

UHC workshops

The following workshops are available, free of charge, to currently enrolled U of O students. Watch for ads in the Oregon Daily Emerald for more info.

SMOKING CESSATION

Wednesdays, 4:30 - 5:30 p.m.
January 19 - February 16
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, 3:30 - 4:30p.m.
February 8 - February 29
Medical Library, University Health Center
Tired of riding the dieting rollercoaster? Then this is the workshop for you! This five-week interactive workshop will assist participants in making lifelong behavior changes. Food and nutrition, exercise, body image, relapse prevention and low-fat cooking will be addressed.

RELAXATION

Thursdays, 5:00 - 6:00 p.m.
February 3 - February 24
Medical Library, University Health Center
Develop personal relaxation techniques that can be integrated into your hectic college life. This workshop will explore and demonstrate a variety of stress reduction strategies.

VEGETARIAN COOKING

Thursdays, 4:00 - 5:50 p.m.
January 27 - February 17
Cafeteria, University Health Center
Expand the variety in your kitchen. Learn how to integrate different grains, vegetables & other ingredients into your cooking practice.

FUELING YOUR WORK-OUTS WITH FOOD

Thursdays, 3:00 - 4:00 p.m.
February 3 - February 24
Rec Center Conference Room
If you aren't getting what you think you should from your workouts then maybe you need to evaluate your eating habits. This four-week series will cover current nutrition recommendations and requirements, supplement usage, and fluid replacement.

To register for or to learn more about these workshops, check out the University Health Center's NEW Web site at healthcenter.uoregon.edu. You can also call 346-4456 or stop by the Peer Health Education Office on the first floor of the University Health Center.

Scents of Relaxation

by Kimberly J. Brown

Aromatherapy Treatment for Common Problems

Stress (General)
Bergamot, geranium, jasmine, lavender, lemon-grass, neroli and orange
Body, neck, facial massage, adding oil to bathwater

Depression
Clary sage, geranium, lavender, melissa, orange
Body, foot massage, adding oil to bathwater

Headaches
Chamomile, geranium, lavender, marjoram, peppermint, rose, rosemary
massage shoulders, neck, scalp and face gently, cold compress

Insomnia
Lavender, marjoram, neroli
Gentle back massage adding oil to bath water or on pillow.

Study, study, study, and if you get a chance every once in awhile you can breathe and eat. That is how most of our class schedule works, so it is no wonder that we are so stressed out. Stress is normal and some stress is healthy but how much is too much? Maybe we should take a little bit more time to breathe. And while we're at it, why not breath in certain scents that can trigger feelings that cause relaxation.

There are many ways to cope with stress in our everyday lives; one of which is aromatherapy. Aromatherapy combines the science of chemistry, botany and physiology with the essential oils, to achieve emotional, mental and physical balance.

Scents can be used to trigger familiar, comforting memories and other emotions to stimulate a relaxation response. Certain scents can even stimulate a physical response such as a muscle relaxation or reducing appetite.

The key to unleashing these feelings lies within essential oils. Essential Oils are unadulterated extracts from plants that may be used in aromatherapy. These oils may be found in common everyday

materials such as:

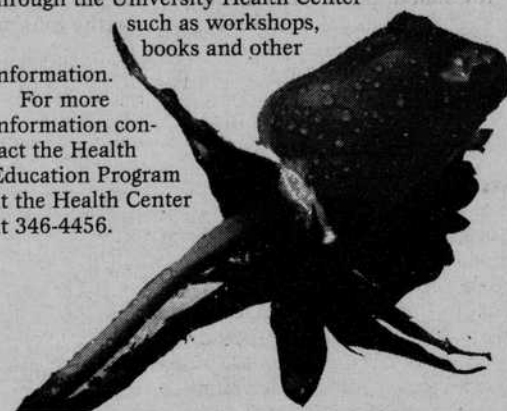
- Body Lotion or Oils
- Candles
- Food
- Perfumery
- Scented Papers

Aromatherapy is only one way to teach your body to relax. Other relaxation options are offered through the University Health Center

such as workshops, books and other

information.

For more information contact the Health Education Program at the Health Center at 346-4456.



How Sex Can Be Infectious

by Amy Stanton

Sexually Transmitted Infections continue to be among the most important public health problems in the United States. According to the Center's for Disease Control (CDC) in Atlanta, Georgia, an estimated 12 million persons acquire a sexually transmitted infection (STI) each year in the United States. Two thirds of STI cases occur in person less than 25 years of age. Despite the prevalence of STI's, most students do not think they will ever have to be faced with one. Furthermore, many of these infections do not show signs or symptoms, so even if you are infected or have been for a long time, you may not know it. In 1997, a survey done by the UO Health Center revealed that 12.4% of the UO student population self reported as having an STI. Keep in mind, those are students who were aware of the infection.

Chlamydia

One of the most frequently seen STI on college campuses is Chlamydia, which according to the CDC infects approximately four million people annually. One reason for its high prevalence is that most people do not experience any symptoms so they do not know they are infected. In fact, 90% of the cases for women and 60% for men reported having not experienced any symptoms of Chlamydia. The good thing is that Chlamydia is treatable and can be easily tested for. While Chlamydia is treatable, it poses a significant risk if left untreated in your body, and could lead to further complications such as PID (pelvic inflammatory disease) in women as well as infertility for both sexes.

Herpes

Another widely spread STI in the U.S. is herpes, which, according to the CDC, infects one million people each year. Roughly, 25% of our population have herpes and, again, many

do not know it. Herpes has two types: oral and genital. It is important to note that either form can be transmitted to either area of the body. Most people think herpes is visible, however 60% of reported cases show no known symptoms. Another common misconception is that transmission cannot occur unless sores are present on the body. In a recent study at the University of Washington, women infected with the herpes virus were tested every day for one month to see if the herpes virus would show up positive (meaning she was at risk for transmission to another person). Although the test showed up positive when they experienced symptoms, herpes also showed up positive during other periods of the month when no symptoms were experienced.

Diagnosing herpes: If symptoms (such as sores) are noticed, a culture of the sore can be taken. It is important here to check the sore out as soon as possible rather than waiting a week or more.

A blood test is also available; however, it does not show where the virus is located on the body or which type it is (type 1-oral, type 2-genital).

Herpes is a virus so it is not curable. However, medication which can reduce the discomfort of the infection is available.

Genital Warts

(HPV), human papyloma virus, also known as genital warts, is another STI that cannot be cured. There are around seventy to eighty different types of HPV and some of the high-risk forms have been known to cause cancer. HPV has a long incubation period (the time it takes to develop within the body when it cannot be detected even if tested) of four weeks to a year. Not all forms of HPV are visibly seen as warts on the body/genitals. In fact, it is the higher risk forms of HPV with the potential to cause cancer that are the types that are not visibly seen. Types that you

can see as warts on the body are relatively low risk.

Hepatitis B, Gonorrhea, Syphilis

Other STI's such as hepatitis B, gonorrhea, syphilis, and HIV are also present on the UO campus. Of the population infected with STI's, 66% are infected by the age of 25, so it is important to note here that College students are at the greatest risk of contracting an STI. Your best defense is to know your body, know your partner, and always protect yourself. And keep in mind that each STI requires a separate test, so even if you or your partner tested negative to one infection, either of you may still be infected with another. If you want more information on any of the STI's, the UO Health Center is a great resource for information and STI screening. The UO Health Center Telephone number is 346-4441.

Assistance for STI's:

Local Services

- Student Health Center, 346-4441
- Offers UO students very affordable prices on a variety of tests for different STI's
- Insurance coverage is available to persons wanting to go through insurance

- Planned Parenthood, 344-9411
- For persons earning \$1700/yearly or less, services are free

Lane County Public Health: STI clinic, 682-4041

For more information, or if you have any questions, contact:

CDC National STD Hotline, 1-800-227-8922 available Mon.-Fri. 8am-11pm (Eastern Time) <http://www.cdc.gov/od/own/whstd.htm>

CDC National AIDS Hotline, 1-800-342-AIDS available 24 hours/daily

Linea Nacional de SIDA, 1-800-344-7432

National Herpes Hotline, 1-919-361-8488 available Mon.-Fri. 9am-7pm (Eastern Time)



Winter 2000 Peer Health Educators

Kimberly Brown, Elizabeth Clifton, Apryl Haro, Tove Holmes, Carrie Lacey-Krietz, Tara Payne, Wendy Skendzel, Amy Stanton, Annie Weinsoff.
Photos: Annie Dochnahl Adviser: Stacey Howe

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health hi-lights

WINTER TERM Student Recreational Cart
Come visit us at "The Cart" in the new Student Recreational Facility every Wednesday afternoon from 3-5:00 p.m. We will feature information on hot health topics each week, like relaxation, compulsive exercise, steroid use, female athlete triad syndrome and more. Call 346-4456 for more information.

FEBRUARY 14-18 Eating Disorders Awareness Prevention Week
Did you know that 5-10 million women and 1 million men struggle with eating disorders? Join us to discuss issues relating to body dissatisfaction, dieting, and the devastating effects of eating disorders during Eating Disorders Awareness and Prevention Week, February 14-18. Call the University Health Center at 346-2728 for more information.