



Norplant replaces birth control pills

There are many contraceptives to choose from today. Most of us have turned to the pill. The pill has been the most effective, with a failure rate of 0.2 percent. However, this estimate does not include the times a pill is missed. Each time one is missed or taken more than five hours later the chance of pregnancy increases. The pill also contains progesterin, at a higher rate than Norplant, and the drug estrogen which can effect the cardiovascular system and cause blood clots.

By calculating the cost of taking the pill over the next five years and comparing that to the Norplant fee it is surprising to find that the new and more effective choice is actually cheaper. Norplant costs \$375 at the Student Health

Center, not including the physical examination fee which is needed before the procedure. To remove the implants in five years will cost about \$100.

The cost of the pill over the next five years would be three times higher. Those lucky enough to have a health plan that covers birth control, or those who buy the pill from the Student Health Center, would pay \$1100 over the next five years, while those buying from a pharmacy may pay up to \$20 a month.

Most doctors do not recommend staying on the pill for such an extended period of time because it could take a year for the body to return to its normal ovulation cycle. Norplant only takes two weeks to three months for the normal cycle to begin again.

Norplant is the new contraceptive of choice

by Kimberley McGee

Today there is a safe, effective way to keep the pattering of little feet from stomping on your immediate future. Norplant was approved for use in the United States in 1990 and has been approved for use in 13 other countries since 1974. Studies have been conducted on 55,000 women and its considered to be one of the best choices for birth control on the market.

Norplant is a minor surgical procedure in which six implants are inserted superficially under the skin. Over the next five years these one and a half inch

tubes, about the width of a pencil lead, emit a low dosage of levonogestrol, a progesterin, which travels to the pituitary gland. The levonogestrol inhibits the hormones and ovulation does not occur. Failure rate is 0.1 percent and with the birth control implanted there is little chance of human error.

The procedure generally takes 20 minutes. A template is laid on the upper arm and seven lines are drawn, six for the implants and one for the incision which is only one-eighth of an inch long. A small tube with a sharp point on one side shaped like a V is in-

serted under the skin. A solid metal stick inside this tube is removed, leaving it hollow. An implant is placed at the opening of the tube and is slid to the top. The tube is slowly removed by pulling back and the implant is in place.

After the minor surgery a bandage is wrapped around the site and the patient may go home. It is advisable to have one day of rest after which the patient can expect mobility without pain. There is a bruise for two to three weeks that can cause minor discomfort and the implant site can stay tender for up to a month later. The implants are not

very noticeable but they can be felt by rubbing your finger over the site.

In these changing times it's good to consider the alternatives, but with AIDS and other sexually transmitted diseases romping through the country's bedrooms, sexually active persons should use condoms. Norplant is a safe, effective birth control for those in a monogamous relationship who have tested negative for AIDS and other sexually transmitted diseases.

Students need not stress over Schizophrenia

by Brian Stauffer

High amounts of stress, which many college students face, are a non-genetic link to Schizophrenia.

There's no need to panic, however, when stressing over finals.

"College students have a lower incident rate than the general population," said Jeff Kearn, associate professor of psychology at UNLV.

Theresa Nicassio, counselor at the Student Development Center, said that they have not treated many students afflicted with the illness.

"Schizophrenia is the general term given to the mental illness characterized by hallucinations, delusions and the overall inability to cope with reality," said Christine Padro, Day Treatment Coordinator of Bridge Counseling.

Symptoms that persist for six months are officially labeled Schizophrenia.

"The disease can be diagnosed in adolescence, however, most cases are diagnosed in the early

twenties," said Russ Hurlburt, psychology professor and author of *Sampling Normal and Schizophrenic Inner Experiences*.

"Having one or more parents with the illness increases the individual's chances," Kearn said. However, Kearn said he has seen plenty of people who have had no family history develop the illness.

Use of Neuroleptics such as Thorazine, Stelazine, Prolixin and Trilaton are used in treating patients with Schizophrenia.

"Aside from medication, we use reality based therapy such as coping skills," Padro said.

"There are many common misconceptions about Schizophrenia," Kearn said. Many people incorrectly use "Multiple-personality disorder" and "Schizophrenia" interchangeably.

Refuting another common misconception, Kearn said, "They're no more dangerous than any other person."

Pedal power: Biking is an alternative

by Georgia West Babb

After diving into the grass to avoid being mowed down by a whizzing bicyclist, I wondered what motivated students to risk their lives (and mine) each day by biking to school.

"I ride because all summer I did not have a car and even though I do now, I still like to ride," explained Brett Lindemann. "But there are hardly any bike racks, especially around the biology building."

"More bike racks would be an improvement," echoed Marcus Clark, as he alighted from his two wheeler. "The bike racks that are here are really not geared toward today's style of bike."

Concern for the environment weighed heavily as well in the decision to join the growing ranks of bikers on campus.

Before slapping on a backpack and pedaling to school, there are some things to think about.

An average of 10 to 15 bicycles are stolen from the UNLV campus each semester so invest in a good lock.

"We strongly recommend the Kryptonite or U-shaped lock," said Detective Sgt. Lonnie Barrett of University Police. "Bikes with Kryptonite locks are usually

passed over because of the amount of energy it takes to steal one of these."

Barrett said it never ceases to amaze him that a person could spend \$500 to \$1000 for a good bike and secure it with a \$5 lock or flimsy chain. Many people lock up the front tire, only to come out and find all they have left is a front tire, the main frame long gone. Locking the front tire to the main frame is the preferred method.

Registering bicycles on the National Crime Information Computer is important too. To do this, simply stop by the police department on Harmon Ave. and fill out a registration form with the bicycle's serial number, make, model and identifying features. (Most bicycles have a serial number on the crank casing or one of the forks.) Should the need arise, a saved receipt always helps in reclaiming the bike.



photo by Wray Halterman

Where there is a pole, there is a way to lock up bikes on campus

Hand Signals

Signals must be given when making turns, changing lanes or stopping.

Turning Right: Bend left arm with hand upward.

Optional Right: Right arm straight out.

Turning Left: Left arm straight out.

Buying Your Bicycle - Four Questions to Ask

1) How often will I be riding?

2) What special features will I need? (Example: a basket for books)

3) How much maintenance can I do?

4) How much am I willing to spend? What about a used bike?

Safety Equipment

1) A helmet is a must. Every bicyclist can expect to fall at one time or another. For comparison purposes, imagine a cantaloup falling off a table. If your head was that cantaloup, you would end up a vegetable.

2) Clothing. The best colors for day are fluorescent yellow, orange or lime green. Wear retro-reflective pant clips or gloves on any body part that moves while cycling. Easily identifiable shapes or materials worn low on the body help the most.

3) A rear-view mirror helps to see the traffic behind without turning around, but a large mirror can cause injuries in a fall and reflect light in your eyes.