

Fabulous Factoids

Love that orange stuff behind your ears...The odor of pumpkin pies combined with the scent of lavender is said to be more sexually stimulating for men than musk or oriental spice.

Plus it makes the lettuce and tomato soggy...One cup of whole milk has more calories and saturated fat than four strips of bacon.

Girth and worth...82 percent of people in a magazine poll said they'd rather get rich than be thin.

Hand jive...percentage of rock climbers who suffer wrist and hand injuries from overuse: 47.

And if you lose count, you have to start over...Number of situps you'd have to do to lose one pound of fat: 14,000.

Giant sloths...percentage of pet owners who say their pets get more exercise than they do: 52.

Another reason to avoid morning classes...A University of Texas researcher claims mental performance and strength peak at 3 p.m.

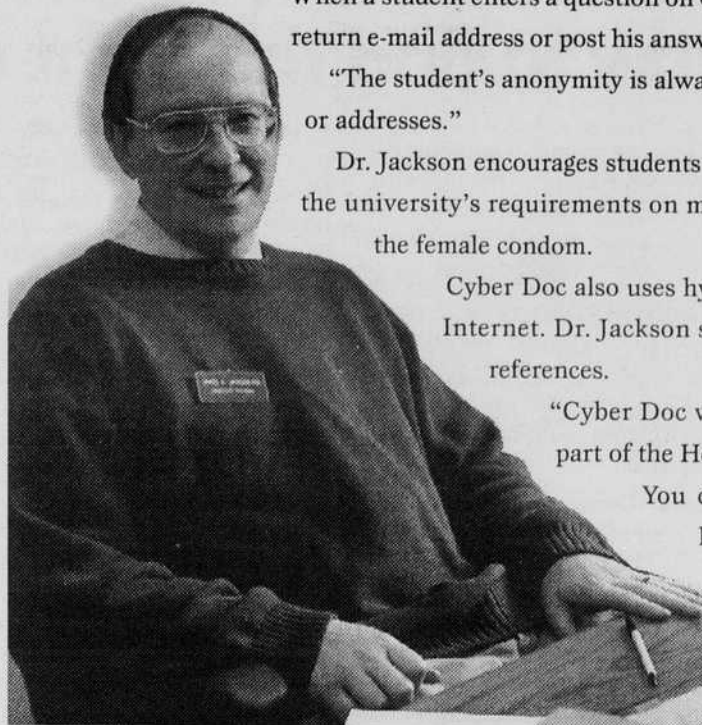
Lay techs...Experts who study these things say latex condoms break 2 percent of the time, while polyurethane condoms break 7 to 9 percent of the time.

UO physician goes on-line for students

"Could academic stress cause my hair to fall out?"
"Can I get a patch to help me quit smoking?"
"What should I do if I have unprotected sex?"

Questions like these — and many others that are even more personal — can now be answered on-line, thanks to the efforts of Dr. James Jackson of the Health Center.

Dr. Jackson has spent the last year, much on his own time, developing an interactive, question-and-answer program called Cyber Doc.



James Jackson: The Doc behind Cyber Doc

When a student enters a question on Cyber Doc, Dr. Jackson will either send a direct response via the return e-mail address or post his answer in the Health Forum section of the Health Center's web page.

"The student's anonymity is always maintained," Dr. Jackson says. "I never reveal e-mail names or addresses."

Dr. Jackson encourages students to use the program to ask health questions of all sorts — from the university's requirements on measles vaccinations to the proper insertion and placement of the female condom.

Cyber Doc also uses hyperlinks to other medical and health-related locations on the Internet. Dr. Jackson says these links allow Cyber Doc users quick access to other references.

"Cyber Doc was created for students and faculty," Dr. Jackson says. "It's part of the Health Center's overall mission of service to the university."

You can reach Cyber Doc on the Health Center's web page at: <http://darkwing.uoregon.edu/~uoshc/>.

Students can also talk to other students and receive helpful information by contacting the Peer Health Educators on duty at the Health Center from 9 a.m. to 3 p.m. Monday through Friday, or by calling 346-4456.

—Lisa Meneely

Peer educator 'saves lives'

Melissa Crown believes she saves lives.

A third-term peer health educator in the Health Center, Melissa is one of twenty peer health educators who assist students with all types of health-related concerns.

For Melissa, arming students with correct information about sexually related topics is the most important thing she does. "Helping one person, informing them about safer sex, is saving a life," she says.

Melissa works out of the peer health education room located near Area B in the the Health Center. She organizes and gives presentations to campus groups, answers walk-in questions, and recently began giving presentations in area high schools.

"I've learned so much about health," Melissa says. "Plus speaking and giving presentations are invaluable experiences to put on



Peer Health jewel Melissa Crown

my resume."

Melissa even gets phone calls at home from friends asking for advice. One woman called recently and said that her younger brother was engaged in intercourse when his condom broke.

"They were all upset," Melissa says. "I asked if they had considered a morning-after pill, which they didn't know about."

She continues, "People want to do the right thing, but sometimes they're just not completely knowing. That's where we peer health educators come in."

Peer health educators provide support for students in a variety of areas, depending on the educator's individual interests, ranging from safer sex to nutrition to outdoor recreation to stress and rainy-day blahs.

To contact a peer health educator, or for information about becoming one, call the Health Center at 346-4456, or stop by.

—Matthew O'Brien

Clip and save...

Health Center hours:
Mon., and Wed.-Sat.: 8am to 6pm
Tuesday: 9am to 6pm
Sunday: 10am to 6pm

Phone...

Appointments: . . . 346-2770
Dental: 346-4432
Pharmacy: 346-4454
Physical Therapy: . . 346-4401
Insurance: 346-3702
Urgent Care: 346-2770.
Women's Clinic: . . . 346-4449
Health Education: . . 346-4456
Peer Health: 346-4456
General: 346-4441

On-line:

<http://darkwing.uoregon.edu/uoshc/>