



HEALTH BEAT

Welcome to the Health Resource Center

by Njordia Gonzalez

The Health Resource Center (HRC), located within the Student Health Services building in Room 268, offers a variety of programs to assist students with the education and support they need to live healthy lifestyles. At the HRC, we encourage students who are interested in maintaining good physical, mental and social health, to come in and take advantage of the services being offered. For this reason, we design programs that are free, confidential, and available for both men and women to attend. At the HRC, we like to encourage students to bring in their significant other, friends and acquaintances to partake in our programs. The following is a list of programs currently being offered at the HRC.

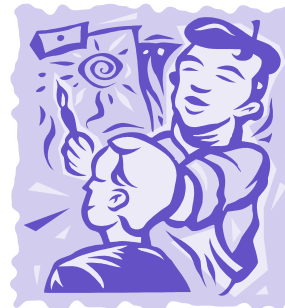
Sexual Health Awareness Workshop:

The Sexual Health Awareness Workshop (SHAW) is designed to inform students about the different methods of contraception control available to them as well as the prevention of spreading sexually transmitted diseases (STD). The workshop also provides an in-depth description of what takes place during a physical examination, which also includes a demonstration on how to perform breast and testicular self-examinations correctly on silicon models. Students are only

required to take this workshop if seeking birth control, although all students who are interested are welcomed to attend.

Men's Health Clinic:

The Men's Health Clinic goal is to encourage men to visit a physician on a yearly basis. Men do not visit the doctor as often as women do. When men do visit the doctor, it is



usually when signs and symptoms occur and are at a developed stage, which can sometimes be too late to treat an infection or illness. Therefore, this program, which is designed for men, is to help them improve their health, mind, and physical well being. The HRC encourages men to take advantage of this special program established just for them. Therefore, for a limited time only, the first one hundred men to sign up get their multi-screening lab work waived (saving the student \$11.70).

Nutrition Counseling:

The purpose for the nutrition counseling program is to make information available to all students who are interested in improving their health by means of eating healthier, and by increasing their physical activity. This program is also available to assist those who may have eating disorders, vitamin and mineral deficiency disorders, and other nutrition-related health problems. Those interested are urged to walk-in and fill out the appropriate forms before making an appointment and speaking with a counselor.

HIV/ STD Testing and Counseling:

This particular program was established to offer students the option to get tested for the following diseases: HIV, chlamydia, gonorrhea and syphilis. Additionally, a trained counselor will discuss risk reduction behaviors. The appointment is approximately 20 minutes, which includes the drawing of blood and a urine screening. Results are received two weeks later with a HIV counselor. If you think you have put yourself at risk, then come in and get tested. Keep in mind it is free and confidential. Although there is no cure for HIV/AIDS, early detection and treatment can provide a longer, healthier life.

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Special points of interest:

- SHAW will be every Tuesday (10 am) and Wednesday (3 pm) starting September 10.
- HIV/STD testing will be held on the following dates between the hours of 1-5 pm:

September 5

September 12

October 3

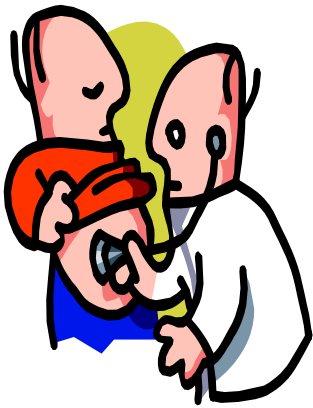
October 10

November 7

December 5

An Interview with a Nurse Practitioner

By Martin Mach



Currently, the profession of nurse practitioner is in great demand throughout the United States and will continue to be a highly sought and well-paid position for many years to come. But, what is a nurse practitioner? What does a nurse practitioner do? How is it different from being a registered nurse (RN)? These and other questions were presented to Deborah Chow, RN, MSN, FNP—the Student Health Services' newest nurse practitioner.

Typically, a nurse practitioner is a registered nurse with a master's degree in nursing or has a certificate and advanced clinical training, whereas, an RN requires a bachelor's degree. Nurse practitioners are trained to promote health and prevent disease via teaching people to stay healthy and by treating them for their illnesses or diseases. There are many specialties for a nurse practitioner including: psychiatric/mental health, family, pediatric, critical care/trauma, gerontological, cardiovascular, oncology, women's health, community health, and

occupational/environmental health. Nurse practitioners perform many things a nurse does such as taking health histories and health assessments to teaching clients health principles. However, nurse practitioners can do more; they can prescribe drugs with a written agreement from a physician in most states, open up their own clinics in some states, and perform physical examinations. Mrs. Chow points out that as a nurse practitioner, she has more flexibility as well as responsibility with her patients. Additionally, nurse practitioners are nursing leaders that work to meet health care needs in the areas of nursing education, administration, advanced clinical practice, and research. Some nurse practitioners are deans of major schools of nursing or executive officers of large health facilities. Still others work as clinical specialists and consultants in settings ranging from rural clinics and nursing homes to government agencies to urban medical centers.

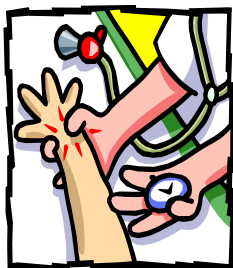
I asked Mrs. Chow what she thinks are the three most im-

portant factors in doing well in graduate school and to become a successful nurse practitioner. First, Mrs. Chow pointed out that one needs to behave professionally—knowing how to organize one's time and maintain one's focus. It is a matter of knowing one's own weaknesses and improving on them, an invaluable skill in any profession. Second, subscribe to nursing and/or medical journals. Nursing journals often have advertisements for job openings in hospitals, schools, clinics, and nursing homes. Mrs. Chow believes that these reading materials help broaden her knowledge base, improve her expertise, and keep her up-to-date with medical advancements. Third, the old saying, "if you want something done right you have to do it yourself" applies here. Nursing students interested in becoming successful professionals need to be independent, dedicated and diligent in school.

"Nurse practitioners are trained to promote health and prevent disease via teaching people to stay healthy and by treating them for their illnesses or diseases."

Welcome to the Health Resource Center

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Nurses help out in a variety of medical situations

Volunteer/Internship:

The HRC is always looking for students who are independent, responsible, and enthusiastic about working. Our HRC team consists of students with various majors. We are looking for students who work well with others, who are creative, enjoy writing, and those who are willing to learn new things. At

the HRC, we produce and distribute a newsletter called *Health Beat*, just like the one you're currently reading, which is put together by students every month. When volunteering at the HRC, there is the possibility of eventually getting hired!

With all the programs offered here at the Health Resource

Center, there is no reason to not come by and take advantage of them. To make an appointment, or learn more about these services call 562/985-4609, or visit us on our website at www.csulb.edu/centers/shc/hrc.

What's New at Student Health Services?

By Michelle Biba

Clinics at the University Student Union

After talking with the Coordinator of Budget and Operations for the Student Health Center, Victor Cannon, I was informed of a few upcoming events in store for students this semester. So far, this semester the Student Health Services will be putting on two Meningitis Outreach Clinics, which will be held in the University Student Union ballrooms. The first clinic will be on **Friday, September 27 from 10am to 2pm**. The second clinic will be on **Thursday, November 7 from 9am to 3pm**. On this day students may also receive a **flu shot for \$18**. Meningitis shots will be \$85. Students may use cash/check/Visa/MasterCard to pay for these shots.

After a few incidents on campus last year, the university is taking precautions by having these clinics open to students who are interested in receiving the shot. Why should college students be concerned about meningitis? This disease attacks the brain and spinal cord, or meningococemia, a presence of bacteria in the blood. This can result in hearing loss,

learning disability, permanent brain damage, organ failure, loss of limbs or death.¹ How is meningitis spread? Meningitis is transmitted through air droplets and direct contact with infected persons. It usually occurs in late winter and early spring, which is the time when most college students are away at school.¹ According to studies by the CDC, college freshmen living in the residence halls are at the highest risk.² They are at a slightly higher risk in obtaining the disease because of their lifestyle factors, which include using alcohol, drugs, smoking and irregular sleep patterns.

Party without Regrets

The Student Health Services has a new ATOD (Alcohol, Tobacco and Other Drugs) coordinator, Annette Padilla, who will spearhead existing ATOD programs. With a master's degree in Public Health from San Diego State University and experience working with CSU college campuses, she is an asset to the Student Health Services. She will be working with students who violate our alcohol and drug university policies.

She will also support the ATOD Advisory Council, which is the umbrella group for the three committees:

- policy/assessment
- education and marketing
- intervention and treatment

Currently, she is evaluating CSULB data and cutting edge strategies with the student organizations on campus (e.g., fraternities and sororities). Those who are interested in working with Annette can stop by her office in Room 122 and inquire about becoming a peer health educator. Currently, she is looking for students who live in the residence halls, are involved with fraternities and sororities, and health science and journalism majors. Although, all students are welcome to apply.

References:

1. Meningitis Foundation of America
<http://www.musa.org>
2. Center for Disease Control
<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr4907a2.htm>



What's MMR?

Did you know that immunization requirements are very important when starting your college education? Now, you may ask, "What does immunization requirements have to do with my enrollment here at CSULB or at any other college or university?" If you do not clear your immunization requirements, a registra-

tion hold may be placed on future registration access. All new enrollees must provide documentation that proves immunization against measles, mumps, rubella (MMR), and also Hepatitis B. It is very important that all new students born after January 1, 1957 be vaccinated against MMR. However, those students that are 18 or younger

on the first scheduled day of class, vaccination against MMR and Hepatitis B are also a requirement.

Immunizations against MMR and Hepatitis B protect you from serious health risks. Measles is an acute, highly communicable viral disease. Symptoms include low-grade
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"The SHS offer one free MMR immunization."

"It is very important that all new students born after January 1, 1957 be vaccinated against measles, mumps and rubella (MMR)."

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HEALTH RESOURCE CENTER PROGRAMS

SHAW

Sexual Health Awareness Workshop helps enhance your knowledge of contraception, STDs, breast and testicular self-examination

HIV Testing & Counseling

Free and confidential

Nutrition Counseling

Individual counseling to meet your nutritional needs.

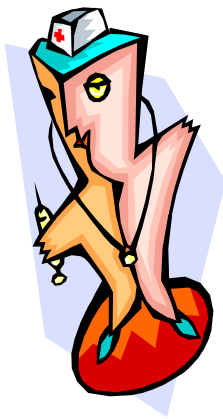
Outreach Presentations

Presentations on alcohol, tobacco, drugs, STDs, 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.

What's MMR?



fever, dry cough, pinkeye, cold symptoms, red rash on the face and body, and white spots on the mouth. Measles is frequently complicated by middle ear infection or diarrhea.¹ Mumps is an acute viral disease. Symptoms include fever, sore throat, fatigue, and puffiness of the cheeks. The potential serious of mumps can be meningitis, testicular and ovarian inflammation, diabetes, deafness and death.² Rubella is caused by a virus that is spread from person to person when an infected person coughs or sneezes. Symptoms of rubella may include a rash, slight fever, aching joints, headaches, discomfort, runny nose and reddened eyes.³ Measles, mumps and rubella are both childhood diseases with potentially serious health effects if preventa-

tive measures are taken lightly. Hepatitis B is a serious disease caused by a virus that attacks the liver, causing lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death.⁴

There are various ways that students can meet the MMR and Hepatitis B requirements by providing a copy of the following documents to the Student Health Services: medical records, school records, or public health records showing dates of shots given, blood tests showing immunity, and/or medical and personal religious exemptions. For those that don't have documentation regarding the MMR and Hepatitis B, you can get your immunizations at the Student Health Services

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(SHS) at a low or no cost. The SHS offers one free MMR immunization. As for Hepatitis B, the cost is \$35 per shot (a series of 3 shots over a 4-6 months period to complete full immunization). Thus, being immunized for the MMR and Hepatitis B will ensure you a healthy start here at CSULB.

References:

1. <http://www.cdc.gov/travel/diseases/measles.html>
2. "Mumps" <http://www.cdc.gov/nip/publications/pink/mumps>
3. "Facts About Rubella For Adults: <http://www.nfid.org/factsheets/rubellaadult.html>
4. "Viral Hepatitis B" <http://www.cdc.gov/ncidod/diseases/hepatitis/b/>