



TANG CENTER BEAR TALK

NEWS AND INFORMATION FROM UNIVERSITY HEALTH SERVICES

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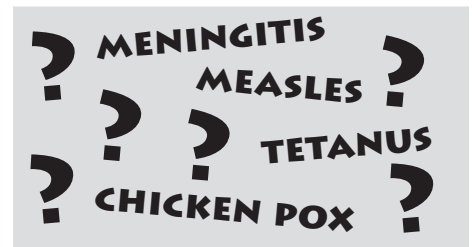
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WHICH IMMUNIZATIONS TO GET? & WHY?

Keeping up with your immunizations—i.e., which shots to get, and what age to get them—can be daunting, especially when new vaccines are being developed and recommendations change, sometimes annually. Just this year, a vaccine for pertussis (whooping cough) became available, and a vaccine for the Human Papilloma Virus or HPV (which causes genital warts, a precursor to cervical cancer) was just approved, and will be available soon.



especially those coming to college for the first time, to make sure they are current with their immunizations. It offers

See "Immunizations" page 3

The Tang Center advises students,

.....
JUMP ON THE BANDWAGON!

JOIN THE CAL AIDS WALK TEAM

KEEP LAST YEAR'S MOMENTUM GOING!

Last year, Berkeley had its biggest team and fundraising effort ever—over 300 people from the campus participated in the San Francisco AIDS Walk, raising over \$25,000—distinguishing Berkeley as a Gold Team.

For this year's walk on Sunday, July 16, the Chancellor has set the bar even higher, hoping for a total of \$30,000. Many students contributed to the effort (and spirit!) of last year's event, and the hope is that even more will turn out in 2006.

UC Berkeley team members will be provided with a T-shirt, breakfast, lunch and an opportunity to meet other people



When you register, be sure to enter the Berkeley team number: 0087.

who are passionate about walking towards a world without AIDS.

There are three ways to sign up:

- Register online at www.aidswalk.net/sanfran
- Register by phone at (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).

See "AIDS Walk" page 4

THE IUD FOR BIRTH CONTROL IS BACK

The Tang Center is now offering the intrauterine device commonly known as the IUD for women interested in longer term contraception.

“The IUD is a highly effective form of birth control,” says Nurse Practitioner Adriana Schoenberg, who is one of three Tang clinicians trained to insert IUDs. A short period after being inserted inside the woman’s uterus, the IUD provides ongoing protection against pregnancy for years.

IUDs work primarily by preventing sperm from fertilizing a woman’s egg through a variety of actions, such as thickening the cervical mucous, inhibit-

ing sperm survival and motility, thinning the uterine lining.

Many negative ideas and myths about the IUD began with the Dalkon Shield’s basic design flaw, says Schoenberg. The Dalkon Shield was an IUD introduced in 1970 and recalled in 1975 because it was associated with a significant incidence of pelvic inflammatory disease (PID) and infertility. Its multifilament threads were believed to transmit bacteria into the uterus and fallopian tubes. Today, both IUDs approved for use in the US, Mirena and Paragard, contain monofilament threads that minimize the risk of bacteria transmission.

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Mirena is a small T-shaped frame made of soft, flexible plastic that continuously releases a very small amount of levonorgesterel, one of the hormones commonly found in the Pill. It offers pregnancy protection for five years, but can be removed earlier if desired. Paragard, also a T-shaped device, has a fine copper wire wound around its

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HOW TO MAKE THE TANG CENTER MORE INVITING TO STUDENTS?

BY JOHN GAHAGAN, SHAC CO-CHAIR

During our February and March meetings, the Student Health Advisory Committee (SHAC) discussed the way in which services at the Tang Center are communicated to students.

Some students feel disconnected

From our community representatives, we found that some students feel disconnected with the Tang Center and the UHS staff. In brainstorming how to make the Tang Center feel more welcoming, we identified the importance of “putting a face” to University Health Services and looked at how other campus health services dealt with these issues.

The first step of this process is showing students which doctors, nurse practitioners and other staff members will be helping them during their visit to Tang. Students can now find pictures of staff members on the UHS website (uhs.berkeley.edu) by clicking the “Meet the Staff” link at the bottom of the page. The committee hopes that, while this initial improvement will not suddenly draw every student to the building, it will allow them to feel more comfort-

able, and not feel as if the Tang Center were run by an anonymous group of individuals.

Some students want to see an MD only

The committee also discussed how students seek health care, and what issues may prevent a student from seeking care when it is necessary. We found the typical *I don’t have time to see a doctor or I don’t want to make an appointment at the Tang Center because I won’t see a real doctor, just a nurse practitioner.*

In response to these sorts of comments, we are currently discussing how to increase education about the Tang Center services, or how to better articulate and improve the current handouts, fliers or presentations. For example, more students are now receiving same-day appointments as a result of the Campus Health Care Fee.

What exactly is a nurse practitioner?

The Tang Center front line health care team includes primary care physicians and physician specialists, nurse practitioners and nurses. Each student is sched-

uled with the most appropriate clinician for his or her situation. Often, this is a nurse practitioner (NP).

Nurse practitioners have advanced education and are skilled at diagnosing, treating and managing illnesses and injuries. NPs prescribe medication, educate students on optimal health and prevention, and may provide specialized skills such as wound suturing or performing colposcopic exams.

In our upcoming meetings, we will discuss which other communication changes already are happening and which are on the horizon. We encourage students and other campus members to provide us with any information or feedback that may be helpful.

Visit our website at uhs.berkeley.edu/students/SHAC or email us at shac@berkeley.edu.

IMMUNIZATIONS

from page 1

a list of recommendations based on the National Centers for Disease Prevention and Control's recommendations.

Then it hopes parents and students and will heed this advice and figure out which immunizations they are missing ...and get them!

Why Get Immunized?

Assistant Clinical Director Pam Cameron points out one of the most fundamental of reasons: "It's an opportunity to protect your investment.

"Think about it," she says. "You've put so much into school. But if you were to get sick with one of the vaccine-preventable diseases, you could be out for days or weeks, even have to leave school because of it. It's not worth it, when you can spend two minutes getting immunized. It's the old ounce of prevention thing."

Many people, she says, think that just because they received their childhood immunizations, they're set for life. But new vaccines are developed, or we learn that additional doses are needed to maintain immunity.

The adjacent list contains the vaccines recommended for college students. There is more information available on the Tang Center web site, or talk to your clinician about which ones you should get. All of these vaccines are available at the Tang Center by appointment. Call 643-7177.

TRAVELING OVERSEAS?



Call 643-7177 for appointments and fee information.

RECOMMENDED IMMUNIZATIONS FOR COLLEGE STUDENTS

In addition to the standard pediatric immunization series and the Hepatitis B series required by law in California, the CDC Advisory Committee on Immunization Practices (ACIP) and the American College Health Association (ACHA) recommend:

Meningococcal Meningitis vaccine

College students living in residence halls should be vaccinated to reduce their risk, but the vaccine is available to all. For more information, see the UHS web site <http://www.uhs.berkeley.edu/students/immunization>.

MMR (measles, mumps and rubella) Check your records to make sure you have had two doses at least one month apart .

Varicella (chickenpox)

Two doses one month apart if you have never had chicken pox, the chickenpox vaccine, or if a blood test does not show immunity.

Tetanus/Diphtheria

This vaccine is given every ten years. A combination pertussis/tetanus/diphtheria, which is widely used in Canada and newly available in the US, is another option. It is given when the tetanus booster is normally scheduled. This vaccine was formulated because of the rising number of pertussis (whooping cough) cases, apparently the result of protection from childhood immunization diminishing over time.

Annual Flu Shot

This vaccine, given every fall during several drop-in clinics at the Tang Center, is recommended for those who want to lessen their chances of getting the flu and losing valuable class time.

Please note: This is a partial list and meant as general information. Not every vaccine is appropriate for every student. Please check with your clinician for more information. We also recommend taking the quiz below to help you figure out your particular needs.

TAKE THIS QUIZ!

WHAT VACCINES DO YOU NEED?

The Centers for Disease Control (CDC) offers an online quiz to help you figure out which vaccines you need:

<http://www2.cdc.gov/nip/adultImmSched>

IUD

FROM PAGE 2

surface and is effective up to 10-12 years.

"IUD users tend to be happy customers because they don't really have to think about it, unlike a woman who has to remember to take a birth control pill everyday," says Schoenberg. The IUD user just has to check for the threads (string) after a menstrual period to make sure the IUD is still correctly in place in her uterus.

An IUD is inserted and later removed by a clinician. During the initial 15-minute appointment, the clinician will take a medical history to determine if the woman is a good candidate for this method of contraception, discuss the pros and cons of IUD use, and go over the details of the procedure.

For the woman who continues forward, a second 30-minute appointment will

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involve review of the consent form and the actual insertion of the IUD. According to Schoenberg, the insertion of the IUD in the uterus can be "quite uncomfortable."

An IUD is cost effective (around \$400), with SHIP covering 80%. Even women who have never been pregnant are possible candidates for it. But like all contraceptives, there are possible risks and adverse effects.

"We offer this service because we want to make sure women have as many contraceptive choices as possible," says Schoenberg.

For more information on all contraceptives, make a Sexual Health Education appointment with a trained peer educator at 642-2000. For women seriously considering an IUD, make a medical appointment at 642-2000.

COUNSELING GROUPS THIS SUMMER

University Health Services offers group counseling over the summer. For more information about these groups, call 642-9494, or see the Counseling and Psychiatric Services website: <http://www.uhs.berkeley.edu/students/counseling/summercalendar.shtml>

■ Bipolar Disorder Support Group

This group is open to students who would like a safe, supportive place to talk about bipolar disorder or manic-depressive illness. New members may join throughout the summer. Mondays, 4 p.m. to 5:30 p.m.

■ Mood Group

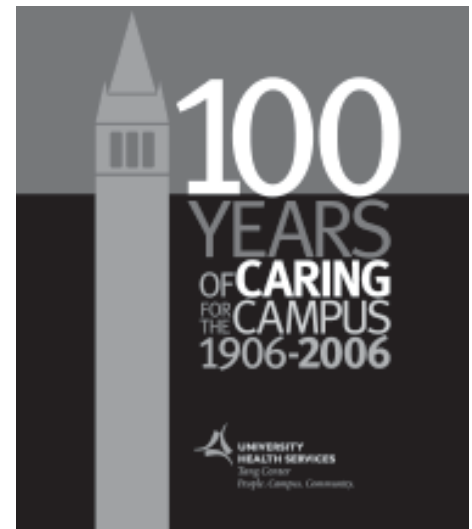
The mood groups are designed for students experiencing anxiety, depression, and anger-management difficulties. Participants will learn cognitive skills and practical techniques to identify and manage difficult emotions, and will gain a new understanding of themselves and their choices. Wednesdays, 3:30 p.m. to 5 p.m., July 12 - August 16.

Both groups take place in the Group Room (#3290), third floor, Tang Center.

HAVE YOU VISITED THE DISPLAY IN THE LOBBY?

If you find yourself in the Tang Center with a few spare minutes on your hands, check out the display in the Specialty Clinic waiting room just off the main lobby.

The display outlines the 100-year history of University Health Services—from its roots as a small infirmary located in the Meyer House on campus, to the large inpatient facility called Cowell Memorial Hospital, to the modern outpatient center that it is today.



AIDSWALK FROM PAGE 1

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

Note that campus members can participate in the event as a walker, by volunteering, by sponsoring a team member or by making a donation in the Berkeley team name.

The event begins at 10:30 am at Sharon Meadow in Golden Gate Park. The 10 kilometer (6.2 miles) walk takes about two to three hours to complete. There

will be an opening ceremony at 9:15 am and a post-walk concert at 12:30 pm.

Money raised will support the San Francisco AIDS Foundation and other Bay Area AIDS service organizations.

If you have any questions, please contact the campus team leader Marybeth Darusmont at 643-5285 or mbd@uhs.berkeley.edu.

If you would like specific information about campus HIV/AIDS resources, please call the Health Promotion Unit at 642-7202.