

Service Now and Then

The Student Health Center is 77 years old

By Ellen Tone-Breslin



University of Oregon students are privileged to have use of the Student Health Center. Indeed, few American universities have such a resource. On the

West coast, only UW and UC Berkeley have comparable services. Like the Eugene Clinic, the Student Health Center is an accredited ambulatory clinic. Unlike the Eugene Clinic, however, the SHC provides care even to uninsured students — a true non-profit organization. To insured and uninsured students alike, the Health Center provides free basic physical, mental and health services, and visits to staff physicians are only \$5 for the first visit each term. The Health Center is a unique because, as physical therapist Nancy Cogan said, "Physicians and staff are working toward the same goal: to provide a service to the students."

Founded in 1918

Today, these services are used by many students. Not many realize that the Health Center can look back on a remarkable history. In 1918, forty-two years after the University of Oregon was established, a dispensary (outpatient clinic) and infirmary opened in the men's dormitory, Friendly Hall. These were organized to



Volcanology? Guess again! This university archive photo shows the Student Health Center Building in the late 1930s.

provide "student and faculty health and sanitation." In 1918, antibiotics were rare while epidemics such as influenza and measles were frequent. Even though it is not necessary today, the infirmary helped in dealing with these problems when the Health Center opened. For only \$1 students could use these new services. Faculty paid \$4.

The old building, however, soon became obsolete. Throughout the 1920s, the Oregon Mothers Club conducted a fundraising campaign for a new Student

Health Service. It was not until the advent of Franklin Roosevelt's Works Progress Administration (WPA) that the goal was reached. Fortunately, a delegation of Eugene medics lobbied to have the funds appropriated, and in 1936 the WPA approved the funds necessary for a new building. While public funds sponsored a new building, the money raised by the Mothers Club went toward new equipment to be used in this 26-bed infirmary and dispensary. A penthouse was later added atop the building to accommodate

the director of the Health Service, Dr. Fred Miller, and his wife, Dr. Marian Hayes. The two were thus able to provide around-the-clock medical attention. At this time it was decided that health service personnel were to be restricted from having an off campus practice, and other changes were made for the students' benefit. You can still find this building on campus. What once housed the Student Health Center is called Volcanology today.

Finally, in 1965, the existing brick building on the corner of 13th and Agate was erected: today's Student Health Center. When the building first opened, a 40-bed infirmary, an isolated wing, and a kitchen were situated upstairs. On the main floor was an outpatient clinic large enough to accommodate 10 physicians as well as pharmacy, lab, and an x-ray department. Much like today, downstairs housed physical therapy, sports medicine, and a library.

By 1981, very few of the 40 beds were filled at any given time, so the infirmary was replaced by the counseling center, the women's clinic, and urgent care clinic at which a physician and nurse are even today on duty until 6 p.m. on weekdays and 8:00 p.m. on weekends. The addition of the dental clinic in 1987 and the introduction of a program designed to support all-around wellness (health education) in 1988 added all the services that the Health Center still offers today.

Protect yourself and others

HIV Testing at the Health Center

By Becky Prins



Chris and Jean met at a party on a Saturday night. After a few beers, the two of them got to know each other. As the night passed on and the party started to

die, Chris and Jean decided to go home together. Once at home, one thing led to another. In the morning, Chris awoke to an empty bed and to the realization that they had not used any protection . . . and who knows what Jean might have had?

Even though Chris' story is fabricated, situations like this do occur. For U of O students, the Student Health Center offers a valuable service: HIV testing. The pro-

cedure is quite simple. In order to get tested, call the front desk (346-2770) and make an appointment. The first visit will take approximately thirty minutes. This time allows you to ask any questions or talk about concerns you might have regarding HIV risks.

Anonymous Test

At this point, you may choose whether you would like your test to be confidential or anonymous. In order for the test to be anonymous, you must pay a fee of \$12 up-front in cash. This assures you that your name will not be placed anywhere on the blood sample or on any of the papers. If you chose to have the testing fee billed to your Oregon Hall bill, the results will be confidential. This means that the results will be in your file, but nobody will have access to them except your

health care provider.

At the end of the first visit, you give a small blood sample to be tested. In order to get your results about two weeks later, return to the Health Center for a second visit. At this time, the staff at the Health Center will answer any last minute questions and give you the results.

The unknown can be exciting, but when it comes to your life and the lives of those you are intimate with, it is no laughing matter. The most important fact to remember about HIV and AIDS is that you can protect yourself. HIV is transmitted by unprotected sex where body fluids are in contact, and by sharing needles. Each of us must take the responsibility to be aware of these dangers. Anyone who engages in risky behaviors can acquire the HIV virus or AIDS. It is up to each of us to protect ourselves and others.

COLD

(Continued from Page 1)

These are only a few aspects of staying safe and warm while exercising during the oncoming months. I wish not to scare people away from these exciting outdoor activities, but instead hope that you will be aware and become more informed about the risk-taking factors accompanying them.

To get more information on keeping yourself safe during winter activities and for treatment for any injuries sustained during the next few slippery months, come by the Student Health Center. There are many good practitioners to help with any treatments and questions you may have, and if you just can't shake the blues, the counseling center offers free counseling to any students.

STAFF

Director of Health Education: Joanne Frank

Peer Health Educator Coordinator: Annie Dochnahl

Nutrition & HIV Counselor: Kristen Olmos, R.D.

Cholesterol Educator: Tatiana Isotov

Editor of Well Now: Axel Jansen

Outreach Coordinator: Naghmeh Mosthael

Salesperson: Kelsey Wekell

Production: Dehli McCobb

Co-Editors: Traci Milliren and April Ollivier

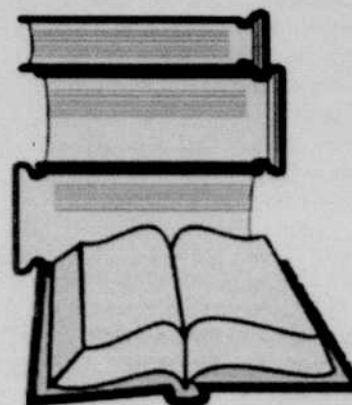
Second Term Peer Health Educators: Jess Knox, Danielle McConaga, Traci Milliren, April Ollivier, Rebecca Prins, Cassie Salewske, Ellen Tone-Breslin

First Term Peer Health Educators: Heather Branlund, Jeff Conant, Megan Foster, Caroline Henry, Kelsea Lockhart, Lisa Petersen, Jennifer Ries, Jennifer Schoeppe, Vida Talebi, Erin Teruya, Natalie Thamert, Diane Wells, Andrew Winge, Kristen Wonacott

The *Well Now* is a newsletter sponsored by the Student Health Center and produced by the Health Education staff with the assistance of the *Oregon Daily Emerald*. For more information, call the Student Health Center at 346-4456.

Look Into

Books



John Frick, Ph.D.: *The Grown-Up Man: Heroes, Healing, Honor, Hurt, Hope*. Deerfield Beach, Florida: Health Communications, 1991.

Laurel Robertson, Carol Flinders, Bronwen Godfrey: *Laurel's Kitchen: A Handbook for Vegetarian Cooking and Nutrition*. New York: Bentam Books, 1982.

Pamela E. Butler: *Talking to Yourself: Learning the Language of Self-Support*. New York: Harper & Row, 1983.