



No More Ifs, Ands, or Butts

Acupuncture treatment is one of the many events planned to help students quit smoking during the Great American Smokeout



By Amy Erenberger

Perhaps you are a smoker who is tired of the addict in you. Maybe you have missed too many classes due to a lingering cough, or spent too much money on those neatly packaged boxes containing twenty little cylinders of tobacco. Perhaps friends have asked you to exhale elsewhere or you don't like the way your breath or clothes smell. You might even be concerned about your future, knowing that smoking is responsible for about 30% of all cancer deaths in the U.S. Whatever the reason, it is time to quit.

The Great American Smokeout is a great day to do it. It is an annual event and this year it falls on November 21st. This day is set aside to increase awareness about the health hazards of cigarette smoke and the options for quitting. For many, it is a day to test their willpower and go without a smoke. For some, it will mark a new beginning.

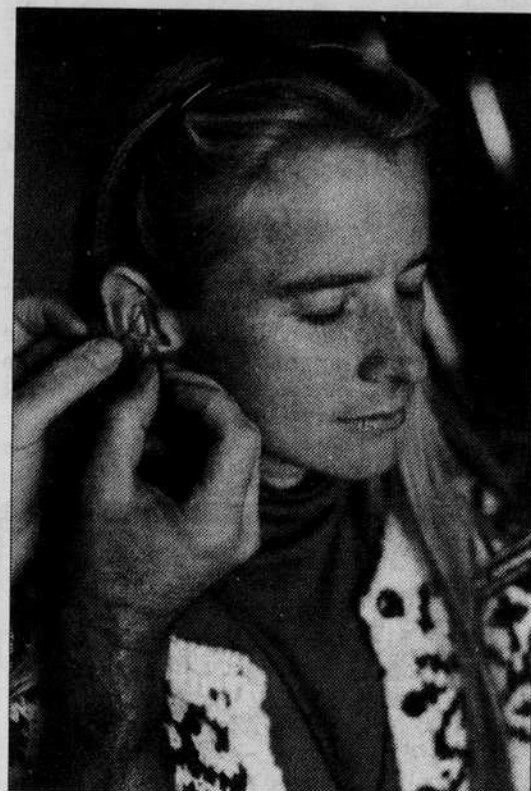
This year, the Student Health Center (SHC) will be offering a new tool for students who would like to quit smoking: acupuncture. Tom Williams, a licensed Acupuncturist who works in his own private practice and with Whitebird clinic, will be offering the treatment. Five thin, disposable needles

are inserted into the outer ear and left there for 45 minutes.

The treatment helps the body to detoxify and it has a calming effect on the nervous system. Endorphins are released, lessening the craving and irritability associated with withdrawal from nicotine. After receiving a treatment, many find that the cigarette has an unpleasant taste or they experience light-headedness or nausea. Williams explains, "On some level, the body understands that cigarette smoke in the respiratory passages is toxic. Acupuncture reawakens that innate intelligence."

Because the treatment lessens cravings, the greatest benefit occurs during the first 48-72 hours after quitting. Therefore, three treatments in three days are recommended. Williams will be offering this service to UO students at the Student Health Center on November 20, 21, and 22.

UO students can register for all three treatments, by visiting the Health Education Room in the SHC or calling 346-4456. Space is limited to 15 people so only those who are serious about quitting should call. Williams is volunteering his services and the treatments are offered on a donation basis.



Tom Williams, Licensed Acupuncturist, demonstrates treatment for smoking cessation with Annie Dochnahl of the Health Education Program.

All proceeds will benefit the American Cancer Society and the recommended donation is \$30.00 (That's approximately 15 days of cigarettes at a pack a day.). Normally, acupuncture treatment for smoking cessation costs \$96.00.

World AIDS Day 1996

"One world. One Hope."



By Lorri Wilson

On December 1, 1996, millions of people from all around the world will observe World AIDS Day for the ninth time. The

theme of this year's event, "One World. One Hope," sends out the message that we are all in this struggle together. It also conveys a sense of optimism that we can fight AIDS together and win. AIDS is not a problem affecting only the United States, but every single country on the planet. It does not discriminate on the basis of race, sex, age, class or sexual orientation. AIDS is an equal opportunity destroyer; it won't affect you because of who you are or who you aren't.

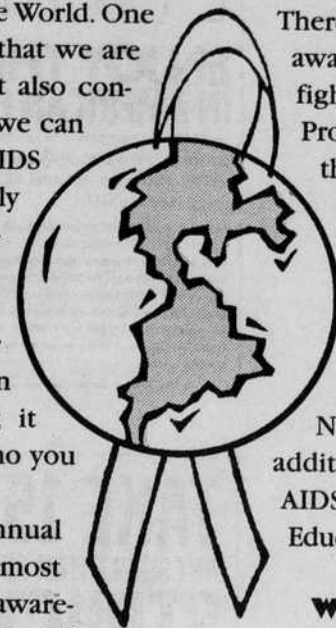
World AIDS Day is an annual event that is recognized in most countries. Its goal is to raise awareness of HIV and AIDS, to provide information about prevention, to improve care for people living with HIV/AIDS, and to fight denial and discrimination. It provides an opportunity to think about the 22 million people around the world that are living with the infection, and to remember the millions who have already died. Some of the activities

that traditionally take place are: candlelight vigils and marches, street theater, poetry recitals, art exhibits, marathon runs, bicycle races, and concerts.

Today, a cure or a vaccination for AIDS does not appear to be on the horizon.

Therefore, prevention education and awareness are critical tools in the fight to defeat this syndrome. Promoting condom usage, limiting the number of one's sexual partners, being tested, and knowing the risks are just some of those tools.

The University has a full schedule of events planned around World AIDS Day on November 26. For questions or additional information about World AIDS Day, please call the Health Education room at 346-4456.



World AIDS Day Events

Please join the Health Education Program on Tuesday, November 26th from 12:00-2:00 in the EMU Courtyard as we commemorate World AIDS Day. We will honor this occasion with music, theater, and HIV positive speakers, as well as with a "tree of life" decorated with ribbons and messages of hope.

Peer Health Counselors: A Cross Between a Friend and a Professional

Wondering how nutritious your diet is? Need help managing the stresses associated with being a student? Wanting to know how to incorporate an appropriate fitness program into your schedule? The Peer Health Counselors of the Student Health Center (SHC) can help you find the answers.

Peer Health Counselors are students who specialize in one or more of the following topics: nutrition, weight and stress management, sexuality, substance abuse, smoking cessation, and fitness. They are trained to help fellow students to establish achievable goals and to provide accurate information and support. Additional benefits to clients include access to a lending library, assistance in locating other support, or simply the assurance of being heard and understood by a non-judgmental listener.

One client says she sought out a Peer Health Counselor because, "I was interested in receiving nutritional advice from someone my age as opposed to a doctor or nurse. I thought [the Peer Health Counselor] would understand me better." When asked if she would recommend the service to others, she replied, "Yes. It's a great medium between a busy professional and a well-meaning, but uninformed, friend."

To make a free, 45-minute appointment to talk with a Peer Health Counselor, stop by or call the Health Education room in the Student Health Center at 346-4456. Exploring important issues with a caring counselor can be a catalyst for launching healthy life changes!

Become a Peer Health Educator

The Peer Health Education Program offers opportunities for students to explore a variety of college health issues with other motivated peers.

TO APPLY, stop by or call the Health Education Office in the Student Health Center at 346-4456



Cholesterol - Why YOU Should Care



By Melanie Weber

Do you know what your cholesterol level is? Chances are, you don't, but you should. The National Cholesterol Education Program recommends a first cholesterol test by age 20, with follow-ups at least once every five years. Luckily, UO students can find out their cholesterol level every

Tuesday, 9:30 a.m.-11:30 a.m., in the Student Health Center. "It's very quick, very easy, painless, and best of all, it's free," says Robin Weber, a UO student who recently had her cholesterol checked.



UO student Wendy Fuller looks up triumphantly after a successful blood draw for cholesterol screening.

Why should you know your cholesterol level? Recent evidence shows that cholesterol begins to accumulate in the arteries around the age of 20. High cholesterol increases your risk of developing heart disease. The higher your cholesterol, the greater your risk. And heart disease is the number one killer of men and women in the United States. Fortunately, according to Kristen Olmos, Nutritionist at the Student Health Center, "Blood cholesterol is one three major risk factors for heart disease that is easily modified."

If your cholesterol is high, the reasons are often simple: a high fat and low fiber diet, smoking, excess body weight, or physical inactivity.

Here are some simple suggestions to decrease your risk of heart disease:

- replace saturated fats with monounsaturated and polyunsaturated fats such as canola and safflower oils;
- limit your intake of high cholesterol foods such as eggs, butter, and fatty meats;
- increase your intake of soluble fiber foods such as oats, beans, and fruits;
- increase your intake of complex carbohydrates, including root vegetables, grains, and beans;
- exercise 3-5 times a week for at least 30 minutes to decrease total cholesterol and weight;

If you would like more information about cholesterol, nutrition, or general health issues, please stop or call by the Peer Health Education Room in the Student Health Center at 346-4456. We have a lending library and offer individual peer counseling.

Every year, almost half a million Americans die of heart attacks. By knowing and controlling your cholesterol, you will reduce your risk. The sooner you get started, the better.

Great American SMOKEOUT

November 21, 1996

Buddy Up!

Two smokers or a smoker and a nonsmoker pair up to provide encouragement to quit for 24 hours during the Smokeout. Buddies receive support materials and 2 raffle tickets for the price of 1. To sign-up, stop by the Health Education room in the Student Health Center.

Acupuncture Treatment for Smoking Cessation

November 20, 21, and 22, 1996
Tom Williams, Licensed Acupuncturist, is offering three treatments in three days. The treatments are offered on a donation basis (\$30.00 recommended) and proceeds benefit American Cancer Society (ACS). To register, stop by the Health Education room in the Student Health Center. Available to UO students only.

Walk for Life

November 21, 1996
Participants (smokers and nonsmokers alike) will walk the stairs of PLC—all nine flights! The winner will receive FREE cross-country ski lessons from the River House Outdoor Program. A small entry fee includes a raffle ticket and all proceeds benefit ACS. To participate, meet at 3:00 p.m. on November 21, outside 180 PLC.

Quitters Are Winners! Raffle

Drawing: November 22, 1996
Anyone can enter to win prizes donated by area businesses, including Oregon West, Gold's Gym, Crux Rock Gym, Osen's Hot Tubs, Blue Heron Bicycles, Face the Music, Sundance Natural Foods, Humble Bagels, West Moon Clothing Co., and more! All proceeds benefit ACS.

To enter, stop by the Health Education room in the Student Health Center.



Student Health Center
Health Education Program

No-Diet Weight Loss—Is It Worth the Risk?



By Dennis Morrisroe

Would you believe it if someone told you that it was possible to lose 10 to 20 pounds in a matter of weeks without intense exercise or a drastic diet? How tempted would you be if all you had to do was to swallow one small pill a day? Sound too good to be true? Read on.

The FDA recently approved the drug dexfenfluramine, marketed as Redux, for prescription use. It is a purified form of an older drug, fenfluramine, that has been used for years in combination with a stimulant called phentermine. This "fen/phen" pair has been extremely successful in helping severely obese people to lose some of their dangerously high amounts of body fat.

Redux and the fen/phen combination both work by causing brain cells to release a chemical called serotonin. Besides helping to control a person's moods and sleep cycles, serotonin also controls that full feeling that results when a person has eaten enough food. The serotonin release caused by these drugs causes a body to think it is full and shuts down the appetite. The result is that people are just not hungry, eat minimal amounts of food, and rapid weight loss follows.

The fine print

This all sounds remarkably simple, but what if you knew that fen/phen can cause drowsiness, depression, headaches, dry mouth, and diarrhea? Redux may lead to a condition called primary pulmonary hypertension which can require lung transplants or cause death. Both types of drugs may cause permanent brain damage as well. For a person who is only mildly overweight, these risks far outweigh the benefits of dropping a few pounds. However, for the severely obese who are at high risk for cardiovascular disease, diabetes, and other medical conditions due to their weight, taking these drugs may be worth the risk. Redux may give them the life-saving assistance they need.

Where does this leave the average person who only wants to trim off 10-15 pounds? Exercise, a healthy low-fat diet, and lifestyle changes offer long-term results without any of the detrimental side effects of prescription drugs. The Peer Health Educators in the Student Health Center can offer information and individual counseling on how to lose weight safely and permanently. Call 346-4456 to schedule an appointment or for more information.



STUDENT
HEALTH
CENTER
HOURS

MON, WED,
THUR, FRI,
and SAT
8AM - 6PM
TUE
9AM-6PM
SUN
10AM - 6PM

STUDENT HEALTH CENTER • 13TH & AGATE • 346-2770 • <http://darkwing.uoregon.edu/~UOSHC/>