

The Campus Prescription

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DID YOU KNOW?

- ▶ The renovated SHC now contains health education video monitors in all exam rooms!
- ▶ At least 50% of sexually active U.S. adults will contract Genital HPV in their lifetime. (www.4woman.gov)
- ▶ About 20% of U.S. women have Iron-deficiency Anemia. (www.mayoclinic.com)
- ▶ Illegal possession of a "dangerous drug" is a Class A misdemeanor with a \$4,000 fine & up to 1 year in jail.

STUDENT HEALTH CENTER RENOVATIONS COMPLETE!

The Student Health Center reopened its doors on May 18, 2005, to reveal a familiar building that looks healthier than ever before!

The newly remodeled, state-of-the-art building at the corner of Avenue J and Bearkat Blvd. has undergone extensive renovations since September of 2004. During the 2004-2005 school year, the SHC was temporarily located in modular buildings in the Estill Hall parking lot and successfully provided the full range of services, but in a much smaller working area.

"The students visiting the SHC were very patient and accommodating and we know that when they see the updated building, they will know it was worth the wait," stated the SHC director, Keith Lott.

The SHC is now equipped with a modern HVAC (heating ventilation and air conditioning system) that keeps clean,



Redesigned SHC lobby/patient waiting room

fresh air circulating throughout the building. The patient exam rooms are equipped with new furniture and monitors that display educational videos. The front office and nurses' station are streamlined to make healthcare operations more efficient and the flow of traffic smoother. Students are now seen in warm and soothing examination rooms. Plus, there are two extra examination rooms to allow for the addition of a new provider and additional office space to resume the peer

education program. Students can expect the same high level of care at the health center, but now it will be given in a much nicer atmosphere.

The SHC staff is excited about the new facility and the opportunity to further improve services for students.

For questions or comments about the healthier Student Health Center, call (936) 294-1805.



New examination room

PEER EDUCATION RETURNS TO THE SHC

Health Programming Coordinator, Michelle Lovering, will reinstate the peer health education program this fall. "Peer education is a very important component of health promotion. Students model their behaviors after those of their peers, so it is important to put positive role models and information out there that chal-

lenges the current misperceptions about health behaviors," Lovering said.

Lovering is recruiting student volunteers who are outgoing and motivated to help others to join the BACCHUS PEN (Peer Education Network). The PEN will use personal communication, informational displays,

and even theatrical performances to encourage discussion about healthy living. Peer education is student leadership, activism, and service at its best. Plus, students will have fun promoting health! If you are interested in joining or would like more information, contact Lovering at (936) 294-4347 or mlovering@shsu.edu.

STAPH INFECTIONS AT SHSU



Crystal Birdsong, N.P.- C

Over the last two years, I have treated many students for skin infections caused by the bacteria *Staphylococcus aureus*. Staph aureus has been commonly known as the bacteria that causes boils and other skin infections. Approximately 27% of adults and children are colonized with this bacteria, meaning the bacteria is present, but causes no illness.

Colonization usually occurs in the armpit, groin, genital area, or inside of the nose, which is the most densely colonized. Infections most commonly occur through direct physical contact with a break in the skin, such as a scrape or insect bite. Objects such as clothes,

towels, or furniture can be a source of infection if they come in contact with wound drainage. These infections can typically be treated with inexpensive medications such as penicillin.

Methicillin-resistant *Staphylococcus aureus* (MRSA), unlike a common staph infection, cannot be treated with penicillin. Consequently, treatment is often longer and more expensive with frequent reoccurrence of infections. As a result of these special considerations, prevention is very important.

PREVENTION STRATEGIES:

- Hand washing is the single most important behavior in

preventing Staph infections. (Hands must be clean before touching your eyes, nose, mouth, or any cuts or scrapes on the skin. Wash your hands after sneezing, blowing your nose, toileting, and before leaving an athletic area.)

- Do not share towels, soaps, or razors.
- Do not share ointments or antibiotics.
- Towels, uniforms, and any other laundry that has been contaminated with wound drainage should be washed and dried on the hottest cycles.
- Disinfect sports equipment weekly.

Have you received a
MENINGITIS VACCINE?

The Meningitis Conjugate Vaccine (MCV4) is recommended for entering college freshmen living in campus residence halls. It is available at the SHC. For more information call the front office at 936-294-1805 or visit www.shsu.edu/healthcenter.

Most people with Genital HPV are unaware they have it because they have never had symptoms. Consequently, it can be transmitted, unknowingly, to other sexual partners.

GENITAL HUMAN PAPILLOMAVIRUS (HPV) & CANCER

HPV is a very common virus with over 100 types. Approximately 30 of these viruses affect the genital area and can be passed via intimate skin-to-skin contact. This means Genital HPV is a Sexually Transmitted Infection (STI). Most people with Genital HPV are unaware they have it because they have never had symptoms.

Some types of Genital HPV are riskier than others. For example, a few types can result in cellular changes in the cervix, which can lead to cervical cancer. High risk types are also associated with cancer of the penis in men, and cancer of the anus in men and women. High risk types do not cause warts that are visible nor does one

have symptoms. Low risk types are not associated with cancer. They may cause apparent genital warts or cause non-cancerous changes in the cervix.

It is crucial for sexually active women to have yearly pap tests to screen for cervical cell changes that can lead to cancer.

ANSWERS ABOUT ANEMIA

Anemia is a condition in which there are not enough healthy red blood cells to carry adequate oxygen to tissues within the body. It is a fairly common blood disorder, affecting approximately 3.4 million Americans, most of whom are women and persons with chronic diseases. There are several different types of ane-

mia, but the primary symptom of most types is fatigue. Other symptoms, which can be very mild include weakness, pale skin, shortness of breath, fast heartbeat, chest pain, dizziness, cognitive problems, headache, and numbness or coldness in extremities. Inappropriate nutritional intake can play a role in anemia and

menstruation can decrease the amount of RBC's temporarily, causing anemia. More serious causes of anemia are internal bleeding, cancer, or other chronic diseases.

If you have any of these symptoms, make an appointment with your healthcare provider.



Pat Luna, M.T. (A.M.T.),
Medical Technologist

SKITTLES, ROBO, AND OTHER CANDY

The treats referred to above are not the usual confectionary concoctions sold at the corner store, but you can buy them there.

These are the slang terms for Dextromethorphan (DXM), a common over-the-counter cough suppressant that when taken in high doses, produces effects similar to the illegal drug PCP. DXM has a long history of abuse by teenagers looking for a cheap high, but it is often



found in campus residence halls, too. Many young adults assume that because it is over-the-counter, it cannot be harmful, which is certainly not true. All medications have the potential to cause harm,

depending on the dose.

DXM can be safely taken in 15 to 30-milligram doses to effectively suppress a cough. However, abusers of DXM typically consume doses up to 360 milligrams by swallowing pills, chugging cough syrup, or snorting a powdered form of the chemical. Taking large quantities of products containing DXM can cause hallucinations, loss of motor control, and “out-of-body” (disassociative) sensations. Other possible side effects of DXM abuse include: confusion, impaired judgment, blurred vision, dizziness, paranoia, excessive

sweating, slurred speech, nausea, vomiting, abdominal pain, irregular heartbeat, high blood pressure, headache, lethargy, numbness of fingers and toes, redness of face, dry and itchy skin, loss of consciousness, seizures, brain damage, and even death.

The effects of DXM abuse are only compounded when combined with other medications or alcohol, sometimes producing fatal results.

Students should be aware of the risks associated with OTC abuse and know that just because you can buy it without a prescription, does not mean that the medication is harmless.

For more information about OTC safety or drug interactions, please contact the SHC.



Michelle Lovering, M.P.H.
Health Programming

OTC and prescription medication abuse is a growing trend among young adults. It is a good idea to store all medications in a locked container to decrease the likelihood of theft. Also, students should keep proof of any prescribed controlled substances with the medication at all times.

GET THE MOST FROM YOUR MEDS

Medications are powerful chemicals designed for specific purposes. Proper storage and utilization are essential for prescribed medications to work effectively and safely. The following tips can help you ensure that you will get the most out of your prescription:

1. Complete all of your prescribed medications, ESPECIALLY antibiotics.

As a result of not completing your antibiotic, you increase the odds of an illness relapse or the induction of bacterial resistance. This can result in more expensive medications for your illness.

2. Take your medications as directed.

Be aware of any special instructions from your provider and the

pharmacist such as “take meds on an empty stomach,” “avoid sunlight,” or “do not crush meds.” Also, take medications on time each day.

3. Never share medications.

Someone else’s medication may not be appropriate for your illness. More importantly, you could have an allergic reaction to someone else’s medication, even if you have taken it before. Plus, it is illegal to use prescribed medications without a prescription.

4. Follow storage recommendations for long-term medications.

Check expiration dates before using old medications. They can become inactive or even toxic. Also, many meds

must be stored within a temperature range to prevent spoiling.

5. Keep medications, especially controlled substances, locked away.

Certain medications are commonly stolen and sold for illegal use. It is your responsibility to keep your medications safe.

6. Do not mix medications with other substances.

Alcohol or other prescribed and OTC drugs should not be mixed without consent from your provider or pharmacist.

7. Plan ahead when you need a refill.

It is best to allow at least 2 days for refills.



Frieda Turner, L.V.N.

MONONUCLEOSIS: “THE KISSING DISEASE”

Mononucleosis (mono) is alive and well at SHSU! This infection, most commonly known as the “Kissing Disease,” is a contagious virus contained in saliva. The virus is more commonly transmitted through coughing, sneezing, sharing cigarettes, or sharing a glass after someone with the virus. Mono is particularly common among adolescents and young adults.

Early symptoms include:

- Feeling tired or run down
- Loss of appetite
- Headache
- Fever
- Sore throat
- Swollen lymph glands
- Puffy eyes
- Skin rash

Later symptoms can include an enlarged spleen and elevated liver enzymes.

Ask A Nurse

I missed a birth control pill. Should I take two today?

Read the insert with your birth control pack, it will give you instructions on how to make up your pill. If you have questions, call the Student Health Center and speak with a nurse.

I woke up with my eyes stuck together with goop. Do I have pink-eye?

There is more than one type of “pink-eye”. You can have your eyes covered with discharge if you have a cold. Discharge that is thick and yellow is most indicative of a virus and will improve as your cold improves. You can also have a bacterial eye infection,

When confirmation is needed, a physical exam by a health-care provider and a blood test, called a Mono Screen, will help determine if the patient has Mononucleosis. The incubation period for Mono (time from infection to appearance of symptoms) ranges from four to six weeks.

The duration of symptoms varies from person to person. Some may be able to continue with daily activities without special provisions, while others may need bed-rest for up to two weeks. There is no specific treatment for mono other than fluids, rest, and a healthy diet. Infected persons should avoid alcohol and strenuous activities, including contact sports, until otherwise instructed by their healthcare provider. Most symptoms slowly subside over a period of two to eight weeks, but it may be two to three months before a person feels

which requires an antibiotic eye treatment. If you are having any eye discharge, sensitivity to light, or eye pain, visit the SHC for an evaluation.

I think I have a spider bite. What should I do?

Spider bites are very common, particularly in the spring months. Some can result in serious infections. Use a warm compress and make an appointment with your health-care provider ASAP.

Do I have to make an appointment to get antibiotics?

Absolutely. An evaluation by one of our practitioners is necessary for any new

completely normal.

For young people, having Mono will mean some missed activities — missed classes, team practices and parties. Without a doubt, they will need to take it easy for a while.

Prevention

Since Mononucleosis is believed to spread through saliva, if you are infected, you can help prevent spreading the virus to others by not kissing them and by not sharing food, dishes, glasses and utensils until several days after your fever has subsided. Also, if you’ve had Mononucleosis, do not donate blood for at least six months after the onset of the illness.

There is no vaccine to prevent mononucleosis, but if you suspect that you have it, visit the SHC for a diagnosis and to rule out other illnesses.

prescription. They must determine whether an antibiotic is the appropriate treatment for your condition.

What type of STD testing is available at the SHC?

Our laboratory can test for:

- Chlamydia & Gonorrhea (swab)
- Syphilis (blood)
- Herpes Simplex (swab or blood)
- Hepatitis ABC Panel (blood)
- HIV (blood)

Results are usually ready in 1-2 days.

E-mail your “Ask A Nurse” question to uhc_cab@shsu.edu.



Lorna Wadsworth, R.N.

We’re on the web!
www.shsu.edu/healthcenter

HOURS OF OPERATION

MONDAY—FRIDAY

8:00 A.M.—5:00 P.M.

(BUSINESS SERVICES ONLY FROM
12:00 P.M.—1:00 P.M.)

CONTACT US

APPOINTMENTS	936-294-1805
FRONT DESK	936-294-1805
PHARMACY	936-294-1803
LABORATORY	936-294-1801
NURSES’ STATION	936-294-1802
HEALTH PROMOTION	936-294-4347
FAX	936-294-1804
E-MAIL	healthcenter@shsu.edu

www.shsu.edu/healthcenter

ADDRESS

STUDENT HEALTH CENTER
1528 AVENUE J
HUNTSVILLE, TEXAS 77340

Campus Mail Box 2358

DISCLAIMER: The information in this newsletter is intended to assist SHSU students in making healthy decisions by providing general guidelines. Persons experiencing medical conditions or requiring specific instruction should contact their healthcare provider.