

HEALTH NEWS

Heart disease not just for men

Estrogen may offer protection from heart disease before, but not after, menopause

By Kari Thorene
Higher Education Reporter

The media is awash with stories of women and heart disease — a health concern typically associated with the gray-flannel professional man. Once considered a problem for upper-class men, heart disease is now understood as an equal-opportunity health risk.

We now know that five times as many women die from heart disease as from breast cancer annually, and women account for nearly half of the 520,000 annual deaths from heart disease.

It also turns out that women have unique risks and advantages when it comes to heart disease, mostly because of the abundance of the hor-

mone estrogen.

Heart disease refers to the hardening of arteries through plaque buildup inside the walls, which can lead to part of the heart being shut off from the rest of the circulatory system (a heart attack), or partial blockage, that can lead to chest pain.

According to the Mayo Clinic, estrogen "appears to offer protection against coronary heart disease" because it increases the level of good cholesterol and decreases the level of bad cholesterol.

However, as both the Mayo Clinic and the Texas Heart Institute point out, the special protection that estrogen offers women disappears entirely after menopause. That's why women develop the disease later in life than men and why the ratio of healthy women compared to those with heart disease increases dramatically in older women: One in nine women aged 45 to 64 have heart disease, and one in three women over

the age of 65 have it, according to the Mayo Clinic.

Because the protection falls away at menopause, the Mayo Clinic and the Texas Heart Institute recommend adopting healthy behaviors early to avoid heart disease later. Their suggestions include keeping a healthy cholesterol level, quitting smoking, limiting daily caloric intake of fat to 30 percent, exercising regularly and watching your weight.

The flip side to the advantages estrogen offers women are the unique risks. According to the Texas Heart Institute, oral contraceptives (birth control pills) may raise blood pressure, blood sugar and blood fat. They may also increase the risk of clot formation.

Diabetic women need to be aware of heart disease because they have twice the risk of cardiovascular death than diabetic men, according to the Texas Heart Institute.

COMMUNITY BRIEFS

Visual artists needed for EMU art project

The Oregon Arts Commission has announced a request for qualified artists for a public art project at the EMU.

Emerging and established visual artists and art teams working in all media are eligible. Artist qualifications will be reviewed for interior and exterior sites by a selection committee composed of University and community representatives.

Applications will be accepted

until March 6.

A short list of semi-finalists will be invited to submit a specific proposal for the artwork project and will be paid a design fee.

Interested artists can call (503) 986-0085 or (800) 233-3306.

Event to raise money for Womenspace

The 19th annual Womenspace Lap-a-Thon will take place March 7 to help fund emergency services for battered women and children.

Participants can run, walk,

swim, work out or do aerobics to help raise money for victims of domestic violence. Participants are encouraged to collect pledges. T-shirts and a soak at Onsen Hot Tubs are the prizes for those who collect the most pledges.

Those who take part can swim at any one of five area pools. Participants can also work out at the Downtown Athletic Club or Better Bodies through March 7. Also included is an aerobics class at Oakway Fitness Center from 10 a.m. to noon. Call 485-8232 for more information.

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MARCH CONCERTS

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For more information on School of Music events, call 346-5678, or call Guardline at 485-2000, ext. 2533 for a taped message.

Mon. OREGON PERCUSSION ENSEMBLE

3/2 UO Ensemble 8 p.m., Beall Hall
\$5 General Admission, \$3 students & senior citizens

Wed. TAPESTRY Celestial Light: Music of Hildegard

3/4 Early-music vocal ensemble performs music of medieval composer Hildegard von Bingen. 8 p.m., Beall Hall
\$7 General Admission, \$4 students & senior citizens

Thu. UO WOMEN'S CHORUS, MEN'S CHORUS

3/5 UO Choral Ensembles 8 p.m., Beall Hall
FREE Admission

Fri. THE JAZZ CAFE

3/6 UO Jazz Combos 8 p.m., Gerlinger Alumni Lounge
\$5 General Admission, \$3 students & senior citizens

Sat. HIGH-VOLTAGE MUSIC

3/7 Children's Concert Series 10:30 & 11:30 a.m., Room 198
\$3 adults, \$2 children & students, or \$5 for a family

Sat. FUTURE MUSIC OREGON

3/7 UO Computer Music Center 8 p.m., Room 198 Music
\$5 General Admission, \$3 students & senior citizens

Sun. UNIVERSITY PERCUSSION ENSEMBLE

3/8 UO Ensemble Noon, Room 198 Music
\$5 General Admission, \$3 students & senior citizens

Sun. UNIVERSITY SINGERS, CHAMBER CHOIR, and COLLEGIUM MUSICUM

3/8 UO Choral Ensembles 6 p.m., Beall Hall
\$5 General Admission, \$3 students & senior citizens

Tue. ANI & IDA KAVAFIAN, Violin/Viola

3/10 with Jonathan Feldman, piano
Chamber Music Series 8 p.m., Beall Hall
Reserved seats \$8, \$18, \$22, available at the Hult Center (682-5000); student rush \$9, \$5 at the door.

Wed. DANCE QUARTERLY

3/11 Preview of works-in-progress by dance students & faculty.
7 p.m., Dougherty Dance Theater FREE Admission

Wed. UO SYMPHONIC BAND & CAMPUS BAND

3/11 UO Ensembles 8 p.m., Beall Hall
\$5 General Admission, \$3 students & senior citizens

Thu. JEFFREY WILLIAMS, Trombone

3/12 GREGORY MASON, Piano
UO Faculty Artist Series 8 p.m., Beall Hall
\$7 General Admission, \$4 students & senior citizens

Fri. OREGON JAZZ ENSEMBLE & LAB BANDS

3/13 with Guest Artist Conrad Herwig, trombone
UO Ensembles & Guest Artist 8 p.m., Beall Hall
\$5 General Admission, \$3 students & senior citizens

Sat. CLARINET DAY

3/14 All-day workshop for clarinet players.
For information, call 346-3772.

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