



From the Eagle's Beak

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Benedictine University Student Health Services

The Office of Student Health Services launches a new publication!!

The office of Student Health Services has launched a new publication, The Eagle's Beak. The publication will be printed 4 times a year and will be free to students. Timely health tips and office updates will be found in The Eagle's Beak.

We are driven by a desire to communicate with Students and to promote health and wellness. It is our hope the students will be more aware of our presence on campus.

Happy, healthy reading.

Healthy Relationships Require Work!

Relationships are great when they work. Key components in a healthy relationship are:

1. Respect
2. Communication
3. Honesty
4. Support

Respect in a relationship should be mutual. No one person should dominate or control the relationship. Each person should feel comfortable to express their dreams, goals, thoughts, and to develop and maintain friendships outside of the relationship.

A commitment and willingness to listen are the key factors in communication. When you actively listen, you demonstrate care and interest in the other person. And while listening is a valuable tool in a relationship, you must also take the responsibility for communicating your own

thoughts, feelings, and needs.

Sometimes, this can lead to conflict, but conflict is not necessarily bad. It is healthy to be able to express yourself. Conflict can be resolved peacefully.

Communication is built upon honesty. Honesty involves not only talk, but revealing your true self to another person. Being honest means trusting the relationship enough to be who you are, to pursue your goals, interests, and to follow your beliefs and values. When you are honest you move beyond the surface; you trust the other person enough to share your hopes, dreams, values, and concerns.

Support means you are committed to being there for the

other person. In a healthy relationship each person's needs and wants are valued and respected.

A relationship is like a new team. The desire is to see the team grow, strengthen, succeed, and thrive.

Relationships can be scary because they require work and can be demanding. But with commitment and care, relationships can expand your world and provide a network of support.

Relationship problems?
Call a counselor:
829.6046

transmission, but they are not 100% effective.

The best prevention: **Think before you act.** Know your goals and faith values. Avoid risky behavior such as drugs and alcohol. Have a plan how you would handle intimate relations.

Familiarize yourself with signs and symptoms of an STI. If you have any concerns, seek a medical exam or contact your local health department. DuPage County Health Dept offers STI testing for a reduced fee.

Call: **630.682.7400**

STDs/STIs: What are those?

STD is the abbreviation for Sexually Transmitted Disease, also known as STI-Sexually Transmitted Infection. An STI is spread person to person thru sexual contact: orally, vaginally, or anally. Often a person may be symptom-free, or the symptoms come and go before the person is aware. The point is that

screening for an STI should be done routinely.

An STI can be bacterial or viral. Bacterial infections such as gonorrhea, syphilis, and chlamydia can be cured with antibiotics, if they diagnosed and treated early.

Viral infections such as HIV, genital herpes, genital warts (HPV), and hepa-

titis B cannot be cured. However, they can be treated to reduce damage to other body systems.

The most common STIs on college campuses are: chlamydia, genital herpes, and genital warts (HPV).

Prevention: Abstinence is the #1 method of preventing an STI. Barrier devices can help prevent

