

USE YOUR STUDENT HEALTH CENTER

from the Pharmacy...

EXPECTORANTS

Coughing is a normal and expected physiological response. Coughing helps to clear respiratory passages and to remove secretions from the lower tract. It also sprays mucous droplets into the air that help spread the common cold virus.

Productive coughs should be treated with expectorants and lots of water to encourage removal of secretions and sputum. The most effective expectorant ingredient on the market is GUAIFENESIN. This is found in virtually every product described as "expectorant." Other descriptions such as "cough suppressant", "decongestant", "syrup", or "elixir" probably will NOT contain GUAIFENESIN.

A glass of water taken with the expectorant and another 8 to 10 glasses a day greatly enhances the action of guaifenesin. As the guaifenesin increases the flow of fluids from the glands lining the respiratory tract, the increased water helps to decrease the viscosity of these thickened secretions.

Dosage of expectorants should not be exceeded.

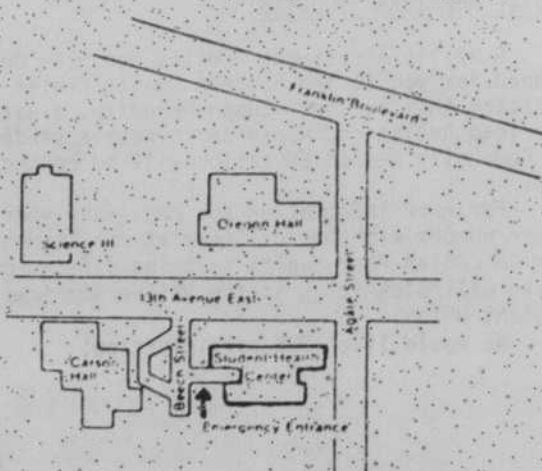
Often, it may be appropriate to take a product with expectorant and cough suppressant OR expectorant and nasal decongestant.

Your Student Health Center - sponsor of Well Now - offers health and medical care services to all fully registered students at the University of Oregon. We encourage you to utilize our services and save yourself (or your parents) lots of money on your health care needs.

We are open evenings and weekends till 8:00 p.m.

Our Hours of Service

Regular Clinic Hours (M-F) 8:00a.m. - 4:30p.m.
Saturday Clinic Hours 8:00a.m. - 11:30p.m.
Urgent Care Clinic Hours 8:00a.m. - 8:00p.m.
(M - Sat)
Friday Urgent Care Clinic 12:00 - 8:00 p.m.
Hours



WHY WEIGHT?

Exercise and Weight Control Program
begins April 8th 4:00-5:30

Sponsored by

The University of Oregon Student Health Center

Limited enrollment, so call 686-4456
to register today! Cost is free for students!

Coordinated by SeAnne Safai/Nutritionist



WELL NOW...

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