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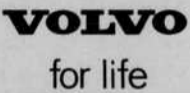
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UO health center offers new form of birth control

University pharmacy manager says products similar to Seasonale have been on the market 'forever'

BY KARA HANSEN
NEWS REPORTER

Female students found a new option for birth control at the University Health Center starting this term.

The health center pharmacy added Seasonale, a birth control pill that reduces the frequency of menstruation from once a month to about once every three months, to an already extensive lineup of birth control options, pharmacy manager Julie Dewsnup said.

Seasonale was approved by the Food and Drug Administration in 2003, but the concept of using birth control pills to set a quarterly menstrual cycle is not new, according to Dewsnup. She said before the health center had Seasonale, staff prescribed birth control pills such as Nordette. The two products have the same active ingredients, and Nordette can work the same as Seasonale if a person eliminates the week's worth of placebo pills included in the month-long regimen for a woman to menstruate, she said.

"We had an equivalent for people who wanted the same thing," Dewsnup said. "It's been around forever. It's just marketed differently."

The pharmacy added Seasonale on Jan. 7 when it was approved for coverage by the Family Planning Expansion Project, a government-funded program providing free birth control and access to low-cost reproductive health care, Dewsnup said.

If not covered by FPEP, students would have to pay \$83 for three months worth of Seasonale, compared to about \$30 for a three-month supply of birth control pills such as Nordette,

Dewsnup said.

Nurse practitioner Colleen Jones agreed that taking birth control pills steadily, without the week of placebo pills in conventional birth control regimens, helps Seasonale to be effective.

"Unintended pregnancies related to missed periods are more likely to occur in the couple days on either side of the week without hormones," Jones said. When taken correctly, birth control pills are more than 99 percent effective, she said.

The risks of using Seasonale are similar to the risks of other conventional oral contraceptives, including increased risk of heart attack, blood clots and stroke, according to the FDA.

Because Seasonale has fewer periods, the product's label advises women to consider whether they could be pregnant if they miss one of their quarterly periods.

In addition, it takes time for a person's body to adjust to not having a menstrual cycle as often, potentially leading to bleeding between periods for Seasonale users, Dewsnup said.

Jones said there is no health risk associated with reduced menstrual cycles. She said research has shown that extended use of birth control pills can decrease a woman's risk for several types of cancer. But which method of birth control is best ultimately depends on the person, she said.

"Everyone's body is different," Jones said. "If women are conscientious, they can figure out a system that works for them."

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NICOLE BARKER | PHOTOGRAPHER

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Call for Nominations

Faculty Distinguished Teaching Awards

Nominations due: **MONDAY, MARCH 1, 2005**

Faculty, staff, students, and alumni are invited to nominate any current faculty members appointed at .50 FTE or greater, tenure or non-tenure related, who have taught at the University of Oregon for a minimum of two (2) years for distinguished teaching awards. The *Ersted Award* and *Thomas F. Herman Award* for distinguished teaching are presented annually to award winners at Spring Commencement. Each award is accompanied by a recurring monetary reward for the recipients. (Please note: Graduate Teaching Fellows have their own competition and are ineligible for these teaching awards.)

Eligibility for Awards

Ersted Award for Distinguished Teaching

The late Mr. A. J. Ersted established the *Ersted Award for Distinguished Teaching* so the University of Oregon could annually honor faculty members "who have taught comparatively short periods and have demonstrated exceptional abilities to induce students to reason and not merely memorize." The Ersted Award is presented only to faculty who are early in their teaching careers (and who have taught at the UO at least two years). This teaching may occur at the undergraduate or graduate level.

Thomas F. Herman Faculty Achievement Award for Distinguished Teaching

This award honors senior faculty members who have achieved outstanding records as teachers. The *Thomas F. Herman Award* is presented only to faculty members who have had academic rank at the University of Oregon for at least seven years, and who have demonstrated long-standing excellence in teaching and have contributed significantly to student learning at the undergraduate or graduate level.

SUBMIT NOMINATIONS online at <http://academicaffairs.uoregon.edu/Awards/Nomination.html>. Names of nominees and the eventual award winners are kept confidential until announced by President Frohnmayer in mid-May. See <http://academicaffairs.uoregon.edu/Awards/pastwinners.pdf> for a list of previous award winners. For questions or more information, contact Gwen Steigelman, Academic Affairs, at gwens@uoregon.edu.

Law: Resolution program to promote cultural competence

Continued from page 1A

Appropriate Dispute Resolution program director, said one of the things that makes the program unique is the interdisciplinary focus.

"It's based on the premise that there's not one single discipline that has all the answers when understanding conflict and dispute resolution," Gordon said.

The first year of study will require full-time participation from students and will consist of nine core courses. In the second year, students will take elective courses and a practicum. A professional project or thesis will also be required during the second year.

"Our hope is that the students that come out of this program will have the awareness, knowledge and skills that are associated with being culturally competent," Shuford said. "There's a lot of work that's built into the courses that we're developing that tries to develop mindfulness about who you are and what you

bring to a situation."

Gordon said she originally thought about a program in conflict resolution about 10 years ago, but didn't believe she had the right mix of resources and people until recently. Planning for the immediate program began about three years ago.

She hopes by introducing the degree, she can raise awareness of conflict and dispute resolution practices in academia and in the state.

"There isn't enough work done in higher education to equip future decision makers, leaders and citizens in understanding these important matters," Gordon said. "The University is very strongly supporting this (program)."

The priority application deadline for the new master's is set for April 1. Prospective students can visit www.law.uoregon.edu/org/adr/ or call 346-3042 for more information.

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