



A publication of the Student Health Advisory Council and the Student Health Service

UD STUDENT HEALTH SERVICE
• LAUREL HALL •

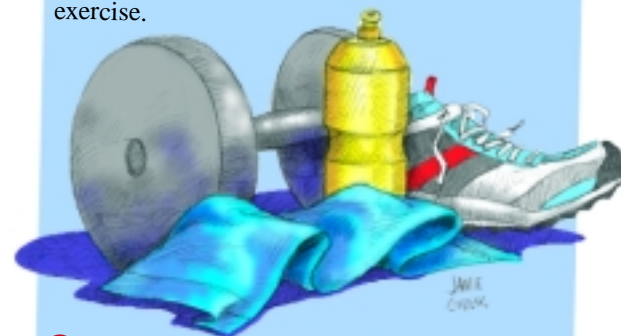
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www.udel.edu/shs

Exercise

You know it's good for you!

Although most of us know that exercise can benefit our physical and mental health, incorporating it into our lives is sometimes an effort. What is holding you back? Feeling tired? Find exercise boring? First, realize that you probably already have some physical activity in your day. See if you can gradually increase the time and pace of your activities. Add to existing activities and vary what exercise you are involved in so you don't get bored. Walk with a friend or perhaps a dog, throw a Frisbee, ride a bike, swim in the pool, or find music that has a good beat and dance to it. If you choose activities you enjoy and fit your personality and lifestyle, you will be more apt to find time for exercise.



OTHER HELPFUL TIPS:

- Exercise regularly, it then becomes a habit.
- Don't give up if you have to miss a few days.
- Remember comfort and safety. Choose appropriate clothing, locations, and weather conditions. (For example, break in new sneakers slowly to prevent blisters; wear a helmet if biking)
- Encourage friends to join and/or support you.
- Drink plenty of water.
- Know when you have had enough — your body's warning signals. (For example, joint pain or abnormal heart palpitations)
- Challenge yourself and celebrate your successes

If you build up to as little as 30 minutes of moderate physical activity each day, you can seriously improve your health, your looks and your attitude. Physical activity lowers your risk of heart disease, cancer, diabetes, hypertension, osteoporosis, and back pain. It also improves strength and endurance, helps maintain healthy bones and muscles, helps control your weight, and improves your mind and mood.

Go for it! You can do it!

Think before you drink

Rather than quoting statistics or talking about college students and drinking, we want to share some health information about alcohol.

Alcohol is a poison to the human body and is directly related to certain diseases of the liver. Your liver is the primary organ that removes toxins from your body — a filtration system for your blood. When alcohol is in contact with body tissue, it denatures the tissues of the body — especially if the alcohol contact is prolonged. When the liver is saturated with alcohol, two important things happen:

- Normal metabolic processes of the liver are interrupted.
- The denaturing process harms or changes liver cells.

When you subject your liver to this process over and over again, eventually the liver will be permanently scarred. The body can no longer purify the blood of various toxins and a disease such as cirrhosis of the liver develops. Although cirrhosis is seen in older people who drink too much, alcohol impacts the body at any age.

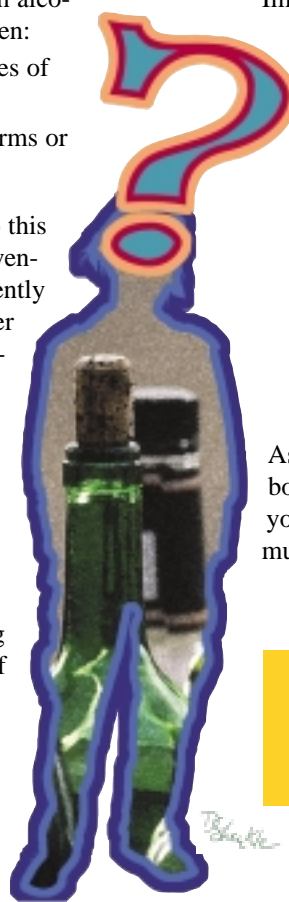
Alcohol has short-term consequences. In addition to filtering blood, the liver is a producer of a basic body fuel, glycogen. While the body is busy purifying itself of alcohol, glycogen

is not produced. Natural glycogen energy reserves, found deep in muscle tissues, are depleted. This affects athletic performance — contributing to an early onset of muscle fatigue. Without sufficient glycogen, muscles do not have the energy for cell repair after strenuous exercise. Evidence suggests that even moderate drinking results in loss of motor coordination 12 to 18 hours after drinking and decreases aerobic capacity as long as 48 hours later.

Imagine the places alcohol travels in your blood stream:

- **Fatty tissue:** Alcohol has a special affinity for fat; adhering here longest before being metabolized and purified out of the body.
- **Brain:** Did you know the brain is comprised mostly of fatty tissue? Volumes could be written on the many negative effects on brain functioning — long- and short-term.
- **Breasts:** (mostly comprised of fat): Studies point to a slightly higher risk of breast cancer in women who drink and is related to the amount consumed.

As you can see, alcohol physically affects your body in many ways. Remember: take care of your body as you consider whether and how much to drink.



UNIVERSITY OF
DELAWARE

Eating disorders can be prevented

By Michael Levine, Ph.D. and Margo Maine, Ph.D.

WHAT IS EATING DISORDER PREVENTION?

Prevention is any systematic attempt to change the circumstances that promote, initiate, sustain, or intensify problems like eating disorders.

- Primary prevention refers to programs or efforts that are designed to prevent the occurrence of eating disorders before they begin. Primary prevention is intended to help promote healthy development.
- Secondary prevention (sometimes called “targeted prevention”) refers to programs or efforts that are designed to promote the early identification of an eating disorder—to recognize and treat an eating disorder before it spirals out of control. The earlier an eating disorder is discovered and addressed, the better the chance for recovery.

BASIC PRINCIPLES FOR THE PREVENTION OF EATING DISORDERS

Eating disorders are serious and complex problems. We need to be careful to avoid thinking of them in simplistic terms, like “anorexia is just a plea for attention” or “bulimia is just an addiction to food.” Eating disorders arise from a variety of physical, emotional, social, and familial issues — all of which need to be addressed for effective prevention and treatment.

Don't weigh your self-esteem. It's what's inside that counts!

Eating disorders are not just a “woman’s problem” or “something for the girls.”

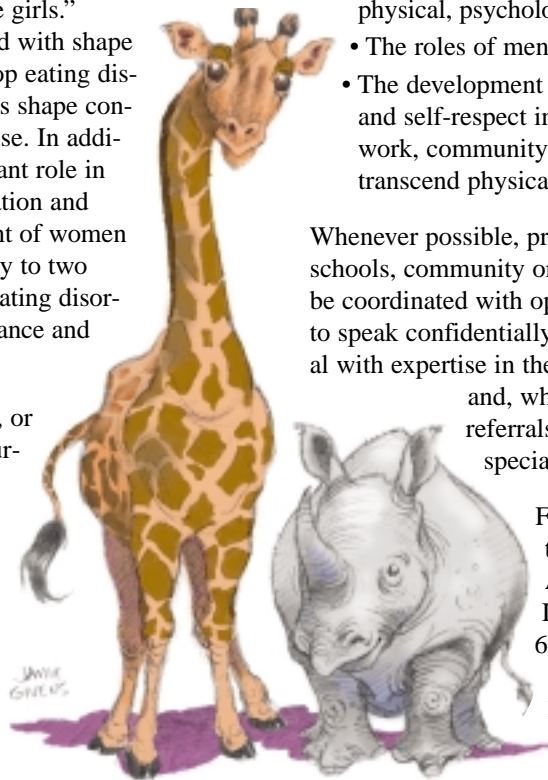
Males who are preoccupied with shape and weight can also develop eating disorders as well as dangerous shape control practices like steroid use. In addition, males play an important role in prevention. The objectification and other forms of mistreatment of women by others contribute directly to two underlying features of an eating disorder: obsession with appearance and shame about one’s body.

Prevention efforts will fail, or worse, inadvertently encourage disordered eating, if they concentrate solely on warning the public about the signs, symptoms, and dangers of eating disorders. Effective prevention programs must also address:

- Our cultural obsession with slenderness as a physical, psychological, and moral issue.
- The roles of men and women in our society.
- The development of people’s self-esteem and self-respect in a variety of areas (school, work, community service, hobbies) that transcend physical appearance.

Whenever possible, prevention programs for schools, community organizations, etc., should be coordinated with opportunities for participants to speak confidentially with a trained professional with expertise in the field of eating disorders, and, when appropriate, receive referrals to sources of competent, specialized care.

For more information, contact Eating Disorders Awareness and Prevention, Inc.
603 Steward St., Suite 803
Seattle WA 98101
1-800-931-2237,
www.edap.org.



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Herb alert

Use of herbal products is growing in popularity, and advertisements bombard us with ads and products. An herb according to Webster’s Collegiate Dictionary is a “plant or plant part valued for its medicinal, savory, or aromatic qualities.” Like any prescription or over-the-

counter medication, herbs can be helpful or harmful.

The Food and Drug Administration (FDA) does not approve herbal products. Manufacturing of herbal products is not standardized so that there may not be equivalency between brands. The Dietary Supplement Health and Education Act of 1994 classifies herbs as dietary supplements. As such, no claims can be made about prevention of or curing a specific condition.

Specifically, the label may read that the herb “helps to increase blood flow to the heart,” but may not state that it “prevents heart disease.” In general, herbal products are not recommended for children or pregnant or nursing women.

Examples of frequently used herbs:

- Echinacea, goldenseal:** stimulates the immune system
- Ginger:** stimulates digestion, antioxidant
- Ginkgo biloba:** increases blood flow to the central nervous system
- Ginseng:** enhances energy levels
- St. John’s Wort:** antidepressant effects

One needs to be alert to possible drug-herb interactions. St. John’s Wort may decrease absorption of iron. Feverfew, garlic, ginger, and ginkgo may increase effects of anticoagulants thus resulting in increased bleeding.

Discuss taking herbal products with your health care provider or Student Health Service staff before starting to use a specific product. Tell all your health care providers what herbal products you are taking.

HERBAL RESOURCES:

American Botanical Resources:

www.herbal@got.net

American Botanical Council:

www.herbalgram.org

Office of Dietary Supplements, National Institutes of Health (NIH)

ods.nih.gov/index/asp

National Center for Complementary and Alternative Medicine, NIH
nccam.nih.gov

