



A publication of the Student Health Advisory Council and the Student Health Service

UD STUDENT HEALTH SERVICE  
• LAUREL HALL •

Campus Emergencies.....9-911  
Appointments/Information.....831-2226  
Women's Health.....831-8035  
Sports Medicine.....831-2482  
Comment Line.....831-4898

[www.udel.edu/shs](http://www.udel.edu/shs)

## Conjunctivitis

A red, irritated eye is a common complaint. A frequent cause is viral conjunctivitis, commonly known as pink eye. Symptoms include redness in the eye, mild irritation, and mucous drainage (often noticed as crustiness upon waking in the morning).

Because viruses that also cause the common cold cause viral conjunctivitis, patients often have associated runny or stuffy nose, sore throat, and cough within the past week. Viral infections are self-limiting, meaning that your body's own defense system will cure the infection in time. Symptoms may last for 7 days. Since antibiotics do nothing to treat viruses, they are not indicated for pink eye. Treatment includes saline drops to lubricate and flush the eye. Viruses are very contagious and can be spread from one eye to the other and to other people. Therefore, you should avoid touching the affected eye and wash your hands frequently if you are infected.

About 1 out of 10 times, the cause of conjunctivitis is bacterial rather than viral. Bacterial conjunctivitis is more severe with pus draining from the eye and sometimes redness and swelling around the eye. Contact wearers are at increased risk of bacterial infection. Antibiotic drops are used to treat bacterial conjunctivitis.

In either viral or bacterial conjunctivitis, contacts should not be worn until the infection has cleared. If you have a red eye, you should be examined by a physician to rule out other more serious causes that could affect the health of your eye in the long-term.

## What to do and where to go when chicken soup isn't enough

The Student Health Service has many clinics and departments that offer a variety of services. Here is some information to help you decide where to go. Call 831-2226 for an appointment or more information.

### ACUTE CARE CLINIC / CLINIC ROOM

For the student who has an acute health care problem that needs prompt assistance. No appointment is needed. A nurse will meet with you and help plan your care. Students with emergency or urgent problems are treated first.

### ALLERGY / IMMUNIZATION CLINIC

By appointment only. Hours: Monday, Tuesday, Thursday, Friday, 8:15 am–11:30 am and 1 pm–3:45 pm. Provides the administration of allergy serum provided by your physician. Provides the administration of vaccines against preventable diseases (e.g., Hepatitis B, and measles, mumps, and rubella).

### LABORATORY

Hours: Monday–Friday, 8 am–4 pm  
Provides a wide range of primary lab services at no charge. Coordinates testing with an outside lab and your private physician. When an outside lab is used this testing is not included in your health service fee.

### NUTRITION CLINIC

An appointment is needed as well as a referral from a Student Health Service clinician or counselor. Provides nutritional evaluation, information, and counseling about nutritional and dietary concerns.

### MEDICAL CLINIC

An appointment is needed. Provides treatment and follow up for general medical care.

### WART CLINIC

Hours: Wednesday 9 am–noon and 1 pm–4 pm. Must be diagnosed and referred by Student Health Service clinician before first appointment for treatment is made.

### WOMEN'S HEALTH / GYN

An appointment is needed. Offers full gynecological services, emotional support, education, and referral. Services available include: routine gynecological exams, Thin Prep Pap smears, diagnosis and treatment of infections, pregnancy testing, prescriptions for various birth control methods and emergency contraception. A special sensitivity to first gyn visits. Staffed with female practitioners.

### SPORTS MEDICINE

An appointment is needed. Although primarily for athletes, other students may be referred for evaluation.

### X-RAY / RADIOLOGY

Hours: Monday–Friday, 8 am–noon and 1 pm–4:30 pm. Provides x-rays when ordered by a health service clinician. There is a fee for service that is not covered by the health fee.



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# Top 10 Questions

- 1 Can I schedule an appointment?** Appointments can be scheduled by phone or in person Monday–Friday from 8 am–5 pm. Call 831-2226.
- 2 Do I need to cancel my appointment?** If you are not going to keep an appointment, please call well ahead of time so we can offer this appointment to another student.
- 3 If I become suddenly sick or injured, can I be seen without an appointment?** At the Urgent / Walk-In Clinic no appointment is needed. A nurse will assess you and schedule appropriate care.
- 4 What if I am sick and have no way to get from my dorm to the health center?** A student living on campus can call Public Safety at any time and ask to be brought to the health center.
- 5 If it is 2 am, do I need to wait until 8 am to come over?** No, the Student Health Service is open 24 hours a day when classes are in session except during holidays and breaks.
- 6 What if I feel sick and don't want to stay in my room?** Students who choose to do so may stay at the health center in the inpatient area.
- 7 I heard that if I have a cold I can come and get some free medicine. Is this true?** You can visit the Self Care Center and pick up a "URI/Cold pack" that contains some over-the-counter medicine plus disposable thermometers.
- 8 Does it matter if I am late for my appointment?** If you arrive late for your appointment you may need to reschedule. It is advisable to arrive 10 minutes before your scheduled appointment.
- 9 Can I call and speak with someone about health questions?** Nurses are available to speak with you regarding health related questions and concerns. If the nurse is busy leave a message and the nurse will get back to you as soon as possible.
- 10 Where is the Student Health Service located?** In Laurel Hall, at the lower end of South Campus; follow the walkway south from the library. We are on the NE side of the intersection of South College Avenue and East Park Avenue.

## Sinusitis: WHEN BEING FULL OF "HOT AIR" HELPS

You want to be full of "hot air"? Yes you do. Your sinuses function best that way. Sinuses are air-filled spaces in the bones around your nose and eyes. They serve several functions by:

- Warming and adding moisture to the air you breathe
- Improving the sound of your voice
- Lightening the skull
- Absorbing any shock to the face
- Protecting the lungs, filtering out viruses, dirt, dust and allergens. Hair cells called cilia do this continually by sweeping mucus from your sinuses toward your nose.

### WHAT IS SINUSITIS & WHAT CAUSES IT?

Sinusitis is the inflammation of one or more of the four sets of sinuses. Failure of the cilia to transport mucus and a decrease in the ventilation of the sinuses are major causes of sinusitis; both conditions create an excellent environment for bacteria to grow. A number of factors contribute to the development of sinusitis and include among other factors:

- Colds or upper respiratory infections
- Allergies

- Breathing in cigarette smoke or pollution
- Changes in altitude (i.e. air flight) or swimming
- Dental or nasal procedures
- Variations in anatomy
- Pregnancy

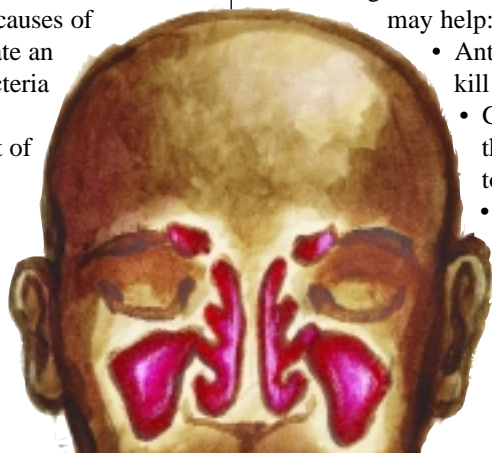
### HOW DO YOU KNOW IF YOU HAVE SINUSITIS?

When you have sinusitis, you may experience facial pain, stuffiness, headaches, have a fever, produce thick green or yellow nasal mucus, or have achiness in your upper teeth.

### HOW IS SINUSITIS TREATED?

Some infections get better without any treatment. Controlling the infection and improving drainage are the aims of therapy. The following may help:

- Antibiotics may be needed to kill bacteria.
- Get plenty of rest, lying on the side that is less congested to promote drainage.
- Drink plenty of fluids so the sinuses can more easily drain (hot liquids are best).



## CHECKING UP ON

# Ovarian Cysts

When women see their health care provider, the visit may be for a routine check-up or perhaps a problem. An ovarian cyst sometimes is discovered on that pelvic examination—usually as an incidental finding.

Cysts vary in type and size. The most common type is related to the monthly menstrual cycle. Each month as the body prepares an egg to be released midcycle, a developing egg may persist and form a cyst. Such a "functional" or "physiologic" cyst has the feel on exam of being fluid-filled and smooth like a balloon, is often one-sided, movable, and usually less than 5 centimeters in size.

If left alone, most cysts will disappear over the next one or two menstrual cycles. By starting oral contraceptive pills, future cysts may be prevented. At times, cysts may cause mild symptoms—feelings of pressure in the lower abdomen, bloating, dull pain in the pelvis that can be made worse with changes in position, or bladder pressure. If a cyst ruptures, there is a sudden onset of severe abdominal pain. Pain medicine may be the best way to manage the problem. If the pain is not controlled or there is internal bleeding, surgery may be needed. In addition, cysts can sometimes twist, blocking the blood supply to the ovary causing pain. Surgery is required in these cases. Sometimes the ovary can be saved and just the cyst removed.

In cases when a cyst persists beyond two menstrual cycles, further follow-up is needed. Each case will need to be looked at individually. Ultrasound and radiological means of evaluation may be tools used to assess a problem. Sometimes the cyst should be removed, and sometimes it is appropriate to continue to monitor it.

Usually a pelvic exam is normal, but occasionally your health care provider may find something on your examination. A gynecologic exam serves to help maintain your female health. Its importance cannot be underestimated. Have you had yours lately?

- Breathe in steam or apply moist heat to your face.
- Use pain medications as needed.
- Take decongestants either orally or in the form of a nasal spray for a few days only.
- Control allergens in your home and work place.
- Take medication to loosen mucus.
- Use salt-water nasal rinses.