

Norplant: the newest birth control option

by Shawn Black

The most recent addition to the array of birth control options is Norplant, a worldwide-tested method that prevents pregnancy for up to five years with a 99.2 percent rate of effectiveness.

Although it looks more like a bunch of thin cigarettes it is actually the culmination of a 25-year research and development project by Wyeth-Ayerst Laboratories. It was approved by the FDA in December of 1990.

The Norplant System consists of six thin capsules, each slightly more than one inch long. The capsules are inserted under the skin in the upper arm in a fan-like configuration, using a local anesthetic. They release a hormone called levonorgestrel which stops ovulation much the same way the birth control pill does.

Unlike the pill, however, they require no daily action by the user to maintain effectiveness. Norplant is effective within 24 hours of its insertion. When pregnancy is desired, it can be removed and fertility is restored.

One of the main side effects of Norplant is a tendency for irregular menstrual bleeding for the first six to nine months. Its effective-

ness also declines to about 92 percent for women who are over 150 lbs.

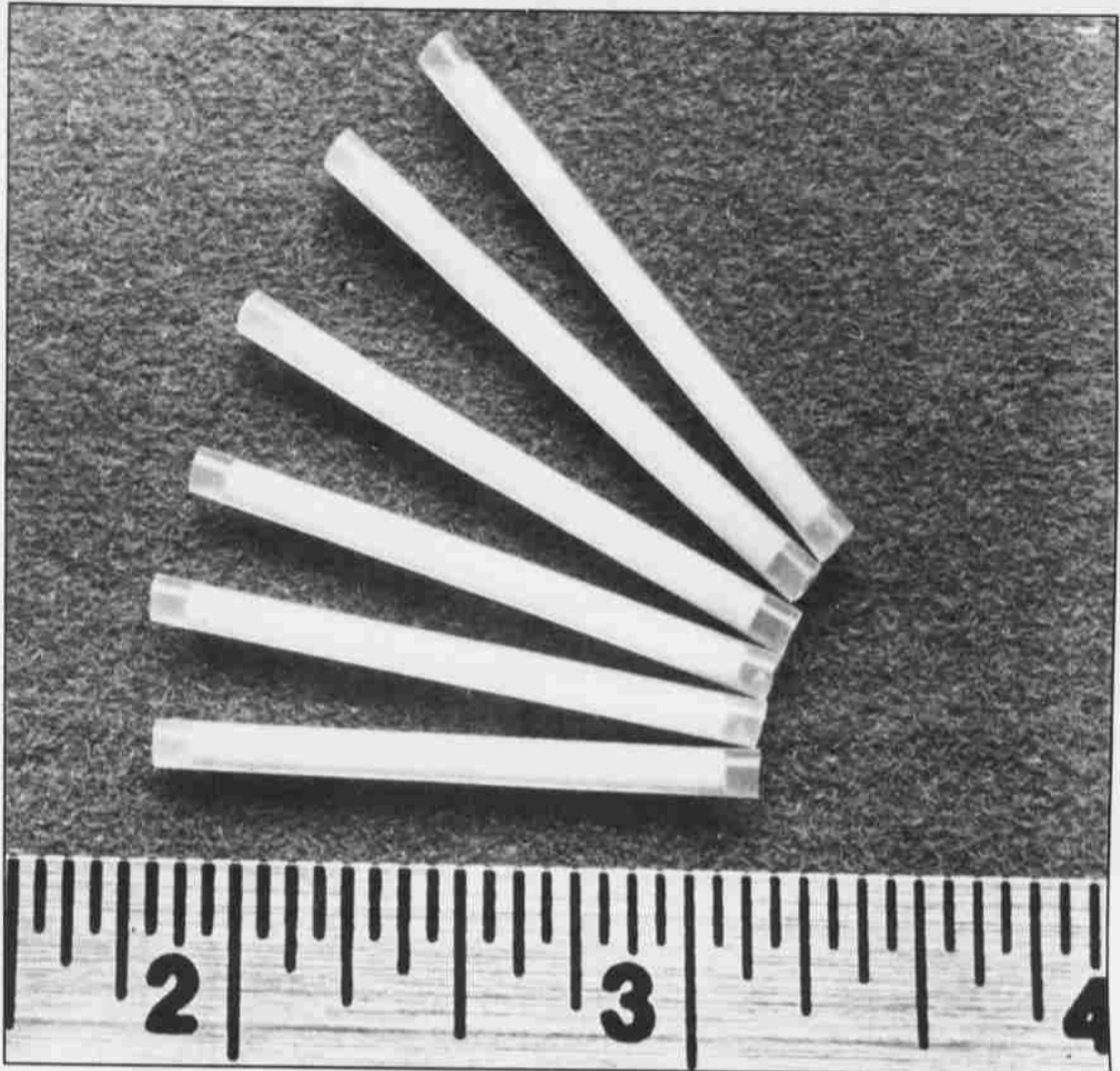
According to Madeleine Myers, office manager at the Birth Control Care Center, another consideration is cost. The \$500-600 price tag is going to put it out of the reach of many women.

Myers explained that although this is probably less than what the pill costs over the same amount of time, its cost is spread out over five years.

"We will offer Norplant here at our office as soon as it is available — which should be about the middle of February," Myers said. "It's certainly an option for some women and we'll be glad to offer it as such."

An article in the *American Journal of Obstetrics and Gynecology* in May of 1989 noted that possible candidates for Norplant would be women 35 years or older who couldn't use any other form of contraception. Other potential patients would be women who have trouble with contraception that requires a daily regime and those who cannot take estrogen.

For more information on Norplant, contact a doctor or family planning clinic.



Norplant is the look of birth control for the 90's

UNLV student joins Excalibur marketing staff

LAS VEGAS, Nev.—Kimberly Creelman has joined the marketing staff at Excalibur Hotel/Casino, it has been announced by Director of Marketing Frank Vignola.

Creelman, a student at the University of Nevada, Las Vegas, is a public relations major and is scheduled to graduate May 19 with a Bachelor of Arts degree.

Throughout the semester Creelman will work 10 hours a week with Excalibur Publicist Judi

Wolfe in daily activities that encompass the public relations field such as putting together news releases and helping with photo shoots.

"Working with Judi will help increase my knowledge and confidence in the public relations field," says Creelman.

Creelman, a native of Las Vegas, graduated from Basic High School in Henderson, Nev., in 1985. There, she participated in extracurricular activities including song

leading for three years.

During that time Creelman was employed as a concession-stand worker at Cashman Field. During her junior year, Creelman wrote for the UNLV newspaper "Yellin'Rebel," and prior to that, worked at Al Phillips, the cleaners, and at Fly-A-Way, a former tourist attraction.

In addition to attending classes and working as an intern, Creelman works full-time at

Excalibur as a photographer in King Arthur's Arena each evening.

Over the years, Creelman has always enjoyed all sorts of dancing; her favorite being tap. She took lessons from "Mouseketeer" Nancy Caldwell and actress Peggy Ryan in addition to a tap class at UNLV to brush up on her foot work.

In her spare time, Creelman likes to snow ski, jet ski and spend time with her friends.



Kimberly Creelman

The nation's health: successes and failures

Ten years ago, the U.S. Public Health Service set 226 health objectives to be met by 1990. Sixty-five appear out of reach, but 102 have been met or are considered "on track." (Assessments based on latest available data.) Here is a sampling:

Achieved or on track Not achieved

Goals	Status
No births to girls 14 or under	<input type="checkbox"/> 10,000 expected this year
Bring smoking rates to below 25 percent of adults	<input checked="" type="checkbox"/> Rate was 28.7 percent in 1987; down from 33.5 in 1979
Reduce infant mortality rates among all racial/ethnic groups to 12 per 1,000 live births	<input type="checkbox"/> 1987 rate among blacks was 17.9
Place labels showing sodium content on at least 50 percent of processed food sold in stores	<input checked="" type="checkbox"/> FDA ordered labeling in 1986
Lower incidence of measles to 500 cases a year	<input type="checkbox"/> 18,193 cases in 1989; up from 3,396 in 1988
Cut to 4,500 a year the death toll from residential fires	<input checked="" type="checkbox"/> Goal reached in 1983
Lower incidence of mumps to 1,000 cases a year	<input type="checkbox"/> 5,712 cases in 1989
Bring incidence of cavities in permanent teeth to under 60 percent of 9-year-olds	<input checked="" type="checkbox"/> Goal reached early in the decade
Lower incidence of whooping cough to 1,000 cases a year	<input type="checkbox"/> 3,000 - 4,000 cases annually through decade; 1979 figure was 1,623
Reduce syphilis incidence to 7 cases per 100,000 population	<input type="checkbox"/> 1988 rate was 16.6 cases; up from 14.9 in 1987
Reduce homicide rate among young black males (age 15-24) to 60 per 100,000 people	<input type="checkbox"/> 1987 rate was 85.6, up from 79.2 in 1986

SOURCE: Public Health Service

Volunteers needed

The Youth Companion Program is looking for volunteers aged 18 to 60 years old who would like to spend some of their free time with a senior citizen.

The services the companions provide are critically needed by the people they serve and the community in general. Youth companions are invaluable for the human warmth and contact they provide. They perform the small human services that a friend would. The companions read to their clients, shop with them, take them on walks, provide transportation, write letters for them, and countless ways provide companionship. The unique aspect of this program is the ongoing and continuous one-on-one relationship that is developed between two people. For more information call Terri Anderson at 385-5147 weekdays between the 9 a.m.-3 p.m. The Youth Companion Program is sponsored by Catholic Community Services.