

You Can Kick it!

According to the 2003 UO Health Center Survey

22% of UO students use tobacco

81% of UO students who use tobacco have considered quitting

61% of UO students who use tobacco have tried to quit



By Phyllis Lee

We are constantly bombarded with the words "Don't smoke, it's bad for you." By now, we all understand that tobacco related diseases (heart attack, stroke, emphysema and cancer) are the top killers in America. These diseases are also the most preventable. We know this and yet look around campus. According to the 2003 Health Center survey, an average of 22% of us Ducks smoke.

We also know most smokers want to quit. Shouldn't we, as concerned friends, focus on how to support those that are already addicted and are trying to quit? Kicking the habit is difficult, however the health benefits of quitting quickly outweigh the difficulties. The Center for Disease Control recommends this plan for those wanting to quit smoking.

- Write down all the reasons you want to quit and refer to this list often
- Know that it will take effort to quit smoking. It takes most successful quitters about five attempts.
- Don't smoke any number or any kind of cigarette. Cold turkey has been shown to be the most effective quit strategy.
- Half of all adult smokers have quit, so you can too

GET HELP IF YOU NEED IT.

University of Oregon Health Center is a wonderful resource for students who want to quit smoking. Smoking Cessation workshops are offered every term. There is helpful information and quit kits located in the Peer Health Education Office. In addition the Health Center is offering nicotine replacement (patches and gums) to students who want to quit smoking, free of charge. For more information come by the Health Education office in the UO Health Center or call 346-4456.

Your Health: The most important subject this term

By Shannon Stout

College students complain about feeling stressed in such matter-of-fact ways, that we may begin to believe there are no alternatives. The same goes for complaints of falling asleep in class or finding nothing other than junk food when it comes time for a meal.

As we try to strike a balance between work and play, our health is often compromised. Fast food instead of nutrient dense food and all night cram sessions instead of time management are tempting choices that offer limited reward. It is important to try to keep a regular sleep schedule, eat right and exercise. This is easier said than done. Yet finding balance is simply a matter of making choices to incorporate sensible health practices. Efforts toward living a more healthy life today will have posi-

tive effects on your stress levels, mood and capabilities. The bonus is that eventually these practices will become habits.

HERE ARE A FEW REMINDERS TO KEEP YOU ON TRACK:

Eat a well balanced diet. Studies show that skipping breakfast detracts from scholastic achievement. If you are on the run grab a bagel, piece of fruit, and some juice instead of a donut and coffee. Try to eat foods that are baked, steamed, or grilled, rather than fried. Limit the amount of empty calorie foods (e.g. candy, chips, and soda that provide few nutrients other than calories). Find nutrient dense foods at late-night snack time such as popcorn and veggies. It is also very important to drink plenty of water to keep your body hydrated.

Exercise regularly. Exercising 3-5 times a week for 20-60 minutes will help increase muscle tone, decrease body fat, and will help to speed up your metabolism to give you more energy. Try biking, running, fast walking, or swimming. Those who exercise, tend to stay more alert in the day and sleep more deeply at night. Exercise can also help reduce the risk of many chronic diseases such as heart disease, strokes, and some cancers.

Make sure to get enough sleep. Poor sleep can quickly become a catch 22 where unchecked stress disturbs sleep and in turn poor sleep aggravates stress. There may be so much to juggle in college that you find you are skimping on rest. The average amount of sleep a person needs is 8 hours. Not getting enough sleep can lower your immune system, making you susceptible to colds, flu and other illnesses.

TAKE ADVANTAGE OF FITNESS RESOURCES AVAILABLE ON CAMPUS:

- Student Recreation Center: Available to all UO students, includes swimming pool, variety of athletic equipment, indoor track, rock climbing, basketball and tennis courts.
- Physical education classes: Over 30 different credit courses offered to students.
- Join an Intramural Sports Team or Club Sport (Information available in the Rec Center).
- University Health Center offers a wide variety of services for health promotion. Stop by the Peer Health Ed Room or call 346-4456 to find out more about health promotion services.

Factors that influence this statistic include the usual suspects: tobacco smoke, obesity, physical inactivity, high blood pressure, diabetes mellitus, and high blood cholesterol.

OUNCE OF PREVENTION

The good news is that CVD can be prevented. Most prevention measures involve nothing magical, just adjusting lifestyle factors:

- First, if you use tobacco, quit
- Choose nutrient dense foods with limited saturated fats
- Incorporate daily aerobic exercise
- Maintain normal blood pressure and blood cholesterol

If you are not sure if you are at risk of CVD, the UO Health Center offers free cholesterol screening and assessment for CVD risk. Cholesterol screenings are every Tuesday from 9:30-11:30 a.m. No appointment is needed and you can drop in the Health Education Office located near Area B. Call 346-4456 for more information.

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longed time, a life-threatening situation can arise.

You may be saying to yourself, "this could not happen to me, not now." It's true that heart disease does not appear overnight, but takes years to develop. Many do not realize, however, that CVD can start at an early age and that it eventually kills more Americans than any other disease. According to the American Heart Association, CVD is the number 1 killer of both women and men. These diseases claim the lives of more than half a million females every year - about a death a minute. That's more lives than the next 7 causes of death combined.

Be Dear To Your Heart

By Susie S. Jimg

In your pursuit to get to know others on campus, don't forget to get to know yourself. Let's start with a few personal questions.

- Do you have a family history of heart disease?
- Do you smoke?
- Do you have high blood pressure (i.e. above 140/90)?
- Are you overweight?
- Is exercise absent from your normal weekly routine?
- Do you have a high blood cholesterol level (i.e. above 240 mg/dl)?

If you answered "yes" or "don't know" to any of these questions, you may be susceptible to cardiovascular disease (CVD). Studies have demonstrated that, even at our young age, many of our arteries are ALREADY 20-50% occluded. That would mean, of course, that the heart is not receiving an adequate blood supply. While this may not spell immediate disaster, when the heart's ability to work is greatly reduced for a pro-

The Truth About Ephedra

By Jennifer Helms

Everywhere you look, our media is flooded with ads for weight loss. Products like Slimfast, weight loss programs, workout videos, and "miracle" weight loss pills, have found their way into everyday life. Many people have been sucked into buying these products without understanding their potential health dangers.

Ephedra is one such product. Also known as Ma Huang, it is an adrenaline-like stimulant that originated in China. Today it is sold in around 200 dietary supplements like Metabolife, Meta-Lite, and Stack 2. Ephedra is popular because of its claims of enhanced metabolism, increased energy, and weight loss. The ads don't mention the many dangerous potential side effects. Some of these include dizziness, tremors, alterations in blood pressure, and heart rate, and serious headaches. More severe side effects include chest pain, stroke, heart attack, seizures, and in severe cases, death.

THE EVIDENCE SPEAKS FOR ITSELF

In a 2001 study reported in the Annals of Inter-

nal Medicine, data from the US Poison Control Center are compared to overall sales of ephedra in the US. The study showed that "products containing ephedra accounted for 64% of all adverse effects reported from herbs even though they represented less than 1% of total herbal product sales." In other words, ephedra is one of the most dangerous herbal supplements out on the market. It results in more adverse reactions than any other legal herbal product sold in the US.

Anyone who is interested in these products should also check with a medical practitioner. They can help you determine ephedra's dangers if you are taking other kinds of medication or have pre-existing health issues.

The best way to improve your fitness is by increasing your activity level and improving your diet. For more information on these more promising practices, come by the Health Education office on the main floor of the Health Center.

are even taking a product that contains ephedra because the labels on these products are often confusing and misleading. Read labels carefully to check for ephedra.

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In Sickness And In Health

By Sara Hodges

Here at UO, students have a Health Center at their full disposal. Don't fall for the misperception that the Health Center is useful only when you are already sick or injured. There are plenty of services for the healthy student who wants to stay well! Below is an overview of three of the services to help students attain even greater levels of health.

DENTAL CARE

Many of our students are far from home and their family dentist. Why not come into the Health Center for a checkup and a cleaning? Worried you can't afford it right at the moment you need it? You can have all services charged to your student account, which would make any college student smile. Dental appointments fill up fast, so call 346-4432 for your appointment.

NUTRITION COUNSELING

While it may be tempting to try the latest fad diet as seen on TV, you can get more sound recommendations from the Health Center's registered dietitian Kristen Olmos. She helps students with diet concerns ranging from weight management, disordered eating and disease conditions such as diabetes. Appointments can be made by calling 346-2770.

PEER HEALTH EDUCATION

The Peer Health Education office has an awesome lending library with many provocative titles. While you're there, pick up free condoms, or talk to one of the peer health educators about health questions you may have. We can help you navigate through the Health Center, get well and stay well.



Factoids

An individual can contract gonorrhea or chlamydia in the throat through unprotected sex. www.bigeye.com/sexeducation

Around half of all pedestrians aged 16-60 killed in road accidents are over the legal drink-drive limit. www.lifebytes.gov.uk

At least 7% of drowning accidents and 40% of household fires involve alcohol. www.lifebytes.gov.uk

According to the FBI, only 2% of reported rapes in the U.S. are false claims.

The curing process tobacco must undergo before being processed into cigarettes is the single largest commercial cause of deforestation world wide, destroying around 8.55 million acres of forest each year. www.bigbaccosucks.org

Tobacco related diseases cause more deaths per year than alcohol, heroin, cocaine, homicide, suicide, car accidents, fire, and AIDS combined. www.quitsmoking.about.com

50% of smokers who smoke in their teens and continue to smoke will eventually be killed by their smoking habit. www.lifebytes.gov.uk

Smoking-related diseases claim an estimated 430,700 American lives each year. [American Lung Association](http://www.americanlung.org)

The leading causes of death in the US: 1-Heart disease 2-Cancer 3-Stroke [Center for Disease Control](http://www.cdc.gov)

One in five adults engage in high level of activity, but one in four are largely inactive. [National Center for Health Statistics](http://www.nationalcenterforhealthstatistics.gov)

Many pigments used in tattoo inks are not approved for skin contact at all. Some are industrial grade colors that are suitable for printers' ink or automobile paint. [U.S. FDA Center for Food Safety and Applied Nutrition office of Cosmetics & Colors Fact Sheet Nov. 29, 2000](http://www.fda.gov)

Scientific evidence suggests that about one-third of the 556,500 cancer deaths expected to occur in 2003 will be related to nutrition, physical inactivity, obesity, and other lifestyle factors and could also be prevented. [American Cancer Society](http://www.americancancer.org)

In the US, 1 of every 4 deaths is from cancer. [American Cancer Society](http://www.americancancer.org)

If you took the average 5'2" woman, age 22 and normal weight of 125 pounds and expected her to fit into the Barbie image she would have to be 7'2" tall! [National Association of Anorexia](http://www.nationalassociationofanorexia.org)