

Chewing Tobacco Can Kill You

If you believe that you'll "quit after college," it may be too late.

Think twice. Chewing tobacco is not a safe alternative to smoking cigarettes.

By Jessica Gellar

Although smoking cigarettes is a relatively common social activity for both men and women, most people know that smoking can be deadly. Smoking puts one at a high risk for many forms of cancer, causes high blood pressure, and can kill you over time. These are all highly publicized facts today, mainly as a result of recent court settlements involving the tobacco industry. There is a strong awareness of the effects of second-hand smoke as well. In Eugene, an ordinance was put into effect this past summer that banned smoking from all work places, including bars and restaurants, to prevent against the dangers of second-hand smoke.

The adverse effects of chewing tobacco, on the other hand, are generally not given much attention. Only a small percentage of the population, mostly white, male sports players, or those who watch sports chew smokeless tobacco. The habit seems to develop casually at an early age without any regard to the damage that it can do.

Did you know that chewing tobacco can also kill you? More than 9,000 people die every year from oral cancers that are caused by chewing tobacco. Chewing tobacco can lead to cancer of the throat, jaw, esophagus, and larynx. Surgery and radiation are used to treat these forms of cancer, but death is a common result. Smokeless tobacco also causes the formation of large white lesions called Leukoplakia in the part of the mouth where one keeps their "dip." These have to be scraped out of the mouth during an extremely uncomfortable medical procedure. This is common procedure among high school or college age people who use smokeless tobacco. Chewing tobacco can also leave teeth discolored, which will not go away with brushing, and it can cause the gum disease gingivitis.

Many are unaware that the use of smokeless tobacco is actually more addictive than smoking cigarettes because chew contains more nicotine than cigarette tobacco. Those who chew often leave their "dip" in for long periods of time where the nicotine is released directly into the blood stream for hours.

"Chewing tobacco gives you a buzz, a bit of a good high and can be relaxing during a stressful day," says Craig Platzke, a University of Oregon senior. "I know it does not look attractive but I gener-

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ally do not do it in public. I usually do it socially with the guys on the hockey team. Chewing tobacco has just been something that I have grown up with playing sports and having older brothers that chew. I really wasn't aware that it is just as harmful to my health as smoking cigarettes."

Unlike the second-hand smoke created by smoking cigarettes, the effect of chewing tobacco on others is very minimal. It is not very common to see people chewing in public because everyone knows that it is disgusting. Honestly, can anyone tell me something appealing about a guy with a large bulge in his lip who occasionally projects a wet, dark substance? One of the few annoyances is finding containers full of spit left in classrooms on campus. Although it seems pretty silly, chewing is seen by many as a macho activity. On television, baseball players are often shown chewing, a habit

which is noticed and picked up by admiring youth. You do not see athletes smoking though, do you? There is a different social outlook concerning chewing tobacco—one that makes it appear less offensive.

Dagan Bernstein, a senior at the University of Oregon, said, "As a kid when I first started playing baseball, I used to watch the major league players and thought that they were so cool. I would do anything to be like them. At that time I bought a can of beef jerky that looked like chew and carried it around with me."

Although the negative outcomes of chewing tobacco are not often publicized, and sports players who are idolized chew, giving it a macho stigma, chewing tobacco can kill you. It is difficult while in college to recognize the effects that our actions today may have, but it is important to be aware of the negative effects that our habits have upon our bodies. Many feel invincible now but at age 30 or 40 it is impossible to turn back time and correct these mistakes. If you never began to chew, good, you are now aware of many reasons not to start. If you do chew, quitting might not be easy but it is possible and important.

Some helpful hints for quitting are:

- First you can try to just cut back the number of times you chew
- Tell friends and roommates you're trying to stop
- Try not to surround yourself by people who chew at least until you have your urge under control
- Chew gum or suck on hard candies when you get the urge to chew
- Exercise to release tensions

It is also possible to get aids for quitting such as the nicotine patch or nicotine gum from the University Health Center. We have plenty of information about chewing tobacco and quitting in the Peer Health Education Office located in the Health Center. Saying "I will quit after college," is not the answer.

Tooty fruity alternatives

Drink socially and remain in control.

By Jeremy Arnold

Mocktails are a very tasty alternative to alcohol that do not come with the effects that alcohol brings. A mocktail is not just another drink minus the alcohol like a Virgin Mary or O'Doule's. It is a fruity delight that goes down smoothly and has its benefits. Mocktails serve as a great party drink and can be made very easily.

So why would you drink a mocktail? For many people, they prefer not to indulge in alcohol for their health or safety reasons. Mocktails still allow people to drink socially and hang out with friends. Others are not too fond of the bitter beer taste or the potent flavor some beers have. Additionally, they can drink as many mocktails as they want and not worry about feeling hung over in the morning.

Most importantly, mocktails allow you to remain in complete control of your actions. It is safe to drive and you do not have to worry about designating a driver. You are more likely to make responsible decisions about sexual activity while not under the influence of alcohol. Instead of the alcohol taking control, you keep it. When you drink mocktails you are in a totally different state of mind that allows you to make important and safe decisions. Being in control of your actions, instead of under the influence of alcohol, gives you a sense of control and allows you to look out for yourself.

With all the facts and knowledge that we have from numerous studies concerning alcohol abuse, you have to begin to ask yourself why you would want to put yourself into some of the unhealthy situations that are associated with drinking? Why not adapt a better lifestyle that you feel comfortable and safe with? There is no reason why you should have to put yourself into risky situations that include unwanted sexual advances and death due to drunken drivers. These are only two examples of a fairly large list of second-hand effects of intoxication.

So now you know the benefits to enjoying the non-alcoholic beverages so get your blender ready and mix up some of these great recipes. Almost all necessary ingredients can be found in your fridge or at the local market. Feel free to improve the mocktails to your own desire and add or substitute to your approval. Create and enjoy!

Jeremy's Favorite Mocktails

Creamsicle

2 scoops ice cream, 4 oz. orange juice. Blend and serve in a tall glass. Top with whipped cream.

Fruit Smoothie

1 scoop ice, 6oz orange juice, 1 cup strawberry, 1 cup banana. Blend until smooth.

Johnny Appleseed

2 scoops ice cream, 2-3oz apple juice, splash of orange juice. Blend w/ice and serve in champagne glass

Cardinal Punch

1qt. Cranberry juice, 1 pt. orange juice, 2 lemons squeezed or 2 oz lemon juice, 4 qt. ginger ale. Combine juices on ice and chill. Pour into Punch bowl and add ginger ale.

Nutrition vs Time:

Students may try to save time by skimping on nutrition, which will be detrimental in the long run.

By Ashley Bunnard

As adults in American culture, we experience a day-to-day routine going at break-neck speed — a routine that only gets faster. Unfortunately for many of us, one of the first vital things to go out the window is our nutrition, and our health right along with it. James Gleick's new bestseller *Faster* depicts the ways in which Americans cut corners to save time, food being one of them. Fast food has taken the place of the mac-n-cheese box-prepared meal, which was the substitute for Donna Reed style meals. We are on a fast track that is continually speeding up, but no one has handed us the field manual explaining how to keep our bodies and minds in top performance.

Let's take for instance the Indy-500 style college student breakfast. Many of us stumble out of bed nanoseconds before our morning class or job. Quick pseudo-solution, coffee and a cigarette — a.k.a. the sludge breakfast — the equivalent of Nascar promoting mud in the place of Penzoil to refuel mid-course. They would not do it, and ideally neither would we. Besides, the only nutritional value of our sludge breakfast is a few stimulants and little else. One tiny step up to an actual breakfast is the coffee and doughnut breakfast. In this case, at least we ingest calories, although mostly from refined sugar and saturated fat; essentially, food with low nutrient density but high calorie density. Now, the "Super Plus" breakfast could include orange juice, a cereal bar or whole-grain cereal in general, and a piece of fruit. This provides complex carbohydrates, calories, some protein, calcium, vitamin A & D (if milk is poured over the cereal), dietary fiber, vitamin C, potassium and sodium. This is also a quite mobile breakfast—the fruit and juice can be eaten on the way to class or even in class.

The average student's diet lacks balance and variety. Although there is rarely a shortage of bread in our diet, we often lack the vitamins provided by fruits and veggies and calcium provided by dairy products. Though it is tempting to pop a multivitamin (vitamin supplements can only help so much). It is far more sensible to get vitamins through actually eating. Our bodies do not necessarily absorb supplements as well as whole foods in most instances anyway. The only way to really ensure your body — and mind — is getting the nutrients for optimum functioning is through a fully balanced diet. Fruits and veggies provide more readily absorbed sources of vitamins and minerals, can be eaten in class and already come in naturally packaged servings as whole fruit. Yogurt can be eaten quickly and easily either in or between classes, plus it is an excellent source of calcium that people our age need in mass quantities to protect our bones, which stop consolidating (improving density) around 30 years of age. Protein can be eaten at any meal in its many forms, but ideally would not exceed 15% of daily calorie intake or about 300 calories for a 2000 cal/day diet. Excellent sources other than animal products, including nuts,

grains, legumes and soy. Protein bars, though an improvement over candy bars, provide carbohydrates, refined sugar, and a lot of fillers along the way — definitely not the best source of protein.

The fact of the matter is, that when we deprive our bodies of their proper nutrients, they don't perform as well and simply wear out faster on the road of life. When nutrition goes out the window, so does our attention span, our overall academic performance, and in comes illness as a physical side effect. Consider how much time you waste when your body responds to poor nutrition and health with the flu or a cold.

The University Health Center is here for everyone to establish and maintain health and to help you to be your body's top mechanic. If you are concerned about your nutrition intake, make an appointment with Kristen Olmos, our registered dietitian. Through the Health Ed department, the Nutrition Analysis Program is a computer program that compares your diet with the recommended daily allowances and is available to all students. We also loan out books about nutrition and have recipes listed on our web page: <http://healthed.uoregon.edu>. In taking these precautions, you could end up saving valuable time in the long run.

Call us at 346-4456 or come by the Health Ed office.

