Healthy Living
Answers bespeak bones and running.

Monosynovitis forces students out of daily life for long periods
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It is not just from running. Illinois Higgins, director of the Student Health Center, said mono is a common illness visit her office with symptoms ranging from fatigue to lack of energy.

Monosynovitis is a condition of the synovium, a tissue that lines the joints of the body. A mono infection occurs when the synovium becomes inflamed, causing pain and swelling in the affected joint.

The Student Health Center reports that many students seek treatment for mono-related symptoms, such as fatigue, loss of appetite, and joint pain. According to Higgins, mono is most common in adolescents and young adults.

The symptoms of mono can last for several weeks to several months. The incubation period of mono, which is the time between exposure to the virus and the onset of symptoms, can range from 6 to 14 days.

Symptoms typically include fever, fatigue, body aches, and swollen lymph nodes. In some cases, the symptoms may be severe enough to cause hospitalization. The Student Health Center reports that students who are experiencing symptoms of mono should visit the health center for diagnosis and treatment.

To treat mono, doctors usually prescribe rest and hydration. In some cases, antibiotics may be prescribed to treat any bacterial infections that may be present.

It is important to note that mono cannot be cured with antibiotics. However, with proper rest and hydration, most people recover within a few weeks to a few months.

The Student Health Center recommends that students who think they may have mono visit the health center for a blood test to confirm the diagnosis. The blood test will measure the number of white blood cells, which may be elevated during a mono infection. The Student Health Center also recommends that students who have been in contact with someone with mono get tested as well.

In addition to the Student Health Center, other medical facilities such as urgent care centers and primary care providers may also diagnose and treat mono.

In conclusion, mono is a common illness that can cause significant disruption to daily life. By following proper treatment and hygiene practices, students can help prevent the spread of mono and minimize the impact of the illness on their lives.