

Health Tips

How to use A&M's health center

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A.P. BEUTEL HEALTH CENTER

With the fall semester beginning, everyone is meeting new people and getting into a new routine. However, with all the excitement of rushing around, do not forget to take care of your health.

If you eat nutritious meals, take part in regular physical activity, get plenty of rest, and control your stress, you will be on your way to a successful semester.

But if you do happen to get ill, the A.P. Beutel Health Center has some helpful tips so you can receive the care you need.

First, if you are ill, call the health center to make an appointment. Health center hours are 8 a.m. to 5 p.m. Arrive 20 minutes before your appointment to assure that you see a physician at your scheduled time. If you do not have an appointment, you may have a longer wait to see one.

Each student should have a medical history form on file at the health center. If you are a new student or a transfer student and have not turned in a form, you should do so as soon as possible by stopping by the health center.

Next, you should prepare for your examination. You and your physician are partners in your health care.

Your physician depends on you, as the patient, for basic information about your health. Be sure to provide accurate information about your health history.

Writing down the facts ahead of time will prepare you to make better use of the time you spend with your physician.

During your examination, do not be afraid to mention all your symptoms and do not hesitate to ask your physician questions about the examination or diagnosis. Your physician will be able to make an accurate diagnosis with your help. Additional X-rays, laboratory tests or consultations may be advised.

Your physician will also check to see if your immunization require-

ments are up-to-date.

Texas A&M immunization requirements are: Tetanus/Diphtheria (within the last ten years), Polio series (if 18 years or older), Measles (two doses), Mumps, Rubella and Mantoux tuberculosis (TB) skin test (required for international students).

If you do not comply with these immunization requirements, you will be blocked from registration.

Finally, and most importantly, follow your physician's instructions. Your recovery rate also depends on how you take care of yourself after you have visited the physician.

Take all medication prescribed, have any follow-up tests performed, and call the physician if you have any additional questions about your treatment.

Your health is important to your physical, emotional, spiritual and especially your intellectual well-being. Taking care of yourself is a positive step toward academic success.

The health center provides unlimited visits to the ten physicians on staff. Also at the health center is a lab, a radiology machine, a pharmacy, physical therapy facilities, and dietary counseling information.

Consultant physicians come to the health center on a regular basis for your physician's referral to a specialist.

The health center has a Women's Clinic, Ambulance/EMS and Dial-a-Nurse at 845-2822. Over-the-counter medications are also reasonably priced.

The Health Education Center at the A.P. Beutel Health Center offers a variety of programs on health topics and maintains a resource file of health information.

Tours of the health center are also available. Aggie R.E.A.C.H. (Representatives Educating About College Health) is a volunteer student organization that helps present health programs to other college students.

Visit or call the Health Education Center in room O16A at the A.P. Beutel Health Center, (409) 845-1341, if you have any questions.



**One part gladiator,
one part capture the flag,
and one part no guts, no glory.
It's called paintball.
A million people call it fun and games.**



Paintball is coming to Bryan-College Station. We're opening a regulation paintball field here soon, and you will want to get in on the action.

Paintball is one of America's most exciting sports. A million men and women play it every week, challenging their cunning and their endurance. It's quite safe (bowling and golf have more injuries, national insurance underwriters say), and you don't have to be a super jock to enjoy it.

We'll offer two courses: a rugged, brushy, outdoor field with creeks, trees and plenty of cover plus a lighted pavilion for arena games. There is seating for spectators, picnic facilities, restrooms and a snack bar.

You can reserve the field for company

events, parties or group contests or can stage your own game within a game during regular sessions. We furnish everything players need including safety masks, markers and paint, and we have a well-outfitted pro shop for serious players looking for their own gear.

Yes, there are rules: games are monitored and supervised by experienced field judges who keep the play exciting but fair and safe. Field insurance is a part of the adventure and is required.

If you were too short for basketball, too slow for football and too stiff for tennis, this may be your game. All you need is courage and a will to win.

Join us in the sport some call full contact chess. Paintball — you have to love it.

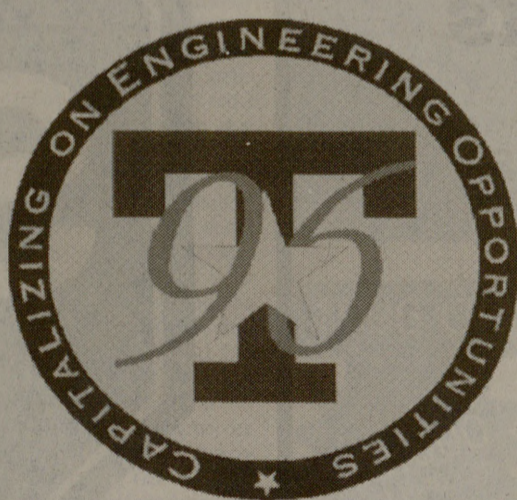
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5807 North Hwy. 6 Bypass/Bryan
268-2225

**Capitalizing On Engineering Opportunities
Engineering Career Fair**

September 11th & 12th
9 a.m. - 4 p.m.

September 10th
Come join us on the Texas A&M University Golf Course for 18 holes with over 45 recruiters from all over the country, and then a Bar-B-Q at 6pm at the Brazos Center!!!
Contact the SEC for more information



Memorial Student Center
2nd Floor

For more information about the career fair please visit our web site at:
www.tamu.edu/sec/ceo
or contact the Student Engineers' Council
847-8567

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