



The Toilet Paper

Division of Student Affairs



**EASTERN
CONNECTICUT
STATE UNIVERSITY**

UPCOMING EVENTS

Free HIV testing

Wed, May 6th & May 20th, 2-4pm
@Health Services
Last testing of the semester

May is Lyme Disease Awareness Month



Ticks suck, literally and figuratively, so don't let them bug you or bite you this summer. When outdoors, wear appropriate clothing and apply tick repellent. (DEET) Most importantly, check your clothing, your shoes and yourself (head to toe) for ticks after you go inside. It may be summer but Lyme disease is no picnic.



Medical Mystery

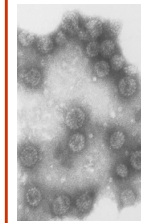


Kaitlyn, a 22 y.o. graduating senior, came to Health Services recently complaining of right lower leg pain. The problem began about two days after she returned from a spring break vacation in Cancun, Mexico. She thought she must have hurt it while away but she can't recall any injury. Now about a month later, it still bothers her and actually has gotten worse. She thinks the area may be swollen too. Kaitlyn otherwise feels well and has no chronic illnesses. She takes a multivitamin and uses birth control pills. She smokes about 5-6 cigarettes most days. On exam, she had no fever but her right calf was tender. The calf also felt warm to the touch and was maybe slightly red. No bruises, scrapes, rashes or other skin changes were noted. The circumference of her right calf was 43centimeters vs. 39 on the left, consistent with swelling of the right side. She also experienced right calf pain when her right ankle was flexed upward. If you think you know what Kaitlyn's diagnosis is, email us. Our address is: Health. A winner will be selected from all of the correct responses, and will receive something nice.

Oral Sex and Oral Cancer Is there a connection?

The answer to that question isn't yet clear but some concerning, even worrisome new information suggests a growing link between oral sex and cancer of the mouth and throat. Previously, this disease occurred most often in heavy smokers and tobacco chewers.

Nowadays, however, it is increasingly associated with human papillomavirus infection. That's right, HPV, the same virus that causes genital warts and most cervical cancers, is being found more and more inside mouth and throat cancers. According to a 2007 study in the *New England Journal of Medicine*, HPV- 16 (one of the strains of the virus responsible for many cases of cervical cancer) was found in 72% of oral cancer specimens surgically removed from U.S. patients. Additionally, Johns Hopkins' research published just last year in the *Journal of Clinical Oncology* reported that the incidence of HPV- related oral cancers nearly doubled between 1973 and 2004. Although not proof, this data suggests that the mouths and throats of a growing number of young people who engage in oral sex are becoming infected with HPV, which may lead to the development of oral cancer later on in their lives. All the more reason to think carefully about what you do sexually, how you do it and with whom. Please...protect yourself, your partners and your future.



Something new is brewing in the treatment of genital warts.



The use of green tea over the centuries to enhance and improve health was based more on supposition than on scientific proof. More recently, however, research has provided evidence suggesting that green tea, rich in antioxidants known as catechins, may in fact aid in cancer prevention and reduce cholesterol levels as well as the risk of both stroke and heart disease. It may even help in losing and managing weight. What's more, in 2006, the FDA approved an ointment – made from green tea extract – to treat external genital warts caused by the human papillomavirus (HPV). The active ingredient in the ointment is a mixture of those antioxidant catechins which apparently stimulate the body's immune system to help eliminate the warts. The FDA approved the product based on a study of about 1000 people in which the warts cleared up after 16 weeks in 54% of those who used the extract compared to only 35% who used a placebo. While the ointment, called **Veregen**, may not work as fast as some other treatments such as freezing or application of acid and is much more expensive, it does offer another option to those with genital warts. (Given its cost, good health insurance prescription coverage is essential.)

Swine Flu – Ten Things to Remember

1. Don't worry. No cases of swine flu (H1N1 virus) have occurred on campus.
2. Don't worry. So far, in the U.S., this looks to be a relatively mild virus (unlike the 1918 virus) from which to recover.
3. If you come down with flu-like symptoms—cough, aches, sore throat—but NO fever you don't have the flu. No fever, no flu, no exceptions! (This is why it helps to have a thermometer.)
4. You cannot get swine flu without coming in contact with someone already sick with swine flu.
5. An illness consisting of only nausea, vomiting and/or diarrhea (with or without fever) is not the flu, swine or otherwise.
6. Swine flu outbreak or no swine flu outbreak, frequent hand washing is always a good thing; sharing drinking glasses, bottles and eating utensils is not.
7. The 3 P's. Be polite, protect others and prevent spread of illness by covering your mouth, preferably with your sleeve, when you cough or sneeze.
8. If you develop a fever and other flu-like symptoms—take care of yourself like you would for any other illness. Get plenty of rest, lots of fluids and some healthy food. Avoid close contact with others—no classes, no work, no parties, no kissing. (When we say close, we mean close.) Ibuprofen (Advil, Motrin) or Tylenol is good for fever, aches and sore throat; decongestants and cough medicine may help too. Don't forget the chicken soup. If your fevers are high, or you are just worried or concerned given the current swine situation, come to or call student health services (465-5263) or contact your own health care provider.
9. Keep an eye on your student email and the internet (www.cdc.gov and many other sites) for swine flu updates.
10. Don't worry.

