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'97 '98 GENERAL CLASS MEETING

SEPTEMBER 11, 1996
5:30pm



Everyone Welcome!

- '97 Rm. 401
- '98 Rm. 402
- '99 Rm. 407
- '00 Rm. 410

Health Tips

Medical knowledge facilitates health care

By JANE W. COHEN, PH.D., R.D.
A.P. BEUTEL HEALTH CENTER

Be sure to talk to your physician. You are partners in your medical care. Last week, we encouraged you to list questions you have and discuss your medical history with your physician.

Today, we will highlight your diagnosis, treatment and preventive care.

The doctor's knowledge of your particular case comes from you. Your doctor may not be able to give you a complete diagnosis during your first visit.

Except for broken bones and open wounds, the chances for a quick and clear diagnosis are few. The symptoms you have may be too vague, similar to many different conditions, or not evident in laboratory tests.

Physicians may prefer to wait for distinct symptoms rather than risk an incorrect diagnosis. Once a medical diagnosis is assigned to a patient, it is difficult to change it. In addition, selecting the wrong

kind of treatment may be more damaging than not treating the condition at all.

Give a complete description of all your symptoms (fever, headache, cough, fatigue, location of aches or pains, and any other observations you have made) and when they began.

Identify what causes you pain or discomfort and when and where you feel it. How intense is the pain? Does it interfere with everyday activities? Is it constant or intermittent?

Tell the doctor about recent changes, such as weight fluctuations, stresses suffered, or sleeping, eating and exercise habits.

Include any changes you have noticed in both your body and mind, such as dizziness, nausea, diarrhea, bleeding or vomiting. How have you treated it so far? What makes the symptom less of a problem? Learn to "listen" to your body and to describe what is going on in it.

Follow your doctor's advice. If

you do not intend to carry out your treatment plan, it is a waste of your time — as well as the doctor's time.

If you know you will have trouble following the treatment plan, discuss your concern with your doctor before you leave the office. Know the name of any medication and what it does. Know how and when to take it and for how long.

Know what to do if you miss a dose. Know if you should keep taking the medicine until the prescription is used up or just until you feel better.

Check if you should avoid any foods, beverages, medicines or activities such as driving, smoking, exercising or sun exposure. Ask about possible side effects and what to do if they occur.

Be sure to understand the physician's instructions and to follow them. Ask questions about anything unclear and repeat the answers to the doctor in your own words to make sure there is no confusion. Doctors tend to listen more attentively

to better-informed patients.

Better-informed patients talk with them, not at them. More comfortable patients answer questions, determine treatment alternatives, and their own health care decisions.

Know what your condition is and how it affects your body. What will happen and without treatment?

Doctors want you to stand how to follow the recommended treatment. Take what you wish. Your doctor will answer most of your questions. You may have additional questions later. Read about your medical problem on your own. Your doctor next time you see him, or get a second opinion.

Know how to prevent a problem from happening if it is possible. Take an active role in caring for your health. Remember, you own your health and it is your responsibility to take care of it.

What's Up?

Tuesday

AMSA Premed: There will be a lecture on note taking by Filo Maldonado, and a review of basic chemistry for biology students in room 200 of Heldenfels from 7-9 p.m. For more information contact Harvey@TAMU.edu.

Silver Spurs of Aggieland: There will be an informational meeting in 255 G. Rollie at 8 p.m. For more information contact Eric Baggerman at 847-5379.

TAMU Nutrition Society: There will be an informational meeting in 117 Kleberg at 7 p.m.

Aggie Lutherans: Come join us for fun, worship and devotion at Our

Saviors Lutheran Church at 7 p.m. For more information contact Valerie at 694-6663 or Pastor Grant at 693-4403.

Rotaract: There will be an informational meeting in 504 Rudder at 5:30 p.m. For more information contact Neslie Cook at 847-1924.

KANM Student Radio: There will be a DJ information meeting at 7 p.m. in 292B MSC.

TAMU Women's Club: Newcomer's welcome coffee will be held from 10-11:30 a.m. at 609 S. Ennis Street in Bryan.

TAMU Waterski Team: There will be an informational meeting in 410 Rudder at 8:30 p.m. For more information contact Mike Coyle at

260-5926.

United South Asian American Committee: The first meeting will be held at 8 p.m. in 504 Rudder. For more details call Maanasa Maddali at 696-1249.

TAMSCAMS (Texas A&M Student Chapter of the American Meteorological Society): The first meeting will be held at 7 p.m. at the O&M Observatory. For information call Kelly Findeisen at 846-5896 or kfind@nimbus.tamu.edu.

Phi Beta Chi Rush: There will be an informational meeting from 7 p.m. in 410 Rudder. Sunday dress is appropriate. For information, call Nicky Yocum at 649-0190.

ATM Roadrunners: A 3 to 4-mile

run will begin at G. Rollie Coliseum at 6 p.m. Different information call Dao at 260-3444.

Catholic Students Association: Daily mass will be held at 7 p.m. and 5:30 p.m. at the Faith's Chapel on A&M campus.

What's Up is a Battalion...
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FACULTY

Continued from Page 1

instructing," he said.

There are also researching, advising and hours to deal with, he said.

Oberhelman said the general sense among faculty members is that if there is going to be a tenure review policy, then the present recommendation is a "good document."

Faculty members will be able to ask questions and voice opinions concerning the policy at university-wide forums.

Oberhelman said the final Faculty Senate vote will be held Oct. 4 and will take into account the input from the forums.

In other business, the Senate:

- unanimously passed a policy on sexual harassment.

Oberhelman said the new policy is "the same" passed earlier this summer for students. It

the faculty policy in line with the student policy.

- accepted a report from the Personnel Welfare Committee report on faculty salaries.

22-page document outlines salary figures for tenant, associate and full professors over the nine years.

HEALTH

Continued from Page 1

Dr. J. Malon Southerland, vice president for student affairs, appointed the task force because international students are vulnerable to high medical costs.

"It has become a major concern that international students have medical coverage," he said, "because if a student who doesn't have insurance has an accident, that student's family will endure major medical bills."

Students wanting to attend a university in the United States must prove they will be able to support themselves financially before they can obtain a visa.

If granted a visa, the student is not eligible to receive any federal financial assistance, including Medicaid or Medicare. Federally funded student loans are also off-limits to international students.

Dr. Lucille Isdale, director of Student Health Services, said international students who already have medical insurance that meets the minimum requirements may obtain a waiver.

Suzanne Droleskey, director of International Student Services, said she supports the decision.

"There are tremendous reasons for what has happened," Droleskey said. "I have seen too many (international) students in hospital beds who have been devastated by a financial burden."

Although tuition is more costly for international students, many say the insurance requirement will not be a financial problem.

Javier Cheung, an international student from Panama and senior industrial engineering major, said he does not think the new requirements will keep students from choosing A&M.

"I've always had medical insurance, since I've been here," Cheung said. "I know of some students who took it as a shock, but they're not dropping the school because of it."

Droleskey said there is no penalty for not having insurance this fall, but international students must prove they have insurance by Oct. 15.

Students failing to provide proof of insurance will be blocked from registration in the Spring.

Something New for Aggies this Fall

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