



# TANG CENTER BEAR TALK

NEWS AND INFORMATION FROM UNIVERSITY HEALTH SERVICES

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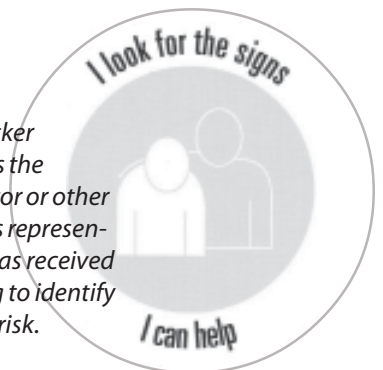
## LOOK FOR THIS SIGN

IT MEANS "I CAN HELP YOU IF YOU ARE AT RISK"

"There is so much we can do to prevent suicide if we can just identify people at risk and connect them to help," says Peggy Yang, PhD, project director for a new suicide prevention program called Cal-STEPS (Cal Suicide Training, Education, and Prevention Project).

The best way to do this, decided Yang and her program advisors, would be to move the effort beyond the walls of the Tang Center and train people across campus to recognize and respond to students who could be at risk for suicide.

*This sticker signifies the instructor or other campus representative has received training to identify suicide risk.*



In the beginning, the focus is on graduate students, says Yang. "We have identified that grad students are more

*See "Looking for Signs" page 2*

## ETANG PROJECT: TECHNOLOGY ENHANCEMENTS TO INCLUDE ONLINE ACCESS TO TANG

In response to what students have said they want and need, UHS will be making significant information technology improvements in the coming months.

Starting in Spring 2007, Tang Center clinicians will have a computer in the exam room and will be able to order lab tests and prescriptions at the click of a button.

Patients also will be able to communicate with UHS clinicians by secure email. Later next year, students will be able to schedule some appointments online.

These changes will not increase fees or otherwise reduce a student's ability to use UHS services. All students with or without SHIP can still see a clinician, nurse, counselor or health educator without paying a fee. (Some services such

as the Lab and Pharmacy charge fees.)

Students without easy access to a computer, or who would prefer not to use a computer, will still have the option to call or stop by to make all appointments or to talk to a live person during regular business hours.

Stay tuned for further updates about how these changes can improve your UHS access and experience.

**FREEBIES!**  
■ THERMOMETERS  
■ PHONE CARDS  
**SEE INSIDE!**

## LOOKING FOR SIGNS

FROM PAGE 1

prone to mental health problems, and faculty and grad student instructors are in key positions to assist through their teaching, research, and advising relationships with students."

Yang says that because the resources are limited—\$75,000 a year for three years—the Cal-STEPS program has chosen initially to devote most of the resources where needed most, which is training the groups connected to grad students.

"In the second and third years of the program, we plan to expand training to campus staff and student leaders," she says. An online training also will be developed and piloted. And efforts will be made to improve the network of services available to the campus community.

Yang hopes that by offering the trainings, elevating awareness and knowledge on campus, and building up the network of mental health services for students, a safety net will form that will save members of the campus community from suicide.

Other efforts have included a recent forum where four women grad students shared their experiences managing depression and anxiety.

"Of course, it's a gradual process," says Yang. "We can't train everyone. But by targeting groups that are most in a position to help, we hope to be able to make a major difference."

### FREE PHONE CARDS

Concerned about someone? Give them a call! Pick up a free phone card at the Self Care Resource Center, now located in Health Promotion on the 2nd floor.

Made possible by the Carson J. Spencer Foundation

## PLAN B OVER THE COUNTER DEC. 1

Starting December 1, 2006, the emergency contraception "Plan B" will be available at the UHS Pharmacy over the counter (without prescription) for women age 18 and older. The cost of over-the-counter Plan B is \$30.

If you are 17 or under, you will need a prescription, which is available by calling the Advice Nurse at 643-7197 during regular business hours posted on the web site.

Emergency contraception is the term for hormone (or birth control) pills taken within 72 hours after unprotected intercourse to prevent pregnancy. At UHS, Plan B—emergency contraception containing 2 tablets of progestin—is used.

Complete instructions for its use is provided by the Pharmacy. More information on emergency contraception is available on the web site (refer to the Student A-Z index), or call the Advice Nurse as above.

## PANDEMIC FLU PLANNING: WHAT CAN YOU DO?

As widely reported in the news, the potential of the avian flu virus changing in such a way that it will spread easily from person to person could result in a pandemic flu outbreak worldwide. This has prompted the campus to engage in active pandemic planning, spearheaded by the Tang Center.

■ You can read about the measures taken to date at [www.uhs.berkeley.edu/pandemicflu](http://www.uhs.berkeley.edu/pandemicflu).

■ You can also read about measures you can take as an individual at <http://pandemicflu.gov/plan/individual/familyguide.html>.

As Tang Center Medical Director Peter Dietrich, MD, points out, planning of this nature lends itself to all emergency situations and serves as a reminder about personal responsibility.

"Beyond a potential flu pandemic," he says, "we live in an area threatened by earthquakes and other natural disasters. Many of the personal preparations are similar for a variety of emergencies. Preparation will help bring peace of mind and confidence to deal with any emergency."



**Don't get bit  
by the flu bug**

**Last Flu Shot Clinic for 2006!  
Tuesday, December 5  
Noon-6 pm**

- To protect yourself, you need a flu shot every year.
- Drop in to get one at the Tang Center – no appointment necessary.
- Available to college-age or above.
- Cost: \$25 (Students with SHIP pay \$5).
- Open to the campus and community

University Health Services • Tang Center • First floor/Class of '42 Rm  
2222 Bancroft Way • 642-1814 • [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu)

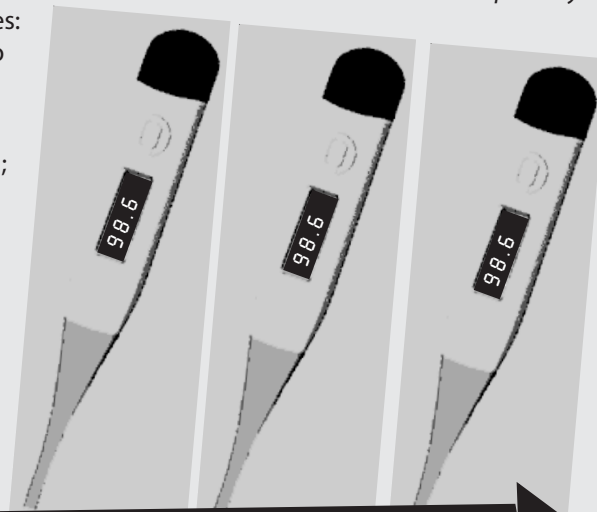
# IT'S GERM SEASON: IS YOUR MEDICINE CABINET (OR BOX) STOCKED?

Nearly all students experience occasional minor ailments or injuries — and every student room, apartment unit or house should have a well stocked “medicine cabinet” (a shoebox or a plastic container works fine) that includes the following:

- For allergies: antihistamine (e.g. Benadryl, Claritin, Allegra).
- For blisters, minor cuts and scrapes: band aids, antibiotic ointment or cream (e.g. Bacitracin, Polymyxin).
- For itchy rashes, insect bites: hydrocortisone cream (1/2 to 1%) or calamine lotion.
- For pain and fever relief: acetaminophen (e.g. Tylenol); aspirin (e.g. Bayer or drug store brands); ibuprofen (e.g. Advil, Motrin).
- For skin health: sunscreen with an SPF of 15 or more, and preferably one that offers UVA and UVB protection.
- For upset stomach: an antacid (e.g. Tums, Mylanta)

■ **A thermometer.** If you call a Tang Center advice nurse, one of the first questions you will be asked is, “Do you have a temperature?” It’s a question you should be able to answer.

*Before taking any over-the-counter medicines, always read the label and note the dosage information and warnings. Also, check the expiration date. Even though you might be on a budget, don't be tempted to save a few dollars by using expired medication. Some become toxic, while others lose or increase their potency.*



**FREE THERMOMETERS**

## HOW HOT ARE YOU?

...WE'RE TALKING ABOUT YOUR BODY TEMPERATURE

**When you're feeling sick, one of the first things to do is figure out whether or not you're running a fever. This information will help determine what the next step should be.**

### But first, what is a fever?

A fever, or elevated body temperature, is a natural way your body fights off infection. 98.6°F is widely considered to be the normal temperature, although temperature readings can vary slightly from person to person throughout the day. You have a fever if your temperature is 100°F or above.

### Take your temperature

The next time you're feeling ill, take your temperature (make sure you wait a few minutes after eating or drinking something hot or cold). The most common way to take your temperature is by placing the thermometer under your tongue. If you're running a fever, give the Advice Nurse a call (643-7197). The nurse will help you decide whether to let the fever run its course with a self-care program of fluids, rest and over-the-counter medication such as acetaminophen (Tylenol) or ibuprofen (Advil), or whether you need to be seen by a clinician.

***Of course, in order to take your temperature, you need to own or have easy access to a digital thermometer.***

***We can help: Stop by our Self-Care Resource Center on the second floor in Health Promotion to learn more about your health, and get a free brand-new digital thermometer!***

***Supply limited -- first come, first served.***



*We gratefully acknowledge the donation of thermometers from Kaz, Inc.*

## PHARMACY VOLUNTEER RECRUITMENT NOW STARTS EARLIER

Beginning this fall, recruitment of Pharmacy volunteers is taking place separate from and before general student volunteers.

Student Pharmacy Volunteer applications for the Spring '07 program, available at [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) (“Join Our Team”), are due Dec. 22, 2006.

The recruitment period for all other student volunteer positions for Spring '07 will be Jan. 8-19. Please check the web site

in early January for the application packet

The Student Volunteer Program provides an opportunity for registered Cal students to become familiar with various health care careers. The program offers an insider's view through placements in clinics, lab, radiology, pharmacy, administration and other UHS departments.

For additional information, see the web site, or call 642-7202.

# HPV VACCINE NOW AVAILABLE AT THE TANG CENTER

Gardasil, the new Human Papilloma Virus (HPV) vaccine, recommended for girls and women from ages 9-26, is available by appointment in the Immunization Clinic at Tang.

It is a 3-dose vaccine, given over a 6-month period. The cost is \$135 per dose, covered by the Student Health Insurance Plan (SHIP) at 80%. Please call (510) 643-7177 to make an appointment.

## The Facts:

■ Most sexually active individuals have been infected with HPV at some point in their lives and are not aware of the infection. In many cases, the immune system is able to clear the infection within 1-2 years. However, certain strains of HPV may linger on the cervix for many years, and persistence of the virus is considered a risk factor for the development of cervical cancer.

■ In the United States, approximately 4,000 women die from cervical cancer each year; worldwide deaths from cervical cancer number approximately

270,000 (i.e., rates are higher in areas where Pap smear screening and early treatment are not readily available).

■ There are approximately 40 different HPV types associated with vulvar, vaginal or cervical infection and disease. Gardasil protects against 4 important HPV types: HPV Types 16 and 18, which are responsible for about 70% of all cervical cancer and most vaginal and vulvar cancers, and HPV Types 6 and 11, which cause about 90% of genital warts.

■ Girls/women who have *not* yet been exposed to HPV will benefit most from the vaccine. Girls/women already infected with one or more of the viruses covered by Gardasil will develop immunity against the remaining HPV types.

■ The Pap smear remains a very important screening test for cervical cancer detection and early treatment. Women who receive Gardasil should continue to have regular Pap smears.

■ Gardasil is safe. It has been tested in over 11,000 females in many countries

around the world; these studies have shown no serious side effects.

*Peer educators from the Sexual Health Education Program (SHEP) are a wonderful resource for Berkeley students.*

For your health and well-being, practice safer sex. A recent study demonstrated a 70% reduction in HPV infection among participants who used condoms consistently.

For more information on safer sex or any issue related to sex and/or sexual health, trained peer educators from the Sexual Health Education Program (SHEP) are a wonderful resource for Berkeley students. The SHEP peer educators provide factual, unbiased information to students in a sensitive and nonjudgmental manner.

To make an appointment with a SHEP peer educator, call 642-2000.

## TRAVELING OVERSEAS?



Call 643-7177 for appointments and fee information, or see the web site.

## AS OUR CENTENNIAL YEAR COMES TO A CLOSE....

...We reflect on the many ways that students have contributed to the health services' rich hundred-year legacy.

For a hundred years, students have been our partners in health care—not only as intelligent, informed patients, but also as health care providers.

Several generations of health workers and other peer educators have touched countless lives on campus.

In fact, students *create* the legacy. They take the lessons learned here with them when they go, touching countless more lives as they proceed into the future.

*Right, students collected give-aways at the anniversary open house in September.*

