

HEALTHY U

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“Those who don’t make time for wellness will be forced to take time for illness.” ~ Jeff Null

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STI PREVENTION

The most obvious way to avoid a sexually transmitted infection (STI) is to abstain from sexual intercourse (i.e. oral, vaginal, or anal sex) or to be in a long-term monogamous relationship with an uninfected partner.

Not all STI’s have symptoms, so if you’ve ever been sexually active, testing is especially important. Chlamydia, gonorrhea, trichomonas, syphilis, and molluscum contagiosum are easily screened for and treated. There are screenings available for HIV, hepatitis A and B, and genital herpes (HSV), but treatments present a challenge. Human Papilloma Virus (HPV) may be detected by a visual exam or a pap test, but can be present without any obvious symptoms. There is no commercially available blood test to

detect if someone has been exposed to HPV. The implications of having these diseases vary from a mild inconvenience to a major life changing event. So, to state the obvious, it is best not to get one!

Before any sexual activity (oral, vaginal, or anal), both partners should be screened for STIs. Discuss with your health provider which tests would be advised and understand exactly what STI’s you and your partner were screened for.

Remember not all STIs have symptoms. So condom use is still recommended. Latex or polyurethane condoms, when used correctly, are effective in reducing the risk of some STI’s.

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Counseling Corner

Hot Under the Collar?

Thursday, December 6th, 3-4 PM in the Rocker Room, Ambrose Health Center
Richard Jazdzewski, Psy.D.

Ask UHCS

Submit your questions anonymously about physical and mental health at [Ask UHCS](#). All questions will be read and a limited number will be answered by our staff and posted on our web site.

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STRESS MANAGEMENT

Some days do you feel like you are running on empty? Maybe you need a fill up. When we think about reducing stress we tend to only think about eliminating stressors from our life. Healthy stress management is really about balancing your drainers and fillers.

Drainers are all those things that annoy, anger, distract, depress, worry, fatigue, bore, frustrate or irritate us. Where are they coming from? Make a list of all your drainers and note whether they are part of your school life, work, social life or life back home. Is there one area of your life that is really

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HELP AVAILABLE TO QUIT TOBACCO PRODUCTS

The Health Service provides **free** one on one tobacco cessation support services with a nurse for faculty, staff, and students.

The support services include:

- As many / as few return

visits as you need

- Follow-up calls / e-mails (per request)
- Self – help modalities (relaxation, exercise, setting up plan)
- Information about pre-

scription and non-prescription medications

- CDs and tapes including relaxation techniques available to borrow

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However, any area that the condom doesn't cover is potentially a receiver or a giver of diseases such as HPV, HSV, and molluscum contagiosum

Here are some practical tips for using condoms correctly:

- Use a new condom with each act of sexual contact.
- Put the condom on after the penis is erect and before any contact from your partner.
- Allow about ½ inch of room at the tip of the condom to catch the semen.
- Use only water-based lubricants (e.g. K-Y Jelly, Astroglide, AquaLube, and glycerin) with latex condoms.
- Ensure adequate lubrication during intercourse.
- Hold the condom firmly against the base of the penis during withdrawal.

During oral sex always use a barrier so there is not direct mouth to skin contact. Condoms and plastic wrap are good choices. Remember that birth control pills, patches, shots, vaginal rings, IUDs, and implants are not protective against STI's.

Vaccines are readily available to prevent Hepatitis A and B, and HPV (the HPV vaccine is currently indicated for women only). These vaccines are highly recommended and can be obtained at the health center and most clinics.

For some people, outercourse is a potential option to reduce STI exposure. Some people consider outercourse as sex play without vaginal intercourse; others consider it to be sex play with no penetration at all – oral, anal, or vaginal. Outercourse can reduce exposure risk to some STI's – but if there is penis, labia, or anal contact there is still potential exposure to some STI's including HPV, HSV and molluscum contagiosum.

The staff at the University Health and Counseling Center is available to discuss individual concerns and screen for STI's. Information or appointments can be made by calling 262 472 1300.

Linda Lamont, APRN, BC
Nurse Practitioner

*Specializing in
the Unique
Needs of
College Students*

Did You Know...?"



To unsubscribe write to kilem@uww.edu

This newsletter is not meant to replace the advice of a health care or counseling professional. You should not rely on any information on these pages, or links, to replace consultations with qualified professionals regarding your own specific situation.

WELLNESS RESOURCE CENTER

The Wellness Resource Center contains brochures and a CD to help you stop smoking or using other tobacco products.

Stop Smoking: Guided imagery to help you experience the positive results of being smoke free. CD

Women and Tobacco: Seven Deadly Myths- Explores the myths about smoking and empowers women to become or stay smoke-free. Videotape

Hollywood's Smoke and Mirrors: Women's Health at Risk. Videotape

Secrets Through the Smoke: Dr. Wigand shares his experiences about the tobacco industry's manipulation of the truth. Videotape

The Wellness Resource Center is located in the lobby of the Ambrose Health Center. These materials are available for check out for free for 2 weeks. They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30

Help Quitting Tobacco Products, Cont.

- Medications for **students**. Faculty and staff need to get medication from their Health Care Provider or pharmacy.

*NICOTINE PATCH (14 patches=\$31)

*NICOTINE GUM (50 pieces=\$19)

*BUPROPION (\$25/Month)

*prices subject to change

Students may put charges on their university bill. Students may get prescriptions for other medications as well.

Tried to quit before? Most persons do before they quit for good. Nicotine addiction is a chronic illness. "Relapse" is common with all chronic illnesses. It doesn't mean you have failed. You learn something from every quit attempt, something that will help you be successful the next time.

Smoke when you are tired? Take a brisk walk instead. Keep something near you to chew on.

Smoke when you are upset? Learn relaxation techniques.

Like the taste of smoke? Wouldn't you rather be tasting the good foods you eat instead?

There is NEVER a reason that makes quitting impossible. Be good to yourself and others. Quit now – you are worth it! Call 262-472-1300 to schedule a free appointment for a smoking cessation support session.

Judy Lembrich, RN, C
Nurse Clinician

Stress Management, Cont.

sapping your energy? Focus your attention on making changes there.

There will always be some drainers in our life so we need fillers to fill ourselves back up with energy and optimism. Fillers are all those things that excite, calm, free, support, nurture, challenge, energize us, bring us joy, give us meaning and make us laugh. Do you have enough fillers in your life to balance out all your drainers? Where are they coming from? Who are the people and what are the activities that renew your energy? Make a list of all your fillers and note whether they are part of your school life, work, social life or life back home. If some areas of your life come up short on fillers try to add more supportive people and stimulating activities in that part of your life.

What's New, More Information

[Hot Under the Collar?](#)

Thursday, December 6th, 3-4 PM in the Rocker Room,
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Do you occasionally feel so mad that you "blow up?" Do you regret some of your actions when you are angry? Do you wish that you had better ways to cope with your anger? If you answered yes to any of these questions, this Counseling Corner workshop may be for you.