

## health happenings

### Relax and Renew!

six week meditation series  
Develop and strengthen your meditation practice for relaxation and mental clarity.

Wed Jan 28-March 3,  
4:45-5:45

Bowerman Building  
Heritage Hall • Free  
call 346-4456 for info  
or to register

### Boiling Water 101:

A vegetarian Cooking  
Workshop

Learn to prepare quick, easy and nutritious meals. Workshop fee of \$15 includes mixing bowls, skillet, utility knife and other helpful kitchen tools. PLUS you get three weeks of hands on cooking and great meals.

Wednesdays 4:00-5:30

January 28,  
February 4 and 11  
Health Center Cafeteria  
Call Kristen Olmos at  
346-2794 to register.

### CPR Certification Class

Two year certification from the American Heart Association.

Mondays Feb. 2  
and March 1  
5:00-9:00 p.m.  
UO Health Center  
Cafeteria • \$30  
346-2770 to register

### CHAT

Campus Health  
Action on Tobacco

Students and staff are invited to join a campus advisory board which will help design programs and policies to reduce tobacco use on campus.

Next meeting is TBA  
Contact Paula Straight for more  
information at [pstraight@darkwing.uoregon.edu](mailto:pstraight@darkwing.uoregon.edu)

### NRT

Free Nicotine Replacement Therapy (patch and gun) is available at the Health Center for students who are trying to quit tobacco. Come to the Peer Health Education Office or the Pharmacy for information or to pick up NRT.

### FPEP

The federal grant providing free contraception and family planning services for qualified students has been extended at the Health Center until October 2006.

Call 346-2770 or fill out the on line application at <http://healthcenter.uoregon.edu> to see if you qualify.

# Herbal Supplements as complementary medicine

By Revati Patel

As the cold and flu season peaks, we become more acutely aware of our health. Many of us take over the counter medicines, or get a prescription from a practitioner. However, these are not the only ways in which people attempt to maintain health.

An enormous field of medicine called complementary medicine is gaining popularity in the U.S. Complementary medicine is a group of medical and health care systems, practices and products that are not considered to be part of conventional western, or allopathic, medicine. Complementary medicine includes Aromatherapy, Chiropractic, Ayurveda, Homeopathy, Naturopathy and Herbalism.

### HERBALISM IS ONE FORM OF COMPLEMENTARY MEDICINE

Herbalism makes use of plants to produce desired effects on the body. The World Health Organization estimates that 80 percent of the world's population uses

plants for medicinal purposes. Approximately 25 percent of prescription drugs are derived from substances in plants. Aspirin, for example, has its origins in willow bark. Taxol, used in cancer chemotherapy, originates from the Pacific Yew tree. Echinacea, an herbal immune system stimulant, was discovered by Native Americans and many people use it today to treat the common cold.

It is important to realize that herbal medicines in the US are sold as dietary supplements and are not tested by the FDA to see if their health claims are accurate. The FDA simply attempts to make sure that the product is safe. Herbs contain a wide variety of chemicals whose concentrations will depend on the kind of plant, how it was grown, storage etc. Before trying an herbal supplement, learn about the supplement; determine if the product will really help you with your condition by looking up scientific literature about it through IBIDS. If you experience allergic symptoms as a result of using sup-

plements, contact your medical practitioner.

### ON CAMPUS

According to the 2000 Health Center survey, 35% of UO students have used some form of herbal medicine. About 52% of those who take herbal supplements reported that they do not inform their medical practitioner about taking herbal supplements. But since the FDA does not review or approve the ingredients that go into the medicinal supplements, it is really important to consult a physician before taking any of the herbal supplements for serious illnesses. Furthermore, medical practitioners can better help prevent drug interactions if you are forth coming with using herbal supplements.

If you are considering herbal supplements, more information can be found in books in the Lending Library in the Health Center. You can also talk to physicians, nurse practitioners or pharmacists at the Health Center. We are located on 13th and Agate, right across from Oregon Hall.

## Herbs Available at THE HEALTH CENTER PHARMACY

### Chamomile

Used for indigestion  
Those allergic to ragweed and flowers in the daisy family may suffer from allergic reaction.

### Echinacea

Used as an immunity booster  
Those allergic to sunflowers may suffer from allergic reaction

### Ginger

Used for nausea  
Too much can inhibit clotting

### Ginkgo Biloba

Used for circulation, improved memory

### Ginseng

Improves circulation  
High doses may cause insomnia or nausea

### Garlic

Used for high cholesterol  
High doses may prevent blood clotting

### St. John's Wort

Used for mild to moderate depression



# Testicular Cancer

By Jessyca Thompson

If you come to the Student Rec Center on Wednesday afternoons, you've seen us, the Peer Health Educators, staffing health information tables. Recently, our topic was breast and testicular cancer prevention. In addition to stats and tips for prevention, we had these wonderful fleshy models of a breast and testicles with small lumps inside. The idea, of course, was to feel for the lump and encourage self exam for both sexes. What I observed was that men were far less comfortable feeling the testicular model than women were in feeling the breast model. What's with that?

### INVINCIBILITY SYNDROME

I asked Dave Miller, director of the UO Men's Center, what he thought of this discrepancy between men and women's willingness to learn about certain cancers. He suggested

that men are aware that testicular cancer exists but have the invincibility syndrome of, "it can't happen to me". He also commented on the social climate around touching one's own genitalia. The full answer is undoubtedly a complex social/sexual one and makes for interesting party conversation. But because of the testicular model aversion I witnessed at the Rec. Center, I realize that college age men are largely unaware of their chance of developing testicular cancer.

### MOST COMMON IN YOUNG MEN

According to the American Cancer Society (ACS), testicular cancer is the most common form of cancer in men between ages 15 and 35. In fact, men are more likely to be diagnosed with testicular cancer at this age than later in life. About 7,500 men in the US are diagnosed with testicular cancer each year. ACS emphasizes the importance of

doing monthly testicular self-exams and becoming familiar with your testicle anatomy so you are aware of any changes or abnormalities.

### WHAT TO FEEL FOR

If you find that one of your testicles is much larger or firmer than the other, or if you find a lump, whether painful or not, don't panic. The problem is usually not cancer, but you should see your medical practitioner to make sure. Medical staff can also go over testicular self exam technique and answer questions. You can make an appointment at the UO Health Center by calling 346-2770. While at the Health Center, check out the Health Education lending library books and literature on men's health issues. The UO Men's Center, located in the EMU, has a weekly discussion group including health topics such as testicular cancer. Contact Dave Miller at 346-2715 for more information.

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### Contributing Writers and Peer Health Educators



(left to right) Missy Columbo, Ursula Evans/Heritage, Adrienne Gee, Lilee Hua, Josh Green, Akiko Gordon, June Wang, Revati Patel, Lauren Peters, Patricia Prevost, Jessyca Thompson, Emma Thornborg  
photos by: Annie Dochnahl