

A Su Salud

To your health

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NEW YEAR'S RESOLUTIONS

1. Quit smoking!

FREE Smoking Cessation Program

Health Services can help you make good on your New Year's resolution. Join us *either* Friday, January 9 from 9:30-10:30 *or* Tuesday, January 13 from 3:30-4:30 in the El Clemente Room, located upstairs in the Campus Center (behind Conference Rooms A&B). The program consists of two behavior modification classes and then you can choose to quit on your own or get some extra help with either acupuncture, hypnotherapy, medication, nicotine replacement gum, or nicotine replacement patch. This first meeting is an orientation where you will fill out an intake form and learn more about how the program works.

For more info, contact Mary-Jo in Student Health Services, lower level of Campus Center, 864-8903, lomaxmaryjo@fhda.edu.

2. Win money !

Condom Couplet Contest

We'll provide the paper, you provide the poem. Win a warm spot in the heart of America and \$100 for first place and \$50 for second place. Stretch your imagination and come up with a rubber rhyme! Increase awareness and communication among students about sexual and reproductive health issues – especially condoms - using this light-hearted, upbeat activity. A couplet is two lines of verse with the same number of syllables and rhyming last syllables:

"Red or yellow or green or blue ~ Any condom looks good on you."

Entries must be received by **January 15, 2004**. All entries become property of Mayer Laboratories, Inc. Couplets will be judged and two winners announced during National Condom Week 2004 (Feb. 14-21). *If the winning entries are submitted on letterhead from a college health office, in addition to the cash we'll donate 1000 condoms to them!*

Send entries to: Mayer Laboratories, Inc., 646 Kennedy St., Bldg. C, Oakland, CA 94606. Questions?: Call 800-426-6366 or email karenh@mayerlabs.com

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De Anza College Health Services January

Did Shakespeare Use a Condom?

Whether you are looking for inspiration to write your condom couplet (see other side for all the details), or just want to be informed about why one should use condoms each and every time one has sex, here are some statistics about sexually transmitted infections (STIs) from the American Social Health Association (www.asha.org).



- The estimated total number of people living in the U.S. with an incurable sexually transmitted infection is over 65 million. Every year, there are approximately 15 million new cases of STIs, a few of which are curable.
- Two-thirds of all STIs occur in people 25 years of age or younger
- One in four new STI infections occur in teenagers
- Cervical cancer in women is linked to high-risk types of HPV (human papilloma virus, the virus that causes genital warts).
- Of the STIs that are diagnosed, only four—gonorrhea, syphilis, chlamydia and hepatitis B—are required to be reported to state health departments and the Centers for Disease Control (CDC) for statistical purposes. Hepatitis B is a recent addition to that list.
- Hepatitis B is 100 times more infectious than HIV.
- STIs, other than HIV, cost more than \$8 billion each year to diagnose and treat, both the disease and their complications.
- It is estimated that as many as one in four Americans have genital herpes, yet at least 80 percent of those with herpes are unaware they have it
- At least one in four Americans will contract an STI at some point in their lives
- Overall, herpes is the most common STI in the United States, with more than 45 million individuals having this lifelong (but harmless) virus. In a given year, however, it is estimated that more people will become infected with HPV than with herpes. More than 1 million people acquire herpes each year and over 5 million people acquire HPV each year. Some researchers believe that HPV infections may self-resolve and may not be life-long like herpes.
- Less than half of adults ages 18 to 44 have ever been tested for an STI other than HIV/AIDS
- At least 15 percent of all infertile American women are infertile because of tubal damage caused by pelvic inflammatory disease (PID), the result of an untreated STI.
- Approximately two-thirds of Hepatitis B (HBV) infections are transmitted sexually; HBV is linked to chronic liver disease, including cirrhosis and liver cancer.

The SECRET to Avoiding Colds and Flu is in your HANDS

Frequent handwashing is one of the best ways to prevent the spread of infectious diseases - Germs are spread when someone with an infectious disease, such as a cold or flu, touches a surface; germs are picked up when someone else touches that same surface.

Don't touch your eyes, nose or mouth - One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus.

Wash your hands often with soap and water - First, wet your hands with water and apply soap (antibacterial soap doesn't work any better than regular soap). Rub your hands vigorously together and scrub all surfaces. Continue for 10-15 seconds. The soap, combined with the rubbing, helps dislodge and remove germs. Rinse well and dry your hands.

Keep your distance - during cold and flu season, try to allow 3 feet between you and another person. This helps to avoid airborne germs.

Is it a Cold or the Flu?

Most of us use the words, *cold* and *flu*, interchangeably, but there is a very big difference between the two types of viruses. Here are the main differences between the two:

Cold symptoms begin gradually and can include any or all of the following:

- Sore throat
- Stuffy/runny nose
- Cough



Flu symptoms begin very suddenly and include:

- Body ache
- Fatigue
- Headache
- Fever over 101 degrees



De Anza College Health Services

is available to all registered De Anza students. Some of our services include:

Health education/TB skin tests/First Aid/Blood pressure checks/Condoms/lubricants/Over-the-counter medicine/
Pregnancy tests/Family planning

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