

WELLNOW

FALL 1998

YOUR HEALTH CENTER NEWSLETTER



MORNING AFTER PILL

can prevent pregnancy

You kissed him. He touched you. You touched him back. Things were supposed to stop there, but they didn't.

You had sex; more importantly, unprotected sex. So what do you do next?

Go to The Health Center to get the "Morning After" Pill, or MAP. This postcoital (after intercourse) contraceptive is taken within 72 hours of any sexual experience where fertilization could occur. The MAP is actually a series of two treatment doses of pills taken 12 hours apart. The pills change the ovarian hormone production and may disrupt fertilization, cause disordered fallopian tube transport of the ova, or change endometrium so that if the egg is fertilized, implantation is not likely to occur.

The "Morning After" Pill is not the same as the "Abortion Pill," RU486. The

MAP initially prevents the pregnancy. In contrast, RU486 aborts the fetus after pregnancy has continued several weeks.

According to the Women's Clinic at the Health Center, national statistics say the "Morning After" Pill is 95 to 98 percent effective, and most effective if taken immediately. Nausea is a common side-effect. (Your primary health care provider will also prescribe anti-nausea medicine.) Other side-effects

include an unpredictable menstrual period — it may be lighter, heavier, or not come when expected. Breast tenderness may also occur, though it is rare.

Even though the MAP is an effective way of preventing pregnancy, it should only be used as a last resort. **Women should not use it as a substitute for condoms.** Unlike condoms, the MAP in no way protects the woman from sexually transmitted infections (STIs).

The "Morning After" Pill and S.T.I. testing are both available at the University Health Center. For more information, call the Woman's Clinic at 346-4449 or come by the Peer Health Education room next to Area B.

—Mariah Bowden

Birth Control Prices at the UO Health Center:

Condoms: \$2.50 for 12 (Free at Peer Health Education Window)
Spermicide: \$7
Birth Control Pills: \$9
Diaphragm / Cervical Cap: \$14
Female Condom: \$7.65 for 3
Depo-Provera Shot: \$29/month
Norplant: \$410
Intrauterine Device (IUD): \$285
"Morning After" Pill: \$3.50

LEARN while you help others

The Peer Health Education program at the Health Center was established as both an academic course (ELTA 407) and service to UO students.

I recently sat down with Annie Dochnal, who teaches the course, and Sarah Hollopeter, a peer health educator (PHE), to find out what students get from the experience.

Wellnow: What do you believe are the greatest attributes to the program?

Annie: PHE's learn about various college health issues, and they translate their learning into teaching other students. Planning, presenting, and coordinating health education events provide the opportunity to develop many communication and organizational skills. Plus, the students learn better ways to care for their short and long term health.

Wellnow: How long has this program been running?

Annie: The PHE program has been in existence at the U of O Health Center since the early 1980's.

Wellnow: What kinds of people do you look for to join the program?

Annie: Typical majors of the students who become PHE's include biology (with an interest in pre-med), EMS (with general health and fitness interests), psychology (to gain skills and experience in peer counseling), journalism (for the communications and newsletter writing opportunities), sociology (because of the numerous issues related to human health) and others. We look for students who want to be active & helpful in their learning.

Here is the opinion of one student in the program.

Wellnow: Are you glad that you joined the program?

Sarah: Yes, definitely. It has been a good experience. The things that I have learned can be applied to all of my other classes.

Wellnow: What positive aspects have you received from the program?

Sarah: I've learned skills in communication and how not to be judgemental

of other people's behaviors and habits. I learned public speaking skills. I learned a lot about different health issues and how education is a key component to maintaining a healthy atmosphere on campus and in the community.

Wellnow: Do you think this program will become beneficial to your future?

Sarah: Absolutely, because I am interested in going into a field of medicine or education. I do not think that you have to be interested in only education or medicine to be a part of this program, though.

Wellnow: Do you feel this program is a large time commitment?

Sarah: Honestly, yes. It is a very large time commitment, but the types of activities you do are very different than "typical" university classes. "It's a lot of applied learning".

Wellnow: Would you recommend this program to all students?

Sarah: I don't want to say yes or no. I would recommend it to all students who are willing to work hard and work well with other people, because it is a good program, but it's pretty demanding for a pass/no-pass class.

Wellnow: Where can one sign up to become a PHE?

Annie: One can sign up by filling out a PHE application and interviewing with me. Since the class is limited to 12 students and peers make a two term commitment. This procedure helps in finding the right match between interested students and the program.

Wellnow: Where can one apply/join?

Annie: Pick up an application at the Peer Health Education Office or call 346-4456 at the University Health Center.

Sarah and Annie's feelings and beliefs about the program correspond very nicely and show anyone interested that they will truly get the experience and education that the program claims.

—Jenni Rotenberg

Workshops FALL '98

Peer health educators organize and run most of our workshops. So not only do you learn useful skills, you meet new people and have some fun. The following workshops are available, free of charge, to currently enrolled U of O students. Call 346-4456 to register or stop by the Peer Health Education Office on the first floor of the University Health Center.

Smoking Cessation

Wednesdays, 4:00-5:00 p.m.

October 21-November 25

Medical Library, University Health Center

Quit smoking this term and celebrate life as a non smoker. This six week workshop is open to those who want to quit and those who have already quit and want additional support. Identify triggers to smoke, learn to overcome urges, adopt alternative behaviors, and address fears about possible weight gain.

Weight Management

Tuesdays, 4:00-5:00 p.m.

October 20-November 10

Medical Library, University Health Center

Invest in yourself this term. Learn how to turn information on nutrition, cooking, exercise and behavior change into life long practices. You are certainly more than what you eat.

Ethnic Vegetarian Cooking Workshop

Mondays, 4:30-6:00 p.m.

October 19-November 2

Health Center Cafeteria

Prepare quick, yummy, healthy dinners from several regions of the world. Pick up tips for nutritious and easy meal preparation.

Relaxation Workshop

Wednesdays, 5:00-6:00 p.m.

October 21-November 11

Medical Library, University Health Center

Want to expand your relaxation repertoire? Learn more about managing the stress in your life and join us for an introduction to progressive relaxation, massage, meditation and more.

CLIP & SAVE...

UNIVERSITY HEALTH CENTER
We're a matter of degrees

Hours: Mon., and Wed.-Sat: 8am to 6pm
Tuesday: 9am to 6pm, Sunday: 10am to 6pm

Phone...

Appointments: 346-2770
Dental: 346-4432
Pharmacy: 346-4454
Physical Therapy: 346-4401
Insurance: 346-3702
Urgent Care: 346-2770
Women's Clinic: 346-4449
Health Education: 346-4456
Peer Health: 346-4456
General: 346-4441

On-line:

<http://darkwing.uoregon.edu/uoshc/>