

## UNITED TRIBES TECHNICAL COLLEGE

# Student Health News

## March 2016

- **National Native HIV/AIDS Awareness Day**
- **National Kidney Month**

In the United States, people who get syphilis, gonorrhea, and herpes often also have HIV, or are more likely to get HIV in the future. If you get an STI you are more likely to get HIV than someone who is STI-free. This is because the same behaviors and circumstances that may put you at risk for getting an STI can also put you at greater risk for getting HIV. In addition, having a sore or break in the skin from an STI may allow HIV to more easily enter your body.

### **Risk Factors for contracting both STI'S and HIV:**

- **Having anal, vaginal, or oral sex without a condom.**
- **Having multiple sex partners.**
- **Having anonymous sex partners.**
- **Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk.**

### **Preventing STI'S and HIV:**

- **The only way to avoid STI'S and HIV; is abstinence.**
- **Choose less risky behaviors.**
- **Use condoms consistently and correctly.**
- **Reduce the number of people with whom you have sex.**
- **Limit or eliminate drug and alcohol use before and during sex.**



Will treating STI'S prevent me from getting HIV? No. If you get treated for an STI, this will help to prevent its complications, and prevent spreading STI'S to your sex partners. Treatment for an STI other than HIV does not prevent the spread of HIV. Women and men in violent situations or violent relationships are less able to use contraception or negotiate safer sex, and therefore run a high risk of contracting STI's and HIV/AIDS. Sexual abuse and rape by an intimate partner is not considered a crime in most countries, and women in many societies do not considered forced sex as rape if they are married to, or cohabiting with, the perpetrator. The assumption is that once a women enters into a contract of marriage, the husband has the right to unlimited sexual access to his wife.

Drug abuse continues to be a major factor in the spread of HIV/AIDS. Despite receiving much attention since the beginning of the AIDS pandemic, injection drug use (IDU) is not the only way that drugs contribute to transmission. Other drugs, including alcohol, contribute to the spread of HIV by increasing the likelihood of high-risk sex with infected partners. Unprotected, unintended and unwanted sex, sometimes with multiple partners can result in HIV infection and other sexually transmitted infections (STIs) which further increase risk of HIV infection. Practice safe sex.

**National Native HIV/AIDS Awareness Day, March 20, 2016**

Receiving a diagnosis of HIV/AIDS is difficult. You not only have to worry about your physical health, but mental health conditions as well, such as depression and anxiety.

**Coping tips:**

- **Talk about your feelings to your doctor, family, friends, spiritual person, or any supportive group of people.**
- **Sleep**
- **Learn relaxation techniques such as yoga, meditation, or deep breathing.**
- **Limit unhealthy habits such as drinking alcohol, smoking and recreational drugs.**
- **Eat healthy meals daily.**
- **Join a support group.**

There are also more specific ways to help cope, such as individual therapy and medications. Always talk to your doctor about your options. Also, remember that you are not alone. There is support at the Wellness Center. Please stop by, or call.

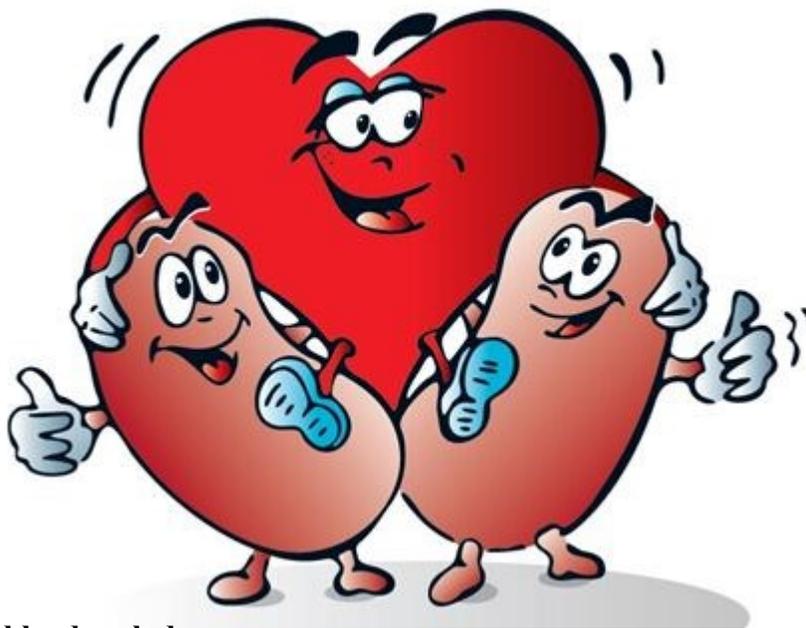
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## March is National Kidney Month!

Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure.

**About The Kidneys:** The kidneys are two, fist-sized organs located toward your lower back. One kidney is on each side of your spine. They maintain overall health through the following functions:



- Filtering waste out of 200 liters of blood each day.
- Regulating of the body's salt, potassium and acid content.
- Removing of drugs from the body.
- Balancing the body's fluids.
- Releasing hormones that regulate blood pressure.
- Producing an active form of vitamin D that promotes strong, healthy bones.
- Controlling the production of red blood cells.

### Possible Symptoms of Kidney Failure

- Reduced amount of urine
- Swelling of your legs, ankles, and feet from retention of fluids caused by the failure of your kidneys to eliminate water waste.
- Unexplained shortness of breath
- Excessive drowsiness or fatigue
- Persistent nausea
- Confusion
- Pain or pressure in your chest
- Seizures
- Coma

### Treatment for Kidney Failure

- Dialysis
- Kidney Transplant

### Preventing Kidney Failure

Follow the directions for over-the-counter medications. Taking doses that are too high (even of common drugs such as aspirin) can create high toxin levels in a short amount of time, which can overload your kidneys. Whenever possible, you should limit your exposure to chemicals, such as household cleaners, tobacco, pesticides, and other toxic products.

**Follow your doctor's advice, always take prescribed medicine as directed, and maintain a healthy lifestyle.**

Jody Archambault, Student Health Nurse...ext.1332

