

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



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Peer Educator Corner

STI Testing

Why is it Important?

By: Kenneth Johnson and Dominique Tracey

Sexually Transmitted Infections (STIs) can be dangerous to a person's health. STIs can be bacterial or viral. Bacterial infections include syphilis, gonorrhea, and chlamydia. Viral infections include herpes and HIV. While bacterial infections can be easily treated and cured with antibiotics, viral infections cannot be cured but they can be managed. The scary part about both is that they are usually undetected for weeks or years after becoming infected. The most common symptom of an STI is no symptom.

It is important to remember to get screened/tested for STIs at least annually. Additionally, you should get tested if any partner tells you that they have tested positive for an STI and/or if you have had a new sexual partner. You can get yourself tested at the Wellness Center for FREE during the month of April! Testing is easy, painless, and confidential. Make an appointment by calling 518-255-5225 or online through your patient portal.



GYT- Get Yourself Tested

April is Free STI Screening Month!

Free screening all month long.

Late night testing also available at the Wellness Center
Wednesdays from 6 pm – 8 pm throughout the month of April.

What are the facts?

Nearly 20 million people in the United States get an STI each year. These infections affect women and men of all backgrounds and economic levels. Half of all new infections are among young people 15 to 24 years old. These infections are a potential threat to an individual's immediate and long-term health and wellbeing. In addition to increasing a person's risk for acquiring and transmitting HIV infection, STI's can lead to severe reproductive health complications such as infertility and ectopic pregnancy. If you are sexually active and younger than 25, or have risk factors such as new or multiple sex partners, you should be getting STI testing annually. Contact the Wellness Center if you have questions about what tests are appropriate for you.

<https://www.cdc.gov/std/stats14/std-trends-508.pdf>

The sun is back!!!

The sun is back!!! While it's very exciting to see the sun and experience all the wonderful activities of spring, there are some important considerations to take into account. Excessive sun exposure and tanning can cause skin cancer. Melanoma (or skin cancer) is the second leading cause of cancer among those aged 15-29. Although the word cancer is scary there are many things that YOU can do to protect yourself and prevent skin cancer.

- Wear at least SPF 30 broad spectrum sunscreen. A broad spectrum sunscreen provides protection from both ultraviolet A and ultraviolet B rays.
- Use extra caution around sand, water, and snow as the reflection can deepen a sunburn.
- Avoid tanning beds.
- Seek shade when the sun is at its peak (between 10am-4pm).
- Wear protective clothing (long sleeves, wide brimmed hats, sunglasses)
- Check your skin regularly for changes (lesions, rashes, moles, etc.).



More information can be found at <http://www.aad.org>

Random Acts of Kindness...

Research has shown that altruism, or unselfishly giving to others, helps to create a sense of peace and happiness in ourselves. Being kind and giving to others is contagious too. When you are kind and giving of yourself, you inspire others to do the same and the world becomes a better place. The best random acts of kindness are spontaneous simple acts like paying someone a compliment, helping a friend with laundry, or shoveling someone's walkway. The best part is that as you are helping someone else, you reap benefits as well. So share the love with a simple kind word or smile and watch it spread. As Gandhi said, "Be the change you want to see in the world."

The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819 Nurse Call Line 518-255-5622

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225