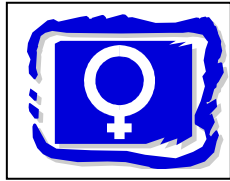


## **DID YOU KNOW . . .**

There is a comprehensive women's and men's health care service available to you at the Health Center.

Services are provided by nurse practitioners, who have many years of experience in women's and men's health care.



**All visits are completely confidential.**

## **SERVICES** (provided free or at low cost)

### **For men and women**

- STD testing
  - Chlamydia (urine test for men)
  - Genital warts (HPV)
  - Gonorrhea (urine test for men)
  - Herpes
  - HIV
- Birth control counseling
- Free condoms
- Referrals to outside agencies when needed
- Health education videos
  - Making Decisions About Sex
  - Your Pelvic and Breast Exam
  - Testicular self exam
  - Birth Control Methods

### **Women's services**

- Pelvic exams & pap smears
- Breast exams and instructions in self breast examination
- Diagnosis/treatment of common problems:
  - Vaginitis (yeast, bacterial)
  - Pelvic Inflammatory Disease
  - Dysmenorrhea (painful periods)
- Dispensing most forms of birth control methods (pills, patch, diaphragms, vaginal ring)
- Pregnancy testing
- Emergency contraception pills
- Other female sexual concerns
- HPV vaccine

### **Men's Services**

- Health Checkups
- Routine and problem examinations
- Testicular self exam education
- Diagnosis & treatment of urethritis
- Other male sexual concerns

### ***If you fear pregnancy:***

Call or come in to see us as soon as possible. We may be able to allay your fears just by getting a good history and talking to you about your concerns. Any contact with the Health Center is totally confidential.

If you are in need of emergency contraception when the Health Center is closed, it is now available over-the-counter at most pharmacies. Prices and locations can be found at [..\Sexual Health\Pharmacy ECPs.pdf](#)

## ***SOME FACTS TO REMEMBER***

- Hormonal contraceptives (birth control pills, the patch, the ring, or an injection) **do not** prevent sexually transmitted diseases.
- Any women using these methods should also use condoms to help prevent sexually transmitted diseases, including HIV.
- Latex condoms are the best, according to the latest research, in helping to reduce the transmission of the AIDS virus; however, condoms **MAY NOT BE 100% EFFECTIVE.**
- Oil based lubricants such as Vaseline cause the breakdown of latex, leaving a condom more permeable to the AIDS virus and other sexually transmitted diseases. A **water based** lubricant should be used, such as K-Y lubricant or Astroglide. Read the label carefully of any lubricant you buy.
- ECP (Emergency Contraceptive Pills) also known as MAP (morning after pill) is only effective up to 3-5 days after unprotected sex. The sooner it is taken, the more effective it is. Even when taken immediately after the incident it is not 100% effective.

## ***ALTERNATIVES (other agencies providing sexual health services)***

1. Physician's and nurse practitioner's private practices.
2. "At home" pregnancy tests can be purchased at any drug store.
3. Planned Parenthood 243-0515.
4. Birth Right (alternative to abortion) 243-1918.

## ***EDUCATIONAL SERVICES***

1. Educational programs include birth control methods, sexually transmitted diseases, emergency contraceptive pills, breast self-exam, and testicular self-exam.
2. Peer Educators – **PALS**  
(Peers Assisting Learning about Sex)

For more information about programs, contact [PALS@dickinson.edu](mailto:PALS@dickinson.edu) or [health@dickinson.edu](mailto:health@dickinson.edu).

## ***A PERSONAL NOTE***

The best friend you will ever have is **you**. Don't let other people make decisions for you. Don't feel pressured into becoming sexually active before you are ready just because you are now in college and think everyone else is "hooking up." **Be assertive** and independent! Everyone else is not "hooking up" as you may think. If you do choose to be sexually active, you have an obligation to be responsible and **careful**. An ounce of prevention can save an enormous amount of emotional pain and suffering.

*We encourage you to PLAN AHEAD  
If you are going to be sexually active.*