



Make it Happen!

university health center WINTER 2000

### HEALTH EDUCATION WORKSHOPS

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.



## weight management

Tired of riding the dieting roller coaster? Then this is the workshop for you! This five-week interactive workshop will assist participants in making lifelong behavior changes. Food and nutrition, exercise, body image, relapse prevention, and low-fat cooking will be addressed.

Tuesdays, 4:00-5:00 pm  
Feb. 15 - Mar. 7,  
Medical Library,  
University Health Center

Sign Up Today  
for Tomorrow's  
Session!

UNIVERSITY  
HEALTH CENTER  
We're a matter of degrees

# Women's exams beneficial

■ Low-cost screening for sexually transmitted diseases and other concerns is available to Oregon residents

By Serena Markstrom  
Oregon Daily Emerald

On the advice of a friend, Mandi Garcia has just scheduled her first full gynecological exam. She knows that medical professionals agree a female's first examination should be at age 18 or when she first becomes sexually active. But that never compelled her to make an appointment.

"I never thought much about it," said Mandi Garcia, a senior fine arts major. "I never had any problems."

A variety of low-cost and practical options are available to college women, yet many neglect to make the appointment. Factors, such as smoking and sexual activity, can put a woman at risk for disease, but even women who are not exposed to such factors should be tested annually. Now Garcia is taking that vital step.

Here is what she can expect: Meg Hamilton, nurse practitioner at Planned Parenthood, said, "I start by talking to the patient with her clothes on." This helps her relax before Hamilton asks her to take her clothes off for the full exam. Hamilton talks the patient through the whole exam before she begins and narrates as she goes.

The breast exam comes first. She feels for lumps or abnormalities in the breast. During this part the patient also learns to test herself at home.

After the breast exam the patient can replace her shirt and cover her lower abdomen and upper thighs with a cloth to feel less exposed.

Next is the pelvic exam, which consists of four parts: the external genital, speculum, bimanual and rectovaginal exams. The pelvic exam is when samples of cervical mucus are taken to test for sexually transmitted infections. Hamilton said she always tests for chlamydia, a bacterial sexually transmitted infection,

**"I know it is really scary to come in for the first time."**

Meg Hamilton  
nurse practitioner

because of its notoriously asymptomatic behavior.

Once the pelvic exam is completed the rest of the exam is comparatively easy. A urine sample is often used to detect pregnancy and screen for other diseases such as diabetes, according to the Planned Parenthood brochure, "The Gynecological Exam, Your Key to Good Health."

The final part of the exam is a discussion of contraceptive methods or anything else the patient has on her mind in relation

to her health.

Though multiple partners and beginning sexual activity at an early age are risk factors, smoking can also increase the risk of cervical cancer so it is important that all women are examined yearly, Hamilton said.

The University offers health care specifically geared toward women's health. And because students can remain on their parent's insurance or are encouraged to purchase their own, these services are offered at a low price.

Oregon Planned Parenthood received a state reimbursement grant to offer free examinations to low income families and single women who are in a low income bracket.

Bill Shepard, executive director of Planned Parenthood, was instrumental in securing more than \$13 million in funding. Single Oregon residents with no dependents who earn less than \$1,271 per month qualify for assistance under the grant.

Hamilton said medical professionals who work in this field know that it can be hard to make the first step and call for an appointment. So, she said, they do everything they can to make it easier.

"I know it is really scary to come in for the first time," Hamilton said.

"We have extra chairs set up in the examination rooms so women can bring their two best friends."

## STUDENT ADVISORS WANTED

Need committed and creative student volunteers to advise the University Health Center regarding programs, services, finances, and health insurance.

Student advisors will spend about 1-2 hours per week as members of the evolving Student Health Advisory Committee (SHAC) and will guide the University Health Center in promoting a healthy campus through the storm of health care reform.

Successful participants will gain an in-depth understanding of health care delivery and its financing, will learn about the health issues of college students, and will develop interpersonal skills and confidence.

Routine meetings are scheduled at 3 p.m. Fridays, allowing members to plan their class schedules accordingly.

Applications can be picked up at the University Student Health Center front desk.

Completed applications should be submitted to the University Health Center Director's office by Friday, Feb. 25.

UNIVERSITY  
HEALTH CENTER  
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Open daily 8 a.m. to 6 p.m., except Tuesdays (9 a.m.) and Sundays (10 a.m.).  
Appointments and after hours: 346-2770 • Web: <http://healthed.uoregon.edu>

Please call 346-4447 for more information.

The UO Cultural Forum in association with Little Apple Production presents:

# Vagina Monologues

Monday, Feb. 14, 7 pm  
Gerlinger Lounge

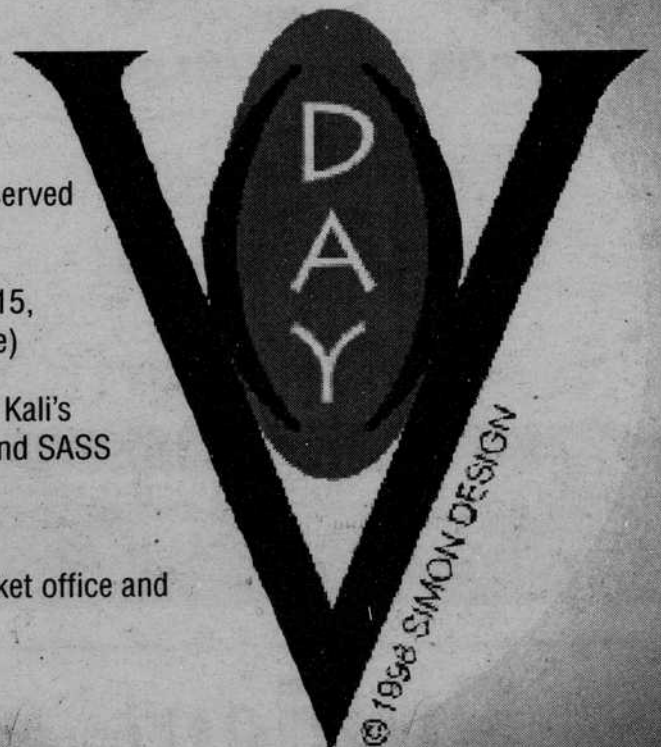
Light refreshments will be served  
Formal attire is welcome

UO Students and Seniors \$15,  
GP \$25 (plus service charge)

All prophets benefit Mother Kali's  
Bookstore, Womenspace, and SASS

Questions, call 346-4373

Tickets available at EMU ticket office and  
Mother Kali's Bookstore



[www.dailymerald.com](http://www.dailymerald.com)

message boards. ODE archives.

## Oregon Daily Emerald

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