

The Toilet Paper

Division of Student Affairs



EASTERN
CONNECTICUT
STATE UNIVERSITY

Upcoming Events

HIV Testing



At Health Services: **465-5263**
Mon., Sept. 24th 12 pm–3 pm
Wed., Sept. 26th 2 pm–4 pm

At Women's Center: **465-4313**
Tues., Sept. 18th 1 pm–3pm
Thurs., Sept. 20th 10 am–12 pm

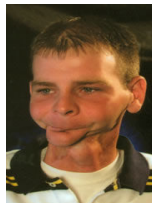


Blood Drive

9/19 & 9/20 - 11:00 am–4:30 pm
in the Betty Tipton Room, Stu-
dent Center. Call 50090 to
reserve your appointment.

The Dangers of Dip: Part 2

We didn't plan to do a second part to the chewing tobacco article from our May/August issue. But, while researching and preparing that story, we couldn't get over just how bad this stuff is and how much suffering it can cause. So, using some of their own words, we decided to highlight two more men, both victims of the cancer-causing effects of chew tobacco who now speak out—as best they can under the circumstances—about the dangers of dip.



Gruen Von Behrens, 26 and an aspiring baseball player from Illinois, started using spit tobacco at age 13. Four years later, he had oral cancer and, since then, has undergone about 30 disfiguring—to say the least—operations. "Spit tobacco has ruined my life. If I had known then what I know now, I never would have put a dip in my mouth. Spit tobacco seemed harmless, but in reality it was more than I could handle."



Rick Bender, now 44 and a former minor league ball player, has at times been referred to as "the man without a face." He got his first taste of spit tobacco at age 12 and by 25 he had mouth cancer. Although the disease was successfully treated, it required many surgeries and radiation therapy. "They had to take a third of my tongue...they took all of the lymph glands out of the side of my neck...They ended up having to cut my jaw just to get to my tongue." As for our own words, we think they bear repeating: There is no room in anyone's mouth or life for chewing tobacco.



STD Q & A:



Should I or Shouldn't I?

Q: What's up with this new shot that supposed to prevent genital warts? I've seen some TV commercials about it but I'm not sure I should get it.

~ *Confused in Crandall*

A: First of all, it depends on whether you are a male or female. The shot is called Gardasil and, right now, it is available

only to young women. (That may change in the future.) It's a new vaccine that is extremely effective in preventing a person from becoming infected with human papilloma virus or HPV. Why is that important? Because HPV not only causes genital warts, it is responsible for at least 70% of all cases of cervical cancer, a disease that strikes approximately 11,000 U.S. women every year and causes about

3,500 deaths annually. By receiving this vaccine, a woman can greatly reduce her risk of developing both genital warts and cervical cancer. Whether it's right for you, only you can decide. The best way to do that is to learn more about it. You can do that by going to www.gardasil.com. Better yet, discuss it with your health care provider or with someone at Student Health Services. Good luck.



"When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

~ Herophilus of Chaledon, 335-280 BC, Greek Physician

Herophilus spoke these words centuries ago but they are as true today as they were back then. Still, despite our best efforts to stay well, there are moments in everyone's life when "health is absent." It's called being sick. For those times, help is available here at Eastern, and just so you know what and where it is, we offer the following reminders:

- **Health Services** – for all types of medical problems. Gynecological services available. Free condoms. Hours: M, 9-5 and T-F, 9 - 4:30; Located next to Windham Street Apartments. Visits free. Call or come in to schedule an appt. Tel.465-5263. Health-related questions? Contact us by email: www.easternct.edu/depts/health and click on staff link.
- **Counseling and Psychological Services** – for all types of mental health matters including depression, anxiety, stress, relationship issues, substance use and abuse. Hours: M-TH-F, 8:30 am - 4:30 pm, T-W 8:30 am - 7:00 pm. Location at 192 High Street—the gold house just down from the Admissions Office. Visits free but by appointment. Tel 465- 0181. www.easternct.edu/depts/caps.

After Hours Help

- **Immediate assistance** – Call 911 for any medical or psychological emergencies.
- **Windham Hospital Emergency Dept** at Windham Hospital, 112 Mansfield Ave. Available 24/7 for emergencies and other serious health problems. Tel. 456-6715.
- **MedEast Walk-In Center** – located in front of Shaw's Supermarket on West Main Street, Willimantic (near junction of Rtes. 32 and 6.) Tel. 456-1252. Open until 7pm M-F, 10am-3pm Sat/Sun.

WELCOME BACK EVERYONE!