

Freshman Seminars

SPRING 1999

PREFIX	TITLE
AAD 199	Customizing the Body
BA 199	Entrepreneurs: For Real?
CH 199	Nuclear Choices, Nuclear Dilemmas
CIS 199	Patterns of Problem Solving
J 199	Silver Shadows, Golden Words
PHIL 199	Great Outsiders
PS 199	Political Biography
RUSS 199	Russia Yesterday and Today

ENROLL NOW

For more information, see page 75 in the spring UO Schedule of Classes.



FRESHMAN SEMINARS
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Health News

Pharmacists can help students with colds, flu

*The pharmacy can tell
students whether they
need to see a doctor*

By G. Jaros
Oregon Daily Emerald

When a cold or flu strikes there are only so many things that can be done — drink lots of fluids, get lots of rest and ride it out — and a stop at the pharmacist may be all students need.

Students can go to the doctor to hear their options, or they can go to the pharmacist to seek relief on their own.

Before making a doctor's appointment, students should ask themselves whether or not their symptoms sound like a NyQuil commercial: stuffy nose, scratchy cough, and aching muscles, said Julie Boffing, a registered pharmacist at the Student Health Center.

"We see a lot of people who have cough and cold complaints and allergy complaints," Boffing said. "We seem to be the starting place for a lot of students."

But not all students are aware that the pharmacist is a starting place.

"I just go to the doctor," said Liza Molligan a senior in psychology. "I didn't think they [pharmacists] could give you anything without going to the doctor."

Pill counting comes to mind when Molligan thinks about pharmacists, she said. She's not alone. Many students said pills come to mind when they hear talk about pharmacists.

However, pharmacists do more than count pills and fill prescriptions. They are trained to listen to symptoms and advise people to go to a doctor or just get some over-the-counter relief, Boffing said. Pharmacists attend a five to six year professional college program.

Pharmacy hours

- Monday, Wednesday and Friday: 8 a.m. to 5:30 p.m.
- Tuesday: 9 a.m. to 5:30 p.m.
- Saturday: 8 a.m. to 12 p.m.
- Sunday: Closed

"Common colds and flus are caused by viruses and antibiotics don't help viruses, so going to the doctor doesn't help anybody," Boffing said. "Self-medication for these things makes a lot of sense. The flu needs to run its course so you may as well treat it over the counter," Boffing said.

Symptoms that are questionable are always referred to a doctor, Boffing said. Coughing up brown or green "sputum," being short of breath, wheezing, a sore throat, fever and a rash are all symptoms for a doctor referral.

Physicians at the health center don't see any problem with visiting a pharmacist for cold and flu symptoms, said Dr. Dan Jepsen at the health center.

"It is very safe to ask a pharmacist and then they can direct you to a doctor if needed," he said.

It is all part of the self-educational process, Jepsen said.

"Most colds can be self-treated, slight sore throat, no fever," he said. "With colds we just worry about strep throat, but with that you will have huge lymph glands, a fever over 100 degrees and white spots on your throat," Jepsen said.

The health center pharmacy sees 50 to 100 patients a day who want to buy over-the-counter medications. Between March and June they expect a huge increase in allergy related visits because the Willamette Valley has one of the highest pollen counts in the world, Boffing said.

Today's Events

Monday, March 8

■ A demonstration and lecture on Bharata Natyam, a classical Indian dance form, will be given at 1 p.m. in Beall Concert Hall. The hall is located at 961 E. 18th Ave. The event is free.

For more information contact Fran Descutner at 346-3379.

■ The Oregon Percussion Ensemble will perform at 8 p.m. at the Beall Concert Hall. The cost is \$5 for general admission, \$3 for senior citizens and students. For more information call 346-5678.

The Oregon Daily Emerald
is accepting applications for the position of
Editor in Chief
for the 1999-2000 academic year

Editor in Chief is responsible for all editorial operations and all editorial content of the newspaper.



Application packet, and job description available at the ODE front desk in Suite 300 EMU or call 346-5511 for more information. Applications must be turned in to the ODE office by 5:00 p.m., Tuesday, March 30, 1999.

Applications for other staff positions will be available after the new editor is selected April 13th. Watch for ads announcing staff openings.

Oregon Emerald

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