

WELL NOW

Fall, 2004



UNIVERSITY OF OREGON

PAGE 2

Energy Drinks

Getting your energy from sugar drinks? Check out what's in your favorite energy concoction.

Flexibility

The oft overlooked part of physical fitness and gentle reminders for keeping yourself limber.

HPV

The virus that causes genital warts is not always prevented by condom use. Read why.

PAGE 3

Stress

Inevitable for college students but resources are within reach. Find out what your Health and Counseling Centers have for the stressed out student.

Sleep

When we don't get it right at night, sleep will sneak in at the most disagreeable times. Read tips for getting a full night of "zzz's".

Massage

Back by popular demand. Massage is available through the Sport's Medicine/Physical Therapy Department at the Student Rec Center.

PAGE 4

Suicide

Second leading cause of death among college students and resources are available on campus.

Learning Disabilities

Several departments on campus provide services for students who struggle with learning. Find out more.

When in Eugene... Bike!



By Urva Kuzma

to get out and enjoy the city and some fresh air. And Eugene is a great place to do it. Allow me to share a few tips for the road.

Biking Near

As you've probably noticed, the UO is a great campus for riding. There are plenty of bike racks and bike lanes. All you need is the bike, a lock and a helmet. Although a helmet isn't required for riders over 16, wearing a helmet is sensible protection since you're here, after all, to educate your mind.

While on the topic of safety, be sure to follow the rules of the road. Always ride with traffic, be alert, ride defensively, yield to pedestrians, use lights and reflectors at night, and follow lane markings. The

Department of Public Safety has plenty of maps and lists of rules for local riders.

Getting Out

Besides riding to and from class, there are plenty of local areas to explore off campus. The Riverbank Trail System is across campus on the other side of Franklin Blvd. It is a wide trail along both sides of the Willamette river that takes you past Autzen Stadium and the Delta Ponds. You'll find other bikers, walkers, runners, and roller-bladers enjoying the river views and grassy parks along the trail.

Riding from campus on 15th Ave. will take you to the Amazon Creek Trail, which you can ride to the outskirts of Eugene, passing through neighborhoods and wetlands on the way.

When in Eugene, do like the Eugeneans and have a great ride!

Top 10 Reasons to Ride a Bike:

10. If you live around campus, commuting to class is faster by bicycle than by car.
9. Parking is easy and free.
8. A bicycle runs on a variety of non-petroleum fuels – breakfast cereal, broccoli, monster cookies ...
7. Biking around campus is an easy way to squeeze in 30 minutes of moderate exercise.
6. Bicycling is ecologically and environmentally sound.
5. Commuting by bike saves money.
4. The breeze will dry your wet hair as you ride.
3. You can take your pick of models, colors, seats, handlebar streamers, etc.
2. Bicycling gives you a completely different view of the world.
1. It's fun!

Want to explore the area around campus? Looking for a fun way to enjoy the last few weeks of warm sunny weather? Need to get some exercise between classes? Biking is a great way

Iron Deficiency Anemia—A Common Suspect

by Erin Baldwin

Imagine you are taking a test where one of the questions is to explain why students are often fatigued, irritable, short of breath, or have difficulty concentrating? You might come up with several plausible explanations, yet might not have thought of one common suspect—“iron deficiency anemia”.

Suspect Defined

Iron deficiency anemia, in the simplest terms, means the depletion of iron reserves in the body. In particular, this condition is characterized by depletion of hemoglobin molecules within red blood cells, whose job it is to transport oxygen throughout the body. If there isn't enough oxygen transportation, then it's easy to see why fatigue, shortness of breath, or lack of mental concentration may result.

Iron deficiency anemia develops slowly and is certainly related to diet. Low-calorie or imbalanced diets can lead to inadequate dietary iron intake. Other contributing factors include excessive menstrual bleeding in women, hemorrhages, blood donations,

diarrhea, and use of antacids.

Symptoms

Other symptoms of iron deficiency anemia can include: pale skin color, low blood pressure, sore tongue, brittle nails, headaches, loss of appetite, sensitivity to cold, tingling limbs, and gastrointestinal tract abnormalities. One peculiar symptom called “pica” refers to unusual food cravings such as ice, cardboard, clay, paint, detergent and starch. Still, iron deficiency anemia does take time to develop, so more commonly it is asymptomatic.

What about numbers

Although anemia is usually associated with children, pregnant women, and endurance athletes, it is also common among college women. Typically women have increased blood loss through menstruation. According to Medline Plus Medical Encyclopedia, approximately 20 percent of all women, 50 percent of pregnant women, and 3 percent of men are iron deficient.

Iron deficiency anemia is the most common nutrient deficiency in the United States and in developing countries, according to UO Health Center

Registered Dietitian Kristen Olmos. “Iron deficiency anemia is usually diet related, but there are often other contributing factors,” Olmos said. “Our diet replaces the iron we lose through sweat, blood, urine and feces. Calcium inhibits iron absorption, and excessive amounts of coffee, tea, and other products can [also inhibit absorption].” Olmos noted that the recommended daily allowance for iron is 10 milligrams for men and 15 milligrams for women. She recommends eating iron rich foods (like refried beans, meat, fish, chicken, stir-fried tofu, lentil soup) along with vitamin C rich foods (like strawberries, broccoli, grapefruit, green pepper, tomatoes, orange wedges) which aid in the absorption of iron.

Prevention and treatment

A balanced diet, adequate in calories and rich in both iron and vitamin C is key. According to Olmos, the form of iron found in meat products is absorbed 2-3 times better than iron from vegetable products.

A simple blood test at the Health Center can determine

if you are iron deficient. If so, a practitioner might recommend an iron supplement such as ferrous sulfate, ferrous gluconate, and carbonyl iron, along with vitamin C supplements, all of which are available at the Health Center pharmacy. Kristen Olmos can provide diet recommendations. For more information or an appointment at the UO Health Center call 346-2770.

Servings of various foods and their iron content:

- 4 oz. liver (4-9 mg)
- 1/4 cake tofu (2-3 mg)
- 1 egg (1 mg)
- 1 c. refried beans (4.5 mg)
- 1/2 c. cooked spinach (3 mg)
- 1/3 c. dried fruit (1 mg)
- 1 tbs. black strap molasses (3 mg)

Nancy Clark's Sport Nutrition Book