

News briefs

Nike needs college students to coach

NIKE's Participate in the Lives of America's Youth program is an opportunity for college students to be trained to coach youth leagues. Summer and fall sport deadline is March 1. After student coaches fulfill a 80-100 hour requirements, they receive \$500 toward their tuition.

To apply, students must include a letter of recommendation and a copy of their college transcript. They also need to arrange to coach at a community center or local organization.

Applicants must be qualified to work with children. NIKE will run a background check.

Applications can be found at the P.L.A.Y. CORPS website: www.nikebiz.com/social/play/play_nj.html.

Health news

Pap smears detect cancer early

The Health Center warns that women should not neglect getting the test

By Sarah Skidmore
Oregon Daily Emerald

Although the pap smear is the primary tool to detect cervical cancer, it is an often ignored health exam by college-age

women. Given the age and possible sexual behavior of this group, pap smears are imperative, said Dr. Gerald Fleischli of the University Student Health Center.

Women who are or have been sexually active or who are 18 or older should have pap smears annually to detect signs of cervical cancer, according to the American Cancer Society.

While the number of cases of cervical cancer reported are at the lowest level yet, the society still estimates that 13,700 cases of invasive cervical cancer will be diagnosed in 1998.

"The major reason that number is still there is because of women not getting pap smears," Fleischli said.

Pap tests can detect signs of cervical cancer. Because the symptoms of cervical cancer, such as abnormal vaginal bleeding or spotting and abnormal vaginal discharge, are not evident until the late stages of the cancer's manifestation, early detection is recommended by the cancer society.

Risk factors for cervical cancer include: Human Papilloma Virus (HPV) infection, smoking, HIV infection and poor nutrition, according to the cancer society.

To reduce these risks of cervical cancer, the cancer society recommends delaying sexual intercourse if women are young, using protection during sex to avoid contracting HIV or HPV, not smoking and having regular pap tests to detect HPV and precancers.

Most cases of invasive cervical

More information

WHERE TO GO

Student Health Center: 346-4441
Women's Clinic at Peace Health: 687-6282

Pacific Women's Center:
342-8616

WHO NEEDS A PAP SMEAR

Any woman who is or ever has been sexually active
Any woman 18 years or older
Any woman who has the following high-risk factors: HPV or HIV infection, smoking or poor diet

cancer are found in women who have not had regular pap tests, according to the cancer society. Many women do not know they need a pap smear, feel nervous about the exam or are unaware of the procedure, Fleischli said.

"A lot of women don't know what a pap smear entails," he said.

A pap smear is a procedure that can be performed by many types of health care professionals. Typically, it is one part of an annual pelvic exam.

For a pap smear test, a speculum is inserted to keep the vagina open so that the cervix can be seen clearly. A sample of the cells is then collected from the inner part of the cervix and typically placed on a slide. Lab technicians or physicians examine the sample for any signs of precancerous or cancerous cells, according to the cancer society.

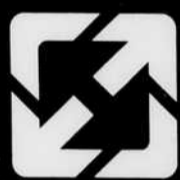
"It is important that people know that they need pap tests done," Fleischli said.

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