

FACTS

✓ Of 405 students surveyed at the University of Oregon, 22% reported being virgins; of those, 23% male and 22% female.
—2001 UO Health Center Survey

✓ 10% of men and 18% of women would prefer to have an orgasm through oral sex rather than intercourse.
—Janus Report of Sexual Behavior, 1993 (from Hot Sex by Tracey Cox)

✓ According to the U.S. Department of Health and Human Services, the abuse of prescription drugs has risen 181 percent from 1990 to 1998.
—BE magazine, Nov.-Dec. 2001

✓ A study presented last month at the American Academy of Child and Adolescent Psychiatry conference found that those who were treated with prescription stimulants were half as likely to abuse alcohol or drugs.
—Register Guard, Nov. 19, 2001, "ADHD drugs widely abused"

✓ There are over 4,000 other harmful chemicals in tobacco smoke including carbon monoxide, formaldehyde, ammonia, and carbon dioxide.
—American Cancer Society

✓ Lung cancer will kill more than 67,000 women in the U.S. this year making it the number one cause of cancer death for American women.
—Center for Disease Control and Prevention

✓ Alcohol remains in semen for up to five days, suggesting the mother is not solely at fault for the infant being born with fetal alcohol syndrome.
—Inservice on Drugs and the Brain given by Randi Hawkins

✓ An estimated 180,000 women are diagnosed with breast cancer each year.
—American Cancer Society

When Less is More

Choose Whole Foods With Minimum Additives For A Better Diet

By Aloma Gutherie

Cruising through the aisles in the grocery store, many of us have become accustomed to flipping over the package and checking out the helpful little "Nutrition Facts" box to see how much fat or how many calories are in our favorite foods. While this is an important part of making informed decisions, we must not forget about the full list of actual ingredients. This list is usually located directly below the "Nutrition Facts" box and is usually in fine print. The ingredients are listed in order of their abundance in the food item. Reading the list of ingredients, especially in processed foods, can be frustrating because many foods contain unfamiliar ingredients that are nearly impossible to pronounce. It is very important, however, to know what we are putting into our bodies and how these compounds might be affecting our health and well being.

Food additives are put into our foods for three

main reasons: to increase flavor or mouth appeal, appearance and/or shelf life. The Food and Drug Administration (FDA) must approve the use of food additives, but the studies that show their health effects are sometimes conflicting.

For example, monosodium glutamate (MSG), a common food additive, has been shown to cause an array of health problems in some individuals, ranging from migraines to brain damage. MSG is used in thousands of different products especially soups, boxed or prepackaged dinners, pasta and rice meals, Chinese food, dressings and other highly processed foods. Another additive, aspartame, also known as NutraSweet, is found in many diet products including soft drinks and diet bars. It has been shown in some studies to actually increase appetite. It has also been shown to cause headaches, including migraines, dizziness, seizures, depression, nausea, vomiting and abdominal cramps in some individuals.

Color additives are also widely used in foods, mainly to increase visual appeal. Added color can be found in a variety of foods including cereals, juices, candy, frozen foods, ice cream, cookies, pizza, salad dressings and soft drinks. There are conflicting studies on whether or not color additives increase the risk of certain cancers.

While many food additives are safe, others have not been adequately tested and have been shown, in some cases, to cause undesirable health effects. Read the entire list of ingredients when you are grocery shopping. Your best bet is to stick with whole, fresh foods such as organic fruits and vegetables, organic dairy products and whole grains, because they do not contain these controversial added ingredients. Talk to Kristen Olmos, R.D., at the Health Center (346-2794) to learn more about how your food choices might be affecting your health or check out www.fda.gov on the web for current information on specific additives.

What's in a Label?

By Jess Peters

Would you run your car on kool-aid? I don't think so. How about your body? Stop and take a minute to think about how you decide what to fuel your body with. When shopping, do you turn over a package of food to look at the nutrition label or do you simply throw it into your grocery cart like gas into your fuel tank? If you do take the time to look at the nutrition label, do you look for fat content only?

Here is a breakdown of the most important information to consider from nutrition labels:

1. **Serving size:** If you eat more or less than the serving size you will have to adjust the nutritional information proportionally. (e.g.: A bag of chips has 4g of fat per serving and there are 3 servings per bag. If you proceed to eat the whole bag of chips, 4g of fat quickly turns into 12g.)
2. **% Daily Value (DV):** This expresses what percent of the recommended daily allowance of various nutrients (e.g. protein or sodium) that you are consuming per serving.
3. **% DV of saturated fat:** Saturated fat (that found mainly in animal products like meat, dairy and eggs) is the most harmful dietary fat. Polyunsaturated fats, however, contain omega 3 and omega 6 which help decrease heart disease. Saturated fats should not exceed 30% of total fat intake.
4. **Calories from fat:** This helps you to see how fatty a food really is. 1g fat is

equal to 9 calories. (e.g.: a candy bar that has 10g fat and is 180 calories will be 50% fat). Protein and carbohydrates have 4 calories per gram.

It is also important to always check nutrition labels because food label claims can be deceiving. A conscious consumer will not run out of gas from these food-labeling traps:

1. **Foods labeled as entrées are allowed 3g fat per 100 calories to be considered "low fat."** Look for nutrient density (vitamins, minerals, and fiber) in foods, not simply grams of fat.
2. **Foods high in sugar or sodium contents do not have to be labeled as such.** For example, Hostess "low fat" crumb-cake can indeed be low in fat but extremely high in sugar. Or a label can claim "light and lean" hotdogs while being extremely high in sodium.
3. **A daily value for added sugars has not been determined.** Therefore, look at the actual ingredient list to see how plentiful added sugars (e.g. high fructose corn syrup) are. Remember, ingredients are listed in order of their abundance in the food.

Next time you go shopping, take a minute more to consider what you are going to purchase to create a healthy body for yourself. If you'd like some additional information on healthy foods and healthy eating, check out the Peer Health Ed Office at the University Health Center for a variety of resources, including cookbooks.

Breast Cancer Detection

Within Your Reach

By Nikki Fancher

As a pre-medicine student planning on studying naturopathic medicine, I am particularly interested in the role women can play in their individual health and well being. I often suggest breast self-exam (BSE) as a tool women can utilize to help to ensure the early detection of breast cancer. According to the American Institute for Cancer Research (AICR), 1 in 8 women will develop breast cancer in their lifetime. Because 65-70% of breast lumps are found by women themselves, cancer detection and prevention of late stage tumors are greatly aided by the individual.

The AICR suggests a three-pronged approach to breast cancer detection and prevention. First, they point to dietary risk factors. Diets low in fat and alcohol and high in fiber help lower a person's cancer risk. Secondly they suggest creating a prevention partnership with your medical practitioner. They can help you to assess your risk factors and develop a prevention plan. Tools that your doctor or nurse practitioner may utilize include clinical breast exam, mammogram screenings, and hormonal therapies. Finally, they suggest making BSE a habit by starting early and continuing throughout your lifetime.

Through self-exam, a woman observes changes in her breast tissue one week after her menstruation or on the first day of the month if she is no longer menstruating. Through this process, women become familiar with the way their individual breast tissues feel. Symptoms that a woman should be alerted to include: lumps or thickening in the breast, dimpling or puckering of the skin, changes in skin color or texture, changes in breast shape, discharge from the nipples, and any other abnormal changes in the breast tissue especially that occur in one breast and not the other. Having any of these symptoms does not necessarily indicate that you have breast cancer. Only more involved testing can determine cancer.

The University Health Center has many resources available to women wishing to perform self-exam. Students, faculty and staff can pick up breast exam shower placards along with pamphlets and articles in the Peer Health Education office located on the first floor of the Health Center. If you have question regarding BSE your health care practitioner can clarify and demonstrate BSE at any time or during your yearly exam.

A woman's chance for successful cancer treatment increases with early detection. According to the American Institute for Cancer Research, if breast cancer is found while still localized in the breast, the five-year survival rate is 91%. Get in the habit of BSE now and work toward high quality of life.

