

# COLUMBIA SPECTATOR ARCHIVE

Columbia Daily Spectator, Volume CXX, Number 101, 4 October 1996 — Health Services educates students at Wellness Day  
[ARTICLE+ILLUSTRATION]

## Health Services educates students at Wellness Day

By **ALLISON MARGOLIN**

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Columbia University's Health Services hosted its fourth annual Wellness Day yesterday in what Health Services nurse practitioner Kathy Holland said was an attempt to increase student awareness about the services provided through Columbia's health facilities.

The event, which was held on Low Plaza, featured health education tables on topics including disability awareness, eating disorders, and HIV testing.

Holland emphasized the need to publicize student "access to care" and to "educate students on health issues," and said she hoped Wellness Day would serve as a forum through which Health Services could achieve these goals.

According to Debbie Cusack, a Health



Services ambulatory care nurse, many students don't know how to contact a doctor or nurse during times when Health Services is closed.

"Sometimes people don't know what to do. A lot of people don't know they can call a doctor or nurse on-call," Cusack said.

Patient Service Representative Stacey Bell-Cerrano said that although some students still shy away from utilizing Health Services, students have become increasingly comfortable with it since she started working at Columbia in 1987.

Immunization was a major theme of Wellness Day, which featured contests for students to win free flu or hepatitis B shots on the Health Services "wheel-of-fortune" erected for the event. Men's and women's health information bags were also available as prizes.

Health Services ambulatory nurse Rudolph Shakes stressed the need for more male health education, especially for earlier testicular cancer detection, which Shakes said occurs at a rate of one percent in males aged 18-22.

"It's not as publicized as it should be," said Shakes, who claimed that breast cancer is much more publicized than testicular cancer though they occur at the same rate in young adults.

Karen Schmitt, an employee of St. Luke's-Roosevelt Hospital, discussed information about breast cancer with interested students.

Though the incidence of breast cancer in young women is relatively low, Schmitt said the disease often progresses much more rapidly in young women than in older women, and the mortality rate is much higher.

Elena Levine, who helps run a smoking cessation groups at Columbia, distributed information about integrative medicine (combining natural healing with conventional medicine) and other techniques to quit smoking.

Levine stressed that people who want to quit the habit have to be motivated, ready, and willing. According to Levine, "the timing, the approach, and the person" have to be right to quit smoking.

"People have to get to a point at which they look at the habit and are ready to do something about it," Levine said

The massage table was a particularly popular spot at Wellness Day, according to Jordan Friedman, a Healthwise employee who helped organize the table. Friedman said Healthwise is constantly seeking ways to help students reduce stress at Columbia.

"We wanted to provide more ways for Columbia students to manage stress and to relax," said Friedman, who also organized a Manhattan Sports rollerblading safety table.

According to Friedman, he sought out the company because of the popularity of rollerblading among Columbia students and his safety concerns.

"So many Columbia students 'blade, we wanted someone who really knew what they were doing to demonstrate safety procedures," Friedman said.





PHOTO EDITOR—DAMON WINTER

**A Healthwise worker checks a student's pulse at yesterday's Wellness Day, an annual event held to increase student awareness of health issue.**