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**I NEED TO SEE THE DOCTOR:** York's Health Services is located on the second floor of Vanier Residence. It is available to anyone in the York community.

If you have not been enumerated by now then you are not on the Voter's List. If you wish to vote in the Federal Election you must go to C.W. Jefferies School, 340 Sentinel Rd. between 10-11 a.m. and 7-10 p.m. TODAY!! Further info - 736-1774

## Taking advantage of Health Services

By JESSICA RUDOLPH

York's Health Services are surrounded by misperception.

Many people hear the name and assume the centre just offers first aid, similar to a high-school nurse's office which hands out band-aids and aspirin. Others know of the centre's location on the second floor of Vanier residence and assume it is a service offered only to Vanier students. Still others believe access to Health Services is restricted to students who live on campus.

The centre actually provides the same services one would find at any general practitioner's office, and is accessible to everyone in the York community, including their spouses and children.

Common inquiries include questions about birth control, sexually-transmitted diseases, and missed periods. Health Services offers counselling, testing, treatment, and what the staff refer to as "a relaxed and supportive environment." The centre also has a strong referral base for those who require either a specialist or hospitalization.

In addition, the centre offers allergy shots, immunization for people travelling abroad, and treatment for skin problems such as acne and warts. The centre is even equipped for minor surgery.

Though doctors who work at the centre are general practitioners (GPs), each has a particular area of expertise. For example, Director of Health Services Dr. R.J. Wheler has a background in orthopedics, though the number of patients who come to Health Services with orthopedic problems has dwindled since the opening of the Alan Eagleson Sports Injury Clinic on campus.

Of the six GPs who work at Health Services, three are female. Additionally, one doctor speaks both Mandarin and Cantonese. Since all work on a fixed schedule from September

to May, a patient may request in advance a particular doctor with whom he or she will feel most comfortable.

While the clinic is open weekdays from 8:30 a.m. to 4:30 p.m., doctors' hours are from 10 a.m. to 4 p.m. There is usually one doctor on duty most of the day, and two during lunch-time. It is advisable to make an appointment, but drop-ins are accepted.

During the last academic year, over 8,700 patients passed through Health Services. While this seems like a large number, registered nurse (RN) Pat Valle explains that relative to York's size, the number is actually small. She attributes the disuse of the centre to a lack of understanding regarding its services.

In addition to offering traditional medical services, RN Heather Ingham says Health Services seeks to help young people get into good lifestyle habits.

An example of this is a recently-initiated program to help people stop smoking. The Canadian Cancer Society believes that a person's chances for success increase when his or her attempt to quit smoking is supported by a doctor.

All patients at Health Services will now be asked whether they smoke. Patients who want to stop smoking will be given a "quit kit" booklet in conjunction with counselling, and a target date will be set. The centre will contact the patient for a progress report the week he or she is due to stop smoking.

The centre will also provide regular follow-ups to ensure that the patient does not start smoking again.

Not only are staff caring and supportive, they are empathic as well — Ingham herself quit smoking seven years ago after smoking heavily for 20 years.

There is one Health Services centre at the York campus (736-5146) and another at Glendon (487-6723).



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