

Kansas State University

# Lafene's Wildcat Wellness

## Special points of interest:

- 9 healthcare providers:  
7 physicians  
1 physician assistant  
1 nurse practitioner
- 12 service areas
- Open 6 days / week

## Just for Parents — online information about:

- Health Services @ Lafene
- Meningitis Vaccination requirement
- Health Insurance

[www.k-state.edu/lafene/parent.htm](http://www.k-state.edu/lafene/parent.htm)

### Appointment Hours

General Medical Clinic:  
M-F: 8:30 am to 6:30 pm  
Saturday: 10 am to 1:30 pm

Specialty Clinics:  
M-F: 8:30 am to 11:30 am  
1:00 pm to 4:30 pm

For Appointment,  
Call 785.532.6544

## Meet the Lafene Staff

Since 1968, Lafene Health Center has been fully accredited by a nationally recognized professional healthcare accrediting organization. By maintaining this accreditation and providing quality healthcare, Lafene Health Center fulfills its mission; to offer a “comprehensive, high quality, easily accessible, affordable outpatient health care service to the student community.” The staff is here to serve you!

Lannie W. Zweimiller, M.H.A.



Lannie W. Zweimiller, MHA  
Director, Lafene Health Center

## Healthful & Safe College Life:

- Online, 3-credit course
- EDCEP 103 Topics include sexual health, nutrition and fitness, mental health, alcohol/drug/tobacco, injury prevention and illness prevention.
- Available through the Division of Continuing Education

[www.dce.ksu.edu/education/collegelife](http://www.dce.ksu.edu/education/collegelife)



Robert J. Tackett, MD  
Medical Staff Director



Wendy Blank, DO  
Women's Clinic  
Director



David M. Smith, MD  
Sports Medicine  
Clinic Director



Robert Ecklund, MD



Richard C. Jones, PA-C



Larry Moeller, MD



Evelyn Neill, ARNP



Thayer Eugene Nelson, MD



Curtis J. Wolfe, MD

## Statement Regarding the Use of Antibiotics

The physicians of Lafene Health Center, with guidance from the U.S. Centers for Disease Control & Prevention, validate the following:

**Antibiotics aren't appropriate for treatment of viral infections.** Viruses cause such illnesses as the common cold, bronchitis, most coughs and the flu.

Using **antibiotics for a viral illness will not cure the infection**, help an ill person feel better or keep others from contracting the illness.

Taking antibiotics when not needed can **cause some bacteria to become resistant** to the antibiotic. These resistant bacteria are stronger and harder to treat. A cure for resistant bacteria may require a stronger treatment only available at a hospital.

CDC source: [www.cdc.gov/drugresistance/community](http://www.cdc.gov/drugresistance/community)

Dr. Willie



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The mission of Lafene Health Center is to maintain, on the Kansas State University main campus, through the utilization of quality resources, a medical facility capable of offering a comprehensive, high quality, easily accessible, affordable outpatient health care service to the student community. In addition to the care of the sick and injured, the Center shall be a resource and an advocate for health education, promotion and wellness.

The Center shall, at all times and to the best of its ability, be responsive to the needs and concerns of the student body and general community of Kansas State University.

## Spotlight on Services ■



**Allergy and Immunization Clinic** – provides allergy & immunization injections and information for travel - international and within the US.

**Asthma Clinic** – provides comprehensive medical care for asthma patients.

**Business Office** – offers account information, health insurance & payment information.

**General Medical Clinic** – provides routine and urgent health care during clinic hours.

**Health Information Management** – maintains confidential patient medical records.

**Health Promotion** - provides leadership in health maintenance (wellness) promotion and disease/illness prevention.

**Laboratory** - collects & performs laboratory testing.

**Nutrition Counseling** – offers individual sessions with a registered dietitian about various topics, i.e., weight control, nutrition, eating disorders, medical nutrition therapy for special diets and fitness.

**Pharmacy** – provides drug information, fills prescriptions and offers prescribed and non-prescription medications for purchase.

**Physical Therapy** – treats a multitude of ailments & injuries common to college students.



**Radiology** - provides x-ray services with film interpretation by radiologist.

**Sports Medicine Clinic** - provides evaluation & treatment of sports related injuries and medical conditions, to include information and advice on injury prevention, fitness, and effects of exercise on health and disease.



**Women's Clinic** - offers care related to medical & psychosocial aspects of human sexuality, including information regarding vaccination, contraceptive choices and sexually transmitted disease testing.

## ■ Immunizations—Testing

### Required:

Meningitis (for students living in residence halls) or sign a waiver

[www.k-state.edu/lafene/meningitis.htm](http://www.k-state.edu/lafene/meningitis.htm)

### Suggested:

Tetanus-Diphtheria

MMR

Polio

Chickenpox

Hepatitis B

HPV (Gardasil®) for women

### TB Testing Required:

Tuberculosis testing is required if student has lived in a high risk country for more than 4 months.

See Lafene's web site for more information about immunizations and testing.

[www.k-state.edu/lafene](http://www.k-state.edu/lafene)

## Wildcat Wellness

is published by Health Promotion/Nutrition Counseling, Lafene Health Center. For questions about Wildcat Wellness content, call 785.532.6595.

## Student Volunteer Opportunities @ Lafene ■

### SNAC

Sensible Nutrition And body image Choices. Peer educators present to campus groups about healthy eating strategies and body image. (application required)

[www.k-state.edu/lafene/SNAC](http://www.k-state.edu/lafene/SNAC)

### SHAPE

Sexual Health Awareness Peer Educators present information about safer sex issues, disease prevention and responsible decision-making. (3 credit course)

[www.k-state.ksu/lafene/SHAPE](http://www.k-state.ksu/lafene/SHAPE)

### SHAC

Student Health Advisory Committee serves as liaison between K-State students and Lafene Health Center. (committee appointment)

[www.k-state.edu/lafene/SHAC](http://www.k-state.edu/lafene/SHAC)



