

Medical Memos

NEWS FROM STUDENT WELLNESS



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IN THIS ISSUE...

- Distracted Driving
- Alcohol / Addiction

HOLIDAY Schedule



Easter Break

Closed

3/28, 3/29, 4/1

Resume regular hours 4/2



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Health Sciences Building
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Student Counseling Services Clinic

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Distracted Driving Awareness

Distracted driving is engaging in any other activity while driving that takes the driver's attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.



There are three main types of distraction:²

- Visual: taking your eyes off the road
- Manual: taking your hands off the wheel
- Cognitive: taking your mind off driving

What drivers can do:

* Do not multitask while driving. Whether it's adjusting your mirrors, selecting music, eating, making a *phone call*, or *reading a text or email*—do it before or after your trip, not during.

What passengers can do:

- * Speak up if you are a passenger in a car with a distracted driver. Ask the driver to focus on driving.
- * Reduce distractions for the driver by assisting with navigation or other tasks.

https://www.cdc.gov/transportationsafety/distracted_driving/#problem

Alcohol and Addiction Awareness

by Ruby Winters, NCC, tLPC-MHSP

April is alcohol awareness month, a month in which we take the opportunity to increase awareness about alcohol abuse and the effects of addiction. According to the National Institute on Drug Abuse (NIDA), "addiction is defined as a chronic disorder that involves functional changes to brain circuits involved in reward, stress, and self-control".

Addiction is a complex chronic disease where it is more important to figuring out the underlying issue(s) causing the patient to chase that pleasurable feeling while incurring adverse consequences. Some adverse effects can include financial issues, destructive behavior, relationship issues, family conflict and negative feelings that come up as a result of these things.

Addiction can happen gradually and is not always easily noticeable. It is common for those who suffer from addiction to function normally. Opportunity for help is available in many different platforms such as individual therapy, group therapy, support groups and medication.

If you or someone you know is struggling, make it known they are not alone and if they need help or *just want to talk about it*, confidential help is just a phone call away at your counseling center.