

## Sexually Transmitted Infection (STI)

Anyone can get a STI if they have unprotected sex with someone who is infected. If you are sexually active, protect yourself and your partner by using a condom. Free condoms are available from Campus Nurses within Student Support Services and from the SU Advice Services.

### Warning signs:

- Thick or watery, cloudy or smelly discharge from your vagina.
- Itching, rashes, sores, blisters or pain in the genital area.
- Pain or a burning sensation when you urinate.
- Pain during sex.

Remember that symptoms may not appear for months, and some people get no symptoms at all. Most sexually transmitted infections can be treated quickly and easily if you detect them early on.

## Long Term Contraception

Although condoms are the only form of contraception that protects you from STIs, you may want to consider other longer lasting forms of contraception.

Methods of contraception include: condoms, injections, various forms of pills, implants, diaphragms, patches, caps, sterilization and IUDs (intrauterine device) amongst others.

There are various options available so make an appointment with your nurse to find out what is the best form to suit you.

## Alcohol and Health

Everyone takes risks at some time or other and we generally weigh up the risks before deciding whether something is worth doing.

Regularly drinking too much increases the risk of long-term damage to your health. Mixing alcohol with other drugs is potentially very dangerous, and many drug related deaths occur as a result.

Regularly drinking more than the daily benchmarks also increases your risk of liver damage, cirrhosis of the liver, and cancers of the mouth and throat.

### How do you know if you are drinking too much?

Current daily guidelines for sensible drinking is 2-3 units or less for women.

#### 1 unit of alcohol =

- Half a pint of average strength beer
- A small glass of wine
- A 25ml pub measure of spirit
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## Eating disorders

Anyone can develop an eating disorder, though generally it is young women who are most at risk.

When you begin to notice that disordered eating habits are affecting your life, your happiness, and your ability to concentrate, it is important that you talk to somebody about what you're going through.

Eating Disorders, such as anorexia, bulimia, and binge eating, produce extreme emotions, attitudes, and behaviours regarding weight and food issues.

### When can it occur?

- As a result of inner turmoil or psychological distress.
- As a way of curbing painful feelings.
- As a response to family or peer pressure.

The most effective and long-lasting treatment for an eating disorder is some form of psychotherapy or counselling, coupled with careful attention to medical and nutritional needs.

## Cancer

Breast cancer is the most common form of cancer in females. More than 44,000 cases of breast cancer are diagnosed each year. Awareness, earlier diagnosis and improved treatment have led to an increase in survival rates.

#### **Changes to be aware of:**

- Size - it may be that one breast has become noticeably larger or lower.
- Inverted nipple.
- A lump or thickening in the breast.
- Constant pain in a part of the breast or in the armpit.

Examining yourself regularly is important, if you detect any changes or are at all concerned about anything, go to your G.P, local NHS health clinic or pop into the Advice Service.

#### **Mental Health**

**Depression** is a very common illness and as such it is important to seek help. There are a number of symptoms of depression and different people will experience different ones.

#### **Changes to be aware of:**

- Problems sleeping
- Erratic diet, eating more and putting on weight or eating less and losing weight.
- Loss of interest in sex.
- Inability to concentrate.
- Feeling miserable or unusually irritable.

Mental ill health is not something to be ashamed of, it does not mean you are 'weak', nor should you be told to 'pull yourself together.' It is something that happens to many people. It can often be successfully treated, and the first step is to ask for help.

#### **Useful websites:**

##### **Genito-Urinary Medicine (GUM)**

(Cambridge)

<http://www.addenbrookes.org.uk/serv/clin/med/gum1.html>

(Chelmsford)

<http://www.meht.nhs.uk/departments/Sexualhealth/intro.htm>

##### **Contraception**

[http://www.bbc.co.uk/relationships/sex\\_and\\_sexual\\_health/](http://www.bbc.co.uk/relationships/sex_and_sexual_health/)

##### **Alcohol Concern**

<http://www.alcoholconcern.org/>

##### **Eating disorders**

<http://www.eating-disorders.org.uk/>

##### **Cancer**

<http://www.breastcancercare.org.uk/splash>

##### **Debt counselling**

<http://www.cccs.co.uk>

##### **Counselling at Anglia Ruskin University**

<http://www.anglia.ac.uk/ruskin/en/home/central/studentsupport/services/counselling.html>

##### **Women's Health Helpline**

<http://www.womenshealthlondon.org.uk>

Anglia Ruskin Students' Union Advice Services:

##### **Cambridge**

Tel: 01223 460008

E-mail: [cambs.advice@angliastudent.com](mailto:cambs.advice@angliastudent.com)

##### **Chelmsford**

Tel: 01245 258178

E-mail: [essex.advice@angliastudent.com](mailto:essex.advice@angliastudent.com)

[www.angliastudent.com](http://www.angliastudent.com)

## Women's Health



**SU  
Advice**

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