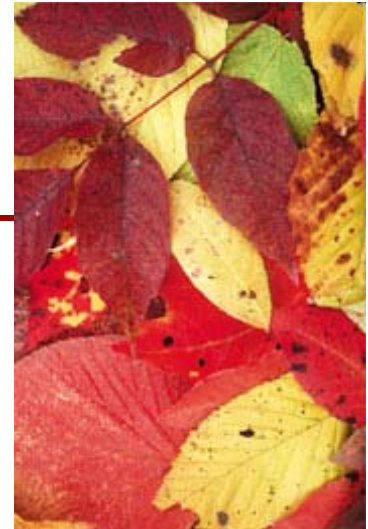


Health Beat



Health Resource Center Programs & Services

Be Proactive, Not Reactive

By Brant Burkey

Men's Health Clinic

Most college-age men feel they are perfectly healthy, immune to physical ailments, and essentially invincible. However, statistical reality provides a very different portrait for men's long-term health prospects.

Young adult males typically set their health patterns during the college years. It is a time when unhealthy foods, binge drinking, frequent smoking, reckless behavior, risky sexual practices, and ongoing stress often fuel their habits. Unfortunately, these habits are of-

ten the hardest to break. Furthermore, these habits can cause long-term damage and physical repercussions than can go unnoticed until much later in life. And then sadly it is sometimes too late to fix the problem.

Adding to these poor habits is the fact that most men are inclined to be apathetic about getting regular medical checkups, unless there is a conspicuous problem. One of the most common excuses offered is that there is simply no time or need to see a doctor. Then there are some men who will avoid medical care altogether,

even when there are obvious symptoms of a problem. In either case, this often leads to high-risk health behaviors, delay of care, lack of knowledge about health and healthy lifestyles, and increased incidences of morbidity (disease) and mortality (death) in males.

Perhaps that is why studies have shown men tend to die younger than women and are at greater risk for heart disease, cancer, sexually transmitted diseases (STDs), fatal injuries, and most other severe chronic conditions.

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It's Never Too Late to Know

By Noemi Orozco

HIV & STD Testing

One of the many services offered at the Health Resource Center is the Human Immunodeficiency Virus (HIV) and sexually transmitted diseases (STD) testing program. It is available to students and completely free of charge. The STDs that are included in the

HIV/STD testing is free and confidential. Information and results are provided by a state-certified counselor.

free tests are gonorrhea, chlamydia, and syphilis. All aspects of this program are confidential, from making an appointment to receiving your results. On the day of testing, a short risk assessment consultation with a state-certified counselor takes place prior to the test. Appointments are 20 minutes long. Results are provided two weeks later by a counselor. For those who are needle-phobic, an oral swab test

is offered but due to processing costs, there is a fee of \$15. In the near future, rapid testing will be available at the Student Health Services, thus providing results in only 20 minutes.

HIV can be transmitted by sexual contact or blood-to-blood contact.¹ Body fluids that have been proven to spread HIV are blood, semen, vaginal fluid,

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Bulk Up on Knowledge

By Kristen Force

Nutrition Counseling

College students are inundated with advice about nutrition, but how does one know what information is correct? In the battle to maintain good health, many people don't even know what they are fighting. Is the enemy fats, sodium, cholesterol, carbohydrates, or even vegetables?

Counselors at the Health Resource Center evaluate students' dietary



Meal planning can take some effort, but the benefits are well worth it. Nutrition counselors are able to guide students toward healthy food choices.

habits on an individual basis and provide recommendations for reaching nutritional goals. The program provides benefits for all students, not just those seeking weight loss. Students with both general and specific concerns can benefit from nutrition counseling, as well as those looking to establish long- and short-term goals.

Individual needs, culture, and lifestyle are taken into account when a student is counseled about the best plan for him or her. Realistic plans are developed to help students maintain good health and well-being throughout their college years and beyond.

Even if one has not given much thought to their nutritional habits, this program can teach you how the body processes food and why a balanced diet is so important. The free

hour-long appointment can provide food for thought that you may have never considered before.

Students interested in a nutrition counseling session should come to the Health Resource Center, located in Room 268 in the Student Health Center. The free appointment only requires that you complete a confidential intake form that will be reviewed by your counselor.



Diets must be well-balanced and include all food groups to achieve optimal physical health. Fruits and vegetables provide many of the body's essential nutrients.

Never Too Late ...

and breast milk.¹ People with HIV usually feel fine and may not exhibit symptoms for up to 10 years after exposure. Initial symptoms can also be easily overlooked because they may appear as indicators of something else. An infected person can have diarrhea, flu-like symptoms, recurrent yeast infections, unexplained weight loss, or fatigue.

Gonorrhea is a curable STD caused by a bacterium.³ Symptoms of gonorrhea are often mild, and appear approximately 2 to 10 days after sexual contact with an infected partner.³ It is also possible to be infected for several months without showing symptoms.³ The first symptoms for women can include bleeding associated with vaginal intercourse, painful or burning sensations when urinating, and a vaginal discharge that is yellow or bloody.³ Men's symptoms include pus from the penis and pain, as well as burning sensations during urination.³

Chlamydia is caused by bacteria and is transmitted during vaginal, oral, or anal sexual contact with an infected partner.² Often, chlamydia has

no symptoms; however, when symptoms do occur, they appear within one to three weeks of exposure.² For women, symptoms include unusual vaginal discharge or bleeding, burning during urination, or lower abdominal pain.² Symptoms for men may include pain during urination, a burning sensation, and itching around the penis, discharge from the penis, or pain and swelling in the testicles.² If left untreated, chlamydia can cause infertility.²

Syphilis is an infection generally transmitted through sexual contact with an infected person.³ An ulcer will initially form at the site of the infection.³ However, the bacteria can move throughout the body, damaging many organs over time eventually causing blindness and dementia.³ The first symptom is an ulcer called a chancre ("shan-ker") and may appear in the genital area 10 days to three months after exposure. The chancre may be painless and may occur inside the body.³ Syphilis is easily treated with antibiotics.

You can reserve an appoint-

ment for HIV and STD testing by calling (562) 985-4609 or by visiting the Health Resource Center in Room 268 of the Student Health Center. The only information needed is your date of birth and initials.

References:

1. www.cdc.gov
2. www.fda.gov
3. www.niaid.nih.gov

HIV/STD Testing & Counseling Fall 2003

Where: Student Health Center
Room 101

When: Selected Thursdays
1 p.m. to 5 p.m.

- September 11
- October 2
- October 9
- November 6
- November 13
- December 4

Sign up at the Health Resource Center

According to the Centers for Disease Control and Prevention (CDC), the leading cause of death for men between 25 and 44 years old is accidental injury. In their lifetime, men have about a 16 percent chance (1 in 6) of being diagnosed with prostate cancer, which is only second to lung cancer as the leading cause of cancer death in men.¹ In California, African-American men experienced the highest rates of heart disease, which is the leading killer of older men nationwide.² While testicular cancer is more prevalent in Caucasian than African-American men, the disease remains the most common form of cancer in young males between the ages of 15 and 35 years old.³ In each of these medical conditions, early detection can lead to successful recovery.

The evidence suggests that part of the reason why men exhibit such high prevalence rates of morbidity and mortality is that they not only engage in fewer health promotion behaviors, but also have less healthy lifestyles than women. Dr. Will Courtenay found in his research that college-age men in particular have an increased risk of disease, injury, and death because of “their limited knowledge about health, their failure to adopt health-promoting behaviors, their propensity to engage in risky behavior, their beliefs about manhood, and their attitudes concerning their own ability.”⁴

Dr. Courtenay concluded that

college-age men are less likely to wear safety belts in cars while they are more likely to drive dangerously. Their diets tend to be high in fat and low in fiber. In college, men also sleep less, engage in riskier sexual practices, and are more often overweight than women of



The Men's Health Clinic emphasizes preventative care for men by promoting a healthy lifestyle and offering a medical exam and health education. Lifelong habits often develop during the college years.

the same age. Men in this age category often also smoke more, binge drink, and are less likely to practice self-examinations for testicular cancer.⁴ Additionally, young men account for 3 out of 4 deaths among 15- to 24-year-olds, with fatal injuries comprising 80% of those deaths. Heart disease death rates and cancer rates for men this age are also nearly double those of women the same age. Young men in this age group are also at greater risk for STDs. In one study, nearly 3 out of 4 college men had delayed getting help for STDs from two to six months after they developed symptoms.⁴ Not only can this do greater damage to the reproductive organs, but it can spread the diseases to unknowing partners.

These health statistics show young men in college cannot afford to ignore the facts or postpone proper health practices until later in life. It is important to take preventive measures now and begin screening for high cholesterol, blood pressure, diabetes, depression, and sexually transmitted diseases, as well as prostate, testicular, and colorectal cancers.⁵ The first place to begin is the Men's Health Clinic (MHC), a program sponsored by the

Health Resource Center (HRC) in the Student Health Services (SHS), which encourages male students of all ages to seek health care, take a more active role in maintaining their health, and change unhealthy behaviors through evaluation, education, and support.

MHC offers complete physical examinations, extensive laboratory screening, physician counseling services, referrals, and information covering such topics as drugs and alcohol, STDs, immunizations, safer sex practices, testicular cancer, stress management, nutrition and exercise, smoking cessation, supplements and herbal drugs, and other health topics. All of these services are free to male students, with the exception of the \$11.70 fee for the laboratory screening.

In other words, MHC provides a professional, supportive, and confidential setting where male students can feel comfortable addressing their immediate and long-term health concerns. It is never too early to develop healthy patterns of behavior and not even college-age men can afford to be apathetic about their health practices.

References:

1. <http://www.cdc.gov/cancer/prostate/decisionguide/> retrieved on August 11, 2003
2. <http://www.cdc.gov/cv/mensatlas/factsheets/01fs-ca.htm> retrieved on August 11, 2003
3. http://cis.nci.nih.gov/fact/6_34.htm retrieved on August 11, 2003
4. Courtenay, Will. “College Men’s Health: An Overview and a Call to Action,” *Journal of American College Health*, Vol. 46, May 1998.
5. <http://www.ahrq.gov/ppip/healthymen.htm> retrieved on August 11, 2003.

Outreach Presentations

The Health Resource Center can also provide presentations for classes, organizations, and other groups such as SOAR and University 100. The topics covered include birth control methods, breast and testicular self examinations, and prevention of sexually transmitted diseases. These presentations provide valuable information to many students at a single time and can be integrated into a lecture topic. *Teachers who feel this would be an asset to their class should contact the HRC.

CSULB Division of Student Services
Student Health Services
Health Resource Center, Room 268



**Attention Females
Ages 18-30**

You may be eligible to participate in a research study for a vaccine against Herpes.

For more information, call:

562.985.4874

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Campus Provides Low-Cost Alternative

By Dannie Allen

Sexual Health Awareness Workshop

Many women at Cal State Long Beach want to obtain the birth control pill through our school because the prices at the campus pharmacy are cost effective for students. Often when women go to an outside doctor and pharmacy, they find themselves paying approximately

\$20-\$30 for a one-month supply of birth control pills even with insurance.

Although the CSULB pharmacy prices may vary for birth control pills, the average cost for a three-month supply of contraception is approximately \$7. And because of the reduced rate, there is a high demand. In order to obtain birth control pills from our school, a woman must attend the Sexual Health Awareness Workshop (SHAW) and have a physical exam/pap smear at the CSULB Student Health Center.

SHAW presents topics that sexually active women need to know. The physical exam is discussed so that women will be prepared and will know what to expect. The class offers instruction on how to how to conduct a self-breast examination and stresses the importance of establishing a monthly routine for early detection of any abnormalities on a woman's breast(s).

SHAW also provides in-

formation about STDs, contraceptive methods available in the United States, and how to use the birth control pill. There are many different contraceptive methods on the market and women should be informed about their available choices.

All students are welcome to attend. Since there are health risks associated with contraceptive methods, SHAW is mandatory for all women requesting the pill through the CSULB Student Health Center. Women taking the pill need to know and understand the health risks associated with it, so that they may make an informed decision for themselves.

If you would like to schedule an appointment for the SHAW class, you must come in-person to the Health Resource Center. If you have any questions, please feel free to contact the Health Resource Center at (562) 985-4609. Come soon, because the workshops fill up fast!

Contraceptives Available

Alesse (low estrogen)	\$2.45
Demulen 1/35	\$11.90
Depo Provera	\$46.30
Mircette (low estrogen)	\$2.45
Modicon	\$16.15
Nordette	\$2.45
Ortho-Cyclen	\$2.80
Ortho-Evra (patch)	\$17.50
Ortho-Novum 1/35	\$10.55
Ortho-Novum 777	\$2.45
Ortho Tri-Cyclen	\$2.45
Ortho Tri-Cyclen-Lo	\$2.45

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The Health Resource Center does not accept responsibility for views expressed in articles, reviews and other contributions that appear in its pages. The purpose of the HEALTH BEAT newsletter is to serve college students and related professionals with health-related information, which may help understand a diagnosis or treatment, yet it cannot serve as a replacement for the services of a licensed health care practitioner. The information and opinions presented in the HEALTH BEAT newsletter reflect the view of the authors.