



Visit The New Health Education Center

Do you need current information on exercise? herpes? nutrition? yoga? stress? or wellness? The Health Education Center is the place for you. We have a library of current health books that may be checked out for a one week period of time.

Many pamphlets are available, free, on such subjects as breast cancer, testicular cancer, how to stop smoking, drugs of choice, etc. We will be adding to the selection periodically.

Self-care is one focus of the Center. A display on breast and testicle self exam will help you learn how to do self exams. One booth explains how to take a temperature with thermometers available for you to practice. A flow chart explains when you should visit a physician for allergies and when you could apply self-care. Allergy booklets and self care for allergies handouts are available.

The Health Education Center is staffed by practicum students who are very willing to assist you in obtaining information. If you would like to work as a health aide next year, please contact Cynthia Kane at the Student Health Center (686-4441).

The Center is open Monday through Friday, 9:30 to 3:30. Please feel free to drop in to just look around.

The following are some comments made by Personal Health students who visited the Center and wrote evaluations...

- 1) "...was a lot smaller than I pictured it would be."
- 2) "I especially enjoyed the literature on Nutrition since I am looking for a book to do a book report on."
- 3) "I had not known how to actually check for cancer and so thanks to the Health Education Room I now do!"
- 4) "I think this is a good venture by the Health Center, one in which I hope will escape the budget axe of the administration. I would encourage anyone who has from 5-30 minutes to spare during the day to explore the Wellness Room."

The Pharmacy Can Fill Student's Prescription Needs

The pharmacy in the Student Health Center is set up to fill prescriptions for registered students only. The pharmacy can fill prescriptions written by any licensed physician, both Oregon and out-of-state. This means that students with prescriptions from their personal physicians have the convenience, service, and savings of using the pharmacy on campus.

This service does not extend to students' children or spouses or faculty who are not registered students.

The pharmacy is staffed by 4 registered pharmacists, and one or two are on duty at all times. They are Heather Loomis, Ila James, Debbie Wright, and Tina Okuda, who works only Saturday mornings. Questions concerning prescriptions, medication usage or interactions and prices can be directed to the pharmacy at 686-4454. Please do not phone for refills, as the pharmacy can fill your order quickly when you bring your bottle or container in person. Out-of-state, transfer prescriptions from other stores and special orders also take more time to fill than new orders. Please plan ahead for your own best service.

The over-the-counter drugs and products are very limited. We stock only those items that are most often prescribed by the clinic physicians as well as a few products that are in high demand by the students. Also, if an over-the-counter product cannot be bought for a savings, it is not stocked. The pharmacy tries to best serve the student by stocking those items that can save the student money.

The students are a special class of customers compared to the general public in most stores. Their interest, cooperation, and patience are much appreciated by the pharmacy staff at the Health Center.



"You forgot to buy the nose drops."