

Preface

In this brief book, Douglas Lakin, M.D. (Dr. Doug) and Debra Landau West, M.S., R.D. offer the undergraduate student and his or her parents or guardians an invaluable guide to establishing and maintaining the level of physical and mental health necessary for success in college and career.

They speak clearly and directly to matters of healthy living we all confront every day. I know of no other volume so rich in content regarding these matters or so easy to apply to day-to-day living.

Every college student needs to keep a copy close at hand.

I make this recommendation from the perspective of one who has worked for a half century with undergraduates as professor and dean. I only wish I had had it to distribute to the many students for whom I had instructional and administrative responsibility.

Ted Humphrey

President's Professor, Barrett Professor

Lincoln Professor of Applied Ethics

Founding Dean, Barrett, the Honors College at ASU

Introduction

The college years, and the decade after, are times of transition and change. Separation from home, family, and friends is the greatest challenge, but opportunities await as you assume responsibility for your life and future. Taking responsibility for your health at this point in your life is an opportunity for growth.

This book provides guidance for what to bring with you to college to stay healthy, what to have on hand where you live when you need to take care of yourself, and the information you need so that you are prepared to care for yourself. It provides detailed advice from a seasoned physician on how to treat health issues that will develop from time to time, guidance from a registered dietitian on healthy food choices and help from a MAS in marriage and family therapy on emotional, and psychological concerns that may develop during this time.

The book has four sections:

Section One covers staying healthy; noting the efforts you need to make to maintain good habits in diet, sleep, and health behaviors.

Section Two is about health issues that may develop from time to time with a practical guide for understanding and addressing them.

Section Three addresses matters of sexual health. Understanding the health ramifications of your choices is critical to maintain fertility, general health, and a good psychological perspective for life in college and beyond.

Section Four, is a review of mental health issues and ways to maintain a proper psychological compass.

Dear College Students and Parents,

This guide is one in a series of MiniBüek titles— books meant to provide straight-forward solutions for day-to-day health questions. This one is designed for the college-aged student.

It is my effort to pass on fifty years of wisdom accrued as the child of a physician and as a Johns Hopkins-trained internist with over twenty five years in practice. I hope you and your family find this advice useful. It's actually meant for my own.

Doctor Doug