

Symptoms of love

By Stephanie Aas



"...there is nothing like that gut wrenching, sickening oh-god-I-just want-to-throw-up, it makes your head throb and your heart reel and your stomach spin. It clouds your judgment and warps your perception of reality. It's nasty and nauseating and quite often nefarious. Just can't get enough of it."

These are the symptoms of love. According to Dr. Bernard Green, author of *Love Slaves: How to End Your Addiction to Another Person*, falling in love literally is accompanied by physiological characteristics of a person that may attract us to a potential lover, whether it be their style of clothing, their humorous charm, random quirks, or just the look about them. As a couple decides they are right for each other, certain chemicals take over in the body. It is obvious when the person is in this initial stage of love, because they walk around with light feet and a constant perma-grin. There is absolutely nothing that can bring them down, everything is viewed in a new, positive light. It is a rush that makes them feel intoxicated. People who may have been experiencing medical problems claim the pain actually disappears during this initial experience of love. This, of course, does not mean their problems are going to be permanently healed. According to Dr. Green, the love chemical is only released for a couple of years.

At this point, problems in the relationship begin to transpire. People do not realize that their love "high" only lasts a few years. Their feeling of intense love is wearing off and their intoxicated emotions regress to a neutral level. Depending on how mature the people are, the relationship can take different directions. Some people are addicted to this high, so they turn to someone else to receive it again. They might start by experimenting with flirtatious behavior and eventually cheat on their partner. The person may enjoy the feeling of their new high and seek a new relationship. The cycle starts all over.

A more mature couple manages to try new things to rekindle the intense feelings. They may talk more and spend time doing things that they each have similar interests in. According to Dr. Green, if couples continue to be affectionate, holds hands, kiss, and cuddle, they will begin to release new chemicals. One is an endorphin, the same natural tranquilizer that is given off by a runner. They come to a point where their bodies are tired and are about to give up, but an endorphin, their "second wind," kicks in, which allows them to continue.

When attempting to sustain a feeling of happiness and fulfillment in a relationship, it is necessary to remain open and be able to express your feelings. The ability to lower your defenses and open your body, heart, and mind will provide more that just simple gestures of affection. This will increase the closeness and lead to true bonding, which is the heart of intimacy.

Answers for the allergy and asthma season attack

By Jill Brayton



Pollen alert! The allergy and asthma season is upon us, and how are you going to fight it? It is hard enough to study when the weather improves, but imagine how hard it will be when your eyes are itchy and your nose won't stop running. Also, it's hard to be romantic when you're constantly sneezing and feeling miserable.

The Asthma and Allergy Clinic at the Student Health Center has the answers to your asthma and allergy problems. Dr. Richard Buck and Dr. Virginia Buck, along with their staff, are able to diagnose and treat asthma and allergy sufferers through skin tests, pulmonary function tests, immunotherapy, and medication. Students can see any physician at the Student Health Center, but for specific asthma and allergy symptoms, Dr. Richard and Virginia Buck are the physicians to consult.

There are many ways to deal with allergies. Sometimes it's possible to avoid the things which make you miserable. These helpful hints from the Allergy and Asthma Center on how to reduce allergy and asthma symptoms may help you deal with your allergy problems:

- wear a pollen mask
- damp dust your room (no feather-dusting)
- keep windows and doors closed
- wear sunglasses or eyeglasses to create a barrier (contacts don't count)
- don't let your pets sleep with you
- wash bed linens, especially your pillow case, often
- shower at night and shampoo your hair to remove pollen
- limit outdoor activity
- avoid lying in the grass

The medical term for common allergy and asthma symptoms is allergic rhinitis. Some common symptoms of allergic rhinitis include itchy, watery eyes, and runny, sneezy, stuffy noses. Allergic rhinitis affects millions of Americans and is often caused by pollen from trees, grass and weeds. Also called "hay fever", these symptoms usually subside when the weather becomes colder. For students who suffer year round, this is called perennial allergic rhinitis, and is often caused by mold spores, dust, animal dander, and mites. With allergies and asthma, students should not experience fever, as with a bacterial infection, but instead will have to endure the constant attack of itchy eyes and a runny nose until treatment is obtained.

Most sufferers experience seasonal allergies and can be treated by prescription and over-the-counter medications, but some students have

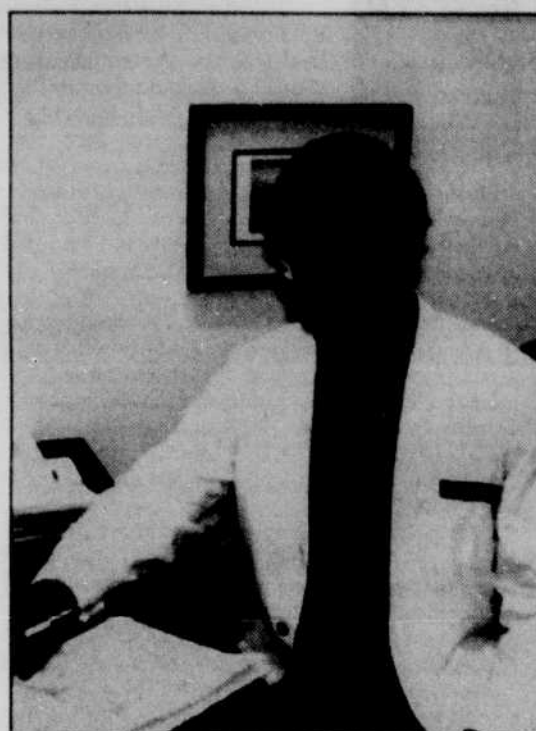


Photo by Joe Livingston

Dr. Richard Buck is one of two physicians who specialize in treating allergies at the Student Health Center.

chronic allergic symptoms that persist year round. It is this smaller group of sufferers who can benefit from skin tests and immunotherapy (allergy injections) as needed.

It is very cost effective to seek out medical care at the Student Health Center. As students, we support the Student Health Center every term with student fees. The charges for visits and health care are minimal in comparison to other clinics in town. The first time each term that a student visits the Student Health Center, there is a \$5 co-pay. After the initial visit, all office visits are free. Other chargeable items, such as lab and x-ray, are just above cost. The pharmacy, located across from the main desk, also offers medications at costs much lower than the average drug store in town. The pharmacy also gives out valuable information on prescribed and over-the-counter medications. All charges at the Student Health Center can be billed through Oregon Hall, so you do not need to have cash at the time of visit.

As bleak as the sunny spring term may be to allergy and asthma sufferers, there is help at the Asthma and Allergy Clinic in the Student Health Center. Rid yourself of the chronic symptoms of allergies and asthma so you can get out there and enjoy the spring term! For an appointment or any additional information call the Student Health Center at 346-4441.

Book Review: two books on improving intimacy in relationships

By Victoria Lambert



Are you involved in a maturing relationship? Are you looking for pointers to help enhance that relationship? Do you wish your relationship were more intimate? The Health Education Office located in the Student Health Center has a variety of books focusing on relationship issues responding to these and many other questions. I will be addressing two books in this review among the many available.

The *Centering and The Art of Intimacy Handbook* is a great way for you and your mate to get involved in the enhancement of your relationship. Through a variety of experiments and exercises, this handbook addresses the essentials of close relationships. If you think you need improvement in some areas of

your relationship, ask yourself whether any of these statements are true of your relationship:

- I desperately want my partner's approval.
- We seem to frequently get in each other's way.
- I often think my partner's upsets and strong feelings are my fault.
- I criticize or I get criticized frequently.

Do any of these sound like you? Then this handbook is a great place for you and your mate to begin enhancing your relationship.

Let's take a look at one of the exercises provided in this book. If you and your mate get stuck in "bogs" and have a hard time communicating your wants and desires, then this exercise is perfect for you. Take your partner and stand face to face with him or her. You will have a verbal ping-pong game in which you'll take turns completing the following sentences out loud:

- "How it is, is _____"
- "What I want is _____"

Complete both sentences before your partner's turn. Begin with the realm of

"stuff" such as cars, appliances, toys, etc. Here is an example:

- "How it is, is I have a black and white television that is too small for entertaining."

- "What I want is a 19 inch, Sony, color television."

Exchange four or five rounds of "stuff" and move on to the realm of your relationship. Look at emotions, time together, handling chores, etc., and exchange four or five rounds. Then move onto the liveliest areas, such as sex and money. For example:

- "How it is, is I usually feel too tired at night to make love."

- "What I want is to make love during the day when I have more energy."

According to Hendrick's Handbook, couples find that communication becomes easier with a little practice in knowing how to effectively express their desires and wants to one another.

Another good book we have available in the Health Education Room is *Getting The Love You Want*. This book, by Harville Hendrix, is a guide for married couples through what Hendrix calls the "unconscious" marriage and the "conscious" marriage. In the unconscious

marriage, Hendrix addresses the mystery of attraction, childhood wounds, power struggles, romantic love, and more. In the conscious marriage he discusses the importance of creating safety zones, increasing the knowledge of yourself and

your partner, containing your rage, and he looks at a portrait of two marriages. Exercises are provided to help couples work toward a more conscious, effective marriage. It is the author's hope to help couples transform their relationship into a lasting source of love and companionship.

These excellent books are only two out of the many available in the Health Education room. They can be checked out for a two week time period by University of Oregon students. Other topics of interest may include nutrition, fitness, substance abuse, mental health, and sexuality. If you have any questions about services the Health Education Office provides please call us at 346-4456.

