Winter Wonderings [1]

Week of:
Dec 19, 2014

Hypothermia or hyperthermia? [2]

Alice,

What are the symptoms of hypothermia or is it hyperthermia?

? Temperature change

Read more [2]

Herpes recurs more often in the wintertime? [3]

Alice,

Is there any data indicating that recurrences of genital herpes occur more often during the winter? That seems to be the case with me.

? Cold sores?

Read more [3]

Dry skin? [4]

Dear Alice,

Please help! My skin is drying out like you would never believe. It is scaly and itchy at times. Could this be as a result of the weather? Are there any pointers that you could give me so that I don't feel like my face is cracking and looking like garbage? It seems to get worse after I shower. What is this? What can I do?

Signed,
Scales

Read more [4]
Bones ache when weather changes? [5]

Alice,

When the weather changes my bones ache. Most of the time it's my legs and a couple of times it was my arms. Sometimes it gets to the point to where it hurts too bad I can't walk until the pain goes away. Is there something I can do or take to stop this? I'm 19 years old.

Achy-Breaky Teen

Can't wake up in the winter [6]

Alice,

I have always been a poor "getter-upper" in the mornings, but lately I haven't even awakened when the alarm goes off. I just sleep right through it and wake up at around noon. I have been missing classes regularly and it's very distressing! I haven't been going to bed any later (I go to sleep at around 2:30 or 3 AM and have since the beginning of school and I used to wake up at around ten for my class). I haven't been eating or exercising differently. Could this be a result of the shift in weather or in the clocks? Does it take time for the body to adjust to the new season?

?Sleepyhead

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