

Health Beat

Volume 6, Issue 1

"DOCTOR, PLEASE TELL ME WHAT I'VE GOT!"

Linda Pena

Inside this issue:

<i>Doctor, Please Tell Me What I've Got</i>	1,2
<i>A Pharmacy Just For Us!</i>	1,3
<i>Immunization 101</i>	3,4
<i>What is TB Test?</i>	4



CSULB students' lives are active and it is imperative they maintain good health. Commonly, students visit the Student Health Services (SHS) only when they feel 'under the weather' and are asking, "Hey doctor, what have I got?" SHS professionals are dedicated sleuths looking for the student's health culprit. In order to properly discover and treat the ailment, the SHS may need to administer specific and pertinent diagnostic tests. Fortunately this testing is performed by the SHS Clinical Laboratory, au-

thorized by the State of California to conduct specimen testing in the following areas: Bacteriology, Diagnostic Immunology, Hematology, and Urinalysis.

Often a student visits the SHS complaining of high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Quite probably a SHS clinician would order the clinical lab to administer the Beta Strep Screen or Rapid Strep Test. These tests would detect the presence of the Group-A

Streptococci bacteria indicating strep throat. Another student might come in experiencing a severe and painful earache and would be given an ear culture bacteria test. Additionally, the SHS clinical lab offers the Antimicrobial Disc Susceptibility Test. This is a highly developed process that enables clinicians the ability to determine and quickly prescribe the correct medication for treatment.

The SHS Clinical Laboratory is equipped to perform many other forms of

Continued on Page 2

A Pharmacy Just For Us!

Arianne Stamps

Free HIV and STD Testing

9:00 a.m.—1:00 p.m.

September 9

September 16

September 30

October 7

October 14

Every semester that you register for classes, there is an automatic health fee of \$35 that you have to pay. This fee doesn't just allow you to see a doctor in Student Health Services (SHS). It grants you eligibility to use SHS Pharmacy, conveniently located in the SHS Building.

The pharmacy not only fills prescriptions, but also sells over-the-counter goods that you would find in a local drug store like antihistamines, condoms, vita-

mins even contact lenses and chap stick. Unlike a local drug store though, the SHS Pharmacy has a contract with the state of California that allows them to sell prescription drugs and over-the-counter goods for a tremendous discount.

For example, say you have a cold. To buy a bottle of Robitussin DM at a drug store you will end up paying at least \$10 dollars. But for the same kind of medication at the pharmacy you will only

end up spending about \$1 dollar.

Currently enrolled students can utilize the pharmacy's services, whether you have health insurance or not. Although there is a somewhat limited amount of types of prescription drugs that are carried, the pharmacy is always willing and open to suggestions of what they should carry to meet the needs of the students. Another slight limitation of the pharmacy is that

Continued on Page 3

Continues from page 1 ...

"DOCTOR, PLEASE TELL ME WHAT I'VE GOT!"



bacterial testing for conditions such as conjunctivitis of the eye, urinary and vaginal infections caused by Group-B Streptococci, and other bacteria causing some STDs such as chlamydia, PID and gonorrhea. If a student wishes to be tested specifically for chlamydia they would be given a DNA probe or for gonorrhea, a urine test by amplification. Sometimes these same infections can be detected by a general bacterial test of the genitals (vaginal, penile, cervical) or a GC Screen. A female student might find it necessary to take a pregnancy test. The clinical lab offers several urine pregnancy tests. One test determines a qualitative yes or no for the condition, while the other can de-

termine the exact length of time (quantitative) she has been pregnant.

For students with symptoms of asthma or allergies, the clinician will order a nasal smear for eosinophils, a type of white blood cell. Eosinophils can be a very important indicator for a student's health condition. This procedure computes the number of eosinophils in the student's blood. An abnormally high or low count could indicate asthma, allergic diseases or even the presence of a parasite, such as worms. In addition, SHS staff can order a mono screen to detect mononucleosis or a urine test to determine the presence of bilirubin indicating anemia, hepatitis, cirrhosis or toxic

liver damage. For other students it may be necessary to run a glucose by monitor test to determine early onset diabetes or leukemia.

The Clinical Laboratory prides itself on aiding clinicians to make the correct diagnosis, allowing students to efficiently receive the proper course of remedy. It is both the goal of the Student Health Services and the Clinical Laboratory to effectively care for all students so they may resume their university education in good health.

"The SHS Clinical Laboratory is equipped to perform many tests"



Laboratory and Exam Prices	
(Listed in article)	
Bacteriology	
Antimicrobial Disc Susceptibility Testing	Free
Cultures:	
Beta Strep Screen	Free
Rapid Strep Test	Free
Ear	Free
Eye	Free
Genital	Free
GC Screen (gonorrhea)	Free
Urine	Free
Hematology	
Mono Screen	Free
Nasal smear for Eosinophils	Free
Urinalysis	
Bilirubin in urine	Free
Glucose by monitor	
Free	
Chlamydia by DNA probe	\$12.30
By amplification (urine)	\$17.20
Gonorrhea in-house lab test	Free
By amplification (urine)	\$17.20
Pregnancy	
By blood (qualitative yes or no)	\$11.80
By blood (quantitative)	\$17.20
By urine (qualitative)	Free

Continues from Page 1...

Pharmacy just for us!

they cannot fill prescriptions written outside of Student Health Services. But you can get around this by seeing a SHS physician or nurse practitioner and, if possible, obtain a rewrite of the outside prescription.

Once a prescription is written by a SHS physician or nurse practitioner, it is sent electronically to the pharmacy. All you have to do is

obtain a slip from the pharmacist stating the amount due, bring the slip to the cashier in front and pay, and bring it back to the pharmacist to receive your prescription. How convenient is that! Prescriptions are valid for one year.

If you receive a prescription from the SHS, you are in no way obligated to have it filled in the SHS Pharmacy – they are valid at out-

side pharmacies. But with the convenience of being on campus and the great discounted prices, why even bother going anywhere else!

Pharmacy Hours:
M, Tu, Th 8:30AM-6:00PM
(Closed 12:30PM-1:30PM for lunch)
W 10:00AM-7:00PM (Closed 1:30PM-2:30PM for lunch)
F 8:30AM – 12:00PM



The 411 on Immunization

Does Hepatitis B and MMR mean anything to you? If you are a 49er, hopefully it does because in order to attend CSULB you should be immunized for them by the first day of school. If you are 18 and younger it is required that you are immunized for Hepatitis B along with Measles and Rubella. If you're living in the dormitories, it is also highly recommended that you are immunized for meningitis as well. If you are 19 or older you should be immunized for Measles and Rubella. Failure to complete these required immunizations can lead to a hold on your registration. So what exactly are Hepatitis, MMR and Meningitis?

Hepatitis has several different variations – A, B, C, D and E, all of which can seriously affect the liver. Some can also be fatal. In the United States, you mostly have to protect yourself against Hepatitis A, B and C. Hepatitis D and E are generally found in developing na-

tions. Currently, there is no vaccination against Hepatitis C, but there are preventative vaccines against Hepatitis A and B. Besides from vaccination, other preventative measures you can take against Hepatitis are steps like washing your hands, not engaging in unprotected sex, not sharing razors, washcloths, or toothbrushes.

MMR is a vaccination that stands for Measles, Mumps and Rubella (also known as “German Measles”). CSULB students are only required to be vaccinated against measles and rubella, not mumps. Both measles and rubella are viral infections that lead to a respiratory disease. Being that students are constantly in close contact with each other during class and social activities, it is very necessary to be vaccinated because MMR, especially measles, are very contagious even before an infected individual shows outward signs of symptoms. An infected individual can transmit these vi-

ruses to other people by simply coughing and sneezing.

Another immunization that college students should look into, especially those living in the dormitories, is Meningitis. This can be either a bacterial or viral infection, with bacterial meningitis being the more serious of the two and can lead to brain damage. It can be spread by kissing an infected person or living in close proximity to them and coming into contact with their “respiratory and throat secretions” according to the CDC.

Fortunately, you don't have to go far at all to get vaccinated against these dreadful, yet preventable conditions. SHS holds an immunization clinic every Monday and Tuesday from 8:30AM to 10:30AM for Measles, Rubella and Hepatitis B at a discounted rate. They also hold immunization clinics throughout the semester on for Meningitis and Flu vaccination to students also at a discounted rate.

Arianne Stamps

For more information about immunizations, you can contact SHS during their business hours by phone at:

(562) 985-4771 or

(562) 985-5411

Visit the SHS website at

www.csulb.edu/shs



Measles, Rubella, and Hepatitis B are required for all new students

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

Health Resource Center Programs
Sexual Health Awareness Workshop
Nutrition Counseling
HIV/STD Testing and Counseling
Personalized Health Education Information

The Health Resource Center's mission is to provide education and support to students in order to facilitate the ongoing development of healthy lifestyles. As an integral part of the Student Health Services, our purpose is to offer and refer to a comprehensive range of health education services and programs. We utilize various ideas, research methodologies, and needs assessment tools, which integrate into health education for the college population.

WWW.CSULB.EDU/HRC

Attention Females

You may be eligible to take part in a Herpes vaccine research study if you are:
Ages 18-30
Healthy
Not pregnant or planning a pregnancy in the next 20 months
Do not have oral or genital herpes

For participation information please call 562/985-4874 or visit the Student Health Center today!

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Editorial Policies

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.

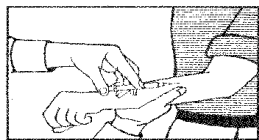
What is TB Testing???

Yumi Lee

Tuberculosis (TB) is a disease that is spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. People with TB infection may not feel sick and do not have any symptoms. However, they may develop TB disease at some time in the future.

The tuberculin skin test, usually known as a TB test, can show if the person has ever been "exposed" to TB. There are several kinds of tuberculin skin tests. The most reliable test is called the Mantoux PPD.

A small amount of a harmless substance called PPD Tuberculin is placed just under the top layer of the skin on a person's arm with a very small needle and syringe. The needle will only feel like a slight pin prick, it



is not a shot. A new, disposable, sterile syringe with needle is used for each test.

According to Daniel Speller, a Clinical Aid at the Student Health Services (SHS), a TB test costs \$2.00 and is given every Monday and Tuesday from 8:30 a.m. to 10:30 a.m. at the SHS. The TB test includes injection, screening, and x-ray if necessary. A person needs to return within 72 hours to show a clinical staff the reaction. A chest x-ray will be required for a person who has a positive reaction and it will take 5-10 minutes. A TB skin test is not necessary for someone who had a positive result in the past, and it is not recommended for a person who had any vaccination within 30 days. You can contact the SHS for further information about TB tests at (562) 985-4771. The Long Beach Health Department

also offers the services, but the cost of injection is \$14.00. Please call for more information at (562) 570-4000.

Side effects are uncommon from the Mantoux PPD skin test. However, a person who has been exposed to TB germs may occasionally have a sizable reaction, which may cause the arm to swell and may cause some discomfort. This swelling should disappear in about two weeks.

Resources:

1. Columbia University Medical Informatics Resources: <http://www.cpmc.columbia.edu/resources/tbcpp/skintest.html> Retrieved on 8/24/04.
2. Center for Disease Control