

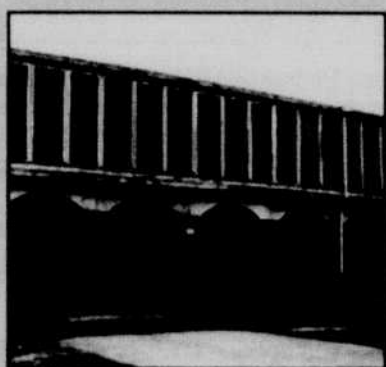


INSIDE

**Are you covered?**

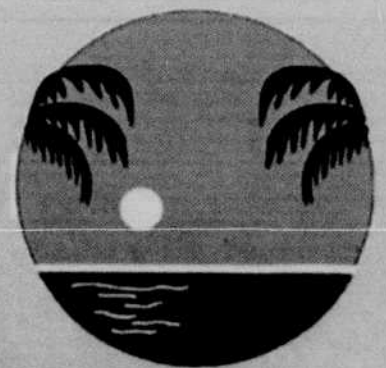
If you're worried about health insurance, take our crash course! Look inside for information on two insurance plans offered by the Student Health Center.

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**Health Center History**

The Student Health Center is not only unique, but historic. Ellen Tone-Breslin takes a look at our campus' health service then and now.

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**Healthy Trails**

Planning to travel soon? Check with the Student Health Center Travel Clinic for your pre-travel health care needs.

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Shedding light on the Winter Blues

By Cassie Salewske



Have you caught yourself grabbing an extra candy bar lately, staying indoors more often, being less friendly, or feeling that post-

holiday depression? If so, you certainly aren't the only one.

A common trait among many university students seems to be a general case of the blues during the winter months. Symptoms can include fatigue, inability to concentrate, difficulty making decisions, crying spells, irritability, weight loss or gain, problems with sleeping, and feelings of hopelessness or restlessness. While having one or more of these symptoms

may not mean you are clinically depressed, you could still be "under the weather," quite literally.

According to the authors of *Beating the College Blues*, Paul Grayson and Philip Meilman, researchers have actually found that in colder climates, "perhaps five percent of the population have a rather serious form of depression during the winter, while an additional twenty percent suffer mild depressive symptoms." Patients with more serious cases are diagnosed as having what is called Seasonal Affective Disorder (SAD). Common symptoms of SAD are described as "chronically depressed mood, social withdrawal, excessive sleep and a voracious appetite that leads to weight gain."

Combat depression

The best methods available to combat

depression are allowing yourself breaks from your routine: take time out to relax and unwind. Staying healthy is extremely important, so be sure to eat a more balanced diet, and exercise regularly. A healthy body helps to create a healthy mind. Seek support if you need to, either from a trusted friend or a professional.

The Counseling Center helps

The Counseling Center at the University of Oregon is a great and affordable resource for students who would like some help or guidance. Eight full-time therapists are available, as well as peer support groups, focusing on a variety of concerns. The Counseling Center is located on the second floor of the Student Health Center, at 13th and Agate streets. Walk-in hours are five days a week. Call 346-3227 for more information.

Exercising in the cold

Is there a limit?

By Jess Knox



As the brisk wet days continue their grip on Eugene, many students think about settling back in their homes or dorms and hibernating. Others start

praying for colder and snowier weather and thinking about the wonderful winter sports to be had, such as snow boarding, alpine and Nordic skiing. Some questions come to mind: Is there a limit to the temperature and elements when it is definitely time to stay home and turn up the heat? How can I keep safe from such injuries as frostbite and hypothermia?

Things to keep in mind

When thinking about staying safe in the frigid elements, one myth has often stirred about. This is the idea that no matter how warmly you dress you can get painful illnesses in the lungs such as frostbite. This proves to be no more than a myth. Permanent lung damage may not be a risk, and a person can theoretically exercise no matter how cold the weather. A logical tactic is to use a scarf or other covering to shield your nose and mouth to warm the air. Another good tactic, if you are snow camping, is to keep your face outside of your sleeping bag so the moisture from breathing doesn't condense in the bag and cause cold wetness.

When deciding whether to exercise in the cold, one must consider not only the

temperature, but also the wind chill factor. Wind can easily drop a cold -5° F day to a frigid -25° to -40° F day. Wetness makes this cold windy day even more unbearable. It can nullify the insulation in even high-priced "Tex" clothing and increase the risk for frostbite.

Injuries and chronic illnesses also can raise the risks for these outdoor activities. Injuries are more common in the cold, not just because of slippery surfaces that cause many of us to tumble easily, but because ligaments and joints become stiffer and more prone to injury. If you sustain an injury in the cold weather, the body sends much of its blood flow toward the injury, thus making it harder to stay warm. After sustaining an injury you should immediately put on more clothing and try to continue moving as much as possible without further damaging yourself. Chronic illnesses such as asthma can be a nuisance in everyday life, and can be unbearable while exercising in cold weather. Warming up for a half an hour before exercising and using prescribed inhalants can help to fight the onset of asthma attacks.

Shake the Blues

Frostbite is the most common injury in the

cold weather and there are four different stages of increasing damage to the skin tissue. The time between the shifting from one stage to the next is very short. A key in detecting frostbite early is an uncomfortable tingling feeling followed by a warm sensation in the affected area. One should seek shelter from the elements as soon as possible to warm the frostbitten area. Seek medical assistance as soon as possible, for the correct warming techniques can be very critical so as to not damage the area more extensively. Although frostbite may seem to some as a minor injury, permanent damage can be caused and the treatment is long and painful.

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Healthy food is a lifestyle question

By April Ollivier

Have you ever heard the saying, "You are what you eat?" This is good news for those who study labels containing nutritional facts, avoid fat, sodium, cholesterol, and a constantly evolving list of other undesirable food additives and byproducts. Unfortunately, others aren't as attentive to what they put in their bodies. Or maybe they just feel confused by all the news reports and advertisements constantly grabbing for their attention. Take this

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