

For women age 17-30 the most frequent risks to health are accidents (especially motor vehicle or firearms), smoking and violence in relationships. For these reasons recommendations for improving health include: use seatbelts in cars, don't start smoking, stopping smoking if you have already started. (A smoking cessation program is available at UHCS.)

Unhealthy relationships are also a major risk to health. This doesn't have to mean only physically violent relationships but also relationships where one partner feels overpowered and under control of the other partner. If there is a lack of equality, respect, or consideration of both persons' wants and needs, the relationship may be an unhealthy one. (Providers at UHCS are available to discuss these problems.)

BREAST EXAM

All women are at risk for breast cancer, although the risk for women age 17-30 is very small.

Factors that might reduce your risk for having breast cancer include:

- ◆ Maintaining your ideal weight
- ◆ First childbirth before age thirty
- ◆ Having children
- ◆ Breastfeeding
- ◆ Not smoking

Your best defense is to find breast cancer early. Plan to examine your breasts at the same time every month. Your health care provider can teach you the steps and give you a handout of instructions for examining yourself.

For more information:
Click on The Mayo Clinic Women's Health site
www.mayoclinic.com/health/womens-health

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UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/stdrscs/uhcs
Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater
www.uww.edu/staffair

Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

Health Services 472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * STD and HIV antibody testing
- * Cold self care
- * Referrals to specialists
- * Phone consultations with RN
- * Rehabilitation for students with disabilities

Counseling Services 472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group counseling options
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 472-1300 ext. 2244

- * Lobby Resource Center
- * Royal Purple column
- * Bulletin board kits
- * Educational presentations
- * Web site
- * Posters
- * Wellness booths
- * Program kits

Employee Assistance Program 472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

24-Hour Emergency help:

911 Whitewater Rescue Squad
472-1060 Sexual Assault Response Team
262-741-3200 or 1-800-365-1587 Crisis Line

Women's Health



NUTRITION

Proper nutrition is essential for good health. All people need 5-7 servings of fruit and vegetable daily in their diet. Specific nutrient concerns for women can be folate, iron, B vitamins and calcium with vitamin D.

Developing strong healthy bones as young women is essential in preventing later osteoporosis. The best time to build bones is before menopause. After menopause all women begin to lose bone. You can also lose bone if you are not having periods for several months in a row (unless you are taking estrogen as in birth control pills). If this is occurring please talk to your health care professional. Strong bones can be built with adequate intake of calcium and vitamin D. Women need 1200-2000mg of calcium per day, and taking it with vitamin D (200mg/day) allows it to be better absorbed into the body. Some good sources of calcium in food are yogurt, milk, hard cheese, tofu, legumes. In addition to nutrition, exercise also stimulates bone formation.

Folic acid (or folate), B6 and for vegetarians B12 are also important. Folic acid is required for proper nervous system formation in fetuses. Current recommendations are that women begin supplements of 400 mcg folic acid before becoming pregnant and continue this through pregnancy (this is one of the vitamins in prenatal vitamins). Medications including birth control pills can deplete vitamin B6. For some women supplementing B6 can help with premenstrual syndrome symptoms. B6 can be found in whole grains, legumes, nuts, meats. Because B12 is found mostly in meat, seafood and eggs, some vegetarians will have trouble getting enough B12 in their diets. (At UHCS we can help you evaluate your diet and provide information about what foods you may need to help supply anything lacking).

Many menstruating women are iron deficient. The recommended daily intake of iron is 15-18 mg. Iron is needed to make the red blood cells that carry oxygen throughout the body. Some foods rich in iron are red meats, seafood, spinach, legumes, whole grain cereals and breads.

IMMUNIZATIONS

Keeping your immunizations up-to-date is also important to your health. Hepatitis B is a viral illness that can be transmitted with sexual activity, needle sticks, contacts with body secretions (e.g. blood, saliva). This can be prevented by immunization with three doses of vaccine.

Tetanus booster is also important. Early immunization for most people began with DPT as infants. Prevention of tetanus requires a booster every 10 years. Tetanus is an organism in the soil. It causes severe contraction of muscles (hence the name "lock-jaw") one of which is the diaphragm that is needed for breathing.

In Sept. 2005, a vaccine that combines tetanus and pertussis (whooping cough) booster became available (Adacel) for college age students. It is recommended that anyone needing a tetanus immunization who has not had a recent pertussis booster receive this combined vaccine.

For college students **living in dorms** there is a current recommendation to consider meningitis immunization. This vaccine protects against 3 out of 5 strains of one of several bacteria that cause meningitis, i.e. meningococcus. Further information about this can be obtained at UHCS. The vaccines for Hepatitis B, tetanus and meningococcus can be received at UHCS.

For anyone who has not had chicken pox it is recommended that they receive Varicella vaccine. Chicken pox tends to cause more severe illness in adults and can cause severe complications in pregnancy. If you would like more information about this and where to obtain this immunization please make an appointment at UHCS.

SEXUALLY TRANSMITTED DISEASES

Sexually Transmitted Diseases (STD's) are infections spread from person to person during intimate physical contact. STD's usually occur in or about the genital organs, but they are also seen on mucous membranes elsewhere, around the anus, in the rectum, and in the mouth and throat. A person with more than one sexual partner has greater risk. STD's sometimes have no symptoms. Anyone concerned about having acquired an infection or who has had contact with someone with symptoms suggestive of infection should seek diagnosis. Testing and treatment are available at the University Health and Counseling Services (UHCS).

Condoms or dental dams protect the spread of disease to a partner's mouth, anus, and genitals, if used correctly. On campus, you can purchase them at the UHCS. Condoms are also available in drug and discount stores.

PAP SMEARS

Pap smears consist of cells removed from the cervix, which are specially prepared for examination. The cells are removed by brushing the cervix during a pelvic examination and sent for pathology review to find any abnormal cells of the cervix that lead to cancer. Early treatment may prevent cancer.

Factors that increase risks for cervical cancer are:

- Multiple sex partners
- First intercourse at an early age
- Sexual partners who are infected with Human Papilloma Virus (HPV)
- Sexual partners who have had multiple sexual contacts
- Sexual partners who have/had a sexual partner with cervical cancer
- Smoking
- Having a compromised immune system

Until age 30 women should have an annual pap smear as part of a complete pelvic examination beginning within 3 years of any sexual activity or

reaching 21 years of age.