

Student Health and Counseling Center

 Western Oregon University



Counselor's Corner

WELCOME BACK Michelle Cox!

Western Oregon University Student Health and Counseling Center welcomes Michelle Cox back to campus. With the recent loss of one of our previous counselors, Heidi Igarashi, Michelle has come to fill her void and is excited to work with students here at WOU.

Michelle is an alumna from Western Oregon University, who graduated with an Interdisciplinary degree in Political Science, Psychology, and Business. She participated in both the volleyball and track programs while she was here. After graduation, she left to get her Master's in counseling at George Fox, and then completed a doctoral degree in Human Development and Family Studies at Oregon State University.

She is now in private practice at West Salem Four Square Church and serves as one of the faculty at George Fox University, where she teaches graduate courses. She has also counseled at Western before this year, before and after attaining her Master's.

We are happy to have Michelle back at Western. If you know her, be sure to welcome her. If not, come meet her and take advantage of her presence here on campus!

Dr Van Ert: DTC Cough and Cold Remedies

It began on Monday, April 21st, 2008. A new cold and cough self-care center was implemented as an educational, self-empowering resource for students suffering with the universal virus, the common cold. Dr. Van Ert, the Medical Director in the Student Health and Counseling Center, proposed this service to students as a better function of health center resources. "It empowers people to know what they can do to keep themselves healthy and access resources easily," Dr. Van Ert simply states.

This may sound intriguing to you, as a student, but now you probably wonder what this new resource is and how to get a hold of it for your own benefit. It begins with a simple visit to the Student Health and Counseling Center. A student may either come in and talk with a receptionist about the cold and cough self-care center, or just stop by and pick up a packet for their cold and cough needs and leave. There are bins placed in the reception area with things such as, tempa-dots, Ibuprofen, oral decongestant, cough drops, and reminder instructions on the specifics of the self-care package. You have the option of grabbing the whole packet or just a few of the items for your personal needs. Included, but not required, is a video to watch in the health center on how to manage your cold and cough, as well as brochures and flyers that specify how to get healthy and stay healthy. If none of the remedies from the self-care packet are working, the information provided also has some pointers about follow-up criteria to take into consideration.

This option is offered to students now because of the many successes other universities (Willamette, University of Oregon, and Oregon State) are gaining from redirecting their students to self-health-care first, instead of using extra health center resources for something that cannot be "cured" by antibiotics. It provides an educational perspective for students regarding how to understand and manage a universal threat that will continue to be present in their life for the rest of their lives. Antibiotics were first seen as "wonder drugs" in the 20th century, because they "cured" many sicknesses; however, they provide a dilemma now with their reversing our resistance to bacteria. If too many antibiotics are taken for simple sicknesses that can be managed with more sleep, better eating, and lots of relaxing, people soon develop immunity to the antibiotic. In other words, the antibiotics will no longer aide a person, but hinder their resistance to any medication as such to get well. Then, when a real threat appears, no antibiotic may work.

That is why this is such an important piece to remember and take advantage of now. All it takes is one step inside the health center. Check it out, when you have a cough or cold, that is.

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It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so! ~Mark Twain

Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day. ~W. Earl Hall



Health and Culture: Hispanic Health Risks

The United States is a melting pot for various cultures. Although we live as Americans to share the same freedoms and privileges, we do not all share the same health concerns. Specifically focusing on our Latino/Latina, Hispanic community, there are numerous health risks that affect this population specifically. Here are some facts to focus on:

The **Centers for Disease Control and Prevention** has cited health conditions and risk factors that significantly affect Hispanics, which include heart disease, cancer, unintentional injuries (accidents), stroke, and diabetes. Some other health conditions and risk factors that significantly affect Hispanics are: asthma, chronic obstructive pulmonary disease, HIV/AIDS, obesity, suicide, and liver disease.

Cancer Statistics: In 2004, Hispanic men were 13% less likely to have prostate cancer as non-Hispanic white men; Hispanic women were 33% less likely to have breast cancer as non-Hispanic white women; Hispanic men and women have higher incidence and mortality rates for stomach and liver cancer; in 2003, Hispanic women were 2.2 times as likely as non-Hispanic white women to be diagnosed with cervical cancer.

Diabetes Statistics: Mexican American adults were 2 times more likely than non-Hispanic white adults to have been diagnosed with diabetes by a physician; in 2002, Hispanics were 1.5 times as likely to start treatment for end-stage renal disease related to diabetes, as compared to non-Hispanic white men; in 2004 Hispanics were 1.5 times as likely as non-Hispanic Whites to die from diabetes.

HIV/AIDS Statistics: Hispanic males had over 3 times the AIDS rate as non-Hispanic white males; Hispanic females had over 5 times the AIDS rate as non-Hispanic white females; Hispanic men were 2.6 times as likely to die from HIV/AIDS as non-Hispanic white men; Hispanic women were 4 times as likely to die from HIV/AIDS as non-Hispanic white women in 2004.

“Heart Disease is the leading cause of death for ALL Hispanics”

Leading Causes of Death (Both Sexes and All Ages)

*Heart disease is the leading cause of death for all Hispanics.

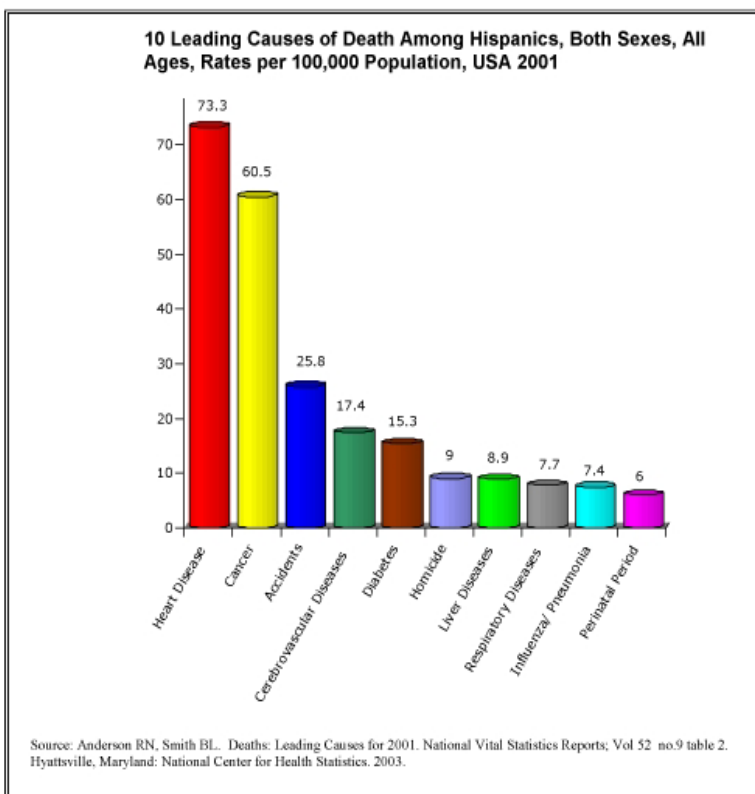
*Heart disease is responsible for 24% of all Hispanic deaths.

*Cancer deaths contribute to 20% of all Hispanic deaths in the U.S. Breast cancer is on the rise for Hispanic women.

*Unintentional injuries account for roughly 8% of all deaths.

*Cerebrovascular diseases account for nearly 6% of all deaths.

*Approximately 5% of Hispanic deaths are related to diabetes.



Student Insurance Policy Changes

New in the fall of 2008, all full-time students who pay the health fee will now be part of a Preferred Provider insurance plan. The insurance through Aetna will be a large improvement from the limited plan students have carried in the last few years. Some highlights of the new plan are full coverage of all doctor visits with \$20.00 co-pay, 75% coverage of hospital room usage, 75% coverage of surgical expenses, 100% coverage of outpatient mental health services with a \$20.00 co-pay and 100% coverage of X-Ray and laboratory services with \$20.00 co-pay. The insurance extends coverage in almost all areas of health care. The cost per term is \$52.00 and will be attached to your health fee. As director of the Student Health Center, I am excited about being able to offer insurance that provides better coverage, but still at an affordable rate. Beginning at new student week, information about the new insurance policy will be available around campus.

"I am excited about being able to offer insurance that provides better coverage, but still at an affordable rate."

Luis Rosa, M. Ed., LPC

Director of Health and Counseling

Body Image: Food for Thought

As spring SLOWLY approaches, it is easy to become self-conscious about your body. The warm weather reminds us that we should shed our warm clothes and slip into something cooler, a little more appealing, and perhaps show more skin. With that in mind, many people choose to "lose those winter pounds" and/or "gain some muscle" in order to "look good" in that bathing suit or dig out those summer clothes that you barely fit into the last few summers. As a result, people try to lose those pounds, but often get frustrated in the battle to lose what they want and keep it off. Your chances of "feeling up" go down and your chances of "feeling down" go up.

The moral to this story is this: think positively and learn to accept your body, now, the way it is. Of course, feel free to get in shape and exercise to feel good, eat healthy to be healthy, but do not beat yourself up. Your body shape does not define the person you are, your personality does, so live it up and enjoy your summer without worrying about your weight and how good you look. Go ahead and put on that bathing suite, without reservations. Focus on how good you feel and reward yourself in accordance with that.



Western Oregon University

Student Health and
Counseling Center
345 N. Monmouth Ave.
Monmouth, OR 97361

Phone: 503-838-8313
Fax: 503-838-5555
E-mail: contact@wou.edu

Mission Statement:

The mission of Western Oregon University Student Health and Counseling Services is to facilitate the health and well-being of Western Oregon university students by providing quality and affordable out-patient medical and mental health care, prevention and health education. Student Health and Counseling Services will pursue its mission while providing care in an affirming, respectful and compassionate environment.

**Check out the
SHCC's newly
updated website!**

[http://www.wou.edu/
student/health/](http://www.wou.edu/student/health/)

Campus Wellness Challenge: A New Wellness Program Debuted

January 16th debuted WOU's Student Health and Counseling Center's newest program, Campus Wellness Challenge (C.W.C.). Sponsored by their Health Education department, C.W.C. was created to provide students, staff and faculty with a broader view of health and wellness. Focusing on six "realms" of wellness (Physical, Mental, Social, Academic, Spiritual and Environmental) provides students the challenge to improve across the spectrum of wellness, rather than exercise and nutrition alone.

Goals of the program include:

1. Seeking to improve the over-all health and wellness of W.O.U. students
2. Expanding student knowledge of campus and community wellness resources
3. Supporting students in development and ownership of individual wellness goals
4. Assessing the wellness needs of the students and incorporate into wellness program planning
5. Utilizing varied perspectives of wellness, including non-western methods/ideas when programming
6. Incorporating wellness programs to reflect an understanding and sensitivity towards diversity.

C.W.C. was designed to be flexible to the needs of the Western community, providing programming focused on one realm of wellness and online tools so that students, staff and faculty can track personal progress from home. Online tools can be accessed by going to www.wou.edu/portal, entering a W.O.U. login and password, and clicking on the "Campus Wellness Challenge" link. Here, users can access "MyTRACK", a physical activity and calorie tracker that includes most W.O.U. Physical education classes/club sports, and "My Nutrition", an online food log. All logs are confidential, and students may print them to have them assessed by health center personnel if they choose.

For more information on the Campus Wellness Challenge program, call Craig Wimmer, or project coordinator, Carli Stewart at extension 8-8772.

**Keep your eyes open for a
Campus Wellness Challenge
program coming up in June!**