

AIDS Test

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He said students taking the test place a fiber cotton pad in their mouths, bite down on the pad and hold it there five seconds.

Students then place the pad in a tube, which is placed in a bad and sealed.

The pad absorbs secretions from their gums, Williams said, and that's what is used to test for HIV antibodies.

The test is "short, quick and

easy, and it involves no blood," Williams said.

Williams said the testing used to involve taking blood, but now the Health and Wellness Center has found a non-invasive way to do the testing.

"For one, whenever they're testing outside a laboratory, first of all, it's easier, and then it's less messy and less time consuming," Williams said. "You don't have

to worry about the blood, and actual how long it takes to get it, and things like that."

Williams said this is the first time this semester the center is doing the testing.

The testing is connected with World AIDS Day, which is Dec. 1 worldwide.

Because that day falls on a Sunday, Williams said, the center will have a program on Monday, Dec. 2, to com-

memorate World AIDS Day.

Two or three speakers from different campus organizations will speak at the program.

Following the program, at around 6 p.m., Williams said, many of the student organizations, University 101 classes and Greeks who participated in the Health and Wellness Center's Quilt Panel Project will walk to the steps of the Capitol for a candle-lighting vigil.

For the Quilt Panel Project, student organizations were given materials to place in a quilt. The quilt will contain information about AIDS, as well as "things that they want to say about AIDS that their organization has actually put together, or their University 101 class ... expressing what they want to say or what they want to do on World AIDS Day," Williams said.

The quilt patches will be compiled to form one large quilt, which the walkers will take to the Capitol, Williams said.

About 30 organizations have signed up for the quilt project, and Williams said it is not too late for more student organizations to sign up.

The deadline to pick up packets is Nov. 25.

For more information about the HIV-AIDS testing or the Quilt Panel Project, contact Maurice Williams at 777-1835 or Marcus Gardner, a program director at the Health and Wellness Center, at 777-7618.

Comments on this story? E-mail gamecockdesk@hotmail.com

WUSC

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restaurants and specialists," according to the Nov. 5 edition, in which the winners were announced after four weeks of voting.

"We went to great lengths to make sure there was no ballot-stuffing, and I believe this is the most votes we have ever received," Singmaster said.

The paper recognizes the readers' choices as the best in Columbia, varying from the sexiest woman in Columbia, which

went to Alice McIntyre, to the scariest local politician, which U.S. Sen. Strom Thurmond was awarded.

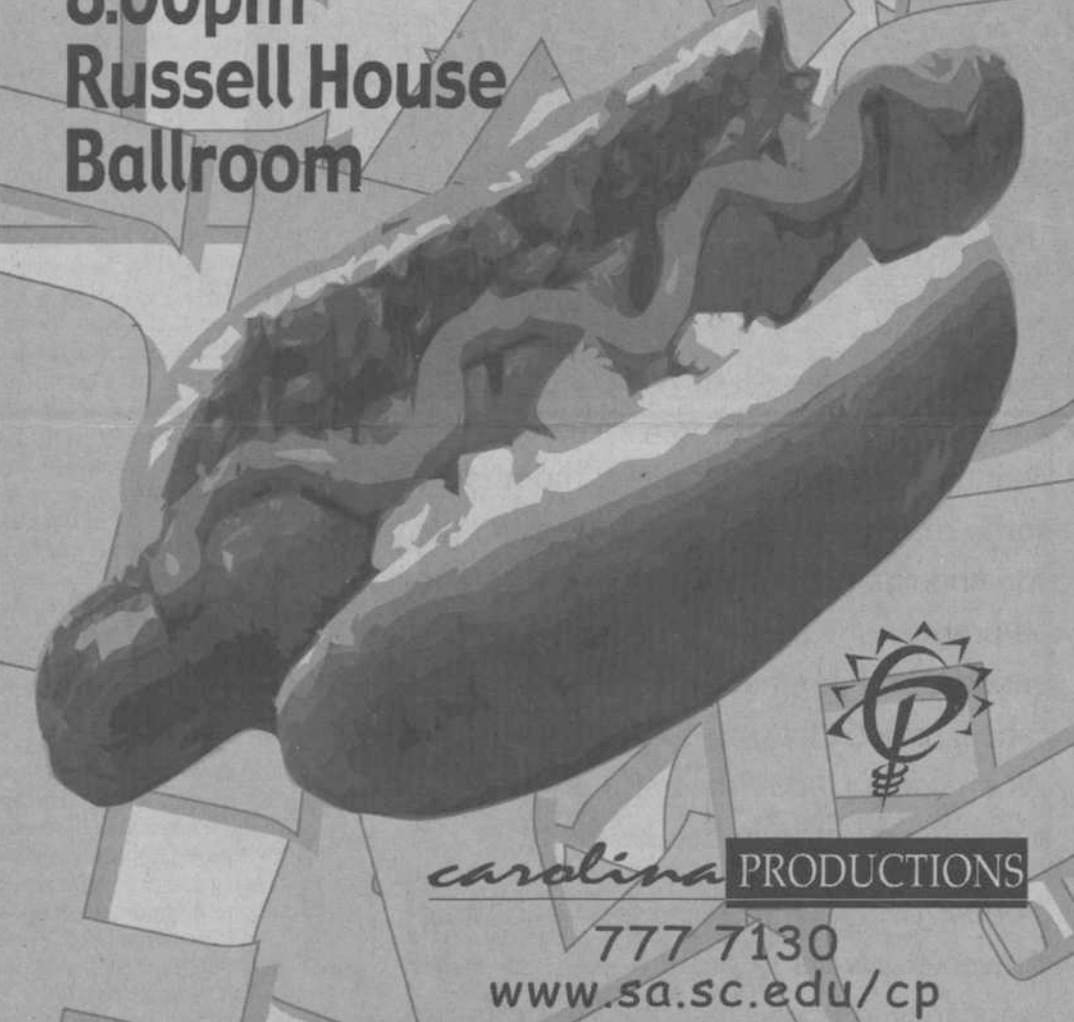
Singmaster said that while USC programs are commonly represented in the annual edition, they are usually athletics programs, and "it is nice to see WUSC get the recognition."

Free Times is available in newsstands around Columbia and campus.

Comments on this story? E-mail gamecockdesk@hotmail.com

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Hunger

CONTINUED FROM PAGE 1

floor and ate with their hands. They were allowed only rice and water.

Guest servers, who helped hand out meals, included Sondra Weiss of the Office of Community Service; Corinna McLeod of the English Department; Hal French of the Religious Studies Department; and Ankit Patel, student body president.

Patel said he was serving to support Oxfam Carolina.

"I've been participating in the program for a few years," he said. "It's a great program for education on hunger issues."

Endia Sowers, a first-year English student, volunteered to work at the banquet, which she called a "really good idea."

"I think it's important for people to see what other people go through."

ENDIA SOWERS
FIRST-YEAR ENGLISH STUDENT

"I think it's important for people to see what other people go through," Sowers said.

Sarah Ross, a third-year accounting student and treasurer of Oxfam Carolina said: "Many people think that the problem is that there are not enough resources in the world to feed everyone. If all the food were distributed equally, every person would get enough."

Kurtz said Oxfam Carolina works to accomplish the goals of Oxfam America.

"One of the goals of Oxfam is to educate about the problem of hunger," Kurtz said. "The Hunger Banquet is intended to educate USC students."

The banquet was also intended to raise money for Oxfam America, which will receive all proceeds from the banquet and Oxfam Carolina's upcoming Day of Fast.

Oxfam America is the national branch of Oxfam International, a worldwide organization dedicated to the elimination of world hunger through education and direct intervention.

Students interested in getting involved with Oxfam Carolina should visit the Office of Community Service in the Russell House or contact Maura Kurtz at uschunger@yahoo.com.

Sowers said it's easy to get involved at USC. "I saw a flier and went down to the Office of Community Service and signed up for as much as I could," she said.

Ultimately, Kurtz said, USC students can make a difference in the struggle against world hunger.

"Hunger and homelessness is a very tangible problem," she said. "There are so many agencies in Columbia, and just by giving a little money or volunteering a little bit of time, you can change so many lives and make a tangible difference."

Comments on this story? E-mail gamecockdesk@hotmail.com

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This product is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

What is DEPO-PROVERA Contraceptive Injection?
DEPO-PROVERA Contraceptive Injection is a form of birth control that is given as an intramuscular injection (a shot) in the buttock or upper arm once every 3 months (13 weeks). To continue your contraceptive protection, you must return for your next injection promptly at the end of 3 months (13 weeks). DEPO-PROVERA contains medroxyprogesterone acetate, a chemical similar to (but not the same as) the natural hormone progesterone, which is produced by your ovaries during the second half of your menstrual cycle. DEPO-PROVERA acts by preventing your egg cells from ripening. If an egg is not released from the ovaries during your menstrual cycle, it cannot become fertilized by sperm and result in pregnancy. DEPO-PROVERA also causes changes in the lining of your uterus that make it less likely for pregnancy to occur.

How effective is DEPO-PROVERA Contraceptive Injection?
The efficacy of DEPO-PROVERA Contraceptive Injection depends on following the recommended dosage schedule exactly (see "How often do I get my shot of DEPO-PROVERA Contraceptive Injection?"). To make sure you are not pregnant when you first get DEPO-PROVERA Contraceptive Injection, your first injection must be given ONLY during the first 5 days of a normal menstrual period. ONLY within the first 5 days after childbirth if not breast-feeding and, if exclusively breast-feeding, ONLY at the sixth week after childbirth. It is a long-term, injectable contraceptive when administered at 3-month (13-week) intervals. DEPO-PROVERA Contraceptive Injection is over 99% effective, making it one of the most reliable methods of birth control available. This means that the average annual pregnancy rate is less than one for every 100 women who use DEPO-PROVERA. The effectiveness of most contraceptive methods depends in part on how reliably each woman uses the method. The effectiveness of DEPO-PROVERA depends only on the patient returning every 3 months (13 weeks) for her next injection. Your health-care provider will help you compare DEPO-PROVERA with other contraceptive methods and give you the information you need in order to decide which contraceptive method is the right choice for you.

The following table shows the percent of women who got pregnant while using different kinds of contraceptive methods. It gives both the lowest expected rate of pregnancy (the rate expected in women who use each method exactly as it should be used) and the typical rate of pregnancy (which includes women who became pregnant because they forgot to use their birth control or because they did not follow the directions exactly).

Method	Lowest Expected	Typical
DEPO-PROVERA	0.3	0.3
Implants (Norplant)	0.2*	0.2*
Female sterilization	0.2	0.4
Male sterilization	0.1	0.15
Oral contraceptive (pill)		
Combined	0.1	-
Progestin only	0.2	-
IUD		
Paragard [®]	2.0	3
Copper-T 380A	0.8	-
Condom (without spermicide)	2	12
Diaphragm (with spermicide)	6	18
Cervical cap	6	18
Withdrawal	4	18
Rhythm/abstinence	1.9	20
Spermicide alone	3	21
Vaginal Sponge		
used before childbirth	6	18
used after childbirth	9	28
No method	85	85

Source: Trussell et al. *Obstet Gynecol* 1990;76:558-567.

Who should not use DEPO-PROVERA Contraceptive Injection?
Not all women should use DEPO-PROVERA. You should not use DEPO-PROVERA if you have any of the following conditions:
• If you think you might be pregnant
• If you have any vaginal bleeding without a known reason

• If you have had cancer of the breast
• If you have had a stroke
• If you have or have had blood clots (phlebitis) in your legs
• If you have problems with your liver or liver disease
• If you are allergic to DEPO-PROVERA (medroxyprogesterone acetate or any of its other ingredients).

What other things should I consider before using DEPO-PROVERA Contraceptive Injection?
You will have a physical examination before your doctor prescribes DEPO-PROVERA. It is important to tell your health-care provider if you have any of the following:

- a family history of breast cancer
- an abnormal mammogram (breast x-ray), fibrocystic breast disease, breast nodules or lumps, or bleeding from your nipples
- kidney disease
- irregular or scanty menstrual periods
- high blood pressure
- migraine headaches
- asthma
- epilepsy (convulsions or seizures)
- diabetes or a family history of diabetes
- a history of depression
- if you are taking any prescription or over-the-counter medications.

This product is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

What if I want to become pregnant after using DEPO-PROVERA Contraceptive Injection?

Because DEPO-PROVERA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. Based on the results from a large study done in the United States, for women who stop using DEPO-PROVERA in order to become pregnant, it is expected that about half of those who become pregnant will do so in about 10 months after their last injection; about two thirds of those who become pregnant will do so in about 12 months; about 85% of those who become pregnant will do so in about 15 months; and about 93% of those who become pregnant will do so in about 18 months after their last injection. The length of time you use DEPO-PROVERA has no effect on how long it takes you to become pregnant after you stop using it.

What are the risks of using DEPO-PROVERA Contraceptive Injection?

- 1. Irregular Menstrual Bleeding**
The side effect reported most frequently by women who use DEPO-PROVERA for contraception is a change in their normal menstrual cycle. During the first year of using DEPO-PROVERA, you might have one or more of the following changes: irregular or unpredictable bleeding or spotting; an increase or decrease in menstrual bleeding; or no bleeding at all. Unusually heavy or continuous bleeding, however, is not a usual effect of DEPO-PROVERA; and if this happens, you should see your health-care provider right away. With continued use of DEPO-PROVERA, bleeding usually decreases, and many women stop having periods completely. In clinical studies of DEPO-PROVERA, 55% of the women studied reported no menstrual bleeding (amenorrhea) after 1 year of use, and 68% of the women studied reported no menstrual bleeding after 2 years of use. The reason that your periods stop is because DEPO-PROVERA causes a resting state in your ovaries. When your ovaries do not release an egg monthly, the regular monthly growth of the lining of your uterus does not occur and, therefore, the bleeding that comes with your normal menstruation does not take place. When you stop using DEPO-PROVERA, your menstrual period will usually, in time, return to its normal cycle.
- 2. Bone Mineral Changes**
Use of DEPO-PROVERA may be associated with a decrease in the amount of mineral stored in your bones. This could increase your risk of developing bone fractures. The rate of bone mineral loss is greatest in the early years of DEPO-PROVERA use, but after that, it begins to resemble the normal rate of age-related bone mineral loss.
- 3. Cancer**
Studies of women who have used different forms of contraception found that women who used DEPO-PROVERA for contraception had no increased overall risk of developing cancer of the breast, ovary, uterus, cervix, or liver. However, women under 35 years of age whose first exposure to DEPO-PROVERA was within the previous 4 to 5 years may have a slightly increased risk of developing breast cancer similar to that seen with oral contraceptives. You should discuss this with your health-care provider.
- 4. Unexpected Pregnancy**
Because DEPO-PROVERA is such an effective contraceptive method, the risk of accidental pregnancy for women who get their shots regularly (every 3 months [13 weeks]) is very low. While there have been reports of an increased risk of low birth weight and neonatal infant death or other health problems in infants conceived close to the time of injection, such pregnancies are uncommon. If you think you may have become pregnant while using DEPO-PROVERA for contraception, see your health-care provider as soon as possible.
- 5. Allergic Reactions**
Some women using DEPO-PROVERA Contraceptive Injection have reported severe and potentially life-threatening allergic reactions known as anaphylaxis and anaphylactoid reactions. Symptoms include the sudden onset of hives or swelling and itching of the skin, breathing difficulties, and a drop in blood pressure.

6. Other Risks
Women who use hormone-based contraceptives may have an increased risk of blood clots or strokes. Also, if a contraceptive method fails, there is a possibility that the fertilized egg will begin to develop outside of the uterus (ectopic pregnancy). While these events are rare, you should tell your health-care provider if you have any of the problems listed in the next section.

What symptoms may signal problems while using DEPO-PROVERA Contraceptive Injection?

- sharp chest pain, coughing up of blood, or sudden shortness of breath (indicating a possible clot in the lung)
- sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness, or numbness in an arm or leg (indicating a possible stroke)
- severe pain or swelling in the calf (indicating a possible clot in the leg)
- unusually heavy vaginal bleeding
- severe pain or tenderness in the lower abdominal area
- persistent pain, pus, or bleeding at the injection site

What are the possible side effects of DEPO-PROVERA Contraceptive Injection?

1. Weight Gain
You may experience a weight gain while you are using DEPO-PROVERA. About two thirds of the women who used DEPO-PROVERA in clinical trials reported a weight gain of about 5 pounds during the first year of use. You may continue to gain weight after the first year. Women in one large study who used DEPO-PROVERA for 2 years gained an average total of 8.1 pounds over those 2 years or approximately 4 pounds per year. Women who continued for 4 years gained an average total of 13.8 pounds over those 4 years, or approximately 3.5 pounds per year. Women who continued for 6 years gained an average total of 16.5 pounds over those 6 years, or approximately 2.75 pounds per year.

2. Other Side Effects
In a clinical study of over 3,900 women who used DEPO-PROVERA for up to 7 years, some women reported the following effects that may or may not have been related to their use of DEPO-PROVERA: irregular menstrual bleeding, amenorrhea, headache, nervousness, abdominal cramps, dizziness, weakness or fatigue, decreased sexual desire, leg cramps, nausea, vaginal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, backache, depression, insomnia, acne, pelvic pain, no hair growth or excessive hair loss, rash, hot flashes, and joint pain. Other problems were reported by very few of the women in the clinical trial, but some of these could be serious. These include convulsions, jaundice, urinary tract infections, allergic reactions, fainting, paralysis, osteoporosis, lack of return to fertility, deep vein thrombosis, pulmonary embolism, breast cancer, or cervical cancer. If these or any other problems occur during your use of DEPO-PROVERA, discuss them with your health-care provider.

Should any precautions be followed during use of DEPO-PROVERA Contraceptive Injection?

- 1. Missed Periods**
During the time you are using DEPO-PROVERA for contraception, you may skip a period, or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections regularly every 3 months (13 weeks), then you are probably not pregnant. However, if you think you may be pregnant, see your health-care provider.
- 2. Laboratory Test Interactions**
If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.
- 3. Drug Interactions**
Cytarabine (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.
- 4. Nursing Mothers**
Although DEPO-PROVERA can be passed to the nursing infant in the breast milk, no harmful effects have been found in these children. DEPO-PROVERA does not prevent the breasts from producing milk, so it can be used by nursing mothers. However, to minimize the amount of DEPO-PROVERA that is passed to the infant in the first weeks after birth, you should wait until 6 weeks after childbirth if you start using DEPO-PROVERA for contraception.

How often do I get my shot of DEPO-PROVERA Contraceptive Injection?
The recommended dose of DEPO-PROVERA is 150 mg every 3 months (13 weeks) given in a single intramuscular injection in the buttock or upper arm. To make sure that you are not pregnant at the time of the first injection, it is essential that the injection be given ONLY during the first 5 days of a normal menstrual period. If used following the delivery of a child, the first injection of DEPO-PROVERA MUST be given within 5 days after childbirth if you are not breast-feeding or 6 weeks after childbirth if you are exclusively breast-feeding. If you wait longer than 3 months (13 weeks) between injections, or longer than 6 weeks after delivery, your health-care provider should determine that you are not pregnant before giving you your injection of DEPO-PROVERA.

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BRIEFLY

Seminary Day will be held Thursday at USC

The USC Career Center, along with the Chaplain's Association and the USC Department of Religious Studies, is co-sponsoring Seminary Day on Thursday from 1 to 4 p.m. in the Russell House Ballroom.

Students interested in attending seminary after graduation can speak with representatives from the following seminaries: Campbell University Divinity School, Candler School of Theology at Emory University, Columbia Biblical Seminary, Duke Divinity School at Duke University, Earlham School of Religion, George W. Truett Theological Seminary at Baylor University, Gordon-Conwell Theological Seminary at Charlotte, Lutheran Theological Southern Seminary, McAfee School of Theology at Mercer University, Pittsburgh Theological Seminary, Reformed Theological Seminary, Southern Baptist Theological Seminary, Southwestern Baptist Theological Seminary, Trinity Lutheran Seminary, Union Theological Seminary and Presbyterian School of Christian Education, Wake Forest University Divinity School and the Washington Theological Union.

For more information, contact Vicki Hamby at the Career Center at 777-7280.