



# TANG CENTER BEAR TALK

NEWS AND INFORMATION FROM UNIVERSITY HEALTH SERVICES

## INSIDE:

SUN SAFETY QUIZ

JOIN THE CAL  
AIDS WALK TEAM

SHIP RATE, BENEFIT  
CHANGES FOR FALL

STUDENT CORNER:  
ACTIVISM IS ALIVE  
AND WELL AT CAL

## THANK YOU NOTE

LETTER FROM STAFF & STUDENTS EXPRESSES GRATITUDE  
FOR HEALTH FEE PASSAGE

The following is a reprint of a letter sent to the Daily Cal shortly after the passage of the Health Fee Referendum earlier this year.

**Dear Editor,**

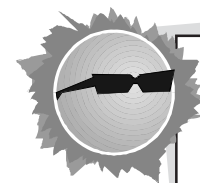
*Health care staff at the Tang Center and students from the Health Fee Advisory Committee would like to thank Berkeley students for their recent passage of the Safeguard Student Health Care Referendum, which will generate additional revenue for on-campus student health and counseling services.*

*This referendum has been, from the*

*beginning, a student-driven effort. We were pleased with the referendum process, in which students partnered with a campus department to address a critical student need.*

*With this vote, Berkeley students have adopted a model of community-based*

See "Letter to Editor" page 4



TAKE A  
SUN SAFETY  
QUIZ **INSIDE**

---

## A WET YEAR, THE THREAT OF WEST NILE: OUR THOUGHTS ARE TURNING TO MOSQUITO REPELLENTS

With a wet winter behind us and mosquito season coming right up—and local experts saying it's not "if" but "when" West Nile Disease will find its way to Northern California—it's a good time to think about prevention.

West Nile Disease (WND), which is carried by migrating birds and spread to humans by mosquitoes, can be caused by just one bite. It does not cause symptoms in the majority of people, but about 20 percent of those infected with the disease will develop symptoms such as fever, headache, nausea and vomiting. An estimated one in 150 people infected with WND develop serious illness.

There currently is no approved treatment available for West Nile Disease, so precautions come in two forms: mosquito repellent and mosquito prevention.

The encouraging news from the Centers for Disease Control and Prevention (CDC) is that Americans have more options than ever in the form of mosquito repellents.

The CDC continues to recommend products with the chemical compound DEET for effective protection. In addition, the agency is including two other active ingredients on its list of recommendations, *picaridin* and *oil of lemon eucalypt-*

See "West Nile Disease" page 4

# SHIP RATE, BENEFIT CHANGES FOR FALL 2005

All students at Berkeley are required to have major medical insurance, and some 24,000 students meet this requirement with their enrollment in the Student Health Insurance Plan (SHIP), which includes full medical, mental health and dental benefits.

Although students do not need SHIP to use the Tang Center, SHIP covers 80% of most fees at Tang, as well as off-campus services such as emergency care and hospitalization. The combination of UHS and SHIP is recommended as the best health coverage for students' needs.

The rates for the 2005-06 academic year are \$461 per semester for undergradu-

ates and \$586 for graduate students, which remains about half the cost of comparable employee plans. A student enrolled in SHIP for the fall and spring semesters receives 12 months of coverage anywhere in the world.

Students covered by another plan have the option to waive enrollment in SHIP. Those considering waiving can visit [www.uhs.berkeley.edu/ShouldIWaive](http://www.uhs.berkeley.edu/ShouldIWaive) to learn if waiving SHIP coverage is the best option and to complete a waiver application. Waiver applications must be submitted online by August 15, 2005.

Please note that, beginning August 15, 2005, inpatient hospital services will be

covered at 90% of negotiated rates for Blue Cross network hospitals and 80% of non-negotiated rates for hospitals not in the Blue Cross network. Emergency department services will continue to be covered at 100% of Blue Cross negotiated rates for treatments provided within 72 hours for injuries or sudden and serious illness.

For a complete list of SHIP benefits, see [www.uhs.berkeley.edu/students/insurance](http://www.uhs.berkeley.edu/students/insurance). SHIP staff members also are available to answer your questions. Call (510) 642-5700 or stop by the Health Insurance office on the third floor of the Tang Center.

## SHIP PRESCRIPTION BENEFIT REVIEW

Remember, If you have the Student Health Insurance Plan (SHIP) and you have your prescription filled at the Tang Center pharmacy, you are charged a \$10 co-pay for generic medications, or \$20 for brand-name medications, and UHS will file the insurance claim for you.

Prescriptions filled **outside** of UHS are reimbursed at 70% of billed charges.

After you purchase a prescription outside UHS, you may file a claim by sending or bringing your pharmacy medication receipt to the SHIP Office.

No prescription medications are subject to the annual plan deductible.

**Please note: The pharmacy benefit has an annual maximum of \$2,000 coverage per plan year.** It is important to keep track of your pharmacy purchases so you know when you are reaching your limit.

### Camille Pannu

Camille opened my eyes to the link between hate violence and health, which is critical since it affects how or even if health and counseling services are available to victims. All too often, health and counseling services are lacking for victims of sexual assault and violence, members of the disabled community, and LGBT students who may feel uncom-

See "Student Corner," page 4



## ACTIVISM IS ALIVE AND WELL AT CAL

*This issue's Student Corner is authored by Caitlin Price, a co-chair for the Student Health Advisory Committee (SHAC), an independent group of undergraduate and graduate students advising University Health Services.*

As a tour guide for UCB, I often heard alumni lament about how Berkeley students have lost the activist ethic that epitomizes the legacy of our school. Now as a SHAC co-chair, I am delightfully reassured that student advocates are not a dying breed, and I had to look no further than the *Making Cal Healthier* student panel we hosted at our last SHAC meeting. Three of our current SHAC members—Kate Schulter (Transfer & Re-entry Students), Joseph Griffin (National Pan-Hellenic Council), and Christina Parshalle (Greek Community)—were joined by Camille Pannu, a student leader for the Task Force on Hate & Bias. Each offered different perspectives from their own experiences:

### Kate Schulter

Kate is part of the Undergraduate Student Dietetic Association, which provides free on-site education about nutrition to students. They see nutrition

as the base of most health problems, and are passionate about empowering students to follow a healthier lifestyle.

### Joseph Griffin

Joseph mentors teen students of color in Richmond with the *Making Waves* program. Aimed at helping students from poor and/or immigrant communities overcome barriers, this program offers academic scholarships and tutoring to its participants. Such mentorship also helps students deal with other life issues as well: Writing workshops teach students how to express their emotions in writing, offering resources in anger management that are often denied to students of color.

### Christina Parshalle

Christina, the Health Worker Coordinator for the Sororities, spoke about the ongoing charge of the Health Worker Program to respond to student health concerns by doing various forms of outreach. She was excited to showcase the Resident Outreach Activities program, an effort to be even more proactive in making a far-reaching, long-term impact on the health of students.

**JOIN  
THE  
CAL  
AIDS  
WALK  
TEAM**

**AIDS  
WALK  
SAN FRANCISCO**

**JULY 17, 2005**

The UC Berkeley team is now forming for the 19<sup>th</sup> Annual AIDS Walk San Francisco on Sunday, July 17.

The Berkeley team effort is receiving an extra boost this year from a group of Library employees who are helping organize the team in honor and memory of the many staff members the Library has lost to AIDS—more than a dozen in the space of a decade.

Aija Kanbergs from Moffitt and Charlotte Rubens and Shannon Monroe from Doe hope to stir up team spirit for the event by offering Cal team T-shirts, as well as breakfast and lunch for all Berkeley walkers. Above all, they are encouraging staff and students to register under Berkeley's team number in order to be counted as part of the team.

The 10 kilometer (6.2 miles) walk, which begins in Sharon Meadow in San Francisco's Golden Gate Park at 10:30 a.m., takes about two to three hours to complete. There is an opening ceremony at 9:45, and a post-walk concert at 12:30.

Berkeley walkers should come to the Cal table before and after the walk to introduce themselves, sign in, meet the organizers and other participants, and pick up their shirts to wear, souvenirs, breakfast and lunch. The table will be available by 8 a.m.

**There are three ways to sign up:**

- Register on-line: [www.aidswalk.net/sanfran](http://www.aidswalk.net/sanfran)
- Register by phone: (415) 615-9255.
- Register by mail: Pick-up a registration card at one of many waiting rooms and lobbies across campus (look for the AIDS Walk display stands).

**When registering, be sure to enter the Berkeley team number 0087.** Following registration, you automatically will be sent a sponsor form and additional information.

## SUMMER SUN SAFETY QUIZ

**ARE YOU SAVVY ABOUT PROTECTING YOUR SKIN FROM THE SUN'S HARMFUL RAYS? TAKE THIS QUIZ FROM THE AMERICAN CANCER SOCIETY AND FIND OUT!**

**1) I don't need to worry about the sun because most of my time is spent indoors in classes, the library, and at home.**

**Answer: False.** Dermatologists say brief sun exposures all year round can add up to significant damage (especially for people with fair skin). Cumulative, everyday exposures are linked to squamous cell cancer. While not as dangerous as melanoma, this cancer is still believed to be the cause of up to 20% of skin cancer deaths.

**2) If I'm wearing sunscreen, I can stay in the sun for a long time.**

**Answer: False.** It's not smart to broil in the sun for several hours, even if you are wearing sunscreen. Sunscreen products don't provide total protection from ultraviolet (UV) rays. The American Cancer Society recommends that people limit time in the sun at mid-day, cover up with clothing (shirt, hat), and use a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.

**3) How often do you need to reapply water-resistant sunscreen?**

- a. every 2 hours or sooner
- b. after sweating or swimming
- c. after you towel dry
- d. all of the above

**Answer: All of the above**

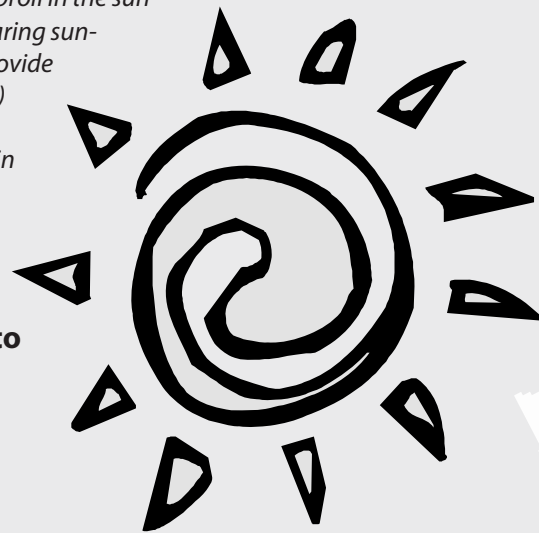
**4) What are the two most common sunscreen mistakes?**

- a. choosing an SPF below 15 and missing spots
- b. using too little and waiting too long to reapply

**Answer: b** Adults need about an ounce of sunscreen to cover their arms, legs, face, hands, neck, and ears.

**5) My roommate should use sunscreen at Cal football games, even though he only goes (and gets a burn) once or twice a year.**

**Answer: True.** Most people think it's okay to get a sunburn now and then, but studies show that occasional exposure to strong sunlight seems to increase the risk of the most serious type of skin cancer, melanoma.



# LETTER TO THE EDITOR

(FROM PAGE 1)

health care that benefits everyone. Greater access to student health care means a healthier campus: better quality of life, improved academic success, and greater participation by students in the campus community.

The Tang Center will continue its tradition of involving students in the development of on-campus health care, by working with students over the summer to implement services supported by the referendum. Students will begin to see changes at the Tang Center in Fall 2005, including extended hours for urgent care, labs, and

*Students will begin to see changes at the Tang Center in Fall 2005, including extended hours for urgent care, labs, and x-rays and Saturday hours for the pharmacy.*

*x-rays and Saturday hours for the pharmacy.*

*Other improvements, such as online*

*scheduling of appointments, will take more time to implement.*

*We appreciate your support in building a healthy campus. Together, we are enabling students to thrive, succeed, and take full advantage of their time at UC Berkeley.*

**Signed,**

**Tang Center Staff**

**Students from the Health Fee Advisory Committee**

# WEST NILE DISEASE

(FROM PAGE 1)

tus, stating both "have been shown to offer long-lasting protection against mosquito bites."

*There currently is no approved treatment available for West Nile Disease, so precautions come in two forms: mosquito repellent and mosquito prevention.*

Picaridin, also known as KBR 3023, is an ingredient found in many mosquito repellents used in Europe, Australia, Latin America and Asia for some time. Evidence indicates that it works very well, often comparable with DEET products of similar concentration. One product, containing 7 percent picaridin, is being distributed in the United States for the first time this year.

The other repellent is oil of lemon eucalyptus (also known as p-menthane 3,8-diol or PMD), a plant-based mosquito repellent that provided protection time similar to low concentration DEET products in two recent studies. It is available in a variety of formulations throughout the United States.

## Mosquito prevention

In terms of mosquito prevention and reducing your risk for mosquito bites, there are a number of measures you can take:

- Minimize outdoor activity at dawn and dusk when mosquitoes are most active.
  - In addition to using mosquito repellent, wear light-colored, non-contrasting clothing, and long sleeves and pants if going outdoors at dawn or dusk.
  - Eliminate all sources of standing water on your property. Mosquitoes need these sites to breed. Fix or report any clogged gutters or other standing water sites.
  - Make sure windows and doors have tight-fitting screens, or keep them closed when mosquitoes are out.
  - Report dead birds by calling 877-968-2473 or email [arbovirous@dhs.ca.gov](mailto:arbovirous@dhs.ca.gov). Do not touch a dead bird.
- To find out more about the disease, visit the Center for Disease Control website at [www.cdc.gov](http://www.cdc.gov). The State of California also has a web site: [www.westnile.ca.gov](http://www.westnile.ca.gov)



**West Nile Disease is carried by migrating birds and spread to humans by mosquitoes**

# STUDENT CORNER

(FROM PAGE 2)

portable disclosing personal information to a clinician or counselor.

It's very exciting to see such activism and passion radiate from fellow students. I encourage you to keep your own fingers on the pulse of student life by learning more about the groups mentioned above.

**UDSA:** <http://nature.berkeley.edu/udsa/>

**Making Waves:** <http://branson.org/makingwavesprograms.html>

**Health Worker Program:** <http://www.uhs.berkeley.edu>

**Task Force on Hate & Bias:** <http://students.berkeley.edu/stophate/>