



## **Health E-News** September 8, 2006

If you are new to *Health E-News*, welcome! You have received this edition because you signed up at First Friday or the Activities Fair or on our web site, or because someone you know thought you would appreciate hearing about health-related subjects that may affect your life and studies at Wash. U.

If you are continuing as a subscriber, welcome back!

We hope you enjoy receiving our news every two weeks during semesters. We will keep you informed with timely health information relevant to living in the WU community, announcements of health-related events, and updates on subjects including sleep, stress, anxiety, depression, basic self-care, alcohol and other drugs, nutrition and exercise, and sexual health. If you wish to unsubscribe, you may do so at any time by clicking on "remove yourself from mailing list" below.

## **HABIF HEALTH & WELLNESS CENTER HOME OF STUDENT HEALTH SERVICES**



Alan I. Glass, M.D., Director of the Habif Health & Wellness Center, says that Student Health Services (SHS) has had a smooth transition to its state-of-the-art facility on the South 40\*. "The student response to our new home for our comprehensive student-centered health services (Medical Services, Mental Health Services, and Health Promotion Services) has been very positive."

Dr. Glass welcomes students to visit the SHS [web site](#), featuring comprehensive information about the student health insurance plan, a student portal for scheduling medical appointments and submitting health history information online, and much more about each of the services. Check out [staff bios](#) and look

for our **Staff Member Spotlight** in upcoming issues of *Health E-News*.

\*Find the Habib Health & Wellness Center in the Nathan Dardick House at the corner of Big Bend Boulevard and Shepley Drive.

## HPV AWARENESS WEEK September 11 to 15

**Main event:** Presentation by SHS staff and discussion about HPV\* and the new vaccines on the market -- including **Gardasil®**, which is available at SHS -- **Wednesday, September 13, 6:30 p.m.** at the Habib Health and Wellness Center

### From the Centers for Disease Control and Prevention (CDC):

At least 50% of sexually active people will get genital **HPV**.

#### \*What is Genital HPV?

Genital human papillomavirus (HPV) is a sexually transmitted infection. More than 100 strains or types of HPV are known. Of these, more than 30 are sexually transmitted, affecting the genital area of men and women, including the skin of the penis, vulva (area outside the vagina), or anus, and the linings of the vagina, cervix, or rectum. Most individuals who become infected will not have any symptoms and will clear the infection on their own. Some of the "high-risk" HPV types may cause abnormal Pap tests and lead to cancer of the cervix. "Low-risk" HPV types may cause mild Pap test abnormalities or genital warts. Genital warts are single or multiple growths or bumps that appear in the genital area. Sometimes, the warts are cauliflower-shaped.

#### HPV Vaccine

In June 2006, the Advisory Committee on Immunization Practices (ACIP) voted to recommend the first vaccine developed to prevent cervical cancer and other diseases in females caused by certain types of genital human papillomavirus (HPV). The vaccine, **Gardasil®**, protects against four HPV types, which together cause 70% of cervical cancers and 90% of genital warts.

*To find out whether you qualify for reimbursement, call 1-800-734-6282.*

## GO! WEEK: GET GOING ON HEALTH AND PRE-HEALTH AT WU

Kari Sufficool, President of **Student Health Advisory Committee (SHAC)** invites you to attend **Go! Week: Get Going on Health and Pre-Health at WU\***, an interactive week of health and pre-health programming by students. Between September 17 and 21, you can relax with Uncle Joe's by watching a movie at Joe's Night Out, learn more about health professions through admissions panels and advising sessions, or simply attend the health fair to make

connections with health resources and student health groups on campus. Kari says "It's a series of events that can't be missed! Be sure to visit your friends in SHAC at the *Go! Week* Health Fair on September 21 for tips on stress and sleep and strategies to avoid test



anxiety. We'll tell you about the upcoming **De-Stress Fest in October**, which will feature training in relaxation techniques, free fitness classes, and massage therapy. We would love to see you!" [Go! Week Schedule](#)

**\*Sponsors: Alpha Epsilon Delta, Black Pre-Med Society, Bone Marrow Registry, Pre-Medical Society, Reflections, SHAC, and Uncle Joe's.**

## **ALCOHOL MODERATION SUPPORT GROUP**

The purpose of this group is to provide a supportive environment for students who have made the decision to reduce their drinking to a moderate level. SHS' Betsy Foy will work with students using a set of guidelines designed to help people achieve their self-management goals and develop skills that lead to a more balanced way of living. Read more online at <http://www.moderation.org/readings.html>

**Meetings:** 4:00-5:00 p.m. Tuesdays (Sep. 19, Oct. 3, Oct. 17, Oct. 31, Nov. 14, Nov. 28, Dec. 12) **in Lambert Lounge, Mallinckrodt Center.** All students are welcome to come once, twice, or as often as you like. No registration is required. For more information please call Betsy Foy at 935-7386.