

# Student Health Center

## Patient Education Handouts

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### HEALTH MAINTENANCE - RED

- 1.1. Breast Self-Exam
- 1.2. Testicular Self-Exam
- 1.3. Smoking Cessation
- 1.4. Colposcopy

### CONTRACEPTION - SALMON

- 2.1. Birth Control Pill Instructions
- 2.2. Emergency Contraception
- 2.3. Diaphragm
- 2.4. Depo-Provera

### MS & TRAUMA - CHERRY

- 3.1. Sunburn
- 3.2. Sprains & Strains
- 3.3. Back Pain, Lower
- 3.4. Burns
- 3.5. Head Injury
- 3.6. Wound Care
- 3.7. Crutch Use
- 3.8. Suture Care

### NEUROPSYCH - GRAY

- 4.1. Depression
- 4.2. Anxiety
- 4.3. Headache (Tension)
- 4.4. Headache (Migraine)
- 4.6. Headache (Cluster)

### INFECTIOUS DISEASE - COSMIC ORANGE

- 5.1. Cold Sores
- 5.2. Herpes Zoster
- 5.3. Influenza
- 5.4. Infectious Mononucleosis
- 5.5. Lice-Pediculosis
- 5.6. Scabies
- 5.8. Tuberculosis: The Meaning of a Positive Test
- 5.9. Inactive or Latent Tuberculosis Infection
- 5.10. Meningitis, bacterial
- 5.11. Chicken Pox (Varicella)
- 5.12. Mumps

### INTEGUMENT - PINK

- 6.1. Acne
- 6.2. Ticks & Chiggers
- 6.3. Ringworm
- 6.4. Poison Ivy, Oak, and Sumac
- 6.5. Bites & Stings
- 6.6. Lyme Disease
- 6.7. Molluscum Contagiosum
- 6.8. Warts (verruca vulgaris)
- 6.9. Ptyriasis Rosea
- 6.10. MRSA

### EENT - GREEN

- 7.1. Hayfever (allergic rhinitis)
- 7.3. Conjunctivitis
- 7.4. Common Cold (Nasopharyngitis URI)
- 7.5. Ear Infection (Otitis media)
- 7.6. Pharyngitis
- 7.7. Sinus Infection
- 7.8. Strep Throat
- 7.9. Otitis Externa

### CV & RESP - BLUE

- 8.1. Asthma
- 8.2. Metered Dose Inhaler Instructions
- 8.3. Bronchitis (acute)
- 8.4. Bronchitis (chronic)
- 8.5. Hypertension
- 8.6. Pneumonia (bacterial)

### GI - BUFF

- 9.1. Diarrhea & Vomiting
- 9.2. Irritable Bowel Syndrome, colitis
- 9.3. GERD
- 9.4. Indigestion
- 9.5. Hemorrhoids

### GU - CANARY

- 10.1. Vaginitis, monilia (candidiasis)
- 10.2. Chlamydia
- 10.3. Dysmenorrhea
- 10.4. Gonorrhea
- 10.5. Genital Herpes
- 10.6. Vaginitis, trichomona (trichomoniasis)
- 10.7. Urinary Tract Infection - Female
- 10.8. Urinary Tract Infection - Male
- 10.9. Vaginitis, bacterial
- 10.10. Warts, genital
- 10.11. Cervicitis
- 10.12. Endometriosis
- 10.13. Pelvic Inflammatory Disease (PID)

### NUTRITION AND OTHER - GOLDENROD

- 11.1. Potassium
- 11.2. Sodium
- 11.3. Calcium
- 11.4. Iron
- 11.5. Lactose Intolerance

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# WWW.SIU.EDU/~SHC

# 618-453-3311

This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.