

Health Education offerings

Vegetarian Cooking Workshop

Tuesdays 4:00-5:30 P.M.
April 30th - May 14th
University Health Center, Cafeteria
Free to UO students, call 346-4456 to sign up.
Partake in the preparation and enjoyment of simple, fresh and delicious vegetarian meals. Expand your repertoire of recipes and cooking skills.

Quit Kit

Quitting tobacco is the healthiest move you can make! Pick up a "quit kit" from a Health Center practitioner or from the Health Ed Office.

Quit Smoking

Tuesday 4:00-5:30 P.M.
April 18
Info session with quit strategies and support.

CPR Certification

Tuesdays, April 9, 30 & May 14
5:00 - 9:00 P.M.
Health Center Cafeteria
Heart saver course.
Register at 346-2770.

Free Cholesterol Screening

Every Tuesday 9:30 - 11:30 A.M.
UO Health Center, Health Education Office
Simply drop by, no appointment necessary

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

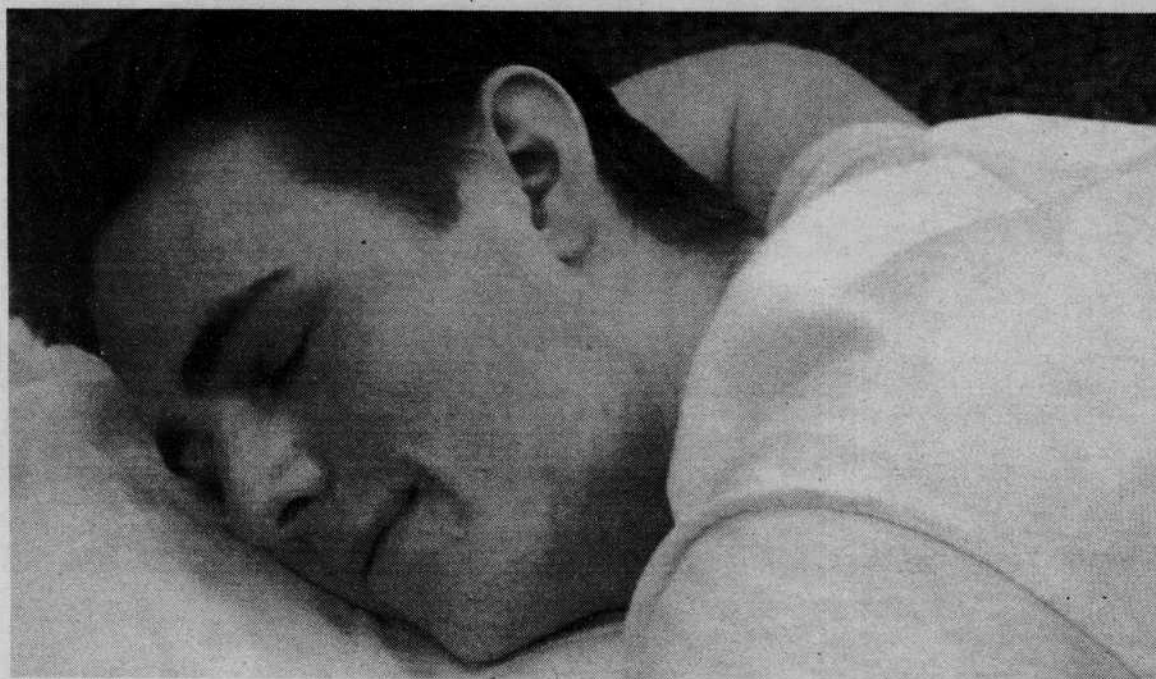
Spring 2002

Health Information Tables at the Rec Center

Wednesdays
3:00-5:00 P.M.
April 17:
Humor
May 1:
Sleep
May 15:
Consensual Sex
May 29:
Sun & Skin



"The Search for Sleep"



By Jessica Southwick

You are driving down a stretch of highway after dark. Slowly, your eyes begin to blink and eventually close. They open just in time and you barely manage to stay on the road. Badly shaken, you make it home on adrenaline and terror and throw yourself into bed.

Does this scenario sound familiar? You may be suffering from sleep deprivation. I am a fellow member of the vast group of people who walk around with constant dark circles under our eyes and a serious craving for an intravenous caffeine drip. So, I decided to find out how I could improve my sleep.

As it turns out, there is a large wealth of information about sleep

deprivation and sleeping disorders. While filing through the Peer Health Education Office in the Health Center, I found various pamphlets and handouts, as well books that focus on sleep. I also found out that I am not alone in my weariness. According to "Insomnia" an article in the Clinical Reference Systems, it is estimated that one in three adults suffer from insomnia at some point in the year.

I also spoke with Jolene Siemsen, a Nurse Practitioner in the Health Center. She said that most students she sees with sleeping problems complain about a variety of symptoms, such as waking early, not falling back asleep and poor quality of sleep. I was reassured to find out, both from Siemsen and my reading,

that sleeping troubles can often be cured by simple daily changes.

- *Avoid caffeine after noon. Depending on how it affects you, caffeine ingested after noon can still affect your ability to sleep.*
- *Quit nicotine. Another stimulant, nicotine can also be disruptive to sleep. By quitting tobacco a person might find that he or she sleeps much more soundly.*
- *Exercise early. Body temperature is really important while trying to sleep, and exercising raises your body temperature. This can keep you awake, so morning is the best time for physical exercise.*

Sleep hygiene is a concept that Siemsen highly recommended. It states that ideally we keep regular

sleep hours (My policy of a 1am bedtime one night and 10pm the next reduces sleep quality). Also, we need to keep our bedroom a comfortable, safe and dark space. By focusing on the bedroom as a place of rest, our minds become used to the idea that we will fall asleep when we lie down. Avoid doing homework and other daytime activities in bed. It should be reserved for sleep.

One cause of disordered sleeping that Siemsen mentioned is that of depression or anxiety. Often, when a student comes in with complaints of tossing and turning, the underlying cause is mental anxiety or slight depression. In this case, a temporary sleeping aid might be recommended, in addition to efforts at managing life's stress.

Most college students do not suffer from serious sleep disorders, such as sleep apnea. But anything that prevents a person from sleeping can be irritating and detrimental to other areas of life. Grades can suffer, social life can suffer. Worst case scenario is that you could also hurt someone else by driving while sleep deprived.

If you feel like you are in desperate need of sleep, but are having serious problems getting it, keep these lifestyle factors in mind and try a few small changes. If problems continue stop by the Peer Health Education Office to check out one our books on sleep, such as Sleep Right in 5 Nights, or schedule an appointment with a medical practitioner in the Health Center at 346-2770. Do yourself a favor and work towards sleeping better.

A Student's Herbal First Aid Kit

By Nikki Fancher

Whether because of late night studying or all night partying, the college experience is wrought with special health concerns. Luckily, there are many herbal supplements that can help manage our bodily reactions to the crazy life of a university student. This first-aid kit is intended to give a basic understanding of the potential benefits and uses of four important herbs. Each of these herbal supplements is available at the Health Center's pharmacy. Call 346-4454 for prices and pharmacy hours.

St. John's Wort

Hypericum perforatum
Uses: Used extensively in Germany as an alternative to Prozac, St. John's wort is generally used in the United States as a gentle mood elevator. Other less common uses include; headache, muscle pain, loss of appetite, sleep disturbances. It can cause al-

lergic skin reactions, gastrointestinal symptoms and possible cataracts.

Echinacea

Echinacea angustifolia, Echinacea pallida, Echinacea purpurea
Uses: Echinacea is a helpful supplement for boosting the immune system and for aiding the body in fighting off of microbial infections. It is important not to overuse Echinacea, as one may become immune to its effects.

Ginseng

Panax ginseng
Uses: This famously energizing herb has been taken to improve abstract thinking, speed up reaction time, and boost resistance to viral infections. In Chinese medicine, it is also considered a remedy for digestive problems, vomiting, and bloody sputum, although its effectiveness for these purposes remains unverified.

Ginkgo

Ginkgo biloba
Uses: Ginkgo may improve blood flow to most tissues and organs including the brain, often leading to increased memory. Although used mostly by the college population as an overall study aid, by increasing circulation, Ginkgo may be beneficial for reducing cold hands and feet.

Herbal Resources in the Peer Health Education Office:

"Review of Natural Products" newsletter
Websites: www.herbmed.org
www.bookofherbs.org

Spring 2002 Contributing Writers and Peer Health Educators



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health hi-lights

Health HI-Lights, Spring 2002

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>