

STUDENT HEALTH & PSYCHOLOGICAL SERVICES

Health Center: (310) 243-3629
Psychological Services:
(310) 243-3818



Student Health: What's in it for You?

The Student Health Center provides services to meet your primary health care needs while you are a student at CSUDH. We have a staff of dedicated professionals and excellent support personnel as well as a variety of preventative and educational programs.

Eligibility

If you pay the health fee as part of your registration and are currently enrolled then you are eligible to use the Student Health Center.

Appointments

Students are encouraged to make appointments. Same-day appointments will be accommodated whenever possible, but there may be a wait of an hour or more. To schedule an appointment call (310) 243-3629.

Confidentiality

All medical records at the Student Health Center are strictly confidential.

Preventive Care

The Student Health Center recognizes that preventable medical problems account for a majority of illnesses throughout the United States. Healthy choices can be promoted and reinforced. We offer "routine" physical exams, immunizations, medical consultations and a variety of screening tests to identify preventable diseases and conditions.

Women's Health Care

We provide a broad range of women's health services. They include: annual gynecological exams, Pap smears, birth control, pregnancy testing, screening and treatment of sexually transmitted diseases, and other gynecological problems.

Dermatology

A Board Certified Dermatologist provides examinations, treatments and minor surgery for skin problems.

Orthopedics

Orthopedic Clinic available weekly, call for availability.

Pharmacy

A registered pharmacist fills prescriptions written by any medical practitioner or physician.

Immunizations

Available immunizations include: Flu Vaccines (FREE to Students, Fee for Staff & Faculty), Measles-Mumps-Rubella, Tetanus-Diphtheria, Hepatitis A& B, Gardasil (The HPV Vaccine, Pre-ordered Only), Meningitis (pre-ordered only), and PPD (TB Skin Test, free of cost). Fees May Apply.

X-Ray

A radiological technologist provides basic diagnostic x-rays at no cost when requested by a medical provider. All x-rays are reviewed by a Board Certified Radiologist. If you need a copy of your x-ray, there is a \$5.00 service charge/each film.

Laboratory

The laboratory provides a variety of tests (i.e. blood count, urinalysis, etc.) at the request of a primary care provider. In-house lab testing is free, send-out labs are done at cost.

Psychological Counseling

Professionally trained, licensed psychologists are available to provide counseling or to make appropriate referrals. Call (310) 243-3818 or (310) 243-3625 to make an appointment (M-F, 8am—5pm).

Insurance

The Student Health Center recommends that you be covered by a reputable medical insurance plan. A low-cost, limited-benefit policy written specifically for CSUDH students is available. For more info, contact Associated Students at (310) 243-3686.

BODY SHOP TALK

THE STUDENT HEALTH & PSYCHOLOGICAL SERVICES NEWSLETTER

Volume 24, Winter 2012

California State University
DOMINGUEZ HILLS

IN HONOR OF WORLD AIDS DAY:

SEX O RAMA!

A SEX-POSITIVE CONFERENCE ABOUT HEALTHY SEXUAL RELATIONSHIPS

Let's Talk About Sex at Dominguez Hills

You may have seen posters for "Sex-O-Rama: A Sex-Positive Conference about Healthy Sexual Relationships" around campus and wondered what it was about. For World AIDS Day 2011 the Student Health Center, the Multicultural Center, and Toro Productions decided to open a community dialogue about sex in order to encourage communication about STDs, HIV, consent, and sexual enjoyment. The current discussion about sex is very black and white, with abstinence on one end and one-night stand hookups on the other.

In reality, sex exists on a spectrum. On one side, sex can be incredibly wonderful. It can be fulfilling, it can bond two people more closely together, it can increase your self-esteem, improve your body image, your self-worth, it can even make you live longer. But on the other end, sex can also really hurt you. You can jump into the sack when you're drunk/stoned and regret it. You can sleep with someone because you feel pressured into it, or to try to manipulate a partner into staying in a relationship. Unhealthy sex can make you feel really worthless. Sex can be used to gain power and control; it can scar you deeply. And of course there are lots of experiences in between that have elements of both.

As a health educator my mission is to help students who choose to be sexually active have healthy, meaningful, and safe sexual experiences (those on the good side of the spectrum). I personally believe that you can only have that kind of sex when you discuss it openly. And conversely, I think a lot of unhealthy sex occurs when students aren't able to talk about it. Students often contract

STDs because they are uncomfortable asking their partner(s) about STDs and sexual history beforehand. Or, they tell themselves that they're not at risk and don't need to discuss the issue.

In fact, many students don't even know how to start a conversation about sex because they don't have practice doing it, and they don't see those conversations modeled in movies or on TV. Instead, they see a lot of examples of how to get drunk at a bar and pick up a sex partner. For some reason that dialogue is out in the open, but the information that you really need to have a healthy happy sex life is kept private. We hope to change that on campus through events like Sex-O-Rama.

If you missed the event on December 1st, don't worry, it will come around again! In the meantime, sit down with a friend today and start a healthy conversation about sex. Here are some discussion questions to get you started:

- If a partner revealed to you that he/she had an incurable STD, how would you react?
- How do you know when you are ready to have sex in a new relationship?
- How do you know what your partner likes? How do you communicate to your partner what you like? How do you discuss boundaries?
- Can you have a healthy "one-night-stand"? How?

-Nari Darst, Health Educator
Student Health & Psychological Services

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STUDENT HEALTH & PSYCHOLOGICAL SERVICES ONLINE

torohealth

Be the first to know about Health news and upcoming campus events!



Official Student Health & Psychological Services Website:
<http://www.csudh.edu/shps>

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HEALTH CENTER HOURS

Monday, Thursday & Friday: 8am-5pm

Tuesday & Wednesday: 8am-6pm

The Health Center is open throughout the academic year, closed weekends and university holidays.
Limited medical services are also available during the summer.

PSYCHOLOGICAL SERVICES HOURS

Monday—Friday: 8am-5pm

Toe Woe: Ingrown Nails

Ingrown toenails are a common—and painful—foot problem. If you tend to get them, here are the steps to take.

Medically called onychocryptosis, an ingrown toenail occurs when the nail, usually on the big toe, punctures the surrounding skin, causing inflammation and sometimes infection.

The main cause of ingrown toenails is improper trimming of the nail, made worse by walking, especially if you wear tight or improperly fitting shoes or are very overweight. Trauma to the nail can also contribute to an ingrown toenail, as may swelling in the feet. As you age, your toenails get thicker, making it more difficult to trim them well.

It's unclear whether the shape of the toenail—an inherited factor—plays a role. Some researchers think the problem may be with the soft tissue around the nail, not the nail itself. One small study found that people with ingrown toenails tend to have thin, flat nails and wide, fleshy soft tissue around them. An excessively curved toenail that naturally curls under at the sides instead of growing flat across may also be more likely to become ingrown. Another study, however, found no anatomical differences in toenails between those with and without ingrown toenails.

Left untreated, the entire side of the nail can become embedded in the skin, increasing the risk of infection, which, if severe, can spread to the rest of the toe and even the

foot. If you have recurrent ingrown nails or worsening pain from one, see your doctor or a podiatrist. If you have diabetes, see a health professional for any foot problem.

Treatment of ingrown toenails may include:

- For mild cases, soak your toe in warm water to soften the nail. Then, if possible, place a small piece of dental floss or cotton under the nail to keep it from cutting the skin. Repeat daily until the nail grows out. Some doctors may attach a small slit tube around the edge of the ingrown nail (a gutter splint). Don't try to cut out an ingrown toenail yourself.
- For more severe cases, your doctor may cut away part (or all) of the toenail. For recurrent problems, chemicals or other procedures may be used to destroy part of the nail matrix to keep the nail from growing back. This can change the appearance of the nail, however, and there can still be recurrences. Though rarely done, an alternative may be to remove the soft tissue on both sides of the nail, preserving the nail—a procedure that, according to some research, has a low recurrence rate and does not change the way the toe looks.
- Another possible treatment involves filing the nail down to thin and flatten it, thereby reducing its curviness. In a small Turkish

re-learning your life without cigarettes. The EX Plan has three main steps:

1. How to Quit Smoking

You start in the How To Quit Smoking section, where you'll look at your smoking patterns and identify your triggers — those things that make you want to smoke — and you'll re-learn how to handle them without cigarettes. As you complete this section, you'll find your confidence start to grow and you'll begin to believe, "Hey, I can do this."

You'll also learn about nicotine addiction and how smoking actually changes your brain, making it harder to quit. You'll learn about medications that can DOUBLE your chances of success.

And finally, you'll also learn how important it is to surround yourself with



study, no recurrences occurred over six months after this treatment.

Keeping things straight

To prevent an ingrown toenail, trim your toenails straight across, with no rounded corners, and not too close. Smooth the edges with an emery board or nail file and clean the grooves at the sides with an "orange stick" manicure tool. If you can't trim your nails yourself, consider regular visits to a podiatrist (insurance should cover the cost) or professional pedicures. It's a myth that cutting a "V" in the middle of the toenail will prevent or cure an ingrown toenail.

If you're prone to ingrown toenails, it's especially important to pay attention to the fit of your footwear, avoiding tight shoes and high heels.

-Berkeley Wellness Report, October 2011
<http://www.berkeleywellnessalerts.com>

people who support your quitting. There are already lots of them nearby in the online EX Community. You'll also find out what to say to the people who aren't that supportive.

2. Quit Smoking

After you've completed all your preparation, you move to the Quit Smoking section. In this step, you'll set your quit-smoking date and then put into practice all the things you've learned. You'll discover that all the prep work you've done will make quitting a lot less stressful.

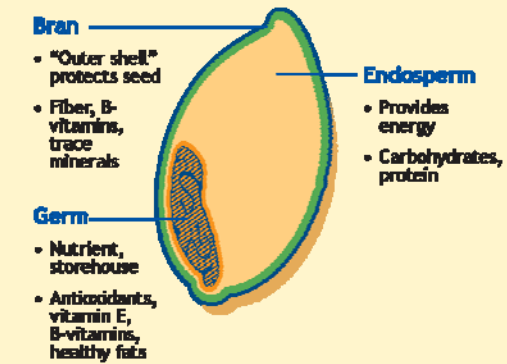
3. Staying Quit

And finally you'll learn how to keep your new non-smoking life, make sure the weight stays off and start stacking up the rewards and benefits of being an ex-smoker.

In Search of a Whole Grain

The Benefits of Whole Grains

Messages about whole grain seem to be everywhere, but what exactly is a whole grain? What makes it so special? And why should whole grain be an important part of your diet? The Dietary Guidelines for Americans recommend at least three servings of whole grain foods daily (48 grams of whole grain). Including enough whole grain foods as part of a healthy diet may help: protect heart health, manage weight, and reduce cancer and diabetes risk. Choosing a diet rich in whole grain foods may help reduce the risk of heart disease. People who eat more whole grain have *healthier body weights* than those who don't, and they're more successful at *maintaining* their body weight over time. Increasing whole grains may help reduce the risk for certain cancers, especially cancers of the stomach and colon. Eating more whole grain may reduce the risk of diabetes. Whole grain foods may also help maintain healthy blood glucose and insulin levels.



So, what exactly is a whole grain?

Whole grain means just that – it's the complete grain. The health benefits of the whole grain come from all three parts of the grain – the bran, the germ and the endosperm – working synergistically in their natural proportions. The bran is the "outer shell" that protects the seed; it's rich in fiber, B-vitamins, and trace minerals. The germ is the nutrient, in other words, the "storehouse"; it provides antioxidants, vitamin E, B-vitamins and healthy fats. The endosperm provides energy through carbohydrates and protein.

How do I find foods that have whole grains?

Scan the Ingredient list. Foods made with whole grain – such as wheat, oats, corn or rice – will list it near the top of the ingredient list. You'll know it's whole grain if the words "whole" or "whole grain" appear before the grain's name in the Ingredient List. Foods that claim to be "multi-grain," "100% wheat" or "high fiber" are not necessarily whole grain.

INGREDIENTS: **WHOLE GRAIN OATS**, MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

Choose whole grains and limit refined grains, since whole grains are much better for health. In the body, refined grains like white bread and white rice break down quickly (like sugar). Over time, eating too much of these refined-grain foods can make it harder to control weight and can raise the risk of heart disease and diabetes.

HIV: What Every Student Needs to Know

HIV and AIDS is a global epidemic, and college students are not immune. According to the Centers for Disease Control and Prevention (CDC) 1 in 4 HIV positive Americans do not know their status.

What are HIV and AIDS?

HIV (Human Immunodeficiency Virus) weakens the immune system. AIDS (Acquired Immune Deficiency Syndrome) is the life-threatening stage of HIV disease also called the advanced HIV disease. AIDS is a medical diagnosis for someone whose immune system is so damaged that certain diseases (opportunistic infections) or cancers can develop.

How is HIV transmitted?

There are four common means of transmission: unprotected sexual intercourse (anal, vaginal, oral), sharing needles and other equipment, from an HIV positive mother to her child (while pregnant, delivery or breastfeeding), and direct exposure to infected blood (by needle sticks, tattoos or piercing with non-sterile equipment).

How can I lower my risks?

Use condoms, latex dams and gloves when having sexual intercourse. Use new or clean needles and drug tools and do not share. Get tested for HIV and STIs regularly and be open with your doctor about your risks. There is no dumb question when it comes to your health.

Sex and HIV

According to CDC, it is estimated that at least half of all new HIV infections in the U.S. are among people under the age of 25. The majority of young people are infected through sexual contact. This

means that it is very important to know your partner's sexual history. Know if your partner has ever had an HIV test, used intravenous drugs, or engaged in risky sexual behaviors (anal intercourse, multiple partners). This can be awkward but if you are comfortable enough to have sex with someone, you should be comfortable enough to talk about it.

Unfortunately, just because someone says they are negative, it doesn't mean that they are. Many people don't get tested regularly, so your partner might just "hope" that he/she is free from STDs and HIV. Protect yourself by using a latex condom every time. There are numerous excuses that people use to avoid using a condom, such as "It doesn't feel good," "It ruins the mood," or my favorite "What are you worried about, don't you trust me?" Don't be fooled. Love your body and protect yourself. Put your foot down. Try one of these condom comebacks:

- "I'll make you feel good, with the condom on"
- "The safer I feel the wilder I get"
- "You could have an STD and not know it - trust has nothing to do with it"
- Or simply say "No condom, no sex."

You should also get tested for STDs and HIV annually and with each new sexual partner. The Student Health Center offers HIV testing for free (call 310-243-3629 for details). The test is a simple oral swab (no needles, no blood!) and you get your results in 30 minutes!

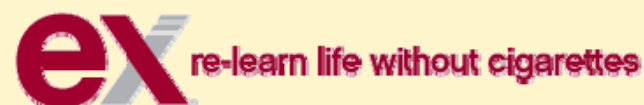
-Josephine Lara, Peer Health Educator

Are You Ready to Quit Smoking?

The EX Plan is a free online quit smoking resource that helps you re-learn your life without cigarettes. Before you actually stop smoking, they'll show you how to deal with the very things that trip up so many people when they try to quit smoking. So you'll be more prepared to quit and stay quit.

The EX Plan is based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.

The EX Plan helps you see quitting not as one big war, but as a number of little battles you can actually win. And the secret to winning these battles is



<http://www.BecomeAnEX.org/>