



## Health Resources Outside of CSULB in L.B.

Need Emergency Contraception? Birth Control Pills? By Dannie Allen

College life is crazy. Schedule's get jam-packed, homework seems never ending, and students often forget the meaning of what it is to have a social life. When health issues arise, all of college life's worries are put on hold because the health issue becomes the top of their priority list. After all, "If you don't have your health, you don't have anything."

That includes sexual health. The Student Health Center and the Health Resource Center here on the CSULB campus are dedicated to encouraging and helping students take an active role in their physical health, as well as their sexual health. However, the Student Health Center doesn't offer the morning-after pill, or abortion services. The birth control pill is available at the Student Health Center only after one attends the Sexual Health Awareness Workshop (SHAW). It can be difficult though to wait for appointments that are too far in advance to meet your specific needs. So where can you turn if you've decided to look off campus for sexual health ser-

vices and information? Planned Parenthood to the rescue!

Planned Parenthood is perfect for college students here at CSULB for four reasons. First is location. The Planned Parenthood organization of Los Angeles has many health care centers located throughout the Los Angeles area for convenience. The closest to the CSULB campus is the Lakewood Planned Parenthood. It is located on the corner of Bellflower and Del-Amo Blvd.

The second factor appealing to CSULB students is the cost. The Planned Parenthood health services are funded by the state for low income people. Did someone say low income? Yes, and that applies to most of us poor, starving college students! The Planned Parenthood services are offered at virtually no cost to many women and teens.

Third is the variety of available services. Services include: pap tests, birth control, sterilization, emergency contraception, abortion, pregnancy tests, testing and treatment for STD's, and HIV/

AIDS tests. Of course, all of these services are provided in complete confidentiality.

Fourth is the support factor. Planned Parenthood recognizes the rights that individuals' have, to make their own choices regarding reproductive decisions. Consider the Planned Parenthood Federation of America Inc.'s, Mission Statement entitled: A Reason for Being. "Planned Parenthood believes in the fundamental right of each individual throughout the world to manage his/her fertility regardless of the individual's

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EC stands for Emergency Contraception. Picture taken from the Planned Parenthood website.

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### Special Point of Interest:

The Center in Long Beach and the Long Beach Health Department are the alternate options available for students who can not make the upcoming HIV/STD Testing and Counseling dates in our HEALTH CENTER.

**HIV/STD Testing and Counseling are available on the following Thursday dates in our CSULB Student Health Services Center:**

April 4, 2002      April 18, 2002  
April 11, 2002      May 2, 2002

The Center in Long Beach is also known as the Gay and Lesbian Community Center. They offer a variety of programs and services that range from counseling to special services such as HIV Testing. When a student comes in to the HRC and is not able to wait for the next available HIV appointment we send them off to the following locations a) The Long Beach Health Department or b) The Center. If you are interested in special outreach happenings that are available in the Greater Long Beach area you can check out their website, <http://www.centerlb.org/>, and you'll be able to find a variety of phone numbers and

dates that are available for support groups. The support groups and services range from Alcoholics Anonymous to lesbian, homosexual support groups to legal counseling to employment counseling to a Lifestyles session. In addition to counseling sessions they also provide a few Prevention and Education services. One of their education services that they provide is a group called **M-Power**, this group is great for building a better community that consists of men who love other men or who are transgender and even those men who are uncomfortable with homosexuality. This group is beneficial to those who may need to build a

safer community around them. They also have a Young Adult Support group which is a fantastic way for those who are homosexuals, transgender, or bisexual or even lesbians to meet once a week and talk about their personal lives in a comfortable setting. There is also the Testing offered on Monday and Tuesday evenings from 4:45 p.m. until 6:45 p.m., and results are available Friday evenings from 5:00 p.m. to 7:30 p.m., and on Saturday mornings from 9:00 a.m. to 10:20 a.m. Call (562) 434-4455 for more information.

Hours Open: Monday - Friday: 9am - 10pm  
Saturday: 9am - 6pm  
Sunday: 5pm - 9pm

## The Long Beach Department of Health and Human Services: A Health Resource Alternative by Martin Mach

Many times when CSULB students want to get testing done for HIV and STDs (Sexually Transmitted Diseases) they often come to make an appointment at the Health Resource Center (HRC). Though the testing at the HRC is free and confidential it is only available about 2 to 3 times a month and is filled up quickly in advance. A wonderful alternative for students to get HIV & STD testing is the City of Long Beach Department of Health and Human Services (LBDHHS). The LBDHHS is located near the corner of East Willow Street and Grand Avenue in north Long Beach - a 5 minute drive from the CSULB campus.

At LBDHHS, anonymous and confidential HIV and STD testing services are available on a walk-in basis and testing is available Monday through Friday. No appointment is necessary. The Long Beach Department of Health doesn't charge for anonymous HIV testing. However, there is a fee of \$5 for confidential

HIV testing. A \$30 co-pay is requested for STD testing which tests for Chlamydia, Gonorrhea, and Syphilis. On the other hand, services are available regardless of ability to pay. For more information, or to make an appointment for HIV and STD testing, call (562) 570-4315. Additionally, the LBDHHS publishes and posts public health data and statistics on such things as communicable diseases, AIDS statistics divided into many demographic categories, and HIV/AIDS monitoring reports available for viewing via their website at: <http://www.ci.long-beach.ca.us/health/services.html>.

The Long Beach Department of Health is a great resource for more than services for HIV and STD testing. Included in the multitude of programs and services offered at the LBDHHS are Tuberculosis (TB) testing, immunizations, flu vaccinations, health education, birth and death records, Animal Control, Environmental

Health, Occupational Health, Family Planning, the Women, Infants and Children (WIC) Program, and Early Child Care Education. The LBDHHS has extensive and substantial resources for women and young children. For example, the Women, Infants, and Children Program (WIC), is a supplemental nutrition service that provides food coupons, nutrition education and referrals, breastfeeding support, and access to prenatal and pediatric health care services for low-income, pregnant women, postpartum women, breastfeeding mothers, infants, and children five years and under who live in Long Beach.

City of Long Beach Department of Health and Human Services (LBDHHS)  
2525 Grand Avenue  
Long Beach CA 90815  
(562) 570-4000

### Walk-in hours for HIV & STD testing:

Monday – Thursday: 8:00 – 5:15  
Friday: 8:00 – 4:00

### Charges for HIV & STD testing:

Anonymous HIV Testing:..... **NO CHARGE**  
Confidential HIV Testing:..... **\$5.00**  
Court-Ordered HIV Testing:..... **\$10.00**  
STD Testing (Chlamydia, Gonorrhea, Syphilis):..... **\$30.00**



Consumption of alcohol is dangerous sometimes. Alcoholism is a chronic and often a progressive illness that is characterized by a craving for alcohol, a physical dependence of alcohol, and a continued need for alcohol despite psychological and/or physiological problems. There is no definite number of drinks consumed in order to be termed as a alcoholic, yet dependence to the alcohol determines the illness. Alcoholism can increase the risk for depression and suicide and play a role in violent crimes, including homicide and crimes of domestic violence. It can lead to traffic accidents and increase the risk of sexually transmitted diseases such as HIV/AIDS as well as health problems such as liver diseases, stomach ulcers, and damages to the brain.

To help determine whether someone has an alcohol problem, the National Institute on Alcohol Abuse and Alcoholism suggests that you look for symptoms that include: needing a morning "eye-opener" drink to steady your nerves or to fight a hangover; worrying that you might be drinking too much; feeling guilty about drinking; or feeling annoyed because other people have criticized your drinking. It is recommended to see your health practitioners to diagnose specific conditions. To help in the diagnosis of alcoholism, some doctors ask their patients to fill out a questionnaire such as the CAGE screening test or the Michigan Alcohol Screening Test (MAST).

The key for treating a drinking problem

is to stop drinking permanently. The first step is detoxification. This treatment can be done in hospital facilities in- or out-patient based depending on the patients' conditions. For long-term support, health care professions will direct the person who is an alcoholic to a local chapter of Alcoholics Anonymous. Alcoholics Anonymous is the non-profit organization that helps people who suffer from alcoholism.

### Here are some facts about Alcoholics Anonymous.

- ❑ The requirement for membership is a desire to stop drinking.
- ❑ There are no dues or fees for a A.A. membership.
- ❑ The total recovery from alcoholic through Alcoholics Anonymous reaches 2,000,000.
- ❑ An alcoholic who no longer drinks will help an uncontrolled drinker.
- ❑ The twelve steps are suggested to lead to personal success.
- ❑ Newcomer's identities will not be disclosed to anyone outside the fellowship of A.A.

There are two major kinds of meetings:

1. OPEN MEETINGS: The meeting is open to alcoholics, their families, and anyone who is interested in participating in the meeting.
2. CLOSED MEETINGS: The meeting is limited to alcoholics. They provide an opportunity for members to share with one another on problems related to drinking patterns. They also per-

mit detailed discussion of various elements in the recovery program.

Now that you know the brief function of the organization, here is some more detailed information of Alcoholics Anonymous is on their website, <http://www.alcoholics-anonymous.org>.



References:

#### Harbor Area

#### Central Office

Phone: (562) 989-7697  
Email: [hacoaa@aol.com](mailto:hacoaa@aol.com)  
Website: [www.hacoaa.org](http://www.hacoaa.org)  
Office Hour:  
M-F, 9:00am - 6:00pm  
Sat, 9:00am - 5:00pm

#### National Institute on Alcohol Abuse and Alcoholism (NIAAA)

6000 Executive Boulevard  
Willco Building  
Bethesda, MD 20892-7003  
E-Mail: [niaaaweb-r@exchange.nih.gov](mailto:niaaaweb-r@exchange.nih.gov)  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

## Need Emergency Contraception? Birth Control Pills? Continued from page 1

income, marital status, race, ethnicity, sexual orientation, age, national origin, or residence. We believe that reproductive, self-determination must be voluntary and preserve the individual's right to privacy. We further believe that such self-determination will contribute to an enhancement of the quality of life, strong family relationships, and population sta-

bility."

Now that you know health care is available beyond our on-campus facilities, there's no excuse not to take full advantage of them, because being responsible for your sexual health is a never-ending role. Whether you're abstinent, sexually active, or pregnant, being responsible for yourself and keeping your partner in-

formed is crucial.

Additional Planned Parenthood information is available via the web at: <http://www.plannedparenthood-la.org/> or if you'd like to call today for an appointment or to ask questions, just call 1-800-230-PLAN. Remember, it's free, it's confidential, and it's your choice.

**HEALTH RESOURCE CENTER, ROOM 268  
STUDENT HEALTH SERVICES  
CSULB DIVISION OF STUDENT SERVICES**

1250 Bellflower Blvd.  
Long Beach, CA 90804-0201  
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**We're on the web!**  
[www.csulb.edu/centers/shc](http://www.csulb.edu/centers/shc)  
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## HEALTH RESOURCE CENTER PROGRAMS

### ATOD

Alcohol, Tobacco, & Other Drug Use Prevention Workshop will provide important facts regarding substance use and abuse.

### SHAW

Sexual Health Awareness Workshop helps enhance your knowledge of contraception, STD's, breast and testicular examination

### HIV Testing & Counseling

Free and confidential

### Nutrition Counseling

Individual counseling to meet your nutritional needs

### Outreach Presentations

Presentations on alcohol, tobacco, drugs, STD's, birth control, and eating disorders are available upon request for all classes.

### Men's Health Clinic

Physical exam, laboratory testing and counseling are available for men who are seeking the attention needed for healing their minds and bodies.

## Try to Quit Smoking Off Campus! By Ted Lau



Cigarette smoking is very addictive. Aside from the bold fashion statement exhibited from the act of smoking, cigarettes are known to induce a biochemical, "high." According to the Surgeon General smoking is classified as unhealthy, yet smokers continue to "light-up and inhale."<sup>1</sup>

Cigarettes contain many harmful substances, they include: DDT, arsenic, formaldehyde, strychnine, freon, cyanide, and over four thousand other chemicals.<sup>2</sup> The addictive component of cigarettes is nicotine. Nicotine is known to repress anxiety, anger, and irritation.<sup>3</sup> Nicotine provides a stimulating effect, while other chemicals contained within tobacco smoke are detrimental to the biological system. Smoking has been associated with a variety of respiratory disorders. "One of every six deaths in the United States can be linked to smoking. Over 419,000 deaths occur each year due to smoking."<sup>2</sup>

What can be done? When someone says,

"I can't go on about my day without my pack of cigarettes. It's like having a bowl of cereal, you know! Breakfast of champions!" (anonymous). The Surgeon General states, "cigarettes and other forms of tobacco are addicting."<sup>3</sup> Therapy can be only effective if the "smoker" desires to cease the smoking habit. Help is available.

Your physician should be able to recommend an assortment of methods to stop smoking. These include the nicotine patch and nicotine inhaler. Studies have concluded that concurrent application of the nicotine inhaler with the nicotine patch is safe and effective. In addition to medical treatment, professional counseling is available on-campus. The Student Health Services and the Counseling and Psychological Services are presently accepting those who are in need of medical or professional guidance. Listed below, are additional contact resources that pertain to smoking cessation.

#### Information:

1. City of Long Beach Department of Health and Human Services Health Promotion/ Tobacco Education Program (TEP) (562) 570-8508
2. California Smokers' Helpline (800) 662-8887
3. American Lung Association [www.lalung.org](http://www.lalung.org)
4. [www.quitnet.org](http://www.quitnet.org)

#### References:

1. Surgeon General, Nicotine Addiction: The Health Consequences Of Smoking, U.S. Government Printing Office, Washington, D.C. 20402, 1988.
2. Cigarettes are Bad News! University of Pittsburgh International Smoking Cessation Specialist Program, 1997, 2000.
3. Westman, Eric C., Tomlin, Keith F., Rose, Jed E., Combining the Nicotine Inhaler and Nicotine Patch for Smoking, American Journal of Health Behavior, 04/30/2000.

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