

resources for Women

- **Campus Health Services**

Located in each of the campuses—make an appointment with a physician today!

students.asu.edu/health

- **Womyn's Coalition**

Creating a safe space for women and committed to the success of women at ASU

asu.edu/clubs/lasuvvc

- **ASU V-Day Campaign**

The Vagina Monologues is a celebration of female sexuality in all its complexity

asuvday.com

- **University Career Women**

Provide opportunities for professional and personal development at ASU

asu.edu/ucw

- **Planned Parenthood**

Information regarding reproductive health care, sex education, and well-being for women

plannedparenthood.org

- **Mobile Crisis and Advocacy Center (Maricopa County)**

If ever sexually assaulted, whether the day of the attack, or a month after the attack call the following number for any form of support

480.736.4949

- **EMPACT Suicide Prevention Center, Inc.**

Provides 24-hour services for anyone in emotional crisis

480.921.1006

- **SafeZONE LGBTQ**

Programs designed to acknowledge and protect students of all types of sexual orientation

students.asu.edu/safezone and asulgbtq.org

- **Las Hermanas de HMDP**

Raising educational and career aspirations for Hispanic women

promise.asu.edu/hmdp

- **Nzinga Sisterhood Circle**

Developing cultural awareness and support for women of African Diaspora

asu.edu/clubs/nzinga

- **SRC Intramurals**

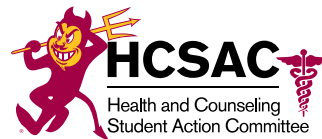
Ways to get involved and stay connected with peers through team sports

src.asu.edu/Intramurals

- **ASU Smoking Cessation**

Opportunities to sign up for a 4-week smoking cessation group

students.asu.edu/node/1981

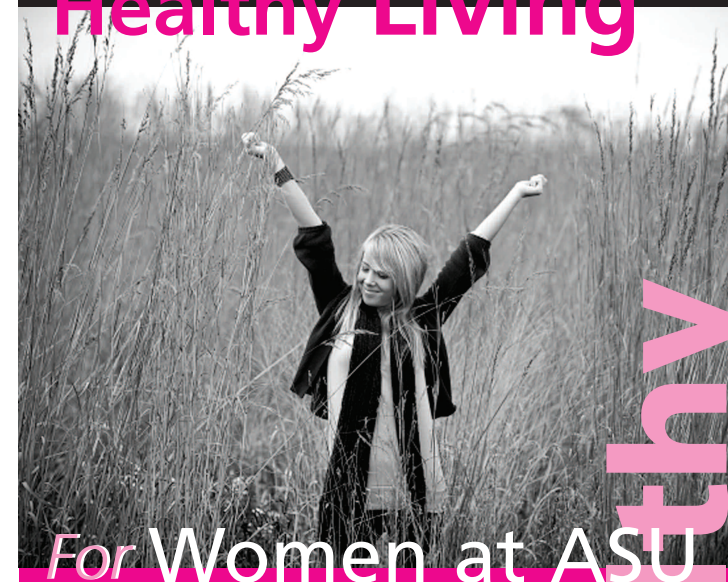


Designed by Nathalie Antonios

If you have any questions about the content or would like to join me in HCSAC's Women's Health Committee, please email me at nrantoni@asu.edu

Special thanks to Omnigraphics, Inc. for donating their time to this project.

A Guide to Healthy Living



For Women at ASU

healthy

Emotional health

- The transition from high school to college is a tough one. Do you ever wonder why colleges encourage students to live in the dorms? It's more than just "living the full college experience." You are surrounded by students who are going through the same exact thing you are going through—college.
- The dorms allow for community, or a peer support network. Even within a dorm setting, however, feelings of isolation and loneliness are still common, but there are ways to get involved and people to talk to so that you don't feel lost among the 67,000 students at ASU.
- You can make an appointment with Counseling & Consultation (C&C) for any reason. If you are struggling with classes and need support, or if you are simply having trouble adjusting is enough of a reason to visit C&C. They offer support, advice, and resources for you to succeed. There are also counselors and consultants available if you have concerns about anyone or yourself.
- Your first initial appointment for any reason at Counseling and Consultation (C&C) will be an assessment in order to discuss your needs and different types of counseling services—group counseling, support groups, or individual counseling. Most appointments will be taken the same day or within 24 hours.
students.asu.edu/counseling
480.965.6146
- In case of an emergency:
Call EMPACT Suicide Prevention Center, Inc. They provide 24 hour services for anyone in emotional crisis. For example if you, or someone you know has threatened to commit suicide, EMPACT is available for crisis consultation at 480.921.1006



Eating Right nutrition

In addition to making healthy nutrition decisions, there are two vitamins that are crucial in every woman's diet.

Folic acid

- This is a B vitamin that can prevent up to 70% of birth defects in the baby's brain and spine.
- The US task force recommends that all women of child bearing age take 400mg of folic acid per day even if you are not planning on having a child. If you unexpectedly get pregnant, by the time the pregnancy is confirmed all the birth defects in the brain and spinal cord have already occurred. It will be too late to start taking folic acid.

Calcium

- 44 million Americans have been affected by osteoporosis, and 80% of those people are women. In addition to taking folic acid, all women should take at least 1000mg of calcium per day.
- This is the time that you are building bones and calcium will help build strong bones and prevent osteoporosis.

Sexual violence

- You may think that it will never happen to you, but if it does, do you know what to do? Of course, there is always the option of calling the police, but there are trauma healing services provided to you by the City of Tempe that specialize in cases of sexual assault.
- In case you have been attacked by someone you know, or someone you don't know, and need any form of support call Mobile Crisis & Advocacy Teams at 480.736.4949
- They are trained professionals that will explain to you your rights and options in a situation where you have been sexually assaulted. No one will force you to report or press charges, but will instead explain to you the differences between the two. The number one issue after a sexual assault is the victim's safety and having a forensic exam.
- NOTE: If you take a forensic exam to collect evidence, you are NOT prosecuting the attacker. Actually, you can receive a forensic exam up to 120 hours after the assault and decide to prosecute later. In order to contact a Sexual Assault Nurse (SANE) at Scottsdale Healthcare call: 480-312-6339
- Stay safe at a party with date-rape drug testing coasters. Put a drop of your drink on a specific spot on the coaster. If the spot changes color, then it means there is a date rape drug in the drink. A generic coaster costs \$0.40; a pack of 20 tests costs \$6.75. Learn more at drinksafetech.com/how.htm



Seeing a doctor

- Any time you are having problems with your period, regardless of age you should receive a pelvic exam from your gynecologist.
- US Task Force recommendations now state that women should start receiving Pap Smears at age 21 regardless of sexual activity.
- Recent recommendations also state that you should start receiving Mammograms at age 50, and every other year after your initial mammogram.
- Women at higher risk should consider a "GAIL Risk Model to determine their risk for breast cancer:
www.cancer.gov/bcrisktool
- Women of college age (under 26) should have their three-step HPV vaccination if they have not already had it. The point of this vaccination is to prevent cervical cancer and genital warts.
- Don't have the transportation to see a doctor? There are doctors and specialists on campus at Campus Health Service. To make an appointment call: 480.965.3349

Smoking cessation

- Smoking increases your risk of heart disease, especially when they are combined with oral contraceptives, a popular birth control method for young women.
- Heart disease kills more women each year than any other illness, including breast, lung, and colon cancer combined.
- Smoking also affects a woman's ability to not only get pregnant, but to sustain a healthy pregnancy through childbirth. It has been shown that women who smoke are 72% less fertile than women who do not smoke.
- If you are like the millions of other young women who want to quit smoking, please visit the following website to learn about Arizona State University's smoking cessation programs that cost less than two cartons of cigarettes:
students.asu.edu/node/1981

