at best, tends to be uncomfortable, and may be dangerous if done too forcefully.

Typically, a healthy digestive tract regulates itself and results in a person having at least one bowel movement each day. Eating a diet rich in fruits and vegetables and whole grains helps insure that you get enough fiber to keep matter moving through the intestines. Drinking enough fluids is also key to colon health. Sometimes, a poor diet, lack of exercise, illness, etc., may cause some constipation. When this happens, a gentle laxative or stool softener may help alleviate the problem. The overuse or abuse of laxatives, however, can upset your electrolyte balance and cause more harm than good.

Likewise, irrigating the colon involves the risk of puncturing it which may leak the contents into the abdomen. This condition must be treated immediately, or you will die.

A better solution is to eat right, exercise, and to drink water. Talk to your doctor if you experience chronic constipation or irregularity.

Tips to Stop Binge Eating
1. Be mindful of every mouthful of food. When we take time to savor our food and truly enjoy it, we don’t eat as much. More often, we eat mindlessly while doing something else.

2. Find appropriate ways to deal with stress. Deep breathing, stretching, and talking to a friend are better options than eating.

3. Drink a glass of water. Often, what we mistake for hunger is really thirst. After a few minutes, if you still feel hungry, select something nutritious and savor it.

4. Relax. Use pleasant scents, calming music, a hot bath, or anything else you enjoy to allow your body to shed its tension.

5. Be kind to yourself. It’s hard to do good things for someone you don’t like. Write down the words and phrases you typically use to describe yourself. If they are negative, work on changing how you view yourself. Change will happen when you like who you are.

Ways to Eat More Fruits and Vegetables
We all need our 5 to 8 servings of fruit and veggies every day, but many of us often fall short of this goal. Here are some strategies to help us eat more.

1. Pack raw veggies and a light dip as a snack.

2. Include fruit with your breakfast. It’s high in fiber and very yummy.

3. Excite your eggs. Add chopped vegetables to your omelet or scramble and kick breakfast up a notch.

4. Switch sides. Instead of reaching for fries, try grilled vegetables instead.

5. Add vegetables to pasta or rice. Grill a few vegetables in olive oil and add to whole-grain pasta or brown rice.

6. Bust a smooth move by blending frozen fruit with skim milk for a lighter smoothie experience.

7. Make vegetable soup. Add whatever veggies are on hand and enjoy.

Vegetables are bright, colorful, and packed with goodness.
Student Support Services houses a variety of services designed to enhance the performance and well-being of students at Oklahoma City Community College.

- Services to Students with Disabilities, including providing accommodations for documented disabilities, interpreting and captioning services for deaf and hard of hearing students, and assistive technology.
- Professional counseling by a licensed provider.
- Learning support specialist to assist with academic needs such as learning styles, study skills, test-taking, and general health and wellness issues.
- TRIO Grant Programs (Upward Bound and Trio Student Support Services) designed to help first generation college students learn more about college before they arrive and how to be more successful once they are here.

For more information about our services and how to access them, please visit our website at http://www.occc.edu/support/ or call us at 682-7520. We are located on the first floor of the Main Building near SEM Entry 3.

Blueberry Nectarine Granola Crisp

Packed with fiber, vitamin C, and the highest level of antioxidants of any fruit, blueberries are also mighty delicious.

### Fruit Filling
- 5 cups blueberries
- 2 large nectarines, peeled and chopped
- 2 tablespoons brown sugar
- 1 tablespoon all purpose flour (can substitute whole wheat or cake flour)
- Zest of one lemon

### Granola Topping
- 1 1/2 cups regular oats
- 2 tablespoons chopped pecans
- 2 tablespoons chopped almonds
- 2 tablespoons chopped walnuts
- 1/4 cup pure maple syrup
- 1/2 teaspoon cinnamon
- Pinch of salt

Preheat oven to 375 degrees. Combine blueberries, nectarines, brown sugar, flour, and lemon zest in a medium bowl. Toss to coat. Spoon fruit mixture into an 11 x 17 inch baking dish.

For the topping, combine all ingredients and toss to evenly coat oat mixture and nuts with syrup. Sprinkle granola over the fruit mixture.

Bake for 30 minutes or until bubbly. May be served with low-fat vanilla frozen yogurt, ice cream, or whipped topping.

**Per Serving (makes 8 servings)**
- 241 calories
- 5 grams protein
- 41 grams carbohydrates
- 8 grams fat (1 gram saturated fat)
- 0 milligrams cholesterol
- 5 grams fiber
- 22 grams sugar
- 16 milligrams sodium

Remember to walk the indoor walking trail. It begins near Recruitment and Admissions, and will take you on a scenic tour of campus.