

health
happenings

EMU's Health Resource Room

Grand opening
Monday, February 14th
Blood pressure screening,
individualized health
assessments, cholesterol
screening & more.
Across from the Fir Room.

**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.

Tuesdays 4:00-5:30
January 25, February 1 & 8
Call Kristen Olmos
at 346-2794 to register.

**Relax and Renew
Meditation Class**

Free six-week series
to enhance your
meditation practice.

Wednesdays 4:45-5:45
January 26—March 2
Heritage Hall in the
Bowerman Building
Call 346-4456 to register.

**CPR Certification
Class**

Two year certification from
the American Heart
Association

Mondays 5:00-9:00 p.m.
February 7 and March 7
UO Health Center Cafeteria
\$30, call 346-2770
to register.

NRT

Free Nicotine Replacement
Therapy (NRT) including
patch and gum is available
at the Health Center
for students trying to
quit tobacco.

Come to or call (346-4456)
the Peer Health Education
Office to schedule
an NRT appointment.

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
online application at <http://healthcenter.uoregon.edu>
to see if you qualify.

Getting Over Disordered Eating



by Laura Barth

The day I was admitted to the hospital for an eating disorder was one of the most important and challenging days of my life. Although I definitely did not see it at the time, I was deeply entrenched in anorexia. As a last resort, my parents turned to a day treatment program aimed at treating physically stable people. Every day I would eat my meals at the hospital and attend classes on nutrition, conflict resolution, and body image.

I did manage to overcome my eating disorder, but not

everyone is so lucky. I still have images of the middle aged women in my treatment program who had been in and out of treatment since college with diminishing hopes of overcoming their obsession.

Eating disorders are not uncommon on college campuses. The three most familiar eating disorders on campus are anorexia (self-starvation), bulimia (bingeing and purging), and binge eating (bingeing with no purging). While these are the official eating disorder classifications, people can have a wide range of disordered eating habits, such as chronic dieting or

occasional purging.

University Health and Counseling Centers are equipped to help us now. Kristen Olmos, the Health Center Registered Dietitian, has worked for ten years with students who suffer from disordered eating. Kristen works in conjunction with a counselor and a medical provider to help her patients overcome their struggles with food. Her role in the treatment team is to educate the patient about nutrition, to dispel the myths about diet, and to help separate harmful emotions from food. She helps establish food and

nutrition goals, which are individualized according to the student's situation. "I try to challenge their attitudes surrounding food," Kristen says. The hardest and most important part of treatment is making the decision to recover. Without that decision, treatment is futile and the cycle of going in and out of treatment facilities will continue with no real progress.

Recovering from an eating disorder is the greatest challenge I have ever faced, but life without an eating disorder is more than worth all of the difficulties of treatment. The alienation, emptiness, and loss of family and friend support systems are only some of the costs of maintaining an eating disorder. The largest cost is the loss of some of the best years of your life to something as simple as food. If you or a friend has made the decision to get better, remember that it is a difficult journey, but with time and support recovery is possible.

To make a nutrition counseling appointment with Kristen Olmos call 346-2794. The Counseling Center is on the second floor of the Health Center. Call 346-3227 to speak with a drop in counselor or make an appointment.

Does the Oregon Winter Weather Have You Down?

by Marta Williams

Does the grey Oregon winter make you want to sleep until spring? Do you have depression-like symptoms that miraculously disappear in the spring but return in the late fall? College students are famous for our irregular sleep patterns, meals on the go, and changing social lives, which can lead to lethargy, depression and emotional problems. The darkness of winter can sometimes make coping even more difficult.

Could I be SAD?

SAD stands for seasonal affective disorder, and includes regular depression-like symptoms during the fall and winter, with full

remission occurring in the spring and summer. SAD and clinical depression share some of the same symptoms such as weight fluctuations, lethargy, and change in sleep or eating habits. However, SAD is characterized by responding to light availability and thus following seasonal patterns.

What about my Diet?

Many people, especially college students, do not fully appreciate the relationship between dietary intake and mood. Depression, lethargy, and anxiety can certainly result from nutritional imbalances alone. But usually other factors (stress or genetics) also contribute to low mood or depression. "Optimal

intake of nutrients is safe and potentially helpful in all circumstances," states Robert Garrison, Jr., M.A., R.Ph and Elizabeth Somer, M.A., R.D in *The Nutrition Desk Reference*. The B vitamins in particular all play an essential role in the nervous system, and their deficiency has been linked to depression.

One study done at Harvard Medical School and USDA Human Nutritional Research Center stated that, Vitamin B6 deficiency is reported in more than one out of every four depressed patients. Deficiency in vitamin E, vitamin C, iron, calcium, magnesium, selenium, and zinc have also been found to be linked to

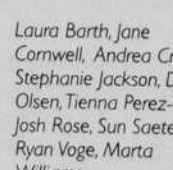
depression, and can enhance the effects of both SAD and clinical depression.

What does the UO Health Center have to offer?

If you have been experiencing depression or SAD symptoms, check out the Health Center (346-2770) and Counseling Center (346-3227). Light therapy is available through the Health Center through physician prescription, and can alleviate SAD symptoms. Kristen Olmos, registered dietitian, is happy to consult on improving diets. The Counseling Center has individual and group therapies available, and regular drop in hours weekly.

Winter 2005

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