

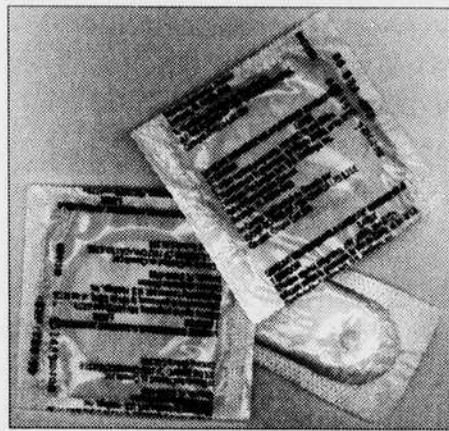
Large, medium, small or does one size fit all?

I saw something a few years ago at a safer sex presentation that I still remember to this day. One of the presenters did a demonstration where she took a condom, stretched it over her head, blew it up, took it off, tied it like a balloon and said, "If his penis is bigger than this, you may want to reconsider having sex with him!"

More recently, I have heard stories about men who refuse wearing condoms because they claim that they don't fit well. So, having the image of the condom on the girl's head, I wanted to find out whether larger condoms are based on reality or just an ego booster for men. I decided to ask around the Health Center.

I found out that some men do find normal condoms too tight, and whether it is just psychological or not, this can result in a loss of erection. On the other hand, at the pharmacy I was told that the average condom stretches big enough to fit over the average penis. So, why the bigger

sizes? I got a smile that seemed to confirm my suspicion that they are purely ego boosters. After all, the difference between the smallest condoms (181 x 52 mm) and the largest (214 x 56mm) is only 4mm!



Nonetheless, bigger sizes may be more comfortable for some, and if larger condoms encourage practicing safer sex, then all power to the more endowed!

Thus, if the size of the condom is preventing you from practicing safer sex, have no fear. Larger sizes, such as Trojan Magnum and Trojan Enz Large, are available at most drug stores.

Remember, it's a matter of protecting your health as well as your pride. So, don't have sex without them!

If you are interested in more information on sexually transmitted infections, safer sex or other health issues, come visit the Peer Health Education Office in the Health Center, or call 346-4456.

— Marika Wolfe

Pharmacy stocks herbal alternatives

If there's one thing that's cool about Eugene, is its openness to progressive ideas. This is true for the University Health Center as well.

The Health Center's pharmacy now carries a variety of herbal medicines, from acidophilus to zinc lozenges and echinecia as well as traditional "Western" medicines.

This is the result of many student requests the pharmacy has received. In fact, Heather Wilson, one of four registered pharmacists at the Health Center, attended a seminar in botanical medicine certified by the American Council of Pharmaceutical Education.

The pharmacy also has a subscription to a well-known review of natural products that includes detailed infor-

mation on the history, botany, chemistry, pharmacology, and toxicology of numerous natural products.

After speaking with Heather, I could see she was excited about botanical medicine and that her goal is to learn more. "There's a science to it," she says, though with some caution.

That's because the FDA does not regulate any of these products, and it is difficult to standardize quality.

For example, the 1995 "Consumer Reports" tested 10 brands of ginseng and found surprising results.

One national brand claimed to contain 100 mg. of ginseng, but tests showed it contained just 3 mg. of ginsenosides, the active ingredient in ginseng.



The pharmacy's solution has been to purchase herbal products only from reputable sources.

Another problem is that evidence supporting the benefits of herbal medicine is often purely anecdotal. Of course, it is hundreds, perhaps thousands, of years' worth of anecdotes that have led some scientists to believe in the possible validity of some of these products.

The pharmacy is an excellent source of information about herbal medicine — and more traditional medicine — and you can check out the list of the natural products they carry.

One other very important thing: You'll notice that their prices are usually cheaper than retail store prices. Call the pharmacy at 346-4454

— Terri Samson

WORKSHOPS FALL '97

Smoking Cessation

Wednesdays, 3:00-4:00 p.m.

October 22-December 3

Health Center Medical Library

Quit smoking this term and Celebrate the Great American Smokeout! This 7 week workshop is open to those who want to quit and those who have already quit. Identify triggers to smoke, learn to overcome urges, adopt alternative behaviors, and address fears about possible weight gain.

Relaxation Series

Thursdays, 4:00-5:00 p.m.

October 7-December 2

Health Center Medical Library

Give yourself a break at this relaxation drop-in series. Learn about and experience a variety of techniques such as progressive relaxation, yoga and meditation.

Easy Vegetarian Gourmet Cooking

Mondays, 4:00-5:30 p.m.

October 20-November 3

Health Center Cafeteria

Learn about and prepare quick and healthy meals, which feature some of the best recipes from Moosewood Cookbook series. Come ready to cook and dine.

Weight Management

Thursdays, 4:00-5:00 p.m.

October 23-November 20

Health Center Cafeteria

Increase energy, motivation and enthusiasm for life! Heighten self-confidence and learn habits for becoming physically and mentally fit including nutrition, cooking and exercise tips.

Call 345-4456 to register or stop by the Health Education Office on the first floor of the Health Center.

UNIVERSITY
HEALTH CENTER
We're a matter of degrees

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/>