

# HPV often lies dormant in men

BY WILL HOLLEMAN  
Staff Reporter

Freshman Tommy Lentz has never thought twice about HPV.

Lentz said he doesn't know anyone who has ever had the virus, so he has not had to worry. Unfortunately, some people do.

Human papillomavirus, or HPV, affects 6.2 million Americans each year, according to the Centers for Disease Control and Prevention. At least 50 percent of sexually active men and women are diagnosed with HPV, a sexually transmitted infection, at some point in their lives.

"The only time I have ever learned about it was in my high school health class, but I never knew how terrible it was," Lentz said.

HPV is common because many infected people do not show symptoms, according to the Mayo Clinic.

Kelly Freeland, a nurse practitioner at the Student Health Center, said the only way to test women for the negative effects of HPV is with a Pap test. A Pap test shows abnormalities that could be linked to HPV, she said.

Unfortunately, there is no widely used test for men, Freeland said.

According to the Mayo Clinic, the only visual warning sign of HPV is genital warts, which are tiny gray, flesh-colored or pink bumps that grow rapidly.

They appear in clusters and commonly take on a cauliflower-like shape.

Women might find these bumps on the walls of the vagina, vulva and the area between the outer genitals and anus. Genital warts in men are found on the tip and shaft of the penis as well as the area between the genitals and anus. Warts also can develop in the mouth or the throat when contracted through oral sex, according to the Mayo Clinic.

HPV has been linked to cervical cancer in women and penile cancer in men, according to the Mayo Clinic.

"There's over 30 different types of HPV that can affect the genital area," Freeland said. "Out of those, the four most common are in the vaccine Gardasil."

Freeland said the government issued a grant so that Gardasil could be administered to those who otherwise would not be able to pay for the vaccination. Currently, the vaccination is available free-of-charge at Planned Parenthood for women who qualify.

Gardasil is imperative for women because if they contract HPV they can experience serious health problems in the future and during pregnancy, according to the Mayo Clinic. Warts caused by HPV can impair urination and affect the ability of the vaginal walls to stretch during pregnancy. In addition to causing unsightly bleeding, HPV can cause

babies to develop warts in their throat or mouth, thus causing the baby to have breathing problems.

There are many ways to treat genital warts that are caused by HPV, Freeland said.

The health center normally recommends a colposcopy for those students who come back with both an abnormal Pap test and a positive HPV screening, Freeland said. A colposcopy is a more in-depth test that ensures women who have had an abnormal Pap test do not have cervical cancer. It also can diagnose how invasive the HPV has been to cellular structures in the body.

There are two brands of creams that can help fight genital warts, according to the Mayo Clinic. Aldara is a cream that boosts the immune system's ability to fight off genital warts, and Condylolax destroys genital wart tissue.

Trichloroacetic acid is a chemical, topical treatment that can be applied to burn off the warts, according to the Mayo Clinic. Warts also can be cryogenically frozen or burned off by electrical current.

Evonne Bird, professor of health and exercise sciences, said Freeland speaks to her class about the dangers of STIs.

"Including a discussion of HPV as a part of Health 195 meets the objective to 'identify and describe symptoms of the most common sexually transmitted infections,'" Bird said.



Phil Jarrett/Index

Senior Meaghan Quinly prepared herself to receive a free Gardasil HPV vaccine at Planned Parenthood on Monday.

# Help Desk serves many functions

BY JESSICA RAPP  
Staff Reporter

Nobody can come to school these days without a gadget.

Whether it is a cell phone, personal organizer, iPod or laptop, most students arrive at Truman equipped with devices to help them through the semester. Laptops especially come with extra responsibility to care for the technology.

Information Technology Services' Help Desk in McClain Hall offers services during the week to students who are having trouble with their computers or who need to connect to Truman's wireless network.

Freshman Denise Buckner soon found out just how helpful the ITS program is.

"You can just go in anytime, and they can fix it right there," she said. "You don't have to call ahead of time."

Tim Mills, the ITS Help

Desk manager, said the Help Desk provides the majority of services at the start of the semester when students set up their connection to the wireless network. He said that during this time the Help Desk also receives many calls from parents asking about computer setup.

Mills said ITS guides students to connect to the Truman network using Clean Access. Clean Access requests a username and password, the same pair used for TruView, for students to log in to their private network and save their work. It also verifies that the computers have their updates.

"Our goal is to help students have a protected system in order to help protect them from malicious activity that may be going on in the network," Mills said.

Anti-virus software and programs that detect Spyware will protect a computer system and keep it running quickly and smoothly, Mills

said. ITS provides a free, full version of McAfee Enterprise to students.

"The biggest problem we've seen with setups is systems that have come to campus with Malware installed on it," Mills said. "Malware will stop other scans and disable updating Windows so you're not getting the protection you need. There are some times when it's so infected where it's best to reinstall the operating system."

The students working at the Help Desk are not trained to reinstall operating systems, but ITS can refer computer owners to places in town that will.

"The only thing we don't have a lot of support for is Macs," Mills said. "It's also hard because there is no Apple store close by here."

For Mac support, Truman has a Linux Users group and a full-time staff member at ITS who works with Macs.

George Beshears, ex-

ecutive director of ITS, puts emphasis on the quality of students working at ITS. He said some have helped in the development of the ITS Web site, which gives pointers to students or staff with questions about technology or ITS itself.

"I've worked at other schools, and the students here are just exceptional," he said.

ITS also provides services directed toward phone, audio-visual technology in classrooms, TruView, Web and e-mail services, dial-up and virtual private networks (VPN).

Beshears said with such a broad number of ITS functions, its services remain vital to the success of the technology operation.

"It needs to be recognized as almost a utility," he said. "Asking, 'Do you need ITS?' is like asking, 'Do you need the light to come on when you flip the switch?'"

# CANCER | Women of all ages, backgrounds are at risk

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"It shouldn't be the first concern if you're looking for reproductive problems," she said.

Instead, college-aged women are more likely to have endometriosis or ovarian cysts, whose symptoms sometimes parallel those of ovarian cancer.

"The more birthdays you have, the more ... at risk you are for ovarian cancer," Tettambel said.

Younger women should be wary if they have a family history of cancer or an unusual menstrual background.

Tettambel said women who began menstruation at a very young or very old age, such as before 12 or well into the teen years, are more at risk.

She said missed periods also indicate an issue.

"Ask why your ovaries don't work consistently," Tettambel said.

### Know your body

Keeping track of menstrual cycles and examining family history are important steps to take before visiting a doctor, Tettambel said.

"Keep your personal health information in mind," she said.

Exercise, checkups and eating a balanced diet are good prevention.

Tettambel said gas-producing foods

can cause similar symptoms to ovarian cancer, and that other health habits should be put into perspective.

"We're more than just ovaries and tubes and uteruses," she said. "Put it in context. Look at your whole body."

Tettambel said women should not conclude they have ovarian cancer just because they experience the symptoms. Health concerns should be discussed openly with a doctor, she said.

Both Yike and Tettambel agree: People should pay attention to their bodies.

### Statistically speaking

Cases of ovarian cancer decreased by 0.7 percent per year from 1985 to 2003, according to the Centers for Disease Control and Prevention Web site.

Ovarian cancer is the seventh-most common cancer in American women and the fifth-leading cause of cancer death, according to the CDC.

About 22,430 new cases of ovarian cancer will be diagnosed in the United States in 2007, and 15,280 deaths are expected, according to the American Cancer Society Web site.

One woman in 67 is at risk for ovarian cancer. One in 95 is at risk of death resulting from ovarian cancer. Ovarian cancer risks are higher for white women than for black women, according to the ACS.

# THINKING OF APPLYING TO GRADUATE SCHOOL?

## GRADUATE SCHOOL WEEK SEPTEMBER 17-20

**Tuesday, September 18**  
*Writing the Personal Statement*  
Professor Royce Kallerud  
VH 1010 5:00-6:30 p.m.

**Wednesday, September 19**  
Graduate school drop-in hours  
Career Center 9:00-11:00 a.m.

*Personal Statement Workshop*  
To be nominated see a professor in your major  
Donald Asher, Nationally Recognized Author & Speaker  
VH 1010 2:30-5:30 p.m.

**Thursday, September 20**  
Graduate School drop-in hours  
Career Center 12:00-2:00 p.m.

*Personal Statement Workshop*  
To be nominated see a professor in your major  
Donald Asher  
VH 1232 2:30-5:30 p.m.

*Bound for Graduate School?*  
*Strategies for Gaining Admission to Highly Competitive Graduate Programs*  
Donald Asher  
BH Little Theater 6:00-7:30 p.m.

### INFORMATION TABLES

**Kaplan Testing**  
Monday, September 17  
VH Main Table 10 a.m.-2 p.m.

**University of Missouri-Columbia**  
Thursday, September 20  
9:00 a.m. -2:00 p.m.

**Programs Offered:**  
Violette Hall  
Public Affairs  
Law  
MBA  
Health Management

Magruder Hall  
Plant Science  
Public Health  
Life Science

**Des Moines University**  
Thursday, September 20  
10:00 a.m. -2:00 p.m.

**Programs Offered:**  
All Located in Magruder Hall  
Osteopathic Medicine  
Podiatric Medicine  
Physician Assistant  
Physical Therapy  
Biomedical Sciences  
Anatomy  
Healthcare Administration  
Public Health

for more information visit [career.truman.edu](http://career.truman.edu)

