HOWARD UNIVERSITY
1867
Student Health Center

A HEALTHY HOWARD

SEPTEMBER 2024 | ISSUE 1

EMPOWER
SUPPORT
SERVE
Howard

WELCOME TO THE MECCA

Welcome Back, Bison!

We hope you had a restful break and are ready to dive into another exciting semester. We're thrilled to reintroduce you to the Student Health Newsletter—your go-to resource for staying informed and engaged with all things health and wellness on campus.

This semester, our newsletter will bring you valuable insights, from tips on managing stress and staying physically active, to nutritious recipes and mental health resources. We'll also highlight upcoming events, including health fairs, fitness challenges, and workshops designed to help you thrive.

Want to get involved? We're always looking for contributors and volunteers! Whether you're passionate about writing, health advocacy, or just want to share your personal wellness journey, we welcome your input and ideas.

Plus, don't miss our special campus spotlights, where we'll feature student organizations, inspiring stories, and faculty doing incredible work in the health field.
Stay tuned, stay healthy, and let's make this semester one to remember!

NOURISH HU

HOWARD UNIVERSITY STUDENT PANTRY

All currently enrolled Howard University students experiencing temporary food insecurity are eligible to receive assistance from the pantry. It is designed to support the short-term food insecurity needs among our students and provides basic hygiene items, school supplies, and household cleaning products.

Access to pantry resources is made by appointment here

UPCOMING EVENTS

SAVE THE DATES

Sept 10th

World Suicide Prevention Day

In Collaboration with HU Counseling Services

Sept 19th

HU Know Your Status!

Testing Day at Blackburn from 12pm-2pm and Burr from 2pm-4pm

Sept 20th

Volleyball Game Pride Night

Help us celebrate Pride on campus

Sept 25th

"Breathe Well Live Well" Training Program

From 4pm-7pm in College Hall South Multipupose Room

AWARENESS MONTH

Polycystic Ovary Syndrome (PCOS)

The month of September is PCOS Awareness Month. Polycystic ovary syndrome (PCOS) is a common hormonal that occurs when the ovaries produce higher than normal amounts of male hormones (androgens). This hormonal imbalance can cause irregular menstrual cycles, ovarian cysts, difficulty getting pregnant, weight gain and other symptoms like acne and excessive hair growth.

PCOS can affect people of all races, but research suggests that it may manifest differently in Black women. They tend to have higher levels of androgens and are more likely to experience symptoms such as hirsutism (excessive hair growth) and insulin resistance compared to women of other ethnicities.

Treatment for PCOS typically involves managing symptoms and addressing underlying hormonal imbalances. This can include healthy lifestyle modifications or medications like birth control pills, anti-androgen medications, and insulin-sensitizing drugs may also be prescribed to regulate menstrual cycles, reduce androgen levels, and improve fertility. Prevention of PCOS primarily involves maintaining a healthy lifestyle, including a balanced diet, regular exercise, and managing weight. Since obesity and insulin resistance are closely linked to PCOS, maintaining a healthy weight and managing insulin levels may help reduce the risk of developing the condition or alleviate its symptoms. Additionally, early detection and treatment of PCOS can help prevent complications such as infertility and metabolic disorders. Regular check-ups with a healthcare provider can aid in early diagnosis and management of PCOS.

Overall, PCOS can significantly affect the physical health, emotional well-being, and quality of life of young women. Early diagnosis, lifestyle modifications, and appropriate medical treatment can help manage symptoms and reduce the risk of complications.

September also Observers...

- Cholesterol Education Month
- World Suicide Prevention Day

HEALTHCARE SPOTLIGHT

Dr. Ebony Copeland
Director of Student Health Services

Ebony Copeland, M.D., MPH, serves as the director of the Howard University Student Health Center and assistant professor in the Department of Community and Family Medicine within the College of Medicine. Dr. Copeland is fellowship-trained in adolescent medicine and completed her residency in family medicine in Chicago. Prior to residency, she attended medical school at the University of Kansas. She earned a Master of Public Health degree from Virginia Commonwealth University and her Bachelor's degree from Hampton University.

Dr. Copeland's background includes extensive work with the community in reproductive healthcare and in bringing awareness to health disparities. Before coming to Howard Dr. Copeland served as director of adolescent medicine at Morris Heights Health Center in the Bronx, New York for 7 years, and worked as a reproductive health consultant.

> ***"I am committed to ensuring Howard University students are equipped with the education and tools to maintain their health and wellness while at Howard and once they have moved into a society that is not designed for mental and physical health and well-being."***

10 DIMENSIONS OF WELLNESS

Spiritual and Digital Wellness

In the month of September we focus on spiritual and digital wellness. Spiritual wellness involves a deep sense of purpose, meaning, and connection to something greater than oneself. It is the process of exploring and nurturing your values, beliefs, and practices that guide your life's journey. This aspect of wellness is about finding harmony within yourself and the world around you, often through faith, religion, meditation, or personal reflection.

Digital wellness refers to the practice of maintaining a healthy relationship with technology and digital devices, ensuring that their use enhances rather than detracts from one's overall well-being. It involves a mindful and balanced approach to digital engagement, where individuals consciously manage their screen time, social media usage, and online activities to prevent negative effects such as stress, anxiety, addiction, and social isolation.

Ways to exercise your spiritual and digital wellness includes:

- Managing Screen Time
- Developing Digital Boundaries
- Practice Mindfulness and Meditation
- Building a Spiritual Community
- Reflecting through Journaling

RESOURCE HUB

ARE YOU INTERESTED IN BEING A VOLUNTEER WITH THE SHC?

As a volunteer, you'll assist with health education programs, provide support during events, and help with administrative tasks. Whether you're pursuing a career in health or simply want to give back, this is a rewarding way to make a difference. Join us and be a part of a healthier campus!

HOW MUCH DO YOU KNOW ABOUT HOWARD U'S SMOKE AND TOBACCO-FREE POLICY?

This confidential survey will help the university better understand the prevalence of smoking, the effectiveness of existing policies, and areas where support or education may be needed.

STAY INVOLVED

Us Helping Us STI Testing
Every Wednesday & Friday on the 3rd Floor at the Student Health Center

Think About it Thursdays
Learn about different health topics every Thursday in Blackburn

OUR PARTNERS

US HELPING US PEOPLE INTO LIVING

Martha's Table
EDUCATION · FOOD · OPPORTUNITY

HU P.E.E.R.S
Empower. Educate. Reach.

ViiV Healthcare

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

Planned Parenthood

American Lung Association.
Breathe Well, Live Well

truth initiative
INSPIRING TOBACCO-FREE LIVES

GILEAD
Advancing Therapeutics. Improving Lives.

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HU Student Health Center | Medical Arts Building
2139 Georgia Avenue, NW, 2nd Floor
(202) 806-7540 | studenthealthforms@howard.edu

Clinic Hours:
Monday -Thursday 8:20am-4pm & Friday 10am-4pm
Closed for Lunch 12pm-1pm