

guys—play it safe GET TESTED FOR STI'S

Just the mere idea of STI (sexually transmitted infections) testing seems to make men shudder. It is really not that bad. In most cases, STI testing for men is quick and usually painless. Some clinicians feel that periodic STI screening and an brief examination may be helpful for men with two or more sex partners within two years. The Health Center does confidential STI testing for men. All you have to do is make the appointment by calling 346-2770.

Chlamydia, which is the nation's most prevalent STI, infects four million people each year. Adults under the age of 25 have the highest rate of Chlamydia. Through intimate sexual contact Chlamydia is spread as a bacterial infection.

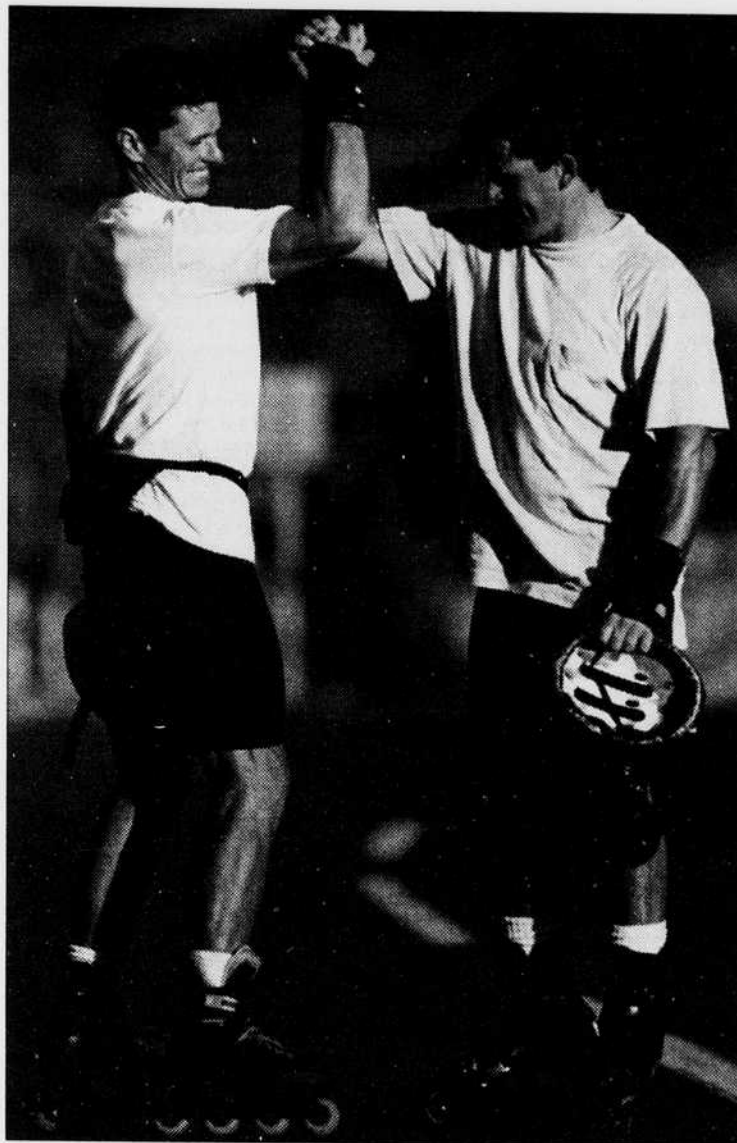
Symptoms for men include painful urination and watery discharge from the penis. Clinicians can diagnose Chlamydia with a newly developed urine test. Chlamydia is cured very quickly with antibiotics.

If left untreated, Chlamydia can lead to inflammation of the testicles or nonspecific urethritis (NSU) which is inflammation of the urethra. Both can lead to sterility. Cost for confidential testing at the Health Center is \$19.65.

Syphilis is a bacterial infection spread through direct contact with an infected person. A blood test is used to diagnose syphilis. Syphilis is cured through proper antibiotics.

The first sign of syphilis is usually a painless sore on the penis, anus or mouth. **Syphilis is a serious infection and over time if left untreated can progress into dangerous symptoms** such as rash, brain damage, paralysis, heart disease and death. The Health Center does syphilis testing for \$13.00.

Gonorrhea, is another bacterially spread infection. Symptoms for men include painful or burning urination, and discharge from the penis, although many times no symptoms will occur in men.



Men can easily spread gonorrhea to female partners through vaginal intercourse, as well as passing gonorrhea to his partner's throat through oral sex.

Diagnosis for men includes a gram stain test in which a very small cotton swab is inserted no more than a quarter inch into the penis to get a smear culture. **Gonorrhea is curable with the right antibiotics.** The Health Center's charge for gonorrhea testing is \$12.75.

Genital warts and herpes are infections caused by viruses passed through sexual contact with an infected person. Often times no symptoms are present, and a person can pass the virus to a partner without knowing it. Warts and herpes are easily spread through intimate sexual touching, oral sex (if herpes are present in the mouth), vaginal sex and anal sex.

Symptoms for herpes are sores around the mouth, penis or anus, usually with small painful blisters. Symptoms for warts include painless growths around the penis.

Diagnosis of both genital warts and herpes is done through a visual examination which can be done at the University Health Center.

STI's are a very serious health concern for college students. Practicing safer sex with the use of latex condoms is one way to help stop the spread — but remember

that condoms are not 100% effective in preventing infection.

To check out books on STI's and get information on testing visit the Peer Health Education room in the Health Center, or call 346-4456. Interested in learning more about sexually transmitted infections and prevention? Come to the Sexual Health Awareness Fair October 21st in the EMU Fir Room 10am-2pm.

—Sara Koffman

COUNSELING CENTER is here for you

Scenario #1: It's the third week of classes. You've just figured out where all of your classes are, the dorm is too loud, you hate your roommate, you're financial aid check hasn't come yet, you feel out of place, and to top it all off you miss your family. These are a few among the many possible problems for an incoming college student.

Scenario #2: You're a seasoned Duck. You can maneuver campus blindfolded, you live off campus with your best friend, you're on scholarship, you've found your niche in student government and you were just home to visit. Somehow though you've been feeling a little depressed lately and you just can't seem to shake it.

Almost every college student feels overwhelmed at one time or another. What few students know is that there is a resource available to them right here on campus to help deal with these feelings. This resource is the University Counseling Center, located on the second floor of the University Health Center.

The Counseling Center is primarily funded by student fees, so **all currently enrolled students are eligible for counseling services.** The staff members in the Counseling Center are professionally trained and consist of psychologists, counselors, clinical social workers, and master's-doctoral-degree candidate interns.

Individual therapy is offered on academic concerns, eating disorders, rape, sex-

ual identity, substance abuse, death and any other issues of concern to the student. Individual therapy is offered on a first come, first served basis, and clients

normally participate in 8 to 10 sessions. Group therapy is offered on topics such as eating disorders, alcohol/drug recovery, sexual orientation, multicultural and international students issues and sexual abuse and assault. Consult the University Counseling Center for currently offered therapy groups at 346-3227 or stop in and ask for a brochure at the front desk. **All therapy offered at the Counseling Center is completely confidential** so students can come in for counseling and rest assured in maintaining complete privacy.

If you feel that you might benefit from the University Counseling Center but are unsure, drop in hours are offered from 9:00-Noon and 1:00-4:00 on Mondays, 10:00-Noon, and 1:00-4:00 on Tuesdays, 11:00-Noon and 1:00-4:00 on Wednesdays and Thursdays, and from 11:00-Noon and 1:00-3:00 on Fridays. **A drop-in counselor will be available during these hours who will help you in deciding whether further counseling would be beneficial.** For more information you can con-

tact the University Counseling Center at 346-3227 or consult the Counseling Center Web Page at <http://oregon.uoregon.edu/~gtstadt/counsel.html>.

—Christi Simmons

FABULOUS FACTOIDS

1 in 5- The number of men who say they know little or nothing about contraception.

70- percentage of women who think that both sexes should feel equally comfortable asking someone on a first date.

Exercise reduces a woman's risk of breast cancer between 12% and 60%. Researchers at Columbia University

Average height of elite distance runners: Males 5'9", Females 5'6". Runner's World Magazine

Diet is suspected as an important cause of as much as 35 percent of all cancer deaths. American Cancer Society

About 75% of blacks, 5-10% of whites, nearly all Asians, and 70% of the Jewish population experience some degree of lactose intolerance. The La Costa Book of Nutrition

A teaspoon of fat contains 38 calories. A 1500-calorie diet should not contain more than 12 teaspoons of fat.

Fermented milk products, such as yogurt, are already heralded as folk remedies for yeast infections and traveler's diarrhea. New research suggests they may also inhibit certain cancers. In one recent study from Italy, fermented milk slowed the growth of breast cancer cells in the laboratory.

The B vitamin of the moment, folate, has recently been linked to mood. In a study of more than 200 depressed patients, researchers from Massachusetts General Hospital and Baylor Research Institute concluded that those with low folate levels responded less well to treatment with the antidepressant Prozac (fluoxetine).

In a survey of more than 800 people by the Saint Louis University School of Public Health, 57 percent of those whose diets were low in fat reported pursuing labels most of the time. What label readers look for, in order of importance: fat, calories, saturated fat, cholesterol and sodium, and fiber.

More than 90 percent of coughs and sneezes are caused by viruses that can't be cured by antibiotics, and overprescribing them only adds to the increase in antibiotic-resistant bacteria.

Federal officials recently urged all former users of the prescription diet drugs fenfluramine and phentermine (fen-phen) to have their hearts checked for valve damage.

Even if you swear you do your best thinking at night, chances are you'll get the job done faster if you do it during the day, suggests a study from the University of Pittsburgh School of Medicine. People completed a simple task more quickly during the day than they did the night before.

You can maximize the amount of serotonin your body produces and the brain absorbs by altering your diet—specifically, by loading up on carbohydrates.

Though almost 80 percent of us believe nutrition has an impact on our health, only 39 percent say we are taking action to eat healthfully, says The American Dietetic Association, which commissioned a recent telephone poll of more than 800 adults for its Nutrition Trends Survey.

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