

Health Handbook

University of Hawai'i at Mānoa

Welcome, UH Mānoa Student!



This handbook was created to help students maintain health and wellness at the University of Hawai‘i at Mānoa. It answers health-related questions frequently asked by college students. Although no book can take the place of professional attention from a healthcare provider, this handbook can help you maintain wellness and recognize minor health problems before they interfere with your college success. For overall health and wellness, we have also included some vital health tips at the beginning of this handbook.

The handbook itself is divided into several sections, and each section is arranged in alphabetical order. Please refer to the Table of Contents for an overview of all the information discussed in this guide. Each entry contains information to help you recognize a specific medical concern, includes prevention and treatment information, and offers guidelines about when to seek medical attention. Remember, this health handbook should not be used as a substitute for treatment of a serious medical condition. Health questions not covered by this booklet warrant a call to a healthcare provider. When in doubt, call the University Health Services at 956-8965. In a life-threatening situation you should always call 911.

To make the best use of your handbook keep it in a place where it can be easily reached for reference. Good luck to you this year, we hope that you stay happy and healthy!

Sincerely,

Lily Ning, MD

Director

University Health Services—UH Mānoa

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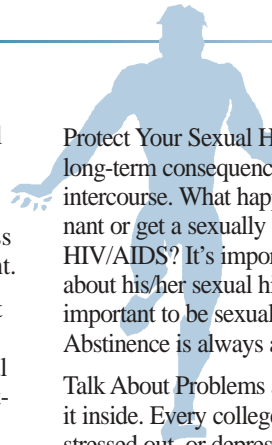
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The University of Hawai'i at Mānoa is an equal opportunity/affirmative action institution and is committed to a policy of nondiscrimination on the basis of race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, and veteran status. This policy covers admission and access to, and participation, treatment and employment in affirmative action policies and complaint procedures, contact:

Students: Alan Yang, Dean of Students, 956-3290 (V/T)
Employees: Mie Watanabe, EEO/AA Director, 956-7077 (V/T)
Disabled student services: Ann Ito, KOKUA Program Director, 956-7511 (V/T)

How to Stay Healthy



Get Enough Rest. Quality sleep is essential for replenishing energy reserves.

Eat Right. Proper nutrition can give your body the fuel it needs to deal with the stress that goes along with being a college student.

Exercise. It is important to exercise at least three times a week for at least 20 minutes. Regular exercise can help improve physical appearance, energy level, sleep, mental outlook, and confidence.

Learn to Manage Your Time and Reduce Stress. Avoid the procrastination trap. Start assignments early. Make time to relax each day, no matter how busy you are. Try meditation, watching the sunset, or just getting off campus and spending time outdoors.

Limit Use of Alcohol and Other Drugs. Think before you drink: Are you using alcohol as a way to fit in? Are you aware of the long-term effects of smoking cigarettes? Do alcohol or other drugs affect your ability to study or do well in school? Alcohol/drugs and driving make a deadly combination.

Wear Your Seatbelt When You Drive. Wear your helmet when you ride!

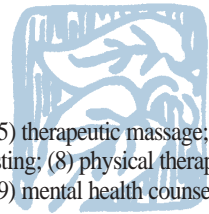
Protect Your Sexual Health. Think about the long-term consequences of unprotected sexual intercourse. What happens if you become pregnant or get a sexually transmitted disease like HIV/AIDS? It's important to talk to your partner about his/her sexual history. It's even more important to be sexually responsible to yourself. Abstinence is always an option.

Talk About Problems and Concerns. Don't keep it inside. Every college student feels lonely, stressed out, or depressed at times. Just talking about your feelings can help alleviate stress and frustration. Try to be a good listener for your friends, too. Active listening is a key to growth, respect, and understanding.

Assess Your Values and Beliefs. What is important to you in life? Examine how connected you feel to your inner self, to others, and to the rest of the world. Set goals for yourself and rejoice in your accomplishments.

Life Is Short, Get Involved! Take time to get involved within the campus community as well as off campus. Volunteer your time to worthy projects. You will find that getting involved in extracurricular activities is rewarding for yourself and the people whose lives you touch.

About the University Health Services



The University Health Services at Mānoa is conveniently located on campus and provides comprehensive, quality care. Our staff includes doctors, nurses, and specialized professionals. Confidentiality is stressed at the University of Hawai'i at Mānoa Health Services. Medical records are for patients' and physicians' use only.

The University of Hawai'i at Mānoa General Health Clinic provides: (1) general walk-in medical care for illness and injury; (2) physical examinations; (3) allergy shots; (4) immunizations; (5) medical lab services; (6) a pharmacy with prescription and non-prescription items at reasonable prices.

Specialty clinics offer additional services to meet other health needs. These include: (1) sports medicine; (2) travel medicine; (3) dermatology; (4)

nutritional counseling; (5) therapeutic massage; (6) orthopedics; (7) HIV testing; (8) physical therapy and rehabilitation; and (9) mental health counseling.

The Women's Health Clinic, another specialty clinic, provides: (1) physical exams for routine health maintenance or family planning; (2) STD testing and treatment; (3) birth control; and (4) pregnancy testing and referral.

The Health Education section of the University Health Services is staffed by health educators, with assistance from student volunteers, employees and practicum students. It offers a variety of education services including: (1) educational outreach programs; (2) resource library; (3) wellness programs; (4) HIV counseling; (5) peer education and training programs; and (6) a health assessment computer station.

The University Health Services at Mānoa, at 1710 East-West Road, is open Monday through Friday 7:45 a.m.–4:30 p.m. No appointments are necessary for the general medical clinic. Appointments are advised for specialty clinics.

The general phone number of the University Health Services is 956-8965
 Specialty Clinics and Women’s Health Clinic 956-6221
 Health Education Section 956-3574
 Check our website at <http://www2.hawaii.edu/shs/>

Fees at the University Health Services

The University Health Services charges discounted fees for services and also submits insurance billing for medical services. Your student health fee provides for subsidized health care and health education programs and campus wellness activities. Please bring your health insurance information with you when you visit the Health Services.

If you have health insurance:

- You will pay a \$5 co-payment for each medical visit.
- Physical exams and family planning services are charged a separate fee unless your insurance policy specifically covers these services.
- There are no charges for procedures and lab tests.
- Visits to the Sports Clinic or Dermatology will have the same co-payments as for other medical visits.
- You will be responsible for your medications and supplies. The Health Services provides these at discounted rates.

- Your insurance plan will send an “Explanation of Benefits” statement to the subscriber. This is not a bill.
- If your insurance plan does not reimburse the UHS for services rendered—i.e., if you belong to certain HMO plans—then you will be considered non-insured and charged according to a different co-payment schedule. If your insurance plan has an annual deductible, you will also be charged at the non-insured rates until the deductible amount has been met.

If you do not have health insurance:

- You will be expected to pay a visit fee. The amount varies from \$10 to \$15, depending on the complexity of the problem.
- You will be charged on a discounted scale for procedures and lab tests.
- Visits to the Sports Clinic or Dermatology are the same cost as other medical visits.
- Family planning services and physical exams have separate fee schedules from the medical visit fees.
- You will be responsible for your medications and supplies.

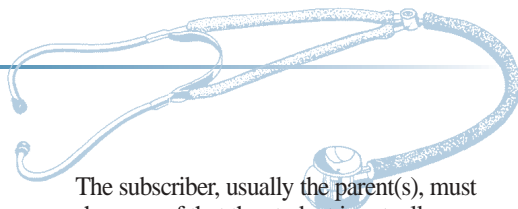
All co-payments are expected at the time of service. You will be sent a statement for any outstanding charges. A “hold” will be placed on your records for any unpaid balance over 30 days.

We strongly encourage you to subscribe to a health insurance plan. You may at any time need medical care beyond what could be provided at the University Health Services. Please ask our staff about available UH sponsored student plans.



From right to left starting with the top row: Dr. Foy Varner, Physician; Tiffany Fujimoto, Clerk/Typist; Timothy Miller, Laboratory Technologist; Dr. Ann Sakaguchi, Health Promotions Coordinator; Sue Myhre, Nurse Practitioner; Dr. Jennifer Frank, Physician; Andrew Fegan, Administrator; Don Waber, Pharmacist; Dr. Thomas Van, Physician; Brenda Trujillo, Nutritionist; Dr. Daphne Myers, Physician; Kristen Scholly, Health Education Coordinator; Beverly Sogi, Nurse; Joy Torii, Nurse; Joan Izumoto, Nurse; Jo-Ann Nakamura, Account Clerk; Wendy Saelua, Nurse. Not Pictured: Dr. Lily Ning, Medical Director; Dr. Andrew Nichols, Physician; Pat Okamoto, Medical Records Technician; Kathi Mitsuda, Secretary; Gene Machida, Pharmacist; Wilfred Ogomori, Pharmacist; Gwen Barros, Head Nurse.

Protecting Your Health



UH Enrollment Health Clearance Requirements

Hawai'i state law requires all students to comply with the tuberculosis clearance requirement. The only exception to this rule is for those who are attending non-credit courses lasting 15 days or less. In order to meet the requirement, you must have a tuberculin (PPD or Mantoux) skin test within the 12 months prior to enrollment. If the test is positive, a chest X-ray is needed.

UH also requires that all students have two doses of the MMR (mumps, measles, rubella) vaccine. If you are not sure whether you have had the disease or previous immunizations, you may get a blood test to confirm the presence of antibodies.

Individual colleges within UH may have other specific health clearance requirements.

Student Health Insurance

Medical insurance is a very important aspect of college life. Lack of adequate insurance coverage may interfere with your ability to complete your studies in the event of a major illness or accident. Medical costs can prove to be a burden even in the case of minor illness. The expense of medical insurance must be considered as part of the cost of daily living in the same way as housing, food, and transportation. It is also considered a legitimate cost of education for purposes of calculating financial aid at UH.

How To Obtain Health Insurance Coverage

1) For students who can have coverage through their parents' employee health plans:

Most Hawai'i employment-based health insurance plans will provide coverage for dependent children who are full-time students up to age 19, or age 25 in some plans.

The subscriber, usually the parent(s), must show proof that the student is actually enrolled in an academic institution for the specific periods of coverage. Please contact your insurance plan for specifics.

2) For students who wish to purchase their own health insurance coverage:

University of Hawai'i-endorsed student health insurance plans are available for regular registered students. There are two excellent plans with low premiums and optimal coverage terms. Information and application forms will be sent to you directly before the start of the semester. Application forms will also be available at the University Health Services.

3) For students who may qualify for the Hawai'i MedQUEST plan:

MedQUEST is a state health insurance plan for those who meet low-income criteria. Please contact the Department of Human Services, MedQUEST Division, 801 Dillingham Blvd., Honolulu, telephone 587-3500, for application forms and eligibility determination.

4) For out-of-state students and students who have non-Hawai'i insurance plans:

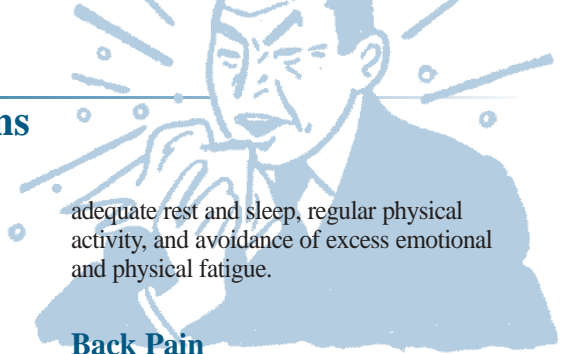
Please review carefully the terms of your health insurance coverage. Your insurance may not cover medical services performed away from your home location and/or designated medical facilities or providers.

EMERGENCIES

What to do in case of an emergency:

- 1) Keep calm.
- 2) Get help. Call 911 for ambulance. From campus phones, dial 66911 for Campus Security. Emergency phones around campus are marked by a blue light.
- 3) Stay with the injured or sick person until help arrives.

Common Health Problems



Allergy

An allergy is an individual abnormal reaction to different elements in the environment. Allergies can result from substances such as pollens, plants, animals, or chemicals, or things we ingest like medications or food, or environmental factors such as heat, cold, and sunlight. Emotions and stress may also be contributing factors to allergies. Although the most common symptoms of allergies are runny nose, sneezing, or rashes, various other symptoms such as hives, asthma, diarrhea, and vomiting may also be associated with allergies.

What To Do The most effective treatment for allergies is to avoid contact with the allergen. If that is not possible, medications such as antihistamines may be used to control the symptoms. In some cases, allergy shots can be effective to desensitize the body to the allergen. For more information on prevention and treatment of allergies, come in to University Health Services or contact your healthcare provider.

Asthma

Asthma is a chronic inflammatory disorder of the airways. It's associated with hyper-responsiveness, swelling, and narrowing of the airways. The symptoms of asthma include difficulty of breathing, whistling or wheezing sounds, and chronic cough. Asthma often runs in the family. There are also many people who have asthma symptoms only when they exercise, or when exposed to certain irritants, or when they have a respiratory infection.

What To Do If you know you are asthmatic, be sure to follow your doctor's prescribed treatment faithfully. Asthma can be very well controlled with the appropriate medications. If you have an acute attack despite regular medications, see a doctor. You may need additional treatments. If you develop symptoms you think might be asthma, see your doctor for an evaluation. It is important to have a nourishing, non-allergenic diet, a high intake of fluids,

adequate rest and sleep, regular physical activity, and avoidance of excess emotional and physical fatigue.

Back Pain

Back pain is a common complaint. The back is made up of bones, joints, and muscles. When one or more of these structures are overstressed or injured, it can result in back pain.

What To Do Here are some of the most important home treatments for the first few days of back injury: First, ice—10–15 minutes each hour. This limits swelling, reduces pain, and speeds healing. Second, rest—lie flat on your stomach with your arms at your sides and your head to one side. Some people find lying on their side with the legs bent a more comfortable position. Third, move—try short walks or stretching as long as it does not cause more pain. Fourth, try a pain reliever designed for inflammation, e.g., ibuprofen. If after two or three days there is no improvement, or if at any time pain and discomfort increase, or if there is numbness or weakness in the legs, seek medical attention.

The goal of self-care is to promote healing, relieve pain, and avoid re-injury. To avoid re-injury, the key is preventive care for your back. Eat healthy, maintain good posture, and stretch daily. Always use good body mechanics when lifting. Exercise regularly to strengthen your back and stomach muscles.

Bites and Stings

Hawai'i has many insects that might bite or sting. Bites or stings from spiders, mosquitoes, bees, or centipedes usually cause a localized reaction with swelling, redness, pain, or itching. In most people, the symptoms are annoying, but only last a short time. Some people, however, may have allergic reactions leading to anaphylactic shock and death. Symptoms include dizziness, chest tightness, wheezing, hives, and swelling of the tongue and face. There are also many marine species that can sting and cause local

or systemic reactions. These include jellyfish like Portuguese man-of-war, sea urchins (Vana), some corals, and sting rays.

What To Do An anaphylactic reaction is a medical emergency. Call 911 immediately. If you have a known allergy to insects, bees, or spiders, you should carry an emergency kit containing adrenaline. Ask your doctor for a prescription.

If a reaction is minor, remove the stinger if there is one visible; apply ice to the area to reduce local swelling; take an oral antihistamine such as Benadryl. Topical medication, such as Calamine lotion, hydrocortisone cream, local anesthetic cream, or Tiger Balm, may also help the itching. Scratching the area can cause further infection and should be avoided.

Jellyfish stings often cause burning pains. The preparations people apply to these stings include meat tenderizer, baking soda, alcohol, and green papaya. None is proven to be completely effective. One recommended method is to soak the affected body part in vinegar for 30 minutes, then carefully shave off the stingers. Remember not to wash the stung part in fresh water, which may cause the symptoms to worsen.

Sea urchin stings may be treated the same way. Soaking the affected part in very hot water for 30 to 60 minutes may help ease the pain. Sea urchin spines are very difficult to remove. If there are local or systemic reactions, see your physician.

Blood Pressure

Blood pressure is the force of the blood pulsating against the walls of your arteries during each heartbeat. The only way to know your blood pressure is to have it measured using a blood pressure cuff. The first or top number is the systolic pressure, which is the force of blood when the heart contracts. The second or bottom number is the diastolic pressure, which is the force of blood when the heart is in the resting phase. A normal blood pressure reading should be 140/90 or below. High blood pressure is a major risk factor in the development of heart disease and stroke.

What To Do Have your pressure taken at least once a year—more frequently if you have been told you have high blood pressure. See your physician for consultation and treatment.

Breast Cancer

Breast cancer affects both men and women of all ages. It is the most common type of cancer in women today. Although the incidence is highest in women over 50, younger women can also have breast cancer. Early detection can lead to effective treatment and cure. There are three things to do for early detection. 1) Do a self breast exam (SBE) once a month, 2) Have a health professional examine your breasts once a year, and 3) Begin having mammograms at age 40 or earlier if risk factors are present.

Women's breasts come in many shapes and sizes. The breast self exam is a simple technique that should be performed monthly to help you learn what is normal for you and recognize any changes. Most women's breast tissues have some lumps or thickening. When in doubt, seek medical advice. Free brochures on the proper technique of self breast exam are available at the University Health Services.

Bruises

Bruises are caused by ruptures of small blood vessels under the skin. In the great majority of cases, bruises are the result of injuries. People who take blood thinners, such as aspirin, or who have a clotting defect, bruise more easily than others.

What To Do During the first 48 hours after a bruise appears, ice the area every one to two hours to constrict blood vessels and reduce swelling. If possible, elevate the bruised part of the body. Bruises usually resolve themselves over several days. If any signs of infection develop, seek medical attention. Any head injury should be evaluated by a medical professional as soon as possible. Bruises to the eye area should also be evaluated, especially if double vision, severe pain, or inability to move the eye develops.

Chicken Pox

Chicken pox (Varicella) is a viral illness that is very contagious. After exposure, symptoms usually occur in 10–20 days. The chicken pox rash starts as red pimple-like spots that turn into clear blisters that become cloudy, then break open and crust over. The rash can be anywhere on the body and can vary from mildly uncomfortable to extremely itchy. There may be low-grade fever and general malaise for the first few days. Symptoms tend to be worse in adults than in children.

What To Do People with chicken pox should avoid transmitting the illness to others. The contagious period extends from two or three days before the rash appears until all lesions are crusted and dry. Avoid direct contact with other people. Do not go to public places, attend classes, or go to work. If symptoms are mild, Tylenol can be taken to relieve fever, and itching can be relieved with oral antihistamines or topical cortisone. In some cases, anti-viral medications may be prescribed.

If you have never had chicken pox, a vaccine is now available. You may get it at the University Health Services.

Choking

Choking is caused by a stuck object lodged in your windpipe. Someone who is choking is unable to talk, cough, or breathe.

What To Do The Heimlich Maneuver can be performed to remove the stuck object, but only by a person who has been trained in this procedure. Call 911 or seek emergency services if you are unable to dislodge the object or if the choking person loses consciousness. Even if the food has been dislodged, there could be abdominal or throat damage from the Heimlich Maneuver.

To prevent choking, take small bites, and chew your food thoroughly. Alcohol can also dull your senses and cause you not to chew your food properly or to try to swallow too large a portion of food.

Colds

The common cold is caused by a number of viruses. Symptoms may include a runny nose, red eyes, sneezing, sore throat, dry cough, headache, tiredness, and general body aches. A cold usually lasts about five to ten days. Colds are extremely common. The average person has one to two colds a year.

What To Do There is no cure for the common cold. Only time and your own immune resistance will get rid of the infection. You should get extra rest and drink plenty of fluids. Some medications may help reduce the symptoms—Tylenol for fever and aches; decongestants for runny nose; and cough preparations. Antibiotics do not work for the common cold. Overuse of antibiotics may also lead to development of resistant strains of bacteria.

Avoid spreading the illness to others. Use disposable tissues. Wash your hands frequently. Keep your hands away from your eyes, nose, and mouth, but remember to cover your mouth when you sneeze or cough. Call the doctor if you have a fever over 104° Fahrenheit or 39° centigrade, or if you have shaking chills, productive cough, colored/bloody sputum, labored shallow rapid breathing with shortness of breath, or chest pains.

Constipation

Constipation refers to difficulty in passing bowel movements. If your stools are soft and pass easily, you are not constipated. Bloating, cramping, and pain in the rectum may accompany constipation. Occasionally there may be nausea and vomiting. Bright red blood, caused by slight tearing, may be on the stool as it is pushed through. Lack of fiber and water are common causes. Other causes include travel and time change, lack of exercise, delaying using the toilet, medications, pain due to hemorrhoids, laxative overuse, and the reluctance to use toilets away from home.

What To Do Make sure you drink enough fluids, and have plenty of fiber in your diet. Fresh fruits and vegetables are the best sources of fiber. You may also take a fiber supplement

such as Metamucil. You should have regular exercise and establish a good bowel pattern. If your constipation is chronic or severe, or you have rectal bleeding, see your physician.

Cuts and Abrasions

Cuts and abrasions are common results of injuries. Most minor cuts and abrasions will heal within two weeks.

What To Do When you get a cut to the skin the first step is to stop the bleeding by applying direct pressure. Then determine whether or not stitches are needed. Bleeding from a minor cut will usually stop on its own or with a little direct pressure. Clean the cut with soap and water and bandage to prevent infection.

If bleeding is severe, have the injured person lie down and elevate the site that is bleeding. Apply direct pressure to the wound with a clean cloth or clean material. Apply steady continuous pressure. If the cloth becomes soaked with blood, do not remove, but apply a new cloth over the original one. Watch for signs of shock. If severe bleeding is not controlled within 15 minutes call 911 or get medical attention immediately.

An abrasion or scrape can seem like a minor problem, but it's important to clean the scrape well to avoid infection and scarring. Make sure you remove all dirt and debris from the scrape using a washcloth and soap and water. Apply a clean bandage after thoroughly cleaning the wound. An ice pack can also be applied to help reduce swelling around the abrasion.

Dental Problems

Dental problems are usually indicated by pain or discomfort in your teeth or gums.

What To Do To maintain a healthy mouth, it is important to follow some basic practices of good health, including eating a well balanced diet and avoiding foods with too much sugar: soft drinks and chewing gum with sugar, candy, and other sweets. Use a soft, multi-tufted toothbrush and dental floss to clean the buildup of plaque (colonies of microorganisms) from all tooth surfaces. Chronically bleeding gums (gingivitis or periodontitis) are sometimes accompanied by bad breath, so if you are experiencing this prob-

lem, it is important for you to see a dentist. It is recommended that you have your teeth cleaned every six to twelve months. The UH Mānoa Dental Hygiene Clinic in Hemenway Hall provides teeth cleaning services for \$25 to UH students, faculty, and staff. For more information regarding this service, call 956-8229.

Diarrhea

Diarrhea is defined as abnormal frequency of bowel movements and watery loose stools. It can be accompanied by cramps and nausea. Diarrhea is the body's natural defense to quickly clear out any viruses or bacteria. It can also occur with certain food intolerances.

What To Do Most cases of diarrhea clear up in a few days without any specific treatment. It is generally advisable to allow the bowel to rest by taking light, easily digestible foods. Make sure you take sufficient replacement fluids, which could be in the form of water, broth, weak tea, clear sodas, Gatorade, etc. Avoid milk products until all symptoms have resolved.

Do not take antidiarrheals for the first day since diarrhea is often self-limiting and may sometimes speed recovery of the underlying problem. If diarrhea is severe, occurs more than 6–8 times a day, or lasts more than three days, or if there is fever, severe abdominal pains, or blood in the stools, you should see a doctor.

Earaches

There are many causes of earaches or ear pain. The usual cause is an infection in the ear canal or middle ear. Sometimes pain from the throat, teeth, or neck may be felt as an earache. In Hawai'i, it is very common to see "Swimmer's Ear," which is an infection in the ear canal.

What To Do If you suspect an infection, you should seek medical attention. To help ease the pain until medical advice can be sought, apply heat to the ear and take a pain reliever, such as Tylenol.

If you swim regularly and have a recurrent problem with ear canal infections, try putting 2–3 drops of rubbing alcohol in each ear after

swimming, then dry the ear by using a hair dryer set on very low.

Ear Wax

Wax is a protective oily secretion by the ears to filter dust and keep the ears clean. Normally ear wax does not present a problem. Sometimes, the wax can build up and harden. If the whole ear canal is blocked there may be discomfort and muffled hearing.

What To Do It is not necessary to routinely clean inside the ear canals. Do not insert objects in your ears to clear ear wax. Inserting objects such as Q-tips may only make the problem worse, by pushing the wax further inside. Sharp objects such as bamboo ear scrapers or bobby pins may injure the canal or break the eardrum. Use warm mineral oil to help loosen the wax if it becomes impacted. Wash the wax out with an ear syringe and warm water. If this doesn't work, seek medical attention.

Eye Injuries

What To Do Any injury to the eye should be evaluated by a medical professional.

Fainting

Fainting is a brief form of unconsciousness, most often due to a sudden drop in blood flow to the brain. Emotional stress can be one cause of dizziness and fainting.

What To Do Help the person who is fainting to lie down. Observe any unusual symptoms such as seizures. Call for medical assistance.

If you faint and recover in a very short time without any subsequent symptoms, it is probably benign. If it happens often, or if there are other accompanying symptoms, such as fever, headache, or weakness, seek medical attention.

Fatigue

Fatigue is one of the most common complaints of college students. Frequently it's the feeling of being tired or exhausted, or a

lack of energy. A tired feeling that's relieved by a good night's sleep usually indicates that you are not getting enough rest. Often fatigue is an expression of stress, worry, or boredom. Chronic and/or severe fatigue may be caused by a medical problem or depression.

What To Do Regular exercise and enough sleep are the best defenses against fatigue. Other helpful habits are eating a well-balanced diet, learning to handle stress, and using your work time efficiently. If severe fatigue causes you to limit your usual activities for longer than two weeks despite appropriate self remedy, or if there are other physical and/or psychological symptoms, seek medical advice.

Fever

Fever is sign that your body is fighting an illness. The normal body temperature is 98.6 degrees Fahrenheit or 37 degrees Celsius. Although fevers may indicate an infection, slight elevations or variations in body temperature are usually not significant. Some illnesses such as the flu typically involve high fevers with headaches and body aches.

What To Do Drink plenty of liquids. You can take Tylenol or ibuprofen to reduce your temperature if it is causing discomfort. Do not take aspirin if you are under 20 years of age because of increased risk for Reye's Syndrome. Reye's Syndrome is extremely rare, but it is a dangerous reaction to the combination of viral infection and aspirin that can occur in children and young adults.

If your fever is accompanied by severe pain, nausea and vomiting, painful urination, stiff neck, shortness of breath, or cough and chest pain, seek the services of the University Health Services or other medical professional.

Flu

The flu, or influenza, is a highly contagious viral infection. It is often seasonal. People with the flu suffer from fever, chills, headache, cough, sore muscles, and a general feeling of weakness. The symptoms can last from a few

days to about two weeks. While flu symptoms are miserable, most people recover completely. A small percentage of people are at risk for serious complications such as pneumonia or heart failure. Elderly people and those with chronic illnesses are at particular risk.

What To Do There is no cure for the flu. If you get the flu, drink plenty of fluids and rest. Take Tylenol or ibuprofen for fever, body aches, and headaches. There are some antiviral prescription medications for the treatment of flu. Check with your doctor.

Flu can be prevented to a large extent by the flu vaccine. If you get a flu shot, you may still get colds and flu-like illnesses, but your symptoms would be much milder and you will have some protection against the serious complications. The viral strains that cause the flu change from year to year. Therefore, a new flu vaccine is needed annually.

It takes about two weeks after vaccination to develop antibodies. Those with severe allergies to eggs should not receive the flu vaccine. For more information about receiving your flu shot this year, please contact the University Health Services.

Headaches

The most common forms of headaches are tension and migraine. Headaches may also occur as a result of a head injury. Tension headaches or muscle-contraction headaches are the most common type. The pain is usually dull, and you may feel pressure or tightening around the head. The headache may occur in response to tension, fatigue, financial or academic problems, or emotional stress, such as final exams or conflicts in interpersonal relationships.

Migraine headaches may occur as a result of the dilation of arteries within the skull. Visual disturbances may occur before the onset of a migraine. This is often followed by a pounding on one side of the head and can also be accompanied by nausea, vomiting, dizziness, and diarrhea. Migraine headaches tend to run in families and may be triggered by outside events, such as stress, diet, fatigue, or menstruation.

What To Do For tension headaches, muscle relaxation techniques and mild analgesics, such as aspirin or a non-aspirin medication like Tylenol, are useful. The long-term cure for tension headaches is to identify the conflicts or emotional stress in your life, and then try to modify the stressful situation that is causing you to have headaches.

Some of the same relaxation exercises that work for tension headaches may also work for migraines. There are medications that may relieve or reduce the symptoms. There are also medications that can be used to prevent future attacks. Some migraines may be triggered by certain foods. Oral contraceptives have also been associated with migraines.

Headaches following a head injury or trauma require medical attention. Prompt medical evaluation should be sought if any of the following signs develop following a head injury: 1) reduction in the level of consciousness, 2) slurred speech and inability to carry on a simple conversation, 3) the pupils of the eyes do not react to light by constricting or are unequal in size, 4) loss of vision in one or both eyes, 5) loss of sensation and sudden or unwarranted behavior in any part of the body, 6) sudden vomiting, or 7) convulsions. Please contact your physician or the University Health Services for treatment immediately following a head injury.

Heat Exhaustion/Heat Stroke

In hot conditions, the body maintains normal temperature by sweating and evaporation of heat. Heat exhaustion can result when the body cannot sweat enough to cool off sufficiently. Dehydration compounds the problem. Signs of heat exhaustion include: moist, flushed skin, weakness, muscular cramps, dizziness, nausea, and headache.

Heat stroke is a more advanced problem that can occur when heat exhaustion goes untreated and sweating stops. The signs are cool, dry skin, mental confusion, and a very high internal temperature.

What To Do Prevention is the key: Avoid strenuous outdoor activity during the hottest part of the day; wear loose, light-colored clothing to reflect the sun; drink plenty of fluids.

Thirst is a late symptom and cannot be depended upon to judge the degree of dehydration. Get out of the sun to a shady and cool spot if symptoms arise. Heat stroke is an emergency—get medical help immediately.

Hemorrhoids

Hemorrhoids are inflammation and swelling of the veins around the anus. They can be internal or external. Symptoms include tenderness, pain, itching, and sometimes bleeding, or protrusion of tissue after hard bowel movements. Occasionally a blood clot may develop in a hemorrhoid leading to severe pain and a “lump.”

What To Do The best treatment for hemorrhoids is prevention. Eat a diet high in fiber; drink plenty of fluids; and exercise regularly. Over-the-counter preparations, such as Annusol, Preparation H, or Tucks, may be helpful in reducing the symptoms. Sitz baths (tub baths) also provide some relief of acute symptoms. If you have bleeding, see a physician.

Hepatitis A

There are several types of hepatitis (inflammation of the liver) caused by viruses. Type A is most commonly spread through contaminated food and water. Symptoms might include lack of appetite, fever, fatigue, dark urine, abdominal discomfort, and jaundice. There is a vaccine for Hepatitis A, and it is recommended for international travelers, military personnel, individuals working in the food industry, and healthcare providers.

What To Do If you believe you have hepatitis, see a physician. The Hepatitis A vaccine is available at the University Health Services.

Hepatitis B and C

In contrast to Hepatitis A, Hepatitis B is spread through contact with blood and body fluids. The most common risk factor in young adults is sexual activity. Other risk factors include body piercing, tattoos, injected drug use, and sharing of personal articles such as razors. Symptoms are simi-

lar to Hepatitis A, except it can lead to a chronic form and/or carrier state. Complications include acute liver failure, cirrhosis of the liver, and liver cancer.

What To Do There is no cure for Hepatitis B, so the best treatment is prevention. The use of condoms during sex can help reduce the risk of sexual transmission of Hepatitis B as well as other sexually transmitted diseases. Avoid potentially dangerous practices such as body piercing and tattoos. The hepatitis vaccine is safe and effective and provides long-lasting protection. It is recommended that all young adult receive the Hepatitis B vaccine. Sometimes infected people or carriers show no symptoms—only a blood test can confirm the infection.

Hepatitis C is believed to be transmitted only by blood contact. Hepatitis C was primarily transmitted through blood transfusions before screening test for the virus was developed in 1990. The transmission routes are similar to those of Hepatitis B—i.e., shared needles used for injecting drugs, tattooing, and body piercing. Even the sharing of razors is thought to be a possible transmission route for the virus. Symptoms of Hepatitis C are similar to those of other hepatitis viruses, but are often not as severe until the individual has been infected for many years. There is currently no vaccine available for this virus, and infection can result in long-term complications such as chronic liver disease and death.

Indigestion

Indigestion is a symptom, not a disease. Also known as heartburn, it can be a result of excessive food and drink. Sometimes it can also be caused by use of certain medications. Heartburn is usually described as a burning pain in the stomach area, sometime radiating beneath the breast bone to the throat. It is related to excessive acid in the stomach, or occurs when the highly acid stomach contents back up into the lower esophagus.

What To Do To prevent indigestion, eat small meals; avoid alcohol, smoking, and too much caffeine; lose weight if you are overweight; don't lie down immediately after eat-

ing; avoid tight-fitting clothes around the stomach; avoid those foods you know cause you indigestion; and avoid aspirin or similar medications. Over-the-counter antacids such as Tums, Maalox, or Mylanta may help. Chronic heartburn can scar the esophagus and lead to cancer. If symptoms persist, an evaluation by a physician is recommended.

Immunization

Immunization induces the formation of antibodies by injecting treated and killed bacteria or virus particles. Once the person is thus “armed,” when bacteria or viruses invade, the body immediately produces lots of antibodies to fight off those organisms and prevent an infection. Immunizations developed and used over the last 100 years are primarily responsible for the great reduction in death rates and vastly improved health of the general population.

What To Do Childhood immunizations generally include: DPT for diphtheria, pertussis (whooping cough), and tetanus; MMR for mumps, measles, and rubella; Hemophilus Influenza B; Polio; and Hepatitis B.

Other immunizations are used in specific situations such as travel, or potential occupational exposure, or for those with special risk factors. These include Hepatitis A, Typhoid, Cholera, Yellow Fever, Meningococcal Meningitis, Japanese B encephalitis, Rabies, Pneumococcal Pneumonia, and Flu vaccines.

All the above vaccines are available at the University Health Services.

Measles

Measles, or rubeola, is one of the most serious of the childhood diseases. It is very contagious. Symptoms usually include rash, high fever, cough, runny nose, and watery eyes. The illness lasts approximately 8–10 days. Complications from measles can include ear infections, pneumonia, encephalitis, and death. Measles in pregnant women can also cause miscarriages or birth defects.

German measles, or rubella, is also primarily a childhood disease. Usually the symptoms are mild, causing a slight fever, rash, and

swelling of the lymph nodes in the neck. The illness lasts approximately 3–5 days. German measles is dangerous for pregnant women since infection can cause birth defects and miscarriages.

What To Do If you suspect you have contracted measles, see your physician immediately. Measles and rubella are preventable by immunization. The UH enrollment health clearance policy requires that students have two doses of the MMR (mumps-measles-rubella) vaccine, or proof of disease or immunity. Contact the University Health Services for more information and the vaccine or test for immunity.

Mononucleosis

Mononucleosis is sometimes referred to by people as “mono” or “the kissing disease”. Mononucleosis is usually found in older adolescents and young adults. It is a viral infection with symptoms of fever, sore throat, fatigue, body aches, and swollen glands. Sometimes the liver and spleen are enlarged. Most cases of mono resolve themselves completely, although the sore throat can be severe, and some people have persistent fatigue for weeks or even months.

What To Do There is no specific treatment except rest, plenty of fluids, and Tylenol for sore throat and body aches. Mono can only be diagnosed with a blood test.

Mumps

Mumps is a contagious viral disease. Symptoms usually include an enlargement of the salivary glands, pain behind the ears, fever, chills and headache. These symptoms are usually mild in children, but may cause serious complications in adults.

What To Do Mumps can be prevented by the administration of the MMR vaccine.

Nosebleeds

Common causes of nosebleeds are low humidity, colds, allergies, high altitudes, blows to the nose, and excessive picking and/or blowing of the nose. Most nosebleeds are from the front part of the nose and will stop after a few minutes of direct pressure.

What To Do If a nosebleed occurs, sit up straight, head slightly forward; apply pressure against the bleeding area with a thumb and forefinger for 10 minutes. Avoid checking the nosebleed. If bleeding continues, repeat above steps. If a nosebleed lasts longer than 30 minutes, visit a medical facility.

To prevent nosebleeds, when your nose becomes dry or irritable breathe moist air (turn on shower and breathe the mist produced) and apply petroleum jelly on the inner walls of your nose. A saline nasal spray may be used instead of petroleum jelly. Avoid picking the nose or repeated hard blowing when you have a cold.

Poisoning

What To Do If someone is known to have swallowed something poisonous, take action immediately. Call 911 or 1-800-941-4411 (Poison Control Center) for advice. If possible give the center the name of the poison, amount taken, age, weight of the person, whether person has vomited, location, and a number where you can be reached. Do not try to get the person to vomit if he/she is having convulsions, is unconscious, is known to have swallowed corrosive agents (dish soap, bleach, disinfectants, floor wax, or kerosene), and/or has burn marks around the mouth. Induce vomiting only if Poison Control has advised you to do so.

Shin Splints

Shin splints are usually associated with overexertion from exercises, particularly activities involving jogging and running. The condition is characterized by a sharp burning pain in the front of the lower leg. It is thought that shin splints are caused by the inflammation of the muscle attachments along the shinbone.

What To Do Rest and elevation are an effective treatment for shin splints. Ice, massage, and anti-inflammatory agents may help. If pain is severe or persists, seek the advice of your physician. University Health Services provides a Sports Medicine Clinic for all types of sports-related injuries.

Shock

Shock is a state where the circulation does not sufficiently support the functional requirements of body tissues. This can occur with major bleeding or serious illnesses. Symptoms include pale and clammy skin, labored breathing, rapid or irregular pulse, dizziness, and very low blood pressure. A person in shock may seem nervous, restless, or frightened, and progress to unconsciousness.

What To Do The first thing to do when someone appears to be in shock is call 911. Help the victim lie flat on his/her back with the feet slightly elevated, loosen clothing, and keep the person warm. Stay and comfort the person in shock until help arrives. Do not offer food or drink. Stop any visible bleeding by direct pressure over bleeding site.

Sprains and Strains

A strain is an injury caused by overstretching a muscle. A sprain is an injury to the tissue surrounding a joint. Both strains and sprains can cause pain and both can be present in the same injury.

What To Do To treat a minor strain or sprain, remember the acronym RICE, which stands for rest, ice, compression, and elevation. Rest: Try to rest your injured joint for 24 to 48 hours, don't put weight on the injured part if at all possible during this time. Ice: Apply ice packs immediately after the injury to reduce swelling and then for ten minutes each hour to keep swelling at a minimum. Do not apply ice directly to the skin. Place a cloth between the ice pack and the injury. Compression: Wrap the injury with a flexible elastic bandage. Be careful not to wrap too tightly and reduce blood circulation. Elevation: Keep the injured area elevated to further reduce swelling.

If pain increases and swelling is intense it may mean that there is a fracture; see a physician for an evaluation. Also, if the limb is cold or numb or appears blue in color, seek medical attention right away.

Testicular Cancer

Cancer of the testes is one of the most common cancers in males aged 15–34. Symptoms may include a heavy sensation, and slight enlargement of one testicle. Pain may not be noticeable, or may exist in the lower abdomen and/or groin area. Testicular cancer is highly curable if discovered early.

Regular self-examination of the testes is the method recommended for early detection. Conduct a monthly self-examination after a hot shower. Using both hands, gently roll each testicle between your thumb and fingers. Testicles should be round and smooth; feel for any hard lumps and/or nodules. If you note any of the above symptoms, see your physician immediately for a proper diagnosis.

The Drug Scene

All drugs, whether prescribed or over-the-counter, legal or illegal, can be used to excess. Excessive use, or abuse, of drugs frequently leads to harmful effects. In our society the major drugs of abuse are alcohol, nicotine, and caffeine, and each is associated with well-known problems. Illegal drugs have a high potential for abuse and addiction, with significant personal and health consequences.

Young people often begin experimenting with drugs to keep up with their peer groups. For instance, smoking may seem grown-up, cool, sexy, or “with-it.” Once the habit is formed—i.e., the person becomes addicted to nicotine—it is very difficult to break. Smoking leads to a multitude of health problems, such as bronchitis and emphysema, and is a major risk factor in the development of heart disease, lung cancer, and other types of cancer.

Alcohol, the chemical ethanol, results from the fermentation of fruits and grains. It is the most used and abused drug in our society. When first ingested, alcohol acts as a stimulant—causing flushing, rapid heart rate, and a feeling of euphoria. Eventually alcohol depresses the heart and brain. Too much alcohol leads to clumsiness and muscular incoordination, poor judgment, confusion, and vomiting—eventually convulsions, coma, and death. Alcohol can also cause mood changes leading to mania or depression, and acts of violence or suicide. Alcoholic hangovers are common. The symptoms are headaches, nausea, dizziness, thirst, insomnia, nervousness, and irritability. Long-term abuse, or alcoholism, can result in physical

and psychological dependency, and can cause permanent liver, heart, and brain damage.

Although most people can consume alcohol safely in moderate amounts, acute alcohol overdoses are dangerous. Binge drinking is a common problem among college students. Every year there are deaths of college students due to acute alcohol intoxication. Avoid getting drunk by knowing your limits. Do not drink on an empty stomach. If you choose to drink alcohol, alternate between alcoholic and non-alcoholic beverages.

Do not drink and drive! Do not mix alcohol with other drugs!

Caffeine

Caffeine is found in many soft drinks, coffee, tea, and chocolate. In small quantities, this stimulant can increase alertness for some people, but larger quantities may cause irritability, inability to concentrate, nervousness or anxiety, and upset stomach. A sudden decrease in the daily amount consumed also causes irritability and headaches. In some cases, caffeine intake has also been associated with the development of breast cysts.

Depressants

Depressants are usually prescription medications used to treat various symptoms of mental health problems. Barbiturates and benzodiazepenes are examples of drugs in this category. They depress or slow down the nervous system and initially cause calmness and sleepiness.

Other effects may be clumsiness, slurred speech, and disorientation. Overdoses lead to shallow respiration, clammy skin, weak and rapid heart rate, coma, and possible death. Some depressants are addictive, and have high potential for abuse. Depressants can be particularly dangerous when used with alcohol.

Hallucinogens

LSD (acid, microdot), Ecstasy (XTC), PCP, angel dust, and many others, are hallucinogens—drugs that lead to illusions, hallucinations, and changes in perception of time, distance, and space. The symptoms are very similar to those of acute mental illness. Repeated use can lead to psychosis, severe depression, suicide, strokes, and permanent brain damage. Typically these drugs are also associated with recurrent, late effects called flashbacks. Flashbacks occur when a person is no longer taking any drug but suffers the same physical and mental symptoms. Overdose can cause death.

Inhalants

Inhalants are chemicals that give off fumes that act on the brain. There are three main types of inhalants: solvents, aerosols, and nitrates/nitrous oxide. They can cause a person to feel “high,” giddy, or happy. They also cause dizziness, bad headaches, nausea, double vision, numbness, and hallucinations. Chronic use may result in nosebleeds and uncontrolled urination and defecation. Over time inhalants can cause permanent brain, lung, and kidney damage. They are deadly when used with alcohol or depressants.

Marijuana

Marijuana (MaryJane, grass, pot, pakalolo) is derived from a plant called cannabis. It is a drug that affects the nervous system. Users note euphoria, relaxed inhibitions, and increased appetite. Side effects include slowed reaction time, disorientation, dry mouth, blurred vision. Long-term use can result in lung damage, lung cancer, brain damage, and genetic damage. Marijuana can also decrease your immune system’s ability to fight infection, lower sperm count for men, disrupt menstrual periods and ovulation for women, and may lead to loss of motivation in many individuals. Driving while

under the influence of marijuana is illegal and could cause accidents.

Narcotics

The older narcotics, such as opium and morphine, are made from the opium poppy. Newer narcotics, such as codeine, Percodan, heroin, Demerol, and methadone, are synthesized drugs. Regardless of how they are taken, all narcotics are addictive. Repeated use leads to dependency, which causes severe personal and social dysfunction, as well as physical and mental degeneration. Unauthorized manufacturing, sales, possession, and use of narcotics are strictly illegal. Long-term use can result in lung damage, lowered sex drive, and disrupted menstrual periods. Death from overdose is common.

Steroids

There are several types of steroids, but this section is about anabolic androgenic steroids. Such steroids are synthetic or natural testosterone. They are often used by athletes to enhance muscle strength and size. Anabolic steroids have adverse side effects on the liver, cardiovascular system, reproductive system, and sexual function. Users can become addicted physiologically and psychologically. Psychological side effects include unpredictable aggressive and violent behavior, and/or shift toward depression. Anabolic steroids can also cause acne, malignancies in the liver and cardiac complications. Needle sharing among users is common and results in an increased risk for HIV infection and Hepatitis B and C. Use of anabolic steroids is illegal without a prescription from a physician. Penalties for illegal possession and use can be up to five years in jail and a \$5,000 fine.

Stimulants

Cocaine, amphetamines, and crystal meth (ice) are examples of stimulants. Stimulant drugs speed up the brain and nervous system. They cause increased alertness, excitation, and euphoria. Other symptoms are increased heart rate, respiration, and blood pressure, as well as insomnia and loss of appetite. Used in excess, they can lead to agitation, hallucinations, convulsions, and death. Long-term use can lead to heart disease,

sexual dysfunction, extreme mood changes (from severe depression to violent behavior), personality changes, and permanent brain damage. Cocaine can be associated with sudden death from cardiac arrhythmia or stroke in otherwise healthy young people.

Tobacco and Nicotine

Nicotine, the active drug in tobacco, is addictive and has multiple adverse effects on health. The most important effect it has on the body is a decreased blood flow to vital organs, which then cause or contribute to disease of these organs. Inhaled tobacco, cigarettes, and cigars contain tars and other chemicals that have been shown to cause cancer. Chewing tobacco is a cause of cancer of the mouth and throat. Tobacco is a major risk factor in heart disease and lung diseases such as asthma, emphysema, and cancer. It is strongly associated with hypertension, breast cancer, and other conditions. Chronic exposure to second-hand smoke can carry similar risks, although to a lesser degree.

Women who smoke are more likely than non-smokers to have problem pregnancies and

underdeveloped babies. In addition, women who smoke and use oral contraceptives (birth control pills) are particularly at high risk for developing blood clots, stroke, and heart disease.

If you don't smoke now, don't start. If you do smoke, stop. Visit the University Health Services if you need some assistance in quitting smoking.

Tranquilizers

Tranquilizers, such as Valium, Librium, Equinil, and Miltown, are known as "downers" on the street. They are prescription drugs normally used to treat anxiety and nervousness. Sometimes they are also prescribed as sleeping aids. Tranquilizers can lead to hangovers, depression, and dependency. They are particularly dangerous when taken together with alcohol, and can cause permanent brain damage and death. This class of drug is normally processed by the liver and can interfere with the processing of many other medications/drugs.

When used appropriately, tranquilizers can relieve symptoms in the short term. However, they do not solve any underlying problems. See your physician for information, counseling, and treatment if you suffer from anxiety. Do not self-treat or use street forms of these drugs.

Skin Problems

Acne

Acne, or pimples, is the most common skin problem of teens and young adults. Acne is a result of excessive sebum (a fat substance secreted by the skin), blockage of the oil glands, and bacterial actions. The various forms are blackheads, whiteheads, pustules, and cysts. Acne may occur anywhere on the body but the most common areas are the face, neck, shoulders, and back. Acne is unsightly, but it is usually not a sign of more serious infection. The cystic type may produce red, swollen and tender pimples.

What To Do Acne is not curable, but it can be treated effectively. Mild cases may respond to regular washing and use of a drying agent such as topical benzoyl peroxide preparations. Start with the lowest percentage of benzoyl peroxide gel or cream, and gradually increase

the strength if acne persists. Use water-base lotions and make-up to reduce clogging of skin. Avoid over-scrubbing or over-drying face. Try not to squeeze pimples as this may lead to infection and scarring. Although there is no proven link between food and acne, avoid foods that you feel may cause your face to break out. There are other effective methods in treating acne. The University Health Services has a staff dermatologist who can treat more severe or persistent cases of acne.

Athlete's Foot

Athlete's foot is caused by a fungus. Although the condition is often found in people who exercise a lot, it is not necessarily only found in athletes. The fungus grows well in moist, warm skin so it's found between the toes or on the bottom of the feet,

especially with prolonged wearing of athletic shoes. It appears first as a blister with thin watery fluid inside, then develops to red, moist areas, with scaling or cracking of the skin and moderate to severe itching.

What To Do Treatment involves keeping the feet dry as much as possible, using open shoes, absorbent foot powder, and cotton socks. Over-the-counter anti-fungal cream or liquid may help. The University Health Services pharmacy carries several preparations. If symptoms persist, see a physician.

Blisters

Blisters usually result from persistent rubbing of the skin, such as from shoes, but they may also be caused by illnesses and burns. If you are not sure of the cause of your blister(s), see your physician.

What To Do If a blister is small and closed, it may be left alone to heal on its own. If the blister is in an area where pressure is exerted, like on your foot, then it is best to apply a protective bandage over the area. It is usually best to drain blisters larger than an inch in diameter (resulting from persistent rubbing). Sterilize a needle and gently puncture the edge. Press the fluid in the blister toward the hole you made. Wash the area with soap and water and apply an antibiotic ointment. Cover the area with a sterile bandage in the day and remove it during sleep to allow the area to dry. Watch for signs of infection: increased pain, redness, or tenderness, heat or red streaks extending from the blister, discharge of pus or fever higher than 100 degrees Fahrenheit. If any of these symptoms occur, seek medical attention immediately.

Prevention is the key for blisters that are unrelated to illness or burns. Avoid shoes that are too tight or that rub your feet. Wear gloves when working with chemicals or doing chores that might rub the skin and cause blisters.

Burns

Burns are injuries to the skin from chemicals, heat, cold, electricity, the sun, and accidents. They are classified as first-, second-, or third-degree burns. These classifications are

determined by the depth of the burn to the skin. First-degree burns have redness and mild swelling only. Second-degree burns produce blisters. Third-degree burns destroy an entire skin layer.

What To Do Minor, first-degree burns involving small areas may be treated at home—immerse the burned body part in cold water for the first 10–15 minutes. Do not apply ice directly for any length of time, as this can damage the tissue even more. *Do not apply unsterile salve, grease, butter, oil, or ointment on the burn*—this may increase the risk of infection and does not aid in the healing process. Fresh aloe juice may be soothing. The burned area may be covered lightly with a dressing.

Second-degree burns cause the skin to blister, swell, and become puffy. Do not break the blisters. If they do break on their own, clean the area and apply an antibiotic ointment, such as bacitracin, and cover the burn with a sterile dressing.

Third-degree burns should have medical attention. The skin usually appears dry, pale white or charred black, and swollen. Sometimes it breaks open. There may be little pain due to nerve damage. Seek medical advice. (Also see Sunburn, below.)

Cold Sores

Cold sores are small, grouped red blisters, usually around the mouth or on the lips. It is a very common condition caused by a type of the herpes simplex virus. The blisters typically are itchy-tender, break open and weep clear fluid, then scab over after a few days. After the first infection, there may be recurrences, usually at the same locations. Recurrences are often triggered by minor injuries or sun exposure, or they appear when the body's immunity is low due to other illnesses or stress.

What To Do There is no cure for cold sores. If one appears, applying ice to the area may help soothe the pain. Blistex or Campho-Phenique may also help. There are prescription medications that can be used to shorten the course of the outbreak. If you get frequent recurrent episodes, check with your doctor about taking preventive medications. All

forms of herpes are contagious. Avoid intimate contact or sharing of personal articles when you have an outbreak of cold sores. Remember, you are contagious from the time the first tingling sensations appear.

Hives

Hives are raised, red, itchy patches of skin that look like welts. While most of the time they are attributed to an allergic reaction, often the specific cause is not known.

What To Do If you know the cause of your hives, try to avoid the substance. An oral antihistamine such as Benadryl may be taken to relieve itching. Generally an episode of hives lasts only a few hours and will clear up on its own. Repeated episodes should have a medical evaluation. If hives occur with dizziness, wheezing, difficulty breathing, tightness of the chest, swelling of the tongue, lips, or face, seek medical attention immediately!

Impetigo

Impetigo is a bacterial infection of the skin that occurs most commonly on the face and is characterized by oozing, or crusty yellowish sores. Impetigo may follow an injury, but it can also occur on intact skin. There is sometimes fever and tender regional lymph node swelling.

What To Do For very small areas of impetigo, home treatment, such as keeping the infected areas clean by using an antiseptic soap and applying antibacterial cream, may be sufficient. Impetigo is contagious so avoid scratching, and do not share towels, washcloths, or bath water with others. If you have multiple lesions, if sores spread over the body, if the areas become red and inflamed, or if no improvement is seen in three to four days, seek medical treatment.

Jock Itch

Jock itch is a fungal, yeast, or bacterial infection that appears in the groin area. This infection starts in the form of small, red scaly patches. If left untreated, jock itch may extend to form large rings with scaly borders. Itching and discomfort usually occurs with this type of infection.

What To Do Keep the affected areas clean, dry, and cool. Wear loose clothing. Try over-the-counter preparations such as Tinactin or Lotrimin. Consult your physician or the pharmacist at University Health Services for other treatment recommendations.

Lice

Lice are tiny, white, wingless insects that may live on the skin, hair, or clothing. They eat by sucking blood through the skin. In Hawai'i head lice are often called "ukus." Pubic lice are often called "crabs." Lice infestation is typically very itchy. If you look closely, you may see the lice and the nits (eggs) on the hair shafts.

What To Do Two over-the-counter medications you may try are Nix and Rid. It is important that you follow the manufacturer's directions closely. Also wash all clothes, bedding, and towels in hot water. Iron items that can't be washed.

Piercing

Piercing of any body parts can lead to infection and transmission of diseases such as hepatitis. Make sure the piercing is done by properly trained professionals and that sterile instruments are used.

After piercing, clean the pierced site(s) 2–3 times a day during the healing process. While earlobe piercing takes about six weeks to heal, upper ear cartilage piercing can take 2–3 months to heal. Tongue piercing needs to be rinsed as much as every hour for 4–6 weeks. Use only stainless steel rings until the pierced sites are completely healed. If signs of infection develop, such as redness, swelling, pain, and pus discharge, see your physician.

Scabies

Scabies is an itchy parasitic infection caused by a female mite who burrows a tunnel in the top layer of the skin to lay her eggs. The eggs hatch in two weeks and cause an allergic reaction. This results in redness, swelling, blisters, and fierce itching of the skin. The mite can continue to lay eggs over

a period of 1–2 months, and the condition may persist indefinitely if not treated.

What To Do Potentially contaminated articles (bedding, linens, and clothing) should be washed or dry-cleaned. All household members or other close contacts should be examined and treated at the same time to prevent re-infection. Consult your physician or the University Health Services for treatment.

Shingles

Shingles, or herpes zoster, is a reactivation of the chicken pox virus. It usually begins as a tingling, or pins and needles, sensation on one area of the body, most commonly on the chest or back, but it could occur elsewhere. This is followed by appearance of small blisters which rapidly open, then crust and dry—similar to the stages that chicken pox lesions go through. There may be itching and most often, pain. It usually takes 10–14 days to resolve itself.

What To Do See your physician for information and treatment of shingles.

Sunburn

Sunburn is a reaction of the skin to overexposure to the heat and ultraviolet rays of the sun. It is extremely common in Hawai‘i. Although occasional superficial burns (tans) are benign, long-term and repeated exposure can lead to permanent skin damage, premature aging, and skin cancer. Excessive exposure to the sun may also damage the cornea of the eyes.

What To Do The best treatment for sunburn is prevention. The best protection against sunburn is to stay out of the sun, especially during the hours of 10 a.m.–2 p.m. If you can’t avoid being in the sun, use sunscreens with a sun protective factor (SPF) of 15 or higher. Wear hats and other protective clothing and eyewear.

You can treat minor sunburn by taking aspirin or acetaminophen (the active ingredient in Tylenol), two tablets every four hours, to help reduce the swelling and pain. Cool water compresses for 20 minutes several times a day, or a cool bath with baking soda added may relieve

the sting of sunburn. An aloe cream may also be soothing. Most topical anesthetics are not very effective, and those containing Benzocaine or an antihistamine may cause an allergic reaction in sensitive people. If you develop blisters, you should see a physician.

Tinea Versicolor

This is a superficial fungal infection, sometimes also called “kane.” The medical name is tinea versicolor. The infection appears as whitish spots on the back, chest, and upper arms. The spots are most apparent on tanned skin. There may be slight itching or peeling, but usually no discomfort.

What To Do You may try over-the-counter preparations such as Selsun Blue, Tinver lotion, or Lotrimin cream or lotion, or see your physician for prescription-strength medications. With any treatment method, it will take time for the skin color to return to normal.

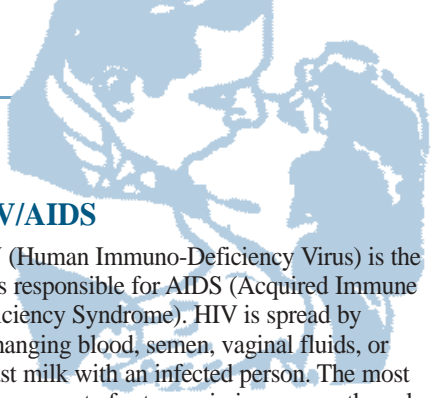
Warts

Warts are a type of skin growth that is caused by a family of viruses. Warts are roughly divided into two types—genital warts and common warts. Common warts on most parts of the body are benign and not highly contagious, but those appearing on the genital and anal areas can be easily transmitted to sexual partners. Women with cervical warts are at risk of developing cervical cancer.

What To Do Small and asymptomatic common warts, such as those on the hands and feet, may not require treatment and often disappear over time. If warts become large, or painful, or interfere with function, they may be removed. You can try over-the-counter preparations such as Compound W. Follow instructions carefully; weeks of treatment may be necessary. Warts can also be removed by a physician using chemicals or liquid nitrogen.

If you suspect genital warts, see a physician for evaluation and treatment. Protect yourself from this disease by using condoms during sexual activities. The University Health Services provides screening and treatment for sexually transmitted diseases.

Sex and Reproductive Health



Birth Control

Abstinence: Many people choose to abstain from having sex (vaginal, anal, or oral intercourse) until they can assume the responsibility of pregnancy. This healthy choice is the only 100% effective means of preventing pregnancy and sexually transmitted diseases (STDs).

Hormonal methods: Oral contraceptives such as birth control pills, injections such as Depo-Provera, and implants like Norplant are very effective methods of birth control. Remember, though, that these methods do not provide protection against STDs. A prescription is necessary to obtain birth control pills, injections, or implants. Because these methods alter the body's hormone levels, there may be side effects. Most side effects are mild and transient. In rare situations, serious side effects can occur. To find out more about using hormonal birth control methods or for a pelvic exam, please contact the University Health Services Women's Health Clinic.

Spermicides and barrier methods: Barrier methods include the diaphragm and male and female latex condoms. It is recommended that barriers be used with a water-based lubricant such as Astroglide, Aqua Lube, or KY Jelly. Spermicides include vaginal creams/jellies and vaginal suppositories in the form of sponges or films. Spermicides and barriers can be used together to provide more effective prevention against pregnancy and STDs. Free samples of condoms and lubricants are available at the University Health Services Health Education Center. They can be purchased at the UHS pharmacy.

Morning-after medication: The Morning-After Pill (MAP) can delay ovulation or prevent a fertilized egg from being implanted in the uterine lining. It is administered within 24–72 hours after unprotected sexual intercourse. This is an emergency medication and is only available via an appointment with a physician or nurse practitioner at University Health Services. This treatment is not effective if you are already pregnant.

HIV/AIDS

HIV (Human Immuno-Deficiency Virus) is the virus responsible for AIDS (Acquired Immune Deficiency Syndrome). HIV is spread by exchanging blood, semen, vaginal fluids, or breast milk with an infected person. The most common route for transmission among the college-age population is through anal, oral, or vaginal sex. The spectrum of HIV infection includes initial infection with no symptoms, mild symptoms, then AIDS.

There is no cure for HIV/AIDS, but current treatments are making the disease more manageable and people with HIV are staying healthy longer. Early diagnosis and treatment are very important in managing the disease.

What To Do Since HIV/AIDS is spread primarily through sexual activity and blood contact, prevention includes abstaining from any behaviors in which blood, semen, vaginal fluid, or breast milk are exchanged. Other ways to reduce the risk of acquiring HIV are to make careful choices about sexual activity; communicate with your partner about safer sex practices; remove drugs and alcohol from sexual practices; do not use injected drugs; do not share needles; avoid piercing/tattooing.

The "HIV Test" indicates whether a person has antibodies for the HIV virus—i.e., whether a person has been infected. It ordinarily takes three to six months for people who have acquired HIV to develop enough antibodies to be detected by an HIV antibody test. The HIV antibody test should be seriously considered by anyone who has reasons to suspect HIV infection. Anonymous (no names or other identifiers) and free testing is available at the University Health Services.

Being aware of risk factors and being willing to take appropriate measures to prevent STDs and HIV is an important part of sexual health and responsibility. If you have any questions or concerns about sexually transmitted infections contact the Health Education Center at University Health Services. The University Health Services provides counseling and testing for HIV/AIDS.

Menstrual Cramps

Menstrual cramps are a common complaint of young women. Symptoms include abdominal pain, backache, nausea, diarrhea, and fainting, and are usually most severe on the first day of menstruation. At the time of menstruation, the uterus releases chemicals called prostaglandins. These chemicals cause the uterus to contract strongly, resulting in cramping pains.

What To Do Many medications, such as aspirin, ibuprofen, or Aleve, reduce prostaglandin production and relieve menstrual cramps. Oral contraceptives also greatly reduce the degree of discomfort associated with menstruation. If you suffer from severe symptoms, you should visit a physician for an examination and evaluation.

Pelvic Exam

An annual physical that includes a pelvic exam and Pap smear is recommended for all women as soon as they become sexually active, or starting at age 18 regardless of sexual activity. Routine pap smear exams check for signs of cervical cancer, vaginal infections, and sexually transmitted diseases. A Pap smear is a test in which cell tissue is gently taken from the cervix with a cotton swab or flat wooden stick and then smeared onto a glass slide. These cells will be sent to a laboratory and examined for signs of cancer or other problems. Cervical cancer can be cured if found early, so regular Pap smears are a must. These exams are also necessary any time a woman experiences reproductive health problems such as unusual bleeding, pain, odor, itching, or vaginal discharge.

What To Do For more information or to make an appointment for the Women's Health Clinic, call 956-6221.

PMS

PMS or Premenstrual Syndrome is a collection of symptoms that occur during the menstrual cycle, often 7–10 days prior to the onset of a period. The symptoms include breast tenderness, weight increase, fatigue,

pelvic pain, a change in bowel habits, and mood changes. The symptoms usually will resolve a few days after the start of menstruation. In most women, the symptoms are mild. In some women, symptoms may be severe enough to interfere with normal lifestyle.

What To Do If you have PMS symptoms, try the following: Get regular exercise, preferably daily; try daily supplements of 50 mg of Vitamin B-6 and 250 mg of magnesium. A thorough pelvic examination, evaluation, and information about sexual habits may assist in finding appropriate treatments for PMS.

Pregnancy

Sexual activity without protection can lead to unplanned pregnancy. Unplanned pregnancies are extremely stressful events. The emotional, physical, and financial burdens can result in disruption of your academic program.

What To Do If you are sexually active, make sure you use effective birth control methods consistently. There is always a slight possibility of pregnancy even with the use of contraceptives. Only abstinence as a birth control method is 100% effective. If you suspect you may be pregnant, see your doctor or call 956-6221 for an appointment at the Women's Health Clinic at the University Health Services.

Sexually Transmitted Diseases

Sexually transmitted diseases (STDs) are infections or diseases that are spread by sexual contact with an infected person. STDs can be caused by bacteria, viruses, or parasites. Some of the more common bacterial STDs are chlamydia, gonorrhea, syphilis and non-specific urethritis. Common viral STDs include genital warts, genital herpes, hepatitis B, and Human Immuno-Deficiency Virus (HIV), the virus that can lead to Acquired Immune Deficiency Syndrome (AIDS). Intestinal parasites may also be spread through sexual activities.

Chlamydia or non-gonococcal urethritis (NGU) (bacterial): Symptoms of chlamydia appear 7–21 days after contact with an infected

partner. Men usually have a watery white or yellow discharge from the penis and/or pain during urination. Women may have a white or yellow discharge from the vagina, bleeding between periods or after sex, pain or burning sensation during urination, or pain in the abdomen that may be accompanied with fever and nausea. Many infected men and women will show no symptoms. Chlamydia is spread during anal, oral, or vaginal sex and is the most prevalent STD in the college age population. It can be treated with oral antibiotics prescribed by a doctor. As with any STD, only a healthcare professional can diagnose and properly treat symptoms to avoid complications. If left untreated, chlamydia can cause Pelvic Inflammatory Disease (PID), damage and scarring of reproductive organs, and infertility/sterility. Because it often has no symptoms, tests are recommended every 6–12 months for sexually active individuals.

Gonorrhea (bacterial): Symptoms appear 2–21 days after contact. Some of the symptoms that occur in men include thick yellow or white secretions from the penis, burning during urination or painful bowel movements, and feeling the need to urinate often. Women may have a thick yellow or white discharge from the vagina, burning with urination or painful bowel movement, abnormal periods or bleeding between periods, and cramps or pain in lower abdomen. Persons infected with gonorrhea may have no symptoms. Like other bacterial STDs, gonorrhea is spread during anal, oral, or vaginal sex. Early diagnosis and treatment are important to avoid more serious health problems. These health problems could include serious infections throughout the body, damage to reproductive organs, and infertility. Gonorrhea may also be transmitted to a newborn child from an infected mother, resulting in heart trouble, skin disease, arthritis, or blindness.

Syphilis (bacterial): First-stage syphilis symptoms appear 3–12 weeks after exposure as painless reddish-brown open lesions on the mouth, sex organs, breasts, or fingers. These will heal without treatment; however, the infection does not go away. A second stage begins one week to six months

after the original sore (or sores) heals. This stage appears as a rash anywhere on the body and flu-like symptoms. The second-stage symptoms will also resolve without treatment, but at this point the disease is spread all over the body and becomes chronic. A third stage can appear weeks, months, or years later, when all body organs are affected. There would be permanent damage to the heart, brain, nervous system, and eyes, and infection can also be transmitted to a fetus by infected mothers. Antibiotic treatment can eliminate infection, but it cannot reverse any damage already done to the nervous system, heart, or brain.

Genital warts or Human Papilloma Virus (HPV) belong to a family of about 80 viruses, one-third of which can cause genital warts in men and women. Genital warts look like small, hard spots or have a fleshy, cauliflower-like appearance. They are found on a man's penis or a woman's vulva, vagina, or cervix. Both men and women can have them around the anus and urethra. They are not always visible to the naked eye. HPV lesions on a woman's cervix are responsible for cell changes that can lead to cancer. Since it is impossible to predict which cases will progress to the cancerous stage, all cases must be treated. HPV can be spread through any type of skin-to-skin contact with the virus, which may be present even if lesions are not evident. It is primarily spread through genital, oral, or anal contact. Because the virus may be present in areas not covered by a condom, condoms may not offer adequate protection against the spread of HPV. Although it is not clear if HPV can be completely eliminated from the body, treatment can help the body's immune system keep the virus under control. Treatment for genital warts includes removal through cryotherapy, laser surgery, liquid nitrogen, and other methods. Cervical lesions are treated with cryotherapy or laser surgery, followed up with Pap smears on a regular basis.

Herpes Simplex Virus: There are two herpes simplex viruses—herpes simplex type 1 (HSV-1) and herpes simplex type 2 (HSV-2). Type 1 usually affect the face, typically around the mouth/lips, and type 2 tends to

affect the genitals. It is important to remember, however, that either type can affect any part of the body and infection of one type does not provide immunity against infection of the other type. At the site of infection, there may be a tingling or itchy sensation before lesions actually appear. Initially the lesions are small blisters which quickly break open to become painful sores. In a few days, the sores will develop scabs, heal and disappear. A herpes outbreak lasts about 10–14 days and may be accompanied by swollen glands, fever, fatigue, and body aches. Herpes is transmitted by direct skin-to-skin contact. It is most contagious during an outbreak, but the virus can be active and spread even when symptoms are not present. Condoms and spermicide with nonoxynol-9 can reduce the risk of spreading or getting herpes, but should not be relied upon when herpes sores or symptoms are present. Although there is no cure, HSV can be treated with a variety of antiviral medications which will reduce the symptoms or limit the duration of outbreaks.

What To Do Abstinence from sexual activity is the only 100% effective way of preventing STD infection. Other than abstinence, the most effective forms of prevention include the use of latex condoms and barriers for vaginal, anal, and oral intercourse, or sexual activity within a mutually monogamous relationship in which both individuals are known to be uninfected with any STDs. Before engaging in sexual activity it is recommended that both partners get tested for STDs. For more information about STD testing for both men and women, please contact the University Health Services Women's Health Clinic at 956-6221.

Toxic Shock Syndrome

Toxic Shock Syndrome (TSS) is a rare, acute illness characterized by an abrupt onset of fever, headache, vomiting, diarrhea, and a sunburn-like rash. TSS is frequently associated with tampon use during menstruation. There is also an increased risk for TSS if you are using a diaphragm and leave it in for longer than is recommended. TSS is caused by a toxin pro-

duced by the bacteria *Staphylococcus aureus*. The severity of the disease can vary from mild flu-like symptoms to a serious illness requiring hospitalization. In rare cases, TSS can even be fatal.

What To Do The following guidelines may be helpful in preventing TSS. Always wash your hands before inserting tampons or a contraceptive barrier. Use super absorbent tampons only during heavy menstrual flow days. Change tampons frequently, at least every four to six hours. Never leave a diaphragm or contraceptive barrier in place longer than is recommended.

Urinary Tract Infection

Both males and females can have UTI, or urinary tract infection. The urinary tract includes the kidneys, the ureters, the bladder, and the urethra. Women are more susceptible to UTI because they have a shorter urethra. Most UTIs are caused by bacteria entering the bladder from the urethra. Infections of the bladder (cystitis), if untreated, can extend up to the kidneys. Common UTI symptoms include: frequent urge to urinate, burning sensation during and after urination, cloudy or bloody urine, odor to the urine, and pain in the lower abdomen. If the kidneys are involved, there may be fever, pain in the flank areas, and nausea/vomiting.

What To Do Antibiotics are prescribed to treat an infection. Your physician may also provide a medication for the pain and burning. It is important to follow your physician's recommended dosage and make sure to finish all the pills given to you. Patients with frequently recurring UTIs should have their urine samples checked several times a year, and may be given prophylactic medications to prevent infections.

Ways to prevent UTI are: Drink plenty of fluids (eight or more glasses of water a day). Do not "hold" urine; always urinate when you feel the urge. Wash hands before and after using the restroom. Wipe front to back after urination or bowel movements. Urinate before and after sexual intercourse. Wear cotton underwear.

Vaginal Infections

Vaginitis is any infection of the vagina. It can have a variety of causes: bacterial, yeast, or parasitic. Contributing factors include sexual activity, use of birth control pills, antibiotics, tight clothing, damp underwear, poor diet, or douching. Symptoms of bacterial vaginosis are a strong, fishy smell especially after sex, white or gray discharge, or a watery or foamy discharge. A yeast infection usually involves a thick white discharge, redness, pain, burning, and itching around the vagina. Trichomoniasis is caused by a parasite not normally present in the

vagina. Symptoms may include foul odor and green, yellow, or gray discharge, as well as itching around the vagina and pain during sex or urination. A healthcare provider must diagnose which form of vaginitis you have in order to prescribe the proper treatment.

What To Do Some ways to prevent vaginitis are: wash the genital area daily with mild soap and water, wipe from front to back after a bowel movement, limit the number of sexual partners, wear cotton underwear, douche only when necessary, and avoid tight pants or pantyhose in hot weather.

Mental and Emotional Health

Anxiety

Anxiety resembles fear, but often has no obvious cause. Anxiety is a part of many psychiatric disorders. In its milder forms, anxiety can provide the emotional energy necessary to achieve difficult tasks or meet deadlines. However, in its more severe or chronic forms, anxiety could be debilitating. Panic reaction, and strong phobias, are severe, acute, and episodic forms of anxiety. Anxiety is often associated with some physical symptoms such as headaches, backaches, inability to concentrate, insomnia, difficulty breathing, or gastrointestinal discomfort.

What To Do Everyone suffers from mild anxiety from time to time. Take time out, try relaxation, and reduce stress factors in your life. If the anxiety is persistent and interferes with your ability to function normally, seek counseling. Medications may also be prescribed for short periods. Contact the UH Mānoa Counseling and Student Development Center or the University Health Services for information and assistance.

Depression

Depression is a condition characterized by feelings of sadness, and often associated with some disturbance in physical functions. Major depression refers to the condition when the symptoms are so severe that a person is not able to carry on

normal, daily functions. The signs of depression include: sadness, loss of interest and pleasure in most activities, irritability or anger for no good reason, anxiousness or restlessness, feeling worthless or useless, feeling of hopelessness, desire to be alone and to be left alone, inability to concentrate or make decisions, feeling of being slowed down mentally and/or physically, aches and pains that do not respond to treatment, having trouble sleeping (particularly early morning awakening) or sleeping too much, having no appetite or eating too much, and repeated thoughts of death or suicide (this last symptom alone indicates that a person should seek immediate help from a healthcare professional).

What To Do If you suffer from many of the above symptoms, you may be depressed. There are various treatments for depression, from psychotherapy to prescribed medications. For more information on depression for you or someone you care about, contact the University Health Services at 956-8965 or the UH Mānoa Counseling and Student Development Center at 956-7927.

Eating Disorders

The most common eating disorders include anorexia nervosa (self starvation) and bulimia (binge and purge). Compulsive overeating is also considered an eating disorder.

The hallmark of anorexia nervosa is a distorted thinking pattern. Anorexics have an intense and unreasonable fear of gaining weight, refusing to eat even when their body weight is far below normal. Signs of anorexic behavior include: a preoccupation with food and or eating, peculiar eating habits or rituals, self isolation, an inability to recognize that their weight and/or eating patterns are not healthy, and a conviction that strict weight control is necessary to achieve a perfect body. Anorexics suffer severe weight loss, dry skin and hair, cold hands and feet, general weakness, digestive problems, and loss of menstrual periods. As the self-induced starvation continues, more severe problems can develop including increased risk for infections, stress fractures, electrolyte imbalance, weakness of the heart muscle, and death.

The symptoms of bulimia include self-induced vomiting, laxative abuse and use of diuretics, fasting, or over-exercising to control weight. Medical problems include dehydration, digestive disorders, severe dental problems, and muscle weakness. As bulimia progresses, ulcers and life-threatening heart irregularities may develop.

Eating disorders are caused by a combination of cultural and psychological factors, and personality traits. Some people may also have biochemical imbalances that make them more prone to these disorders. People with eating disorders often spend a great deal of time thinking and talking about eating, food, and weight. Some people may weigh themselves several times a day and place themselves on severely restricted diets, regardless of their weight.

What To Do For more information on treatment of eating disorders, please contact the nutritionist at University Health Services at 956-6221, or the UH Mānoa Counseling and Student Development Center at 956-7927.

Insomnia

Insomnia is characterized by difficulty in falling asleep or waking up and not being able to go back to sleep. Insomnia results in a lack of the normal needed amount of sleep and is usually a temporary condition caused by stress, or some emotional or physical tension. Therefore, it can be very helpful if you're able

to identify the causative factors. Just being aware that there is a problem and that you are dealing with it may help you to sleep.

What To Do Other ways to help you sleep include avoiding caffeine in the evenings, establishing a regular bedtime and wake-up time, and eliminating naps during the day. Regular exercise can help. Before going to bed, you can also try relaxing with a warm bath, yoga, meditation, or some light reading. If your mind is busy once you're in bed, try writing down what you are thinking about so that you can deal with it the next day.

Sleep medications are available, but they can create dependency and are usually not recommended. If the natural techniques for overcoming insomnia don't work, contact a physician at the University Health Services.

Sexual Assault

Sexual assault is any unwanted, forced, tricked, or coerced sexual activity. Exhibition of genitals and fondling of sexual areas are also considered forms of sexual assault. Rape is an act of violence, aggression, and power. Date or acquaintance rape is any type of forced, unwanted sexual activity between people known to each other. Date/acquaintance rape can produce emotional and physical injuries, just as rape by a stranger can. Studies show that acquaintance rape occurs more frequently among college students, particularly freshmen, than any other age group.

Sexual assault may result in acute physical injuries. In addition, the victim may develop long-term physical and psychological problems. Sometimes these problems may not be recognized as related to past sexual assault. Therefore, it is important for victims of sexual assault to reach out and get help.

What To Do To try to prevent date rape, avoid contact with people who are verbally or physically abusive, treat you as property, take their anger out on others, or will not take "no" for an answer. Avoid situations and behaviors that may lead to date rape, such as excessive drinking or the use of drugs.

If you or anyone you know has been sexually assaulted, call the nonprofit Sex Abuse Treatment Center (SATC) at 524-7273. SATC offers counseling, medical, and legal advocacy services 24 hours a day to victims of rape and sexual assault. All services are confidential and low in cost.

Stress

Stress is a physical or emotional response that occurs when you perceive that the demands on your life are too great. Common symptoms of stress can include: headaches, stomach aches, muscle tension, particularly in the neck and shoulders and feelings of fatigue. Chronic or long term stress is often related to problems such as high blood pressure, heart disease, depression, and alcohol or other drug abuse. Stress can also lower your immune system functioning, and make you more prone to illness.

What To Do Some short-term ways to handle stress include relaxation techniques such as deep breathing exercises, meditation, or yoga. It is also important to take lots of breaks during the day, to get some fresh air or exercise. You may also want to go somewhere private, talk to a friend or family member about your stress, or be by yourself to yell or cry.

In addition to trying the stress reduction strategies mentioned above, you may want to contact the UH Mānoa Counseling and Student Development Center at 956-7217 to see what stress management workshops they have to offer. The counseling center also offers individual and group counseling, which can assist you in reducing unhealthy stress in your life.

Suicide

Suicide, or taking one's own life, is one of the leading causes of death in young people. It is usually related to severe cases of depression. Warning signs of suicide

include: displaying the symptoms of depression, increased use of alcohol and drugs, acquiring harmful substances or equipment (knife, gun, etc.), giving away valuable possessions, making statements about killing oneself, and unprompted conversations about wills and legal matters.

What To Do Suicide is preventable. If you or someone you know is suicidal, please contact the Suicide and Crisis Hotline at 521-4555 or call 911 for assistance.

Wellness

Wellness is a state where your body and mind are healthy and at ease. It is more than just not getting sick. The wellness concept includes taking responsibility and making lifestyle choices that result in good health for you today and reduce your chance of illness in the future.

Health risk factors are habits or conditions that increase your chance of developing an illness or disease. For example, if you smoke, you have a risk of developing heart and lung disease. If you are overweight, you have a risk of developing high blood pressure and diabetes. The more risk factors you have, the more likely you are to develop future diseases. Some risk factors cannot be changed, such as your genes. Other common health risk factors which can be modified include smoking, substance abuse, obesity, inactivity, chronic stress, and risky social or sexual behaviors.

What To Do The goal of wellness is to achieve lifelong health by reducing your health risks and promoting good health habits. A healthy lifestyle doesn't necessarily occur overnight; it's a gradual and continuing process in which you learn and practice good health habits. For more information about adopting strategies for a lifetime of wellness, contact the Health Education Center at University Health Services.