

CULTURE SHOCK

helping international students cope

The class is heatedly discussing some interesting topic. The American students are readily giving their opinions. But one person is not: an international student.

She understands what's being said. It's just that she's not sure of her English. Nor is she used to discussions, because in her country most classes are lectures.

She feels nervous and isolated. After class she regrets she didn't participate.

She needs to talk with someone—but her family is far away, besides which, international phone calls are expensive.

She starts feeling even more depressed.

Many international students feel this way at some time. It's called "culture shock"—the loss of emotional equilibrium that people suffer moving from a familiar environment, where they functioned easily and successfully, to one where they do not.

Changing food, sleep, friendships, family, language, clothing, climate, and many other factors are all things international students must adapt to every day.

In doing so, they may feel any number of emotional states—*anxiety, stress, frustration, helplessness, insomnia, a feeling of being rejected or laughed at, homesickness, judgementalism, alienation* and so on.

It can be very difficult.

From my experience, the best thing other students can do for international students is to help them feel understood. You don't have to do anything special, just listen to them patiently.

Chances are, just being listened to and understood will relieve their stress a lot.

And remember that most international students are aware that culture shock isn't all negative. It can be a very powerful and personal form of learning that provides new perspectives, attitudes, and behaviors.

Eventually, the student who never spoke in class can gain her/his confidence, and when she/he graduates, she/he will use that confidence her entire life.

International students are reminded that Counseling Center offers counseling services to help students adapt to their new surroundings. The Counseling Center provides individual psychotherapy, marital counseling, and emergency counseling that's strictly confidential. Call 346-3227 for an appointment.

—Tomoko Nakamura

KEYS TO BONE HEALTH

there's no to-marrow

Now is the time to build them bones. According to the College Eating Index, a survey of more than 500 American college students, 98% are concerned with their health. However, the dietary habits of most college students portray an entirely different story, especially when we observe, for example, the nutritional value in our drinks. Have you noticed that college students go from drinking coffee in the morning to soda in the afternoon and then beer at night? These drinks can be loaded with calories and do not provide us with any nutritional value. Because many of us have replaced the glasses of milk from our childhood with mochas, soda, and beer, we are deficient of important nutrients, like calcium.

It is recommended by the National Institute of Health that we receive 1,200 to 1,500mg of calcium in our daily diet. Unfortunately, over 80% of college-age women, and about 50% of college-age men, do not meet this recommendation. These inefficient levels of calcium intake can seriously affect our future bone health. Most of us are familiar with osteoporosis as a bone thinning disease. However, many of us are not aware of its impact until it is too late. In reality, the risk of suffering from osteoporosis exceeds the risk of heart disease for women over the age of 50, and more people break their hips each year than sustain a stroke. And don't think that you guys are immune. Osteoporosis can affect anyone. Even at our age, there are clear risk factors. Young adults need to be aware that they have a limited time to build bones.

Although puberty is the most crucial time to establish a strong bone structure, one can continue

to increase bone density until the age of 30. In other words, what we do now can greatly influence our risk of developing osteoporosis as we age. We all know that milk is a ready and convenient source of calcium but some of us have cut milk from our diets because we simply do not like milk, we are lactose intolerant, don't want the extra calories, or would prefer a drink with either caffeine or alcohol in it. Whatever the reason, most college students no longer even drink one glass of milk a day. Although milk is an ideal source of calcium because it also contains vitamin D, which is necessary to help with calcium absorption, there are plenty of healthy alternatives. Calcium rich foods include tofu, yogurt, most legumes, broccoli, spinach, and calcium-fortified orange juice. Unfortunately, many people are turning to supplements to cover the nutrients that their diets are lacking. Antacids containing calcium carbonate are fairly easily absorbed if taken with a meal; however, most people who fail to eat enough calci-

um, often consume low levels of other nutrients crucial for a balanced diet and strong bones (such as vitamin D). Thus, supplements won't fix a diet low in calcium!

Nutrition is not the only adaptable factor that influences our bones. Weight-bearing exercises or strength-training can also benefit bone health by stimulating bone formation. Bone becomes thicker and more durable when it is challenged with exercise. Most experts agree that we should be participating in these types of exercises for at least 20 to 30 minutes, most days. Please refer to the chart below for a list of calcium rich foods and exercises that strengthen bones. If you are concerned about your calcium intake, a Peer Health Educator at the University Health Center can provide a computerized nutritional analysis. Please call 346-4456 or stop by the Peer Health Education office.



BONE STRENGTHENING EXERCISES
Basketball, tennis, soccer, weight lifting, aerobics, jogging, hiking

- CALCIUM RICH FOODS**
- Low Fat Yogurt (1 cup) 415mg
 - Skim Milk (1 cup) 315mg
 - Molasses (2 tbs) 275mg
 - Tofu (4oz) 260mg
 - Dried Figs (10) 269mg
 - Garbanzo Beans (1 cup) 80mg
 - Almonds (1/2 cup) 153mg
 - Broccoli, cooked (1 cup) 70mg

STAY WELL NATURALLY

healthy choices



The best way to obtain the nutrients that your body needs is by eating a variety of foods from each of the food groups. Each food has different nutrient qualities, and by understanding the benefits of each nutrient you can choose the foods that best benefit your health. If, for example, you wanted to include more vitamin C in your diet to boost your immune system, you could eat citrus fruits, cabbage, tomatoes, potatoes or darkgreen vegetables. For better vision, repair of body tissues, and bone formation you could drink fortified milk and eat dark leafy greens and deep orange fruits or vegetables, which contain vitamin A.

For specific information on various foods, you can look in general nutrition books, ask a registered dietitian, or come to the Peer Health Education office in the University Health Center. Foods are the best way to obtain the complete daily allowances of vitamins and minerals. Making healthy choices for your diet will be the most beneficial to your wellness. If you are still unable to eat a healthy diet you may want to consider taking vitamin, mineral or herbal supplements.

—Rachel Ford

Supplement	Healing Properties	Source
Allergies:		
Stinging Nettle	Relieves hay fever and other allergy symptoms	See package for specific instructions
Antibiotic, etc.		
*Garlic	Antibiotic, lowers cholesterol and blood pressure	Daily, 2 cloves chopped or tablets
Colds:		
Astragalus	Builds immune system	See package for specific directions
*Echinacea	Builds immune system	2 capsules or 1 dropperful of tincture 4x daily until well
*Vitamin C	Builds immune system (colds)	Daily, see package for specific directions
	Foods containing vitamin C: citrus fruits, cabbage, tomatoes, broccoli, potatoes, and peppers	
Indigestion, etc.:		
Peppermint Tea	Relieves nausea, heartburn and indigestion	Brew a cup
PMS:		
Dong Quai or *Magnesium	Relieves PMS (cramps, menstrual irregularity)	See package for specific instructions
	Foods containing magnesium: nuts, legumes, grains, dark green vegetables, seafoods, chocolate, and cocoa	
Sore throats and coughs:		
Slippery Elm or *Zinc Lozenges	Relieves sore throats and coughs	See package for specific directions
	Foods containing zinc: meats, fish, poultry, grains, and vegetables	
Stress:		
*Valerian	Relieves stress, muscle tension and anxiety	See package for specific and anxiety instructions
*B Complex	Relieves stress and fatigue	See package for specific instructions
	Foods containing B vitamins: grains, legumes (beans, peas, peanuts), seeds, milk products, eggs, fish, meat, potatoes, and bananas	

*available at the University Health Center



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