

Chronic mono virus spreads; Epstein-Barr virus burgeons

By Joeth Zucco
Staff Reporter

Chicken pox is a childhood disease and mononucleosis is an adolescent disease. Both are contagious and both are a one-time thing — at least that's what we've always been told.

The Epstein-Barr virus, discovered as the cause of infectious mononucleosis, has dispelled that comfortable myth. Chronic Epstein-Barr virus hits its victims and stays with them, destroying any chance for a normal life.

Dr. Gerald Fleischli, director of the University Health Center, said Epstein-Barr virus is known to cause infectious mononucleosis. It is in the same category of the herpes virus. Once a person is infected, he said, "the virus goes latent and stays in the system."

Recurring cases can be disabling, causing exhaustion and extreme symptoms of mono.

Fleischli said the symptoms vary: sore throat, headache, rash, aching, swollen and tender lymph nodes, and fatigue. Since there is no known cure, Fleischli said, mono is treated supportively — treating the symptoms and keeping the person going.

"We treat a lot less than goes on," he said. "We don't diagnose all that we treat."

Fleischli said most people have been infected during their lives and don't know it. Less than 15 percent of college students become infected every year. Over a four-year period, half of all college students will get mono, Fleischli said.

Carol Mitchell, communicable disease coordinator for the State Health Department, said that because of mono's contagiousness, it can be spread worldwide. The disease is related to a variety of cancers and can become serious, she said.

Fleischli said Epstein-Barr can be terminal in some cases — a ruptured spleen or brain infection — but those are rare.

Fleischli said new research is going on. In a July issue of Rolling Stone magazine, it was predicted that 12 million Americans will be infected over the next several years as compared to 270,000 AIDS cases by 1991.

The disease appears to be hitting the baby boom generation and has been termed the "Yuppie Flu." Victims of the disease include Gore Vidal, Blake Edwards and other well-knowns in Hollywood.

According to the article, most victims are between 25 and 45, are women, and are successful, educated professionals.

The article, "Journey into Fear. The Growing Nightmare of Epstein-Barr," said Epstein-Barr creates cancer cells from healthy one. One percent of victims will get cancer as a result of the disease. Exposure to the virus has jumped from 2 percent to 30 percent in the past four years, according to research.

Because it's a relatively new disease, Epstein-Barr was often mistaken for multiple sclerosis, Hodgkin's disease, leukemia, lupus, rheumatoid arthritis and heart conditions.

The author of the article, Hillary Johnson, is a victim of the disease. She described her bout with it as tumbling "into a deep, dark hole" and "spinning head over heels into blackness."

She described her affliction as an "appalling weakness." She was soon unable to walk, take a shower, brush her teeth, hold a conversation or continue her job.

Physicians and researchers foresee the disease as an "important problem." In Portland, Ore., the National CEBV Syndrome Association has received thousands of inquiries. Doctors are setting up a national CEBV surveillance network.

Munchies, music to be on plaza

From Staff Reports

Students will get a chance to drop their books and party on the plaza near Broyhill Fountain Tuesday night.

Party on the Plaza, sponsored for the third year by ASUN, will run from 7 to 10 p.m. Co-sponsor KRFX-FM will broadcast live from the north side of the Nebraska Union.

Schlotsky's Sandwich Shops, Runza Drive Inns, Colby Ridge Popcorn and Pepsi-Cola have donated food and beverages.

ASUN President Andy Pollock said he hopes the event will be repeated in the future.

"It's worked out well . . . it just gives the students a chance to kind of relax after their first couple days of classes."

The event is free to all students.

FREEWHEELIN BIKE SHOP

427 South 13th 475-0204



Featuring: Peugeot, Panasonic, and Bianchi Bikes

Expert Repairs on all makes

Plus a full line of Clothing, Packs, Cyclometers & Other Accessories

COUPON

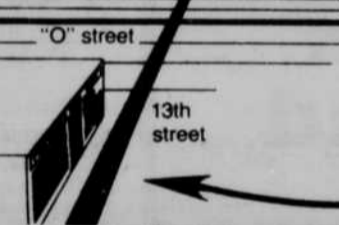
REGISTRATION DISCOUNT

Bring Your Pink Registration In, Your Discount Equals the Number of Hours You've Registered for.

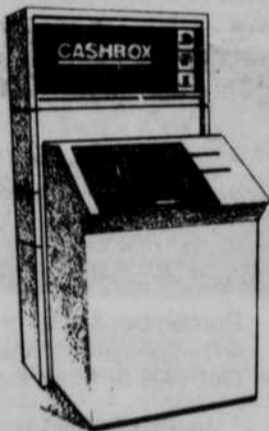
Freewheelin Bike Shop
427 So. 13th Expires Dec. 31, 1987



Love Library Located just 6 1/2 blocks south of campus on 13th Street



CONVENIENT BANKING AT THE STUDENT UNION



1. SAVE TIME

Located in the City Campus Student Union (lower level), Commercial Federal's CASHBOX lets you withdraw cash and get balance inquiries right on campus, seven days a week during building hours.

3. SERVICE + CONVENIENCE

In addition to CASHBOX right on campus, Commercial Federal offers you a network of conveniently located branches and Automated Teller Machines statewide. Deposits can be made to your account at Commercial Federal offices and other Cashboxes throughout Nebraska or you can use our convenient bank by mail service.

2. FREE BACKPACK OR T-SHIRT

Open any type of checking account and you'll receive a free backpack or T-shirt.

(Offer applies for a limited time only.)



Commercial Federal offers the financial services you need:

- Checking
- Savings
- Loans
- VISA/MasterCard

Use your Commercial Federal CASH CARD at over 16,000 Automatic Teller Machines coast-to-coast displaying these symbols:



Commercial Federal
Savings and Loan

To open an account, stop by our office at 13th and "O" Street (473-0707).

