Healthy Highlights

HEALTH SCIENCE CAMPUS
1465 LANEY WALKER BLVD.
PAVILION II, AF-1040
AUGUSTA, GA 30912

P: 706-721-3448
F: 706-721-7468
Augusta.edu/shs
Got Allergies?

Have your symptoms checked out by a professional. Call 706-721-3448, one of our Scheduling Coordinators will be happy to help you in setting up an appointment. Don’t forget we have morning and evening clinic to make appointments more cohesive with your class schedule.

Safe Sex Supplies

A FREE PROGRAM THAT EASES THE ACCESS OF SAFE SEX SUPPLIES TO AUGUSTA UNIVERSITY STUDENTS. IT DISCREETLY SENDS SAFE SEX SUPPLIES AND HEALTH INFORMATION TO AUGUSTA UNIVERSITY STUDENTS LIVING IN A SCHOOL RUN RESIDENCE BUILDING.

Rotation Forms

1. There is a $5 fee per rotation form.
2. Send your form to StudentHealth@augusta.edu
3. If you would like a hard copy of your rotation form be sure to check the box on #6 of the rotation checklist.
4. If you are missing an immunization requirement you will be notified via email.
5. Completed forms are sent via email.

It's slowly but surely approaching rotation form season. Tangi wants you to remember these 5 things.

Scan or Click to Order

Clinic Hours

Monday: 8Am-5PM
Tuesday: 8AM-6:30PM
Wednesday: 8AM-5PM
Thursday: 7AM-5PM
Friday: 8AM-4:30PM
Autism affects families around the globe, not just the individual. Autism refers to conditions characterized with challenges with social skills, repetitive behaviors, speech or even nonverbal communication. According to Autism Speaks, Autism affects an estimated 1 in 59 children in the United States today.

Learning with Autism can be a huge struggle, which can affect self-esteem and self-worth. Although, there is no easy fix, taking the time to teach in a fashion that the student can absorb what is being taught is a big step. Acknowledging each person learns differently and therefore teaching should not be streamlined. We should also celebrate the small victories. While also giving encouragement during the difficult times. Sometimes we might just have to say “enough for today, we will try again tomorrow.”

Outside of learning there are other aspects of Autism. Social skills are another grey area. All it takes is someone stopping, saying “Hello” and showing a little patience with a friendly smile. Although, there may not be a response you alone have shown you care and the other person has value. Everyone everywhere should be treated with respect no matter their challenges.
HEALTH SCREENINGS FOR MEN AGES 18 TO 39

Everyone should see their healthcare provider at least once a year for a wellness visit. A annual check-up can potentially prevent you from developing health problems in the future. Your healthcare provider will ensure your up to date on all your vaccinations, assess your risk for future health issues, and screen you for medical concerns. At a minimum you should have your blood pressure checked, a dental and eye exam, as well as screened for high cholesterol and infectious diseases. [https://medlineplus.gov/ency/article/007464.htm](https://medlineplus.gov/ency/article/007464.htm)

MARRIAGE, COHABITATION, AND MEN'S USE OF PREVENTIVE HEALTH CARE SERVICES

Data from the National Health Interview Survey, 2011–2012 showed that: Among men aged 18–64, those who were married were more likely than cohabiting men and other not-married men to have had a health care visit in the past 12 months. Marriage was associated with greater likelihood of a health care visit for both younger and older men, and for men with health insurance. For full details of the study visit [https://www.cdc.gov/nchs/data/databriefs/db154.pdf](https://www.cdc.gov/nchs/data/databriefs/db154.pdf)

LEADING CAUSES OF DEATH (LCOD) BY AGE GROUP, ALL MALES—UNITED STATES, 2015*

1. Heart Disease (24.4%)
2. Cancer (22.8%)
3. Unintentional injuries (6.8%)
4. Chronic lower respiratory diseases (5.3%)
5. Stroke (4.2%)
6. Diabetes (3.1%)
7. Suicide (2.5%)
8. Alzheimer’s disease (2.5%)
9. Influenza and pneumonia (2.0%)
10. Chronic liver disease (1.9%)

[LCOD by Age Group Link](#)
IS PTSD A WESTERN CONCEPT?

"Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD."

Palestine's head of mental health services says PTSD is a western concept.

On the Importance of Considering Culture When Defining Trauma.

The invention of post-traumatic stress disorder and the social usefulness of a psychiatric category.


PTSD more likely to affect people in affluent countries, scientists say.

Differences Among Ethnic Groups in Trauma Type and PTSD Symptom Severity.
Have you ever wondered why the LGBTQ community has their own specific healthcare sector? Can’t they just be seen by a provider who can address any healthcare concerns they might have? Well of course they can. But just in the same way certain healthcare concerns have a prevalence in the African American demographics the same correlations can be made with the LBGTQ community. According to the National LGBT Health Education Center, the community is bound together by, “common experiences of stigma and discrimination, the struggle of living at the intersection of many cultural backgrounds and trying to be a part of each, and, specifically with respect to health care, a long history of discrimination and lack of awareness of health needs by health professionals.” If you are a member or ally of the community and don’t know where to start, first check out some of the health concerns listed by the Center for Disease Control (CDC) to see if any of them applies to you. Follow by searching LGBTQ + your city to see if you can find any specialized healthcare providers in your area. OutCare has a comprehensive list of public LBGTQ healthcare resources that you might find helpful. If you are a student at Augusta University, there are healthcare providers at the Student Health and the Student Counseling and Psychological Services Center. And don’t forget the AU Equality Clinic, who provide services for the LGBTQ community, specifically for those who are under and uninsured.

Written by Jillian Oliver

The Complete Guide to Queer Pride Flags
What is an STD?
An STD (sexually transmitted disease) is an infection that can be passed through sex or sexual contact.

STDs are serious!
Some STDs infect only your sexual and reproductive organs. Others (HIV, hepatitis B, syphilis) cause general body infections. Sometimes you can have an STD with no signs or symptoms. Or the symptoms may go away. Either way, you still have the STD until you get treated.

How an STD is spread.
STD is spread during vaginal, anal and oral sex, and sometimes by genital touching. Some STDs (HIV and hepatitis B) are also spread by contact with infected blood. STD germs need to live in warm, moist areas. That’s why they infect the mouth, rectum and sex organs (vagina, vulva, penis and testes).

What should I do?
Get Checked:
Don’t just hope the STD will go away. It won’t! Richmond County Public health department have special STD clinics. You can get tested and treated at Augusta University Student Health Clinic. Call 706-721-3448 to make an appointment.
Get Treated:
Many STDs can be cured while certain others cannot be cured. But all STDs can and must be treated. Many STDs can be treated with antibiotics or anti-viral medications. You also must tell your sexual partner(s). If they aren’t treated, they can get sick. They can spread the STD. They might even give it to you again!
BLOOD PRESSURE AWARENESS

Blood pressure is the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and it contributes to hardening of the arteries or atherosclerosis and the development of heart failure. The systolic pressure (top number) reflects the pressure exerted during cardiac contraction. The diastolic pressure (lower number) reflects pressure in the blood vessels during cardiac relaxation between beats.

There are several categories of blood pressure, including:
- **Normal**: Less than or equal to 120/less than or equal to 80
- **Prehypertension (borderline elevation)**: 121-129/less than or equal to 80
- **Stage 1 high blood pressure**: 130-139/81-89
- **Stage 2 high blood pressure**: 140 and above/90 and above

Acceptable values for each of the above categories varies slightly based on age. Men tend to have slightly higher blood pressures at rest compared to women. Blood pressures up to 140/90 may be acceptable for individuals over the age of 60, based on other cardiac risk factors.

**What Causes High Blood Pressure?**
The exact causes of high blood pressure are not known. Several factors and conditions may play a role in its development, including being overweight, smoking, lack of exercise, too much salt in diet, stress, older age, and family history. There are usually no symptoms or signs of high blood pressure. In fact, nearly one-third of those who have it don't know it. The only way to know if you have high blood pressure definitely is to have your blood pressure checked.

If your blood pressure is extremely high, there may be certain symptoms to look out for, including severe headache, fatigue, vision problems, chest pain, irregular heartbeat, and difficulty breathing. Hypertension is a serious condition that can eventually lead to several complications, including stroke, heart attack, blood vessel disease, kidney failure, and vision problems. High blood pressure is typically treated by making changes in your lifestyle, and with drug therapy. Lifestyle changes include: weight loss, no smoking; a diet low in sodium with daily servings of fruits, vegetables, and whole grain foods; regular aerobic exercise; stress management, and medications.

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**Blood Pressure Categories**

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic (mm Hg)</th>
<th>Diastolic (mm Hg)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Normal</strong></td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td><strong>Elevated</strong></td>
<td>120-129</td>
<td>Less than 80</td>
</tr>
<tr>
<td><strong>Stage 1 Hypertension</strong></td>
<td>130-139</td>
<td>Less than 80</td>
</tr>
<tr>
<td><strong>Stage 2 Hypertension</strong></td>
<td>140+</td>
<td>Less than 80</td>
</tr>
<tr>
<td><strong>Hypertensive Crisis</strong></td>
<td>150 or higher</td>
<td>90 or higher</td>
</tr>
</tbody>
</table>

Note: Blood pressures are typically measured in millimeters of mercury (mm Hg).