



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/shs_main.html

In the know before you go Healthy travel tips

Traveling abroad? Winter session? Spring break? Just for fun? Anytime you travel you should find out about the health and safety issues in the area in which you'll stay. There are a variety of ways to get information, including the Centers for Disease Control (CDC) at 1-888-232-3299 or

www.cdc.gov

or the US State Department Travel Advisories for each country at

<http://travel.state.gov>.

Here at the Student Health Service we offer information on the country or countries you'll be visiting and immunizations that may be necessary for travel. Remember to allow 4 to 6 weeks to get all the immunizations you may need and to allow time for the immunizations to go to work!

There are things to keep in mind when you travel. For instance, do you know if your medical insurance will cover you in another country? Is the blood screened for HIV where you are going? Do you have an extra pair of glasses or contacts for your trip? If you are taking prescription drugs, do you have enough for your trip in properly labeled containers?

Food and water precautions are going to allow you to have an enjoyable trip. Prevention is a big part of staying healthy. Insect repellent, bottled water, proper clothing, sun protection and eating foods that are served piping hot or peeled will help you have a safe and healthy trip. Be sure that the water that you will be swimming in is well chlorinated or is ocean water. Taking along both a health record with a list of your medical problems, allergies, blood type and your health insurance ID would be a good idea.

Please call us at the Student Health Service for more information on how to make your trip a safe and healthy one!



A burning question? Cystitis

What is cystitis? Cystitis is inflammation of the lining of the bladder. It is most commonly caused by a bacterial infection.

How do I know if I have cystitis? You may experience any or all of the following symptoms:

- Pain or burning with urination
- Lower abdominal pressure
- A frequent urge but inability to urinate
- Urinating often and in small amounts
- Foul smelling, cloudy or dark urine
- Blood in the urine

If you experience any of the above symptoms, a healthcare provider at Student Health Services can evaluate you and test a sample of your urine.

How is cystitis treated? Antibiotics are used to fight the infection. Drink at least 8 glasses of water daily to flush out the bacteria. Occasionally pain medication is used to numb the lining of the bladder.

What should I expect once I am treated? You should expect complete resolution in 3-5 days.

What are the complications associated with cystitis? The infection can spread to the kidneys or to the blood. An infection in the blood is life threatening and therefore requires immediate treatment. Chronic cystitis can develop in women with recurrent episodes of cystitis.

You can decrease your risk of complications by:

- Seeking medical attention at the onset of symptoms.
- Finishing the prescribed antibiotics even if your symptoms resolve earlier.
- Notifying your SHS healthcare provider if you develop fever, chills, nausea, vomiting, and/or lower back pain.
- Also notify your SHS healthcare provider if your symptoms are not completely resolved at the end of the treatment period.



If you have more than three (3) infections within twelve (12) months, you should notify your healthcare provider to be evaluated for chronic cystitis.

How did I get cystitis? Some people are prone to cystitis. There is an increased risk in women and individuals with abnormalities of the urinary tract. Increased sexual activity and the use of certain forms of contraception such as the diaphragm and condoms with spermicide can increase your risk. Diabetics and pregnant women are also at an increased risk of developing cystitis.

How can I prevent cystitis? Keep yourself well hydrated. Do not hold urine in your bladder for an extended period of time. If you are sexually active, urinate before and after intercourse. If you have recurrent cystitis and are using a diaphragm or condom with spermicide, discuss this with your healthcare provider.

Should I drink cranberry juice? There is some data to support the use of cranberry juice to prevent cystitis. It appears that the juice contains at least two substances that decrease the bacteria's ability to adhere to the lining of the bladder. The data, however, does not support the use of cranberry juice as the treatment for cystitis once the bladder is inflamed from the infection.

Will the treatment interfere with my birth control pills? When you are on a course of antibiotics, the general rule of thumb is to use a backup contraceptive for the remainder of your pill pack and the first week of the new pack.

We hope that we answered a burning question or two about that burning bladder.

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About your first GYN exam

Is this exam and medical visit confidential? Will my parents know?

The information you share with the Student Health Service clinician and the findings of your physical examination are confidential. Unless you sign a release, no information can be shared with your parents, or anyone, regarding your visit. There are limited exceptions to confidentiality required by law—situations that may threaten your own safety or the safety of others.

Will the exam hurt? What if I am a virgin?

Women who have used tampons or been sexually active may find their first exam easier. Many women describe the experience as a sensation of crowding or fullness in the vagina; however, there should be no pain. Sometimes a woman may feel discomfort especially if tense. The key is relaxation. The clinician will give you guidance to help achieve relaxation. If at any time you feel uncomfortable, tell your clinician.

What are you going to do? Do I need to take all my clothes off?

You will be asked to complete a full, honest health questionnaire before being examined. The clinician will review this information with you. Then, you will be given a gown and asked to remove your clothes. You

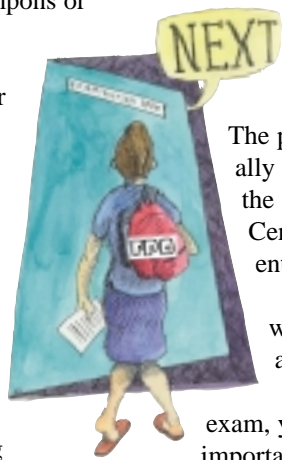
undress and put on a gown before the clinician comes in. The clinician will explain what is entailed with your exam.

Checking your blood pressure, weight, thyroid, heart, lungs, breasts, and abdomen is part of the visit. The pelvic exam has two parts to it—evaluation and testing as a speculum (an instrument to help the clinician see) is placed in the vagina, and secondly an exam, during which the clinician feels your cervix, uterus, fallopian tubes, and ovaries. Some clinicians also do a rectal exam. If you want to skip this, tell the clinician.

How long will it usually take?

The physical portion of the exam will usually take no more than five minutes. At the GYN Clinic at the Student Health Center we allow thirty minutes for the entire visit.

U of D's GYN staff is sensitive to all women but are especially experienced at caring for those having a first GYN visit. Wherever you have your first exam, your female reproductive system is important now and for the future. If you are 18 years old, it is a good time for your first exam. You can and should be examined earlier if you are sexually active!



Keeping asthma under control

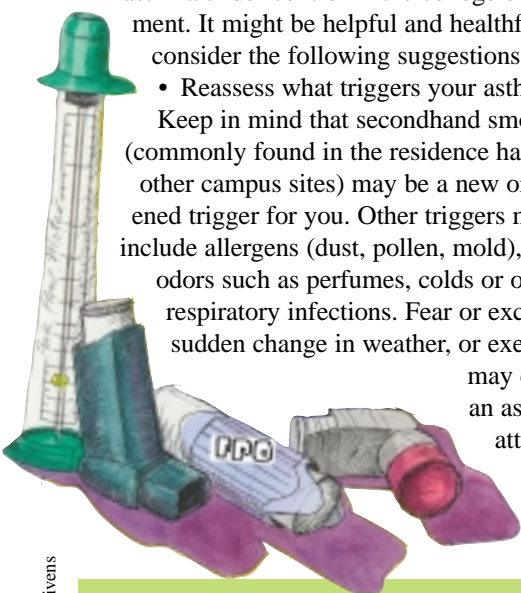
You may find new challenges in keeping your asthma under control in the college environment. It might be helpful and healthful to consider the following suggestions:

- Reassess what triggers your asthma.

Keep in mind that secondhand smoke (commonly found in the residence halls and other campus sites) may be a new or heightened trigger for you. Other triggers may include allergens (dust, pollen, mold), strong odors such as perfumes, colds or other respiratory infections. Fear or excitement, sudden change in weather, or exercise may cause an asthma attack.

- Remember to use your peak flow meter and record findings regularly. It is important that you and your health care provider know your baseline breathing ability.
- Understand how your asthma medications work in order to prevent an attack or to treat an attack.
- Develop an ACTION PLAN.
 - Know and control triggers.
 - Recognize early signs and symptoms of an attack.
 - Have medications available; know what medications to take and their actions.
 - Know when to seek medical help.

Call Christiana Care's Asthma Education Program for more information at (302) 428-4088. By keeping your asthma under control, you can remain active!



Seasonal changes and your skin

Seasonal changes bring cooler temperatures, windy weather, and heated dorm rooms. These changes can cause the skin to become dry, flaky, itchy and cracked. There are several things that you can do to help protect your skin from these conditions. When going out, wear protective clothing such as gloves, hats, earmuffs and scarves. You can help add moisture to a dry room by using a humidifier. If you do not have access to one, try placing a container filled with water near a heating vent and change the water every few days. ■ There are several things that you can do to help hydrate the skin. The first thing is to drink a lot of water. Friction from tight or rough clothing like a wool sweater may irritate the skin so wear loose clothing. You should avoid frequent hot showers or baths and harsh soaps. Instead use tepid water and a mild moisturizing soap like Dove™ and be sure to rinse off well to remove any residue. You should apply a moisturizing cream or lotion like Eucerin™ while your skin is still damp. This will help seal in the moisture. The lips need protection so use a lip balm. Try to incorporate some of these measures to help keep your skin healthy. ■

"NO!" It's a complete sentence.

Most rapes are not committed by strangers, but by individuals who know their victims. No matter who rapes, it is an assault—sexual violence—that can cause emotional and physical aftershocks long after the rape. Could it happen to you? Sure. Date rape occurs on virtually all campuses, including the University of Delaware.

You can take steps that may lower your chances of being raped, but unfortunately date rape cannot always be prevented.

- Set limits and express clearly and firmly your sexual intentions early on.
- Avoid being alone. Go on a double date, spend time in public places, or arrange your own transportation.
- Avoid alcohol and other drugs and be aware of how much your date is using too.
- Monitor your drinks. Know that your drink has not been tampered with drugs such as Rohypnol, GHB, cocaine or ketamine.
- Avoid giving mixed messages.
- Examine your feelings and attitudes about sex, money and power.

What role does sex play in your life?

Who should pay for a date? If a date pays, should that influence whether you have sex?

What role do men and women have in a relationship?

In the event that you are raped what can you do?

- Go to or call a friend or family member for support. Other sources of support include:

S.O.S. (Sexual Offense Support) is a volunteer-based organization at the University of Delaware. Call 831-2226 and a SOS member will contact you.

Rape crisis help lines (Rape Crisis Contact is available 24 hours/day at 761-9100.)

The Student Health Center Service

The Counseling Center

- Seek health care.

Christiana or Wilmington Hospital Emergency Rooms have an excellent nurse directed evaluation and exam called "SANE."

The Student Health GYN Clinic would be a valuable resource for medical attention or information.

- Consider reporting the rape. You can report whether or not you plan to file charges. If you are considering reporting, do not change clothes, shower or douche prior to your medical evaluation as this will effect evidence collection. You can decide later if you want to file charges. The rape can be reported to either the local or university police.
- Seek counseling. You have been through a traumatic event and will benefit from a trained counselor's support and understanding. Do not blame yourself.

All rape is traumatic but there is something particularly traumatic about a woman being raped by someone she knows. Awareness and prevention strategies are your best protection against date rape.

