

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.

WEIGHT MANAGEMENT

GROUP WORKSHOP
Wednesdays, 12:00 - 1:00p.m.
November 1-29
University Health Center



Tired of riding the dieting roller-coaster? 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.

VEGETARIAN COOKING

WORKSHOP
Mondays, 4:00 - 5:30 p.m.
October 23-November 6
Cafeteria, University Health Center



Prepare nutritious, quick and tasty autumn vegetarian dishes. Tips for shopping, ingredient selection and saving time will be highlighted. Come hungry and ready to cook.

To register for or to learn more about these workshops, check out the University Health Center's NEW Web site at <http://health.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.

Fall 2000

Health Information Tables at the Rec Center
Wednesdays, 3:00 - 5:00p.m.

October 18:
Nutritional Analysis and Supplements

November 1:
Men's Health and Cholesterol Screening

November 15:
Smoking and Exercise

November 29:
steoperosis

Things to consider before you pierce or tattoo

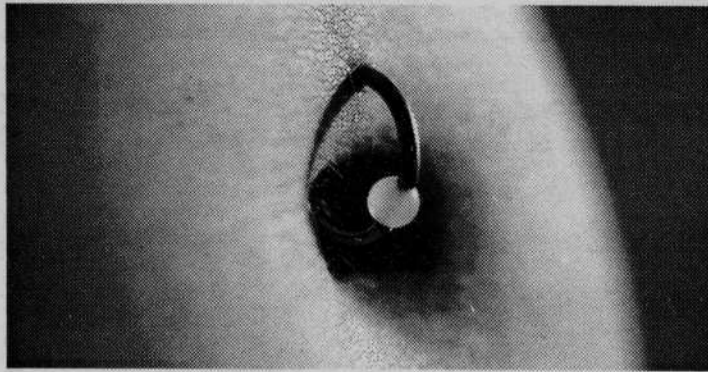
College students across the country are getting body piercings and tattoos in record numbers. There are several things to consider before getting the art work done.

By Diana Jeffrey

When it comes to body art, many people consider location and design. But if you are contemplating a tattoo or piercing there are some things you may want to consider. Here are a few suggestions and ideas to help you in your decision.

What is your motivation for getting a tattoo or pierce? Have you been contemplating body art for a long time, or is it a spur of the moment decision? Often we are influenced by what we see around us. If you want to get a tattoo or piercing to be like everyone else, how unique are you going to be? While a piercing or tattoo might have been very unique a few years ago, it is now a quite common trend.

If you are going to get any body work done, have it done by a professional. You're at more risk to get piercing or tattoo work done at a festival or concert than you would at a local studio. When you get work done in a studio, you can go



back or consult them if problems occur. Likewise, it is important to check out the studios and ask questions about safety. Is the studio clean? How are the instruments cleaned? Are needles and ink pots one use only? By asking these questions you can get what you want and remain protected from blood borne pathogens and other infections.

Piercings and tattoos are considered wounds. Be aware that care and maintenance will be involved. A commitment to wound care is needed to avoid infections and aid healing. For example, a tongue piercing can take 4 to 6 weeks to properly heal, if there are no complications or infections. With oral piercings, if you smoke, eat

or put anything in your mouth, during that six weeks, the mouth must be rinsed afterwards with an antibacterial mouthwash diluted with 50 percent water.

Likewise, other consequences should also be considered. Some people forget that, for most, tattooing and piercing is a long term and lifelong commitment. The design or pierce that you think is trendy now, could leave a mark for years. Unfortunately, what could be cool today could be detrimental to your future pursuits. There can be negative bias towards people with visible body art. This could limit jobs and other opportunities. Sometimes people have preconceived notions of who and what you are because of a tattoo or piercing.

While tattoos can be removed, it is a very costly and painful procedure. Laser removal has been successfully used to remove tattoos, but can cost \$1000 per square inch of tattoo removed. Unfortunately, it is often more painful than getting a tattoo and doesn't work on all people or skin types, and may result in a scarring. Likewise, most piercings will close after the jewelry is removed, but often results in scarring or discoloration of the skin.

Antioxidants & the healthy approach

Antioxidants play an important role in protecting the body from harmful environmental pollutants; however, students should be careful not to overload on them

By Natalie Wright

Do you eat the recommended amount of fruits and vegetables daily? If not, there are some compelling reasons to start incorporating them into your diet! Not only will you be on your way to having better eating habits that could help with weight management and disease prevention, but you will be getting needed nutrients and minerals. The nutrients and minerals found in fruits and vegetables, also known as antioxidants, play a part in energizing you and protecting your body from harmful environmental pollutants and your own body's degeneration.

What are antioxidants? Antioxidants are vitamins and minerals such as vitamins C and E, beta carotene (which turns into vitamin A), and the mineral selenium, that shut off the oxygen supply to harmful agents in

your body. These harmful agents are called free radicals, and are produced naturally in your body as a by-product of the digestion process. Free radicals can also be created by your daily interactions with smog, cigarette smoke, food additives, radiation, and other various environmental factors. When oxygen is metabolized, or burned by the body, free radicals begin to travel through cells disrupting the structure of molecules and results in cellular damage. Antioxidants protect cell components from damage by neutralizing the free radicals.

Why are antioxidants beneficial? Since antioxidants help combat free radicals, they are beneficial and essential for vital functions such as killing bacterial invaders. In excess, free radicals attack and weaken cells and tissues. Some researchers believe that excessive or extended free radical exposure may lead to the risk of some forms of cancer, heart disease, strokes, cataracts, as well as aiding in the aging process. Eating a diet rich in antioxidants and taking supplements are the best ways to fight off the negative effects of free radicals. In a recent study reported at the American Heart

Association, "women who consumed high amounts of antioxidant-containing foods such as carrots and spinach had a 33 percent lower risk of heart disease and a 71 percent lower risk of stroke than women who ate few antioxidant-containing foods."

What are sources of antioxidants? Fruits, vegetables, whole-grain wheat products, and seafood are the best sources of antioxidants. Among these food groups, the most antioxidant rich foods include:

- *Vegetables: carrots, spinach, broccoli, cabbage, kale, tomatoes, yams, squash, green and red peppers.*
- *Fruits: oranges, grapefruit, peaches, strawberries, kiwi fruit, cantaloupe.*
- *Nuts, seeds, wheat germ.*
- *Seafood, fish liver oils.*

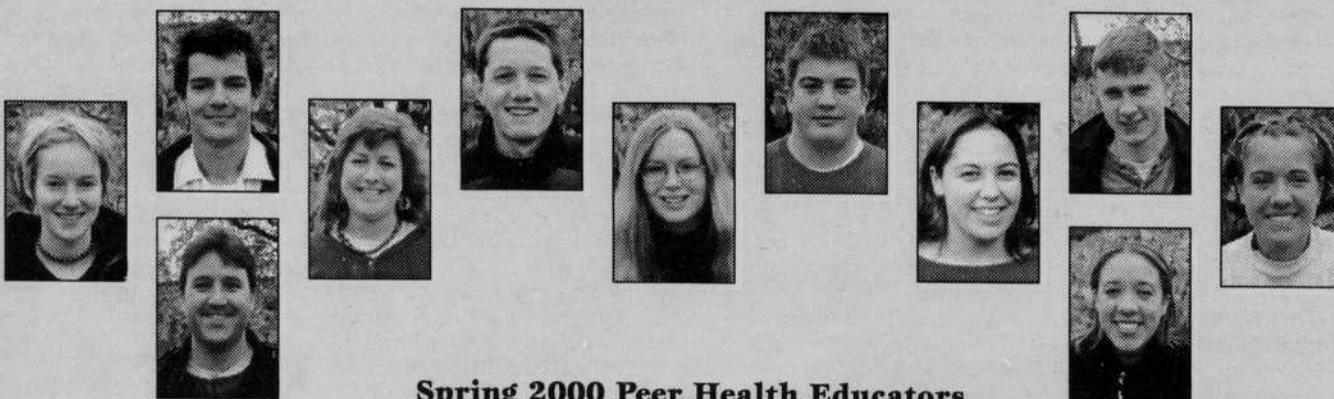
Supplements are also another source for getting vitamins C, E, and A as well as the mineral selenium and carotenoids.

What are the hazards associated with antioxidants? The hazards associated with food consumption are very little. However, high doses of antioxidants from supplements could

lead to some health hazards. Since vitamins A and E are fat-soluble and are stored in the liver and fatty tissues, they can create a risk of toxicity. Possible effects of over doses on antioxidants are blurred vision (Vitamin A), diarrhea (Vitamin C), greater risk of stroke and uncontrolled bleeding (Vitamin E), and selenosis, a toxic reaction marked by hair loss and brittle nails (selenium).

A well-balanced diet contains sufficient amounts of antioxidants to meet your body's needs and helps aid in the defense of free radicals. If you take supplements to help meet your daily antioxidant needs, be careful not to exceed recommended doses as this can have dangerous effects.

Check out any number of nutrition books at the Peer Health Education Office in the Health Center.



Spring 2000 Peer Health Educators

Peer Advisors: Nora Aaron, Dan Holbert, Daniel Jeffrey, Diana Jeffrey, Andy Meakins, Amanda Nottke, Christopher Ouellette, Angela Pirisino, Eric Sangster, Tiffany Skinner, Natalie Wright.
Photos: Carrie Lacey Krietz **Adviser:** Stacey Howe

health hi-lights

Health HI-Lights, Fall 2000

FPEP

The University Health Center is participating in a federal program FPEP, Family Planning Expansion Project. This program allows the Health Center to provide men and women FREE family planning services, birth control and reproductive health care.

For more information on how to qualify for this program, stop by the Health Center or call 346-2770 or check our website at <http://healthcenter.uoregon.edu>