

## Are You Happy With Your Health Continued...

### REMEMBER

- It is important to fill out and return a Nutrition Counseling Intake Form before you can make an appointment. The importance of a 48-hour notice is to give the counselor time to prepare and gather materials.
- Nutrition Counseling is free for all CSULB students
- The Health Resource Center also offers free Body Fat Measurements. To make an appointment

call, (562) 985-4609.

- For more information, visit the Health Resource Center online at [http://www.csulb.edu/divisions/students2/hrc/Programs/Nutrition\\_Counseling/](http://www.csulb.edu/divisions/students2/hrc/Programs/Nutrition_Counseling/) or call (562) 985-4609.

1. Dryden, Jim. "Study finds most students gain weight during early college years poor eating habits, lack of exercise common." Retrieved 2/13/07, from: <http://mednews.wustl.edu/tips/page/normal/569.html>

## Sex Is Important Continued...

If your answer is "yes" to any of the following questions, consider attending SHAW:

Have you...

- been unsure about how STIs are contracted?
- wanted to talk with your partner about sex, but didn't know how?
- felt unsure about the proper way to use a condom?
- wanted to know more about contraceptive methods?

Get sexually smart, call the HRC to make an appointment.

1. Butler, P. A. (2004). *Sexual health-a new focus for WHO*. Geneva, Switzerland: World Health Organization.
2. Centers for Disease Control and Prevention (2004). *STDs and HIV*. Retrieved 1/22/07 from [www.cdc.gov/nchstp/dstd/disease\\_info.htm#stats](http://www.cdc.gov/nchstp/dstd/disease_info.htm#stats).

## Kicking The Bad Habit Continued...

It is difficult to quit when you do not have a plan. It is the hope of the SHS that students will use this program to help them beat the habit. Choosing to not smoke is a huge positive step, but sometimes one can feel alone in their effort, or it seems tough to keep up their resolve. With the QUIT NOW program, qualified staff will check on your status after you leave our offices and with the hotline provided, there is 24/7 counseling support just a dial away. Fellow students, if you are like me and

are discouraged by past attempts, let the SHS and the ATOD program help by providing you with a supportive, successful plan that can make smoking a thing of your past.

1. Nop Ratanasiripong. Personal Communication.
2. Centers for Disease Control and Prevention. *Cigarette smoking among adults—United States, 1995*. MMWR Morbidity Mortality Weekly Rep. 1997.

### CSULB Division of Student Services, Student Health Services, Health Resource Center

1250 Bellflower Blvd., Room 268, Long Beach, California 90840  
Ph: 562.985.4609 Fx: 562.985.8404 URL: [www.csulb.edu/hrc](http://www.csulb.edu/hrc) Email: [hrc@csulb.edu](mailto:hrc@csulb.edu)

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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 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 views of the authors.

# HEALTH BEAT

CSULB Division of Student Services, Student Health Services, Health Resource Center – Rm. 268

Volume 8, Issue 4

## Providing Student Care Without Judgment

By Ben Cabangun

Wondering what's new  
with SHS?

We've got your answers  
right here!



### Health Beat Contributors

#### Publisher:

Renee Twigg, P.H.N., M.S.

#### Editor-in-Chief:

Linda Peña

#### Editors:

Heidi Burkey, M.P.H., C.H.E.S.  
Ralph Davis, M.S.  
Christina Goldpaint  
Jennifer Layno  
Nop Ratanasiripong, R.N.,  
M.S.N., C.C.R.C

#### Writers:

Melissa Attia  
Ben Cabangun  
Antonya Jackson  
Ryan Tong

#### Design/Layout:

Arienne Stamps

Many students dread a day at the doctor's office. Long waiting times, crowded waiting rooms, and discussing health concerns with an unfamiliar face can be an uncomfortable experience for students on campus. Dr. Michael Carbuto is among the dedicated Student Health Services clinicians that works toward decreasing these anxieties. He has practiced in college health for thirteen years. Formerly a clinician at the University of Southern California, Dr. Carbuto joined the clinical staff at CSULB five years ago. Today, he is currently the Associate Director of Student Health Services, and Chief of the Medical Staff. He exclaims, "I love working with the student population. The students and staff here are vibrant, motivated, open, honest, and forthcoming." He went on to compliment the energetic campus atmosphere at Long Beach. "I can't imagine working in any other type of medicine than student health."

In his critique of Student Health Services (SHS), Dr. Carbuto was quick to acknowledge the qualities of his staff. The doctor states, "The dedicated staff and clinicians here at Student Health Services do an incredible job. The SHS Director, Renee Twigg, has guided this clinic to be a highly regarded health care center amongst the CSU system. Because our clinical records procedure is completely electronic, we are far ahead of most other campus health centers with keeping student's medical information current and accurate. We are a leader in healthcare for the CSU system." With a dedicated staff that chooses to be here, Dr. Carbuto explains, "students can be ensured that the staff is interested in each

student. The care provided supports a big role in the wellness of our campus."

Dr. Carbuto not only brings years of expertise in his field, but he also believes his open mind, optimism, and non-judgmental outlook are his strengths as a practitioner. He also noted his presence as a queer clinician, and eagerness to provide a safe space for queer students with LGBT health issues. With these positive attitudes, he is able to reach out and help people from all walks of life. He states, "I offer advice without judgment. If you smoke ten packs a day or drink thirty times a week, I will give you advice to improve your health, but I will never judge you. The same goes for sexual practices." His non-judgmental attitude is important, as many students on campus are hesitant to take advantage of clinic services in fear of being judged for their behaviors.

As a Doctor of Osteopathic medicine, Dr. Carbuto offers an alternative for pre-professional students. "Many pre-med/pre-professional students don't even know what an osteopath is. A majority of students go strictly to M.D. programs, but if they come talk to me, I hope to expand their horizons and encourage them to consider the twenty D.O. programs in the nation."

For the future, Dr. Carbuto continues to find ways in which to improve care, increase clinician awareness of current health issues, and formulate programs to meet the needs of our campus. With his experience, motivation, compassion, enthusiasm, and faith in the clinical staff, CSULB students are guaranteed quality care at Student Health Services. ■

## Are You Happy With Your Health?

By Antonya Jackson

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Some CSULB students discover that their diet plays a major role in good health. Because of their food choices, students begin to suffer symptoms of ill health. And even though they are unhappy about their health, they find themselves incapable or unknowledgeable about making healthier diet choices. The truth is, college students may eat poorly because of stress and just not finding enough time in a day to sit down and eat healthy.<sup>1</sup> With all of the fast food establishments on campus, they often settle for less. Also, they justify that healthy food is more expensive and with their budgets, they cannot afford to eat wisely. No wonder students are unhappy.

Fortunately, the Health Resource Center, which is located in

the Student Health Services, offers a convenient program called Peer Nutrition Counseling. The Peer Nutrition Counseling program is available Monday through Friday. In order to participate in this program, an interested student must follow two steps; the first is to fill out an intake form. This simple step requires students to answer a few questions, which will help nutrition counselors customize a plan to fit the student's needs. Students wanting help with losing or gaining weight, eating healthy, or becoming a vegetarian are welcomed. It is important to remember that each student's goals are different, and all counselors are skilled in offering dietary choices best for each individual. The second step is making an appointment. Every nutrition

counselor has a different schedule, so scheduling a time that is convenient will not be a problem.

Appointments are one hour long and the counselors are upper division undergraduate level nutrition and dietetic students from the Family and Consumer Science's Dietetics program. Within this hour, students will talk to a peer nutrition counselor about any dietary concerns, ask questions and go over the individual plans that the counselor has made for them. Students are encouraged to make follow-up appointments with the nutrition counselor to check in later about how their new dietary plan is going.

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## Sexual Assault: What To Do @ *The Beach*

By Melissa Attia

Last semester's sexual assaults on campus were alarming. Students should become informed about what sexual assault is, and what to do if you have been assaulted. CSULB has many resources available for survivors, and information to help educate and empower students about this type of violence.

In the State of California, universities are required, as mandated in Assembly Bill 1088, to offer resources to sexual assault survivors and provide information regarding assaults on campus and off-campus grounds maintained by the institution (AB 1088).

CSULB's Counseling and Psychological Services (CAPS) offers crisis counseling and refers students to off-campus support agencies. The Women's Resource Center offers

educational materials and resources, as well as peer counseling for students.

The CSULB Campus Police can also be of assistance to students. Please call 9-1-1 from any campus phone or (562) 985-4101. Their website provides detailed information about what to do after an assault and they are participants in the Sexual Assault Response Team (SART) as well as Student Health Services (SHS). SHS phone number is (562) 9856-2727.

### What to do if you are sexually assaulted:

- Find a safe place, away from your attacker. Ask a trusted friend to stay with you. Remember, it is not your fault.
- Preserve evidence of the attack. Do not bathe or brush your teeth. Do

not wash or get rid of the clothing you were wearing during the attack. Write down as many specific details as you can recall.

- Report the assault to the police. A counselor can help you through this process.
- Seek medical attention. Even if you don't think you are injured, it is important to test for sexually transmitted infections (STIs) and pregnancy. Ask the hospital to conduct a rape kit exam and, if you think that you have been drugged, collect a urine sample for analysis by a lab.
- Call the National Sexual Assault Hotline at 1-800-656-4673. They provide free 24-hour, 7 days a week, confidential counseling.
- This hotline is operated by RAINN, the Rape, Abuse, and Incest National Network.

## Sex Is Important And Your Health Should Be Too

By Melissa Attia

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Have you ever had questions regarding your sexual health? Are you considering birth control options, but are not sure where to get information? The Health Resource Center (HRC) offers answers by providing the Sexual Health Awareness Workshop (SHAW). SHAW presents sexual health topics such as sexually transmitted infections (STIs), birth control methods, breast self-exams/testicular self-exams, and tips on how to talk to your partner about sex. It's free, and available to CSULB students two days a week, Tuesdays from 10:00am-12:00pm and Thursdays from 3:30pm-5:30pm.

Sexual health may be a term you have never heard before and/or never considered to be of great im-

portance. However, it is crucial and encompasses various health issues that can greatly impact a student's life at many levels. The World Health Organization defines sexual health as:

"... a state of physical, emotional, mental and social well being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence."<sup>1</sup>

Did you know that two-thirds of all STI infections occur in people 25 years of age or younger, and some STIs are incurable, such as HPV and HIV?<sup>2</sup> If you fall into this age category and are sexually active, it is important to learn the facts. With statistics like these, do not place your sexual health at risk.

The purpose of SHAW goal is to provide accurate information about sexual health, which will enable students to make informed decisions and reduce the risk of unplanned pregnancy and STIs, including HIV/AIDS. The workshop also promotes responsible sexual behaviors and contraceptive use in a fun and safe environment.

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## Kicking The Bad Habit For Good

By Ryan Tong

So how many times have you attempted to quit smoking? Personally, I've seriously tried to quit FOUR times. The struggle to quit smoking resembles the "War on Drugs," no clear ending in sight. When I quit, I can stay off for a month or so, but when life hits me with finals or relationship problems, I pick up and use again. I know smoking is bad, and yet I continue to inhale and exhale or make excuses such as, "I'll quit when I graduate." Unfortunately, procrastination does not lead to quitting. There is a high probability I won't stop after graduating, and more than likely, could struggle until I finally resolve to completely stop.

Statistics paint a clear picture that reveals that smoking could be the end of you. Tobacco kills over 430,000 people each year. It is the leading avoidable cause of death

within our country. The medical costs of smoking are massive as well. On medical care alone, \$50,000,000,000 is spent on smokers. According to Nop Ratanasiripong, a nurse and coordinator of the Health Resource Center, smoking has also been linked to many diseases such as cancer, heart disease, stroke, and pulmonary disease.<sup>1</sup> "Epidemiologic data suggest that more than 70% of the 50 million smokers in the United States today have made at least one prior quit attempt, and approximately 46% try to quit each year. Among the 17 million adults who attempted cessation in 1991, only about 7% were still abstinent one year later. Most students (82%) who had ever smoked daily had tried to quit, but 3 in 4 were still smokers."<sup>2</sup>

At the CSULB Student Health Services (SHS), the Alcohol,

Tobacco and Other Drugs (ATOD) program will offer assistance to students to help them quit smoking. The program is called "QUIT NOW." In this program, students talk to a clinician and together, they assess what the goals are. The Health Resource Center and the ATOD program will provide a QUIT NOW package that offers resources for students interested in quitting. Also included are educational tools, such as a customized quitting plan, a free quit smoking 24-hour hotline, a fact sheet listing quit smoking benefits, and other off-campus resources. One great tool is the "quitnet.com" website. The website calculates how much money a student spends on this habit, as well as listing possible triggers that might lead one back to lighting up again.

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