

The Campus Prescription

A Publication of the Sam Houston State University Student Health Center
 Clinic, Laboratory, Pharmacy, and Health Promotion

The Price is Right for SHSU Students

By Denise Irby, RPh

The goal of the Student Health Center (SHC) pharmacy is to provide students with individual counseling about each prescription filled with minimum wait time and minimum cost.

The SHC pharmacy is a wonderful asset to students. Available medications, especially generics, can typically be purchased at a lower cost than retail pharmacies. In some cases, medications can be purchased for less than the co-pay of some prescription cards. All items purchased in the pharmacy can be

The pharmacy can fill prescriptions written by the SHC's medical practitioners or from outside practitioners. Your healthcare provider can also call in your prescription to our pharmacy, but you will need to speak with the pharmacist either in person or by phone to provide information necessary to set up a record for you before the prescription can be filled.



PRODUCTS	Retail Pharmacy	SHC Pharmacy
Amoxicillin 875 mg tablets (20)	\$21.99	\$10.87
Ortho Tri-Cyclen LO (28 day)	\$50.99	\$9.70
Prozac (generic) 20 mg caps (30)	\$24.99	\$5.75
Zovirax (generic) 400 mg tablets (60)	\$44.99	\$5.75
Lifestyles Lubricated Latex Condoms (10)	\$9.16	\$2.00

Prices are subject to change. Call for current price.

paid with cash, checks, Visa, or MasterCard. The SHC pharmacy does not accept prescription cards from private health insurance plans, but, will provide a receipt for each prescription filled that contains necessary information for insurance reimbursement and/or tax purposes.

To refill prescriptions that you have previously had filled at the SHC pharmacy, call and give me your prescription number one day in advance or come to the pharmacy in person. Most of the time, prescriptions can be filled while you wait, but it is a good idea to plan ahead and request prescription refills in advance to ensure that you receive it in time.

Chlamydia Highest Among Female Freshmen

By Crystal Birdsong, N.R.-C

Chlamydia remains the most frequently reported infectious disease in the United States and is especially common among sexually active female college students, even students at Sam Houston State University.

19 have the highest rate for chlamydia infection. Females ages 20-24 are a close second, indicating that all college females are at a particularly high risk. Although, infections among college freshmen may have occurred during high school.

Chlamydia is a sexually transmitted bacterial infection that, if left untreated, can cause severe health consequences for both women and men.

Women infected with chlamydia are up to five times more likely to become infected with HIV if exposed.

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SHC Welcomes Pharmacist



Denise Irby, RPh., joined the Student Health Center staff in November 2005. Denise graduated with a Bachelor of Science in Pharmacy degree from the University of Colorado Health Sciences Center. She has 14 years of experience practicing retail and hospital pharmacy.

A family relocation brought her to Houston from Southwest Louisiana. She looks forward to getting to know more of the students, faculty, and staff here at SHSU.



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The BEST Thing You Can Do For Your Health

By Tom Hill, M.D.

The Harvard School of Public Health College Alcohol Study administered in 2004 at Sam Houston State University revealed that the majority of students (77%) had not smoked in the past 30 days. That's great news since smoking causes more deaths in the U.S. than AIDS, automobile accidents, homicides, suicides, drug overdoses, and fires combined. In fact, the absolute best thing that a person can do to improve his/her health is to quit smoking and using any other tobacco products.



Among college students who do smoke, half of them would like to quit. If you have not contemplated quitting smoking yet, here are my top ten reasons to quit smoking or to not start in the first place.

1. Tobacco (nicotine) is a highly addictive substance, more addictive than heroin.
2. "Social" smoking usually leads to habitual smoking. In fact, smoking just 4 cigarettes can give a person a 90% chance of becoming addicted.
3. Smoking increases the frequency, severity, and duration of respiratory illnesses and most students do not enjoy being ill.
4. You could be making others sick. The recipients of second hand smoke have almost as much nasal and lung irritation as does the person actually smoking.
5. Tobacco accelerates skin aging dramatically and permanently.
6. Smokeless tobacco is just as addictive as cigarettes and significantly worsens gum disease.
7. Tobacco impairs your sense of taste and smell such that food loses its flavor and a smoker often is unaware of how "strong" he/she may smell to others.
8. I never met a smoker who felt guilty about quitting, but I have met plenty who feel guilty about using tobacco.
9. Cigarette money could be gas money.
10. You can be a role model to your friends and family.

The take-home message for students and others: *Don't wait until you have emphysema, cancer, or heart disease to quit using tobacco. You can improve and protect your health immediately by quitting now.*

The Student Health Center practitioners sometimes prescribe medications that can help people quit using tobacco by controlling urges for nicotine. With the availability of generic substitutes, these medications are much cheaper than they once were. If you are interested in quitting, call the SHC for an appointment to see if this method is right for you.

The Bacchus Network (2006). [TobaccoFreeU.org](http://www.tobaccofreeu.org). Retrieved June 2006 from <http://www.tobaccofreeu.org/index.asp>

Chlamydia Rates Highest Among Female Freshmen (Continued from page 1)

In addition, women infected with chlamydia are up to five times more likely than uninfected women to become infected with HIV if exposed.

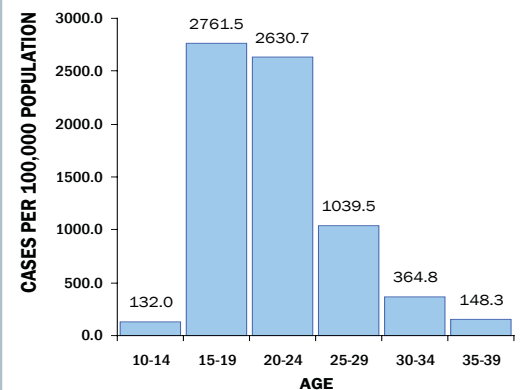
Screening

Since most people infected with chlamydia do not have symptoms, the only way for a person at risk to tell whether they are infected is to be tested. The Student Health Center (SHC) strongly recommends annual screening for chlamydia (and other STDs) for all sexually active females.

Making an Appointment

In order to preserve confidentiality, students should not discuss the exact nature of their visit at the check-in window or outside of an exam room. Students should make an appointment for a well-woman exam and once in the room, they should ask to be tested for chlamydia. Testing is offered and always encouraged for females who are having a well-woman examination and who are sexually active, but it is not automatically included as part of the exam. There is a separate fee for this test.

FEMALE CHLAMYDIA RATES, 2004
(CDC National Surveillance Data)



Prevention

Abstinence from all sexual acts including oral, anal, and vaginal sex is the only 100% method

The SHC strongly recommends annual screening for chlamydia because most infected women and men have no symptoms.

to prevent the transmission of chlamydia. If you are sexually active, limiting sexual partners will decrease your chances of exposure. Male latex condoms, when used consistently and correctly, are highly effective

in reducing the risk of chlamydia transmission. Male latex condoms can now be purchased at the SHC pharmacy.

Center for Disease Control and Prevention. *STD Surveillance 2004: Trends in Reportable Sexually Transmitted Diseases, 2004.*

GOT INSURANCE?

There may be times during your college tenure that you require specialty services or even emergency care, which is not provided by the SHC. For this reason, we encourage all students to have health insurance coverage, either through a family member's plan or by purchasing the student health insurance plan sponsored by SHSU. (Visit www.ahpcare.com/shsu for more information.) One major illness or emergency could affect your ability to pay for your education.



Are You Healthcare Savvy?

By Frieda Turner, L.V.N.

As a nurse at the Student Health Center (SHC), I often see patients who are accessing healthcare services for the first time on their own. Here are some hints to take you from a healthcare novice to a healthcare expert at the SHC and beyond.

1. You need an appointment to see a healthcare provider. At the SHC, you can make an appointment up to one day in advance. Monday appointments cannot be made on Friday. Please call first thing Monday morning.
2. Your privacy is protected at the SHC. Parents, spouses, friends, etc., cannot have access to your health information without a signed consent form from you if you are over age 18. Also, it is preferred that family members and friends do not go with you into the exam room. That time is for a private conversation with your healthcare provider.
3. Provide all requested information. When you have an existing or chronic condition, such as diabetes, dysplasia, or an abnormal pap smear, it is helpful to provide all new practitioners with your medical records. Providing medical records helps the new practitioner continue your care with a better understanding of your health history and also helps avoid duplicate testing. Just ask your original practitioner to send your medical records to your new practitioner's office or health center.
4. Upon your first visit to the SHC, you will be asked to provide health history information, including a list of previous hospitalizations and surgeries, a list of all prescription and over-the-counter medications being used, and informa-

tion about your family members' health, just to name a few items. To save time, you can access our health history form on the web, pre-fill the entries, print the form, and bring it with you for your visit.

www.shsu.edu/healthcenter/forms.html

5. Know your providers and their medical roles. Nurses can provide limited advice and assessment. They cannot diagnose, provide a treatment plan or write prescriptions. At the SHC, a visit with a nurse is not sufficient to provide an excused absence for class.
6. At the SHC, you are not charged for office visits. However, you are responsible for payment for lab services, for procedures performed by the practitioners and nurses, and for any medication from the pharmacy.

Contraceptive Considerations

By Ana Maiorano, L.V.N.

Without any form of contraception, 85 out of 100 sexually active women will become pregnant within one year. The Student Health Center (SHC) offers well-woman examinations and contraceptive (birth control) counseling, including prescriptions when appropriate. The following are some things that you should consider about the many different contraceptive options available at the SHC.

First and foremost, know that sexual ABSTINENCE is the only method of contraception that is 100% effective. Even when using hormonal and barrier methods perfectly, there is still a chance that you could become pregnant and/or contract an STD.

The effectiveness of each method varies. A method that is 99% effective has a failure rate of 1%, which means that 1 out of 100 women who use this method over a year will become pregnant.

Hormonal Methods

Hormonal methods of contraception work by preventing ovulation, the release of eggs, each month. Some also change the cervical lining to make the implantation of an egg less probable.

Hormonal methods include birth control pills, NuvaRing® & Depo Provera® injections. Women must take birth control pills or use the NuvaRing® for one month before the drugs achieve full effectiveness. The Depo

Provera® injection is effective immediately once the first injection is administered.

Women who use hormonal methods of contraception are at increased risk of developing a blood clot, which can lead to a heart attack or stroke, and ultimately to death. The risk of developing one is minimal, but increases with smoking.

Patients should always inform their healthcare providers if they or someone in their family has a history of blood clots.

Some women will experience side effects such as nausea, breast tenderness, headaches and mood

swings while using hormonal methods of birth control. These side effects are generally mild and frequently subside after 2-3 months when the body adjusts to the hormones.

Selecting a method of contraception is a matter of personal preference and medical advice, and sometimes takes trial and error.

Barrier Methods

Barrier methods of contraception

work by physically preventing sperm from reaching an egg for fertilization. Condoms are considered a barrier method and are the only method that can provide protection against infection with HIV & STDs. Condoms can now be purchased at the SHC pharmacy.

Selecting a method of contraception is a matter of personal preference and sometimes takes trial and error. The practitioners at the SHC are always available to speak with you about your needs to help you choose the right one for you.

EFFECTIVENESS RATES OF METHODS AVAILABLE AT THE SHC

% of women who do NOT experience unintended pregnancy within the first year of use

Method	Typical Use	Perfect Use
No Birth Control	15	15
Pills (oral contraceptives)	95	99.5
Depo Provera® (injection)	97	99.7
NuvaRing® (vaginal ring)	98	98
Male Latex Condom	86	97

Texas Department of State Health Services (2006); SmarterSex.org (2006)

SHC Progress Notes

By Keith Lott, Director

The SHSU Student Health Center consistently strives to improve its services and programs for students of the university. Some of the improvements that the department has made over the past five years include hiring and retaining quality personnel, completing facility renovations, and establishing a health education component. While these improvements are significant, the department remains motivated to continuously improve its operations. This commitment to continuous quality improvement is one of the reasons that the department is pursuing accreditation by the Accreditation Association for Ambulatory Health Care (www.aaahc.org). Achieving accreditation will provide the Student Health Center with public recognition that its services meet nationally recognized standards of quality. The department plans on completing the accredita-

tion process this fall and will hopefully announce its accreditation shortly thereafter.

Over the next five years, the department plans to incrementally increase its patient volume capacity by hiring additional medical practitioners and support staff as the budget allows.

The SHSU Student Health Center remains committed to the concept of continuous quality improvement where every suggestion, concern, and outcome represents an area of potential improvement. Consequently, the department values students' input on how to improve the Student Health Center's services and programs. Students are encouraged to present suggestions for improvement through the patient satisfaction survey, by phone, or in person.

Lab Lessons

By Pat Luna, M.T. (A.M.T.)

When patients are suspected of having urinary tract infections, the practitioner may order a urine test to provide diagnostic evidence. The collection of urine for testing MUST follow a carefully prescribed procedure to ensure valid results. The purpose of ordering what is called a clean-catch midstream sample is to screen for the presence of bacteria in one's urine. If bacteria are introduced from other sources, it will interfere with the results. Indeterminate samples will necessitate repeating the collection process and may delay treatment. It is the patient's responsibility to carefully follow the procedure to obtain the midstream clean-catch urine specimen.

Frequently Un-asked Questions

By Michelle Lovering, M.P.H.

University health centers are often the topic of many on-campus myths. The SHSU Student Health Center is no exception. Before you accept everything you hear as the truth, stop and consider the answers to these often un-asked questions.

Does the SHC have real doctors?



Yes. The SHC staffs talented clinicians including physician, Dr. Tom Hill and Certified

Adult Nurse Practitioner, Crystal Birdsong. Both are highly educated, experienced, and licensed by the State of Texas.

Nurse Practitioners (NPs) are registered nurses who receive advanced education, clinical training, and licensing that allows them to diagnose and manage most common illnesses either independently or as part of a healthcare team. NPs provide some care previously offered only by physicians, including the prescription of medications.



How do students who have visited the SHC feel about the service?

98% of students who have visited the SHC rate the overall quality of services provided positively. The overwhelming majority rate the competency and courtesy of all staff members as excellent. As one student commented, "The staff is very courteous & understanding. The nurses and the doctor listened to my concerns & gave me realistic answers. I feel comfortable coming back."

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.

Are you vaccinated?

The Meningitis Conjugate Vaccine (MCV4) is recommended for incoming 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.

The SHC also offers the influenza vaccine for free to students every fall. Look for the announcement at www.shsu.edu/healthcenter or call 936-294-1805.

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

HOURS OF OPERATION

Monday-Friday
8:00 a.m.- 5:00 p.m.

(Clinic, Lab, and Pharmacy services not available from 12:00 - 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

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