

Health Education offerings

Boiling Water 101: An Introduction to Cooking

Wednesdays 4:00-5:30 P.M.

Oct 30th - Nov 13th

University Health Center, Cafeteria

Call 346-2794 to sign up.

Learn basic skills to prepare quick, nutritious & delicious meals! If you feel you have no time, money or creativity, then this is the workshop for you. Class is limited to seven students. Cost is \$15.

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.

Smoking Cessation Workshop

Tuesday, Nov. 4

4:00 - 5:30 P.M.

University Health Center Medical Library

Gather information & resources to help you quit for good. Aids such as the patch, zyband, gum and behavior strategies will be discussed.

Best Dressed Breast

A Breast Cancer Awareness Fashion Show

Mon. Oct 28

7pm EMU Ballroom

CPR Certification

Tuesdays, Oct. 22, Nov. 5

5:00 - 9:00 P.M.

Health Center Cafeteria

American Heart Association 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://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.

Fall 2002

Health Information Tables at the Rec Center

Wednesdays

3:00-5:00 P.M.

Oct 9: Veggie Cooking/cholesterol

Oct 23: Breast Cancer

Nov 6: Diabetes

Nov 20: Tobacco

Diabetes

What to know, What to do

By Emily Garling

If you were on the show "Who Wants to be a Millionaire?" and you made it to the million dollar question, could you answer this: What exactly is diabetes? Just in case that opportunity ever comes up, or you simply want to understand this increasingly common disorder, read on.

There are two types of diabetes, referred to as Type 1 and Type 2. Type 1 diabetes is most commonly diagnosed in children or young adults and occurs when the cells in the pancreas either no longer produce insulin or do not make enough insulin. According to Mary Jean Jacobson, registered nurse and diabetes educator at the UO Health Center, here at the UO, 85 % of the students with diabetes have this form of the disease. Type 2 diabetes, on the other hand, generally develops later in life and occurs when the pancreas doesn't make enough insulin and/or the cells in the body cannot use the insulin properly. Whereas Type 1 diabetes is usually a result of genetic irregularity, Type 2 diabetes can be a result of outside risk factors, such as obesity, and not getting enough exercise.

College life can be stressful and compromise your health. Maintaining positive habits now can keep you healthy today and help prevent diseases in the future. Here are some tips for staying healthy during college and preventing development of type 2 diabetes.

1. Follow a meal plan. Even with classes scattered throughout the day and being at the library all night, it is

still important to eat at regular intervals to keep your blood glucose level steady and insulin production in a desirable range. This will also help you maintain an ideal body weight. Kristen Olmos, the Registered Dietitian at the UO Health Center, can help you to develop a meal plan that fits into your lifestyle. She can be reached at 346-2794

2. Exercise regularly. Aerobic and strength building exercises are great for anyone. In addition to helping you maintain a healthy weight, exercise will give you more energy for those late night study sessions.

3. Limit your alcohol intake. Drinking too much alcohol can result in hypoglycemia (low blood glucose levels) and be very harmful to every organ in the body.

4. Take a snack. Packing a nutrient dense snack like an apple and some cheese to class or the library can often help prevent large fluctuations in blood sugar levels.

5. Visit the Health Center. You can have your blood glucose level checked for free on Tuesday mornings from 9:30 to 11:30 in the Health Education Office. Also, the Health Center has a diabetes education team consisting of a registered dietitian, a pharmacist, and several doctors and nurses who can provide diabetic students with the best possible care while here at school.

6. Don't stress the small stuff, relax and enjoy college while you're here! You'll want to look back at all the good times that you had.

Wondering about Nursing?

Talk to the experts at your Health Center

By Claudia Le

Are you curious about the field of nursing? Have you ever wondered what the differences are between a Physician Assistant and a Nurse Practitioner? Like many other Pre-Nursing students at UO, I am still on the quest to find out if Nursing Practitioner (NP) is the right profession for me. To help me gain more insights about this profession, I interviewed Wendy Lang and Anne Mattson, two of the 5 NPs that work at the University Health Center.

I asked Anne what she thought was the most important thing to look for when searching for the right nursing school. In her opinion, "students should look at the school and see if their standards reflect your standard and expectations of yourself." She recommended that students get a lot of clinical time while in nursing school because it will prepare you for the working world.

I asked Wendy how she knew that she wanted to become a nurse. She stated, "It is hard to know until you get

some experience working with people- either volunteering or working in clinics or hospitals. It helps if you really enjoy people and medicine and are not just economically motivated."

The common question most pre-nursing students are faced with is whether to pursue physician's assistant (PA) school or become a NP. Both Wendy and Anne agreed that being a NP gives you more autonomy. A NP has their own license to practice independently, whereas a PA is connected to a medical doctor. Wendy added that a NP can independently operate their own clinic, do their own billing and receive reimbursements.

Nursing can be a rewarding experience if you like to help people and there are many different areas in nursing to focus on. Students interested in the nursing fields can contact any of the nursing staff at the UO Health Center and ask to set up an informational interview. Call Sharon Harbert, Assistant Director of Nursing at 346-2760 for more information.

Anxious About Anxiety?

by Erica Tucker

A man finds it difficult to attend a party because he's self-conscious and feels that people are watching from every direction. Another person sits in front of the telephone and agonizes because she's afraid to pick up the receiver and make a call to someone she doesn't know.

Many of us can remember times when we felt uncomfortable being the center of attention, but this brief shyness is not a psychological disorder. Social Anxiety (previously termed Social Phobia) exceeds normal shyness when it leads to excessive social avoidance, occupational/academic impairment, and/or significant distress. So why do people have this disorder, how common is it, and can it be cured?

Following are a list of common questions and answers about Social Anxiety chosen from a book called *The Anxiety & Phobia Workbook* by Edmund J. Bourne, Ph.D. You can find this book and others on anxiety in the Peer Health Library located in the University Health Center.

Q: What exactly is social anxiety?
A: Social anxiety is a persistent and unrealistic fear of being observed and evaluated by others. These feared situations are avoided or endured with intense distress.

Q: What are the symptoms?
A: Behavioral symptoms include: gaze aversion, avoidance of social situations, and slumping of the shoulders. Cognitive symptoms include: fear of evaluation, humiliation, and embarrassment. Physical symptoms include: blushing, sweating, nausea, dry mouth, tremor, panicky feelings, increased heart rate, and blocked speech.

Q: How is it diagnosed?
A: Unlike some other psychological disorders, social anxiety is not well understood by the general public or some medical professionals. In fact, people with social anxiety are misdiagnosed almost 90 % of the time. Because few socially anxious people have heard of their own problem, they think they are the only ones in the world who have these terrible symptoms and fail to seek help. When the idea is brought up, doctors use a set of questions focusing on fears and anxieties surrounding social situations to help determine the

diagnosis.

Q: I've never heard of social anxiety, so it must not be very common.

A: Social anxiety disorder is a lot more common than you think. It is actually the most prevalent of any anxiety disorder and is the third most common psychiatric disorder following depression and alcohol abuse. Social anxiety affects 15 million Americans in any given year and occurs in women twice as often as men.

Q: What causes social anxiety?

A: Some research implicates a small structure in the brain called the amygdala in the symptoms of social anxiety. It is believed that this structure is a central site in the brain that controls fear responses. Others have evidence to suggest that social anxiety can be inherited. And of course there is research investigating the environment's influence on the development of social anxiety. This disorder typically begins in childhood or early adolescence and rarely develops after age 25.

Q: Can social anxiety be treated?

A: Yes! Medications include antidepressants such as selective serotonin reuptake inhibitors (SSRIs) and monoamine oxidase inhibitors (MAOIs). Psychotherapy involves helping patients gradually become more comfortable with situations that frighten them.

Social anxiety is serious and has debilitating effects on those who suffer from it every day. If you feel you have symptoms of social anxiety or would like any further information about diagnosis or treatment, there are resources available for you on campus. Check out the Peer Health Education Office in the Health Center for articles, pamphlets and books like *Women & Anxiety*. You can also call the UO Health Center at 346-2770 to set up an appointment with a psychiatrist or other medical practitioner. The UO Counseling Center, 346-3227, offers free drop in consultations and counseling.

Other Resources:
<http://www.socialanxietyinstitute.org/examples.html>
<http://degnanco.com/anxiety/who.html>
<http://www.pslgroup.com/dg/fc122.htm>

Fall 2002 Contributing Writers and Peer Health Educators



Peer Health Educators and Contributing Writers: Katie Collins, Jessica Hougen, Emily Garling, Sariantra Kali, Claudia Le, Sarah Parrish, Cass Skinner, Erica Tucker, Rebecca Wagner, Carrie Zogoros.

Editor & Photographer: Annie Dochnahl

WellNow is published each term, except summer, for UO students by the Health Education Department of the Health Center, 13th and Agate Streets, University of Oregon. <http://healthcenter.uoregon.edu>

health hi-lights

Best Dressed Breast

Breast Cancer Awareness Fashion Show

Monday, Oct. 28th 7 pm

EMU Ballroom

Free and open to the public

Learn about breast cancer risk and prevention thru beautiful and funky fashion.