



Winter 1999

Well Now

Your Health Center Newsletter

* The caloric content for one medium apple is only 80 calories. * The Origin of the word "ejaculate" is from the Latin word jaculum, meaning to "throw or shoot out." * Health magazine reported that people who remain optimistic and positive had stronger immune systems than people who were pessimists.

Andro-What?

So, you want to be a colossal stud like Mark McGwire? You find yourself wondering how you can have an enormous frame like "Big Mac", the same frame that launched him into homerun history. Well, there has been much controversy about the supplements McGwire consumed to attain his stature. One such supplement, **androstenedione**, is at the forefront of the controversy mainly because it is banned by the NFL and the International

Olympic Committee, but not baseball

or the NBA.

So, now you're wondering just what is androstenedione, and how can it make you buff? Androstenedione is a steroid hormone found in all animals (meats) and some plants (extracts). It is a precursor to testosterone, produced in the gonads and adrenal glands.

Still not sure what it does? We all know testosterone has many effects in the male body (just ask the women in your life), including increased energy, enhanced recovery and growth, increased libido and function, and a greater overall sense of well being. If you supplement with androstenedione you can potentially increase your testosterone levels in the

body, thus creating a more ergogenic environment from which to compete in. Like

McGwire, you might build more muscle than you would normally. As well you can increase your strength and endurance to a greater extent with this supplement. There is also a genetic factor that goes into the equation—not everyone has the eye or the swing that Big Mac

has.

However, as with all supplements, if androstenedione is taken in excess, it can cause side effects. **Excess testosterone can lead to such physical ailments like acne or oily skin, hair loss, or decrease in HDL ("good") cholesterol.** A decrease in this "good" cholesterol can lead to cardiovascular disease. There can be sexual ailments such as a decreased libido over time, testicular shrinkage, gynecomastia (female-like breasts), sterility, and prostate hypertrophy. In extreme cases, jaundice, stomach ulcers, tumors, and even cancer can occur. There are also some psychological effects such as mood swings and depression.

You're probably now wondering if androstenedione is safe. The Food and Drug Administration (FDA) currently doesn't regulate this supplement (like any other supplement) that you can buy at your local health food store at a price of about \$30.00 for 100 mg.

Cathleen Wood, manager of Vital Foods supplement store here in Eugene, also feels it is important to keep in mind that McGwire was a great homerun hitter before he started taking supplements—there are other attributes involved such as eye and swing. Before you decide to purchase this supplement or any other supplement, be sure to consult with a physician or health specialist.

—Adam Stafford

UHC workshops

The following workshops are available, free of charge, to currently enrolled U of O students. **Call 346-4456** to register or stop by the Peer Health Education Office on the first floor of the University Health Center.

SMOKING CESSATION

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

January 28-February 25

Medical Library, University Health Center

Quit smoking this term and celebrate life as a non smoker. This five week workshop is open to those who want to quit and those who have already quit and want additional support. Identify triggers to smoke, learn to overcome urges, adopt alternative behaviors, and address fears about possible weight gain.

WEIGHT MANAGEMENT

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

February 2-March 2

Medical Library, University Health Center

Invest in yourself this term. Learn how to turn information on nutrition, cooking, exercise and behavior change into life long practices. You are certainly more than what you eat.

VEGETARIAN COOKING

Thursdays, 5:00-7:00 p.m.

January 4-February 25

Health Center Cafeteria

Prepare an entire wholesome vegetarian meal over the four week workshop. Each week will feature a different aspect, including appetizer, soup, salad, entree and dessert. Pick up tips and recipes for nutritious and easy meal preparation.

Acquaintance Rape

Have you been forced to have sex with someone that you know?

Are you currently in a relationship where one of the parties isn't always consensual?

Definition

Acquaintance rape is when someone you know forces you to have sexual intercourse against your will — whether you are passed out, too drunk to refuse, too scared to argue, or for some other reason do not give consent. The survivor of a sexual assault will most commonly have mixed feelings of: guilt, disbelief, shock, fear, self-blame, invalidation, betrayal, distrust, and anger. Going to receive help after a sexual assault can be frightening, and very difficult for the survivor, but the University Health Center can help.

The Facts

(American College Health Association, 1997)

• 4 in 5 women who are victims of sexual assault

From the University of Oregon Student Conduct Code

"(A) Rape is an offense committed by a student who engages in penetration of another person, or who causes the penetration of another person, and who

- (i) does not first obtain explicit consent from that person or
- (ii) knows or should have known the person was incapable of consent by reason of mental disorder, mental incapacitation, or physical helplessness."

know their attackers.

- 42% of women in one study said they had been victims of sexual coercion while dating in college. Of those women, 70% did not seek help.
- Women are more likely to report sexual assault if their assailant is a stranger rather than an acquaintance, and they are more likely to report completed rape than attempted rape.
- Over 2/3 of men involved in sexual assault at one university had been drinking at the time of the incident, and half of female victims reported alcohol use as well.

Health Center Services Can...

- Alert the nearest hospital, and provide someone to accompany you there.

- Provide the morning after pill, and HIV Prophylaxis for 48-72 hours after the rape to help prevent pregnancy and HIV infection.

- Provide testing and treatments for all sexually transmitted infections.

- Provide help with academics through providing medical excuses while maintaining confidentiality.

- Provide assistance if the victim wants to press charges.

- Can assist with a referral for official forensic exams that are used for criminal investigation.

- Provide free counseling if provided through the counseling center.

For more information contact:

University of Oregon Health Center, 346-4441, Peer Health Educators, 346-4456, Sexual Assault Support Services, 484-9791, 24 hour crisis line: 485-6700 or 1-800-788-4727, Office of Student Life, 346-3216

—Suzanne Damman

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UNIVERSITY HEALTH CENTER
We're a matter of degrees

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: 346-5702
Urgent Care: 346-2770
Women's Clinic: 346-4449
Health Education: 346-4456
Peer Health: 346-4456
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On-line:

<http://healthcenter.uoregon.edu>