With the student living fast-paced

An Apple a Day ... Jpcoming cold and flu eason can be avoided

By Chris Martin Staff writer

October 23

all is quickly segueing into winter, which makes it just the ight time for hay rides, pumppie and cold and flu season. The ht clinical conditions, including e institutional living, intense man interaction and alternating perature conditions, can create y land for snot, sniffles and a rennial favorite, the "crud."

Joan Davis, Registered Nurse at Beutel Health Center, said rms, apartment buildings and ooms can be havens for comseasonal ailments

On campus you find all kinds of nts sitting in classrooms at proximity, coughing and sneez-Davis said. "Problems can arise ecially in resident halls, houses or place where people live close toor come in close contact."

argaret Griffith, Texas A&M's n education coordinator, said stime of year is especially bad bestudents that live in various ts of the nation and bring back onal germs

"It's strange because one week one will come in for nausea liarrhea, then the next week it e upper respiratory, sore lungs drunny noses," Davis said.

aron Arnold, Registered Nurse rtified (RNC) and director of nursat Beutel, said this time of year is bad for students with allergies. Getting sick can be a costly enwor for a student. Taking the vive may create free vacation SSION ie from work and school, but lost and lectures can often never

economic Sharon Davil, RNC at Beutel, said

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sh Miller.

there are many simple precautions students can take to hinder the spread of germs.

"Not drinking after each other and washing your hands is a good start," Davil said. "Washing your hands effectively requires friction and a good anti bacterial soap. You should scrub for at least 30 seconds."

Davil also prescribed breaking the college traditions of sacrificing rest and eating unhealthy meals, which can compromise the immune system.

"Be sure to dress appropriately in cold weather," Davil said. That way you can avoid getting chilled, and keep your body temperature constant."

"But when the weather changes, you need to protect yourself from drastic changes in temperature, especially when going into a warm classroom on a cold day or getting into an air-conditioned car.

Davil said getting plenty of fluids and vitamin C will keep the body flushed and help build up immunity. If a student has nausea or diar-

rhea, Davis suggests rest and only

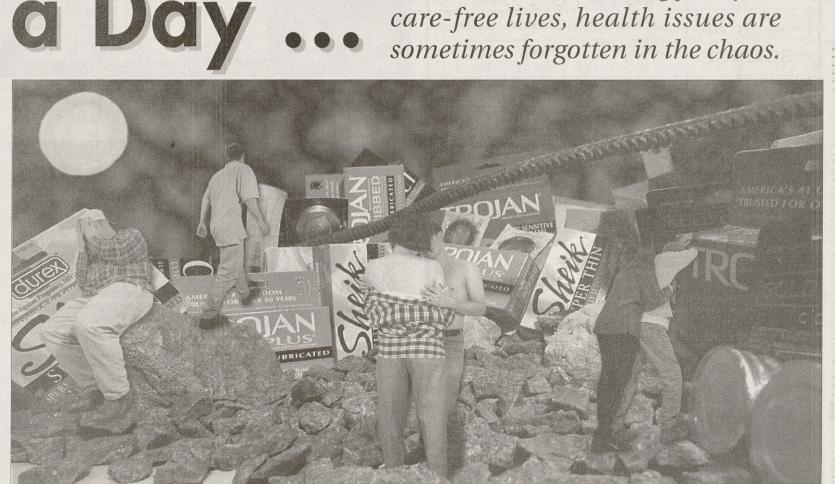
clear liquids for 24 hours. "If you need to eat a little something, we recommend a BRAT diet," Davis said. "That stands for

bananas, rice, applesauce and toast. That way you can have a little something in your stomach without irritating it.' When sore throats and conges-

tion turns into aches, fever and chills, it can be the calling card of the cold's vicious cousin, the flu. Although there is no preventative

medicine for the common cold, a flu shot is a quick and easy precaution.

PLEASE SEE **HEALTH** ON PAGE 5.



Sexually Transmitted Diseases affect one in five

By RHONDA REINHART Staff writer

Today's society is bombarded with sexual images. Television shows, movies and even the walls of public restrooms present graphic depictions of sexual situations. But the media tends to ignore the negative repercussions of the casual sex they so often portray.

Besides the possible effects of unwanted pregnancy or emotional stress, sex can result in the transmission of sexually transmitted dis-

STDs are transmitted through intimate (usually sexual) contact with a person who has the disease. The more common STDs include genital warts, hepatitis B, chlamydia, syphilis and gonor-

rhea. It is estimated that one in five Americans is infected with a STD.

Dr. Michael V. Reitano, executive publisher and editor in chief of Sexual Health: The Magazine for Sexual Well-Being, said in a question and answer session adolescents and young adults are the age groups at greatest risk for acquiring a STD.

They are more likely to have multiple sex partners, they may be more likely to engage in unprotected sex and their partners may be at higher risk for being infected compared to most adults," he said.

Reitano said it is estimated that one in four new HIV infections in the United States occur among people under the age of 20.

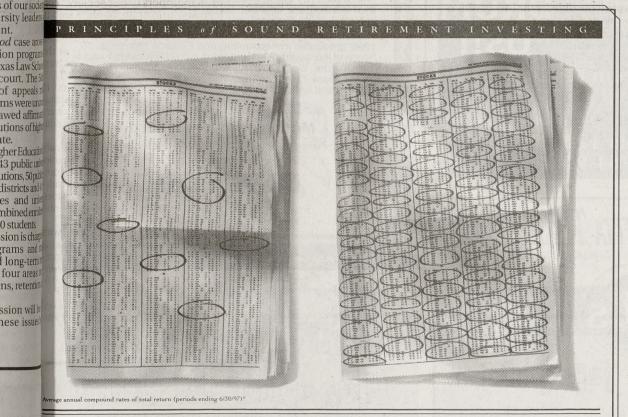
Margaret Griffith, the health education coordinator at A.P Beutel Health Center, said anyone who has had unprotected sex should consider

being checked for STDs. She said the national Centers for Disease Control and Prevention reported a recent study of public and private colleges and universities in the United States, and one conclusion of the study was 70 percent of college students did not

use condoms the last time they had intercourse. Griffith said alcohol use can play a role in un-

"Alcohol plays a part for a lot of folks," she said. "They have sex with people they wouldn't normally have sex with, and/or they don't use protection. Our decision-making process becomes impaired under the influence of alcohol."

PLEASE SEE STD ON PAGE 5.



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