

Spring 2011

THE WELLDAWG

SPRING INTO ACTION

Sustainable Energy...For Your Body?

By, Jessica Holttum –Peer Health Educator

Energy drink use is on the rise. National energy drink sales are currently increasing by 12% per year, and are expected to exceed \$9 billion in 2011. Furthermore, research shows that the drinks are quite popular among college students. One study stated that 51% of the students surveyed drank more than one energy drink per month, and that about 26% of students consumed energy drinks on five or more occasions per month. With upcoming tests and deadlines looming over one's head, it can be tempting to indulge in one (or more) of these fizzy, fruity concoctions, especially when they are so readily available. However, before you decide to ride out finals week on Red Bull, take a look at some of the facts on these potent beverages.

Most energy drinks are composed of three main ingredients: carbonated water, sugar, and caffeine. Several drinks include additional components: some, like guarana and yerba mate, are just code for caffeine derived from natural sources; other common ingredients, such as ginseng and taurine, seem to be thrown in based on assumption, rather than evidence of an effect. The claims that these substances help to boost energy typically have not been evaluated by a reliable source, such as the Food and Drug Administration, and in most cases, the amount added is too small to cause any additional effect, positive or negative.

On the other hand, the active ingredients

in most energy drinks, caffeine and sugar, are usually present in large amounts, adding calories as well as potentially dangerous side-effects. The FDA does not require manufacturers to list the amount of caffeine in their beverages, which means that drinks may contain more of a jolt

than you expect. Red Bull, Monster, and Jolt contain 80, 160, and 280 mg of caffeine per serving, respectively. This may not seem like much (for reference, a shot of espresso contains about 100 mg), but when large amounts of caffeine are consumed over a long period of time, one can experience effects like an irregular heartbeat, insomnia, and persistent headaches.

It is important to monitor the number of energy drinks that you consume.

Check labels to make sure that you know how many servings are in a can or bottle because nutritional content usually refers to only a single serving. Try to substitute calorie dense energy drinks with other options, such as water or juice. If you feel dehydrated, sports drinks like Gatorade may help you recover electrolytes. For healthier sources of energy, eat a handful of almonds or dried fruit or a piece of whole-wheat toast with peanut butter. These foods contain fiber and protein: nutrients that provide your body with a natural feeling of energy.

It is true that energy drinks can have positive effects such as increased concentration and alertness, but next time you reach for a can of Monster to get you through that 8:30 lecture, reconsider. Is it worth the risk?



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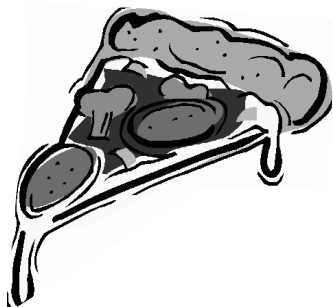
Wellness Resource Center Condon Hall 721

Fat 101

By, Emily Green -Peer Health Educator

Fats are receiving a lot of attention these days. New articles are being written daily on the dangers of some fats and the benefits of others. But how do you make sense of it all? The fact is: not all fats are created equal. Some are more likely to build up in our arteries than others, harming our heart and blood vessels; others protect us from these dangerous effects. So, which fats are considered to be the most heart-healthy, and which ones should you kick to the curb?

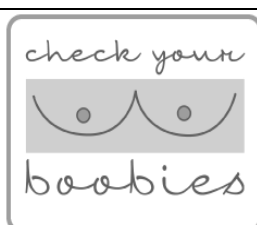
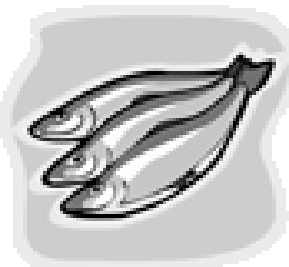
The naughty list



- Saturated fats: These fats are found primarily in animal products, such as dairy, meat, lard, and tropical oils such as coconut and palm oils. They should be minimized when possible by avoiding over-consumption of products containing these fats, and consuming lean meats and low fat dairy.
- Trans fats: margarine, shortening, and any other fat that is labeled "hydrogenated," or "partially hydrogenated." Also found in many prepackaged snack cakes and pastries. These fats are possibly the most dangerous for your heart. You can avoid these by checking labels for ingredients including hydrogenated oils and trans fats.

The nice list

- Omega-3: oily fish, flaxseed oil. These fats are generally associated with health benefits. Try to incorporate fish into your diet, and replace some of the other meats you consume with fish.
- Unsaturated: (including mono and polyunsaturated) fish, nuts, and seed and plant and vegetable oils (such as olive oil, canola oil, etc.) These fats are also generally more heart healthy. Try cooking with olive oil instead of butter, or try snacking on nuts and seeds instead of processed snacks.



DID YOU REMEMBER TO CHECK YOUR BOOBIES?

Check Your Boobies, a local nonprofit organization, is bringing breast health parties to the UW! To learn how to host a FREE party on campus, please go www.checkyourboobies.org!

Check Your Boobies' mission is to have every woman know her breasts. We created this organization to educate women about breast health in a frank, fun, and fear-free manner. We are dedicated to the prevention and early detection of breast cancer. In the past few years we have witnessed heightened breast cancer awareness. But awareness hasn't led to action. When asked, 8 out of 10 women said they don't perform breast self-exams regularly. They don't know how to check their boobies properly. They are not in tune with normal monthly changes in their breasts. They are afraid. They are scared they might actually find something, so they just don't do it.

According to the National Comprehensive Cancer Network, women must check their breasts frequently enough to note changes in them. Checking them at the same time every month gives you a baseline from which you can confidently note significant changes in your breast tissue and address them with your doctor as early as possible.

The goal of Check Your Boobies, Inc., is to see your breasts as breasts only. Know your body. Know your breasts. Demystify the breast so that we are not afraid or embarrassed to touch them and talk about them, and take action if we need to.

A free online email will provide you with a monthly reminder to help you remember to Check Your Boobies.

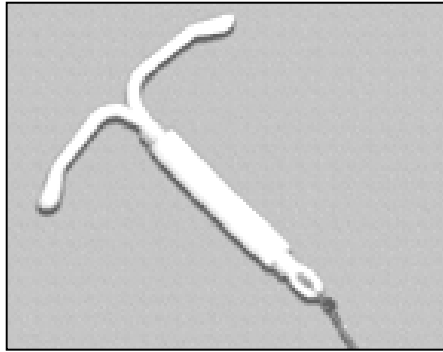
The IUD: A Misunderstood Method

By, Emily Green -Peer Health Educator

For decades, the IUD (intrauterine device) has been largely absent from the birth control radar screen in the United States. However, in recent years, opinions about the IUD have slowly been changing. With women delaying childbearing for increasingly long intervals, many women are expressing interest in highly reliable long-term contraception. In addition, the high cost of health care and the financial concerns brought on by the recent recession have prompted others to seek out more cost effective forms of birth control. An increasing number of women in the United States are finding that IUDs can be helpful in meeting these needs. And yet, despite the fact that IUDs are the most widely used form of reversible birth control in the world, many women in the United States have never heard of them, and many care providers are hesitant to recommend IUDs, especially to women who have never been pregnant or given birth.

The reason for this is complicated, and stems largely from the controversy surrounding the Dalkon Shield, a poorly designed IUD released in the 1970s. Although this device was withdrawn from the market, lingering fears regarding the effects of IUDs on fertility have caused many to shy away from the newer models, despite their much higher level of safety.

An IUD in its current form is a small, plastic, T shaped device that is inserted through the cervix into a woman's uterus. Paragard, the non-hormonal IUD, is wrapped with a copper wire filament, and Mirena, the hormonal IUD, releases a very low dose of progesterone directly to the uterus. They



work in various ways, which including thickening the cervical mucus (and thereby preventing sperm from entering the uterus), producing spermicidal and sperm inhibiting effects, and thinning the lining of the uterus. Both devices are connected to fine threads, which protrude a few centimeters out of the cervix after insertion. These threads help healthcare providers to monitor placement, and to remove the IUD.

The previous version of this mechanism was the main cause of the problems surrounding the Dalkon Shield. However, numerous safety studies have been completed in recent years, and the IUDs currently on the market are generally recognized as safe for virtually all

females of reproductive age. Although IUDs, like most forms of birth control, have side-effects and may not be appropriate for all women, they can offer substantial benefits, including low-maintenance, high effectiveness, and low cost contraception. Women and healthcare

providers alike would do well to stay informed regarding birth control options, lest they overlook highly



useful contraceptive tools. You can begin your own investigation of various birth control methods by visiting websites such as Hall Health's Women's Clinic Information Section, Plannedparenthood.org, and other sites, such as PubMed, the Guttmacher Institute, and World Health Organization website offer articles and scientific studies regarding the safety and efficacy of a wide range of birth control options.

Spring Updates

Counseling on Campus

By, Julie Pettit-Peer Health Educator

Ever wondered about counseling services? Many options are available, so check them out!

One type is called "stepwise"—a type of counseling that starts with the least risk and most cost-effective treatment. If that treatment does not work, then the next 'step' is taken to a more expensive or risky treatment. Stepwise is seen when dealing with prescription drugs such as when a patient starts with the least effective drug and if that does not work moves on to the next least expensive drug. Focus groups are the next type, consisting of small groups of people who work together to confront their personal problems together while being lead by a therapist. Finally, one-on-one mentoring is when one client confides in a therapist in a one-on-one scenario.

Take note: **the UW Counseling Center is located in 401 Schmitz Hall.** This center offers couples' counseling, career counseling, study help, and counseling for depression and anxiety. Most of their services are free and the center is open all year Monday through Friday from 8am to 5pm and Tuesdays from 9:30am to 5pm. They can be reached by phone at 206-543-1240, and more information can be found on their website at <https://depts.washington.edu/counsels/>.

There is also the **Mental Health Clinic** located on campus in **Hall Health Center.** Although some conditions cannot be managed through Hall Health, if they cannot treat there they make appropriate referrals. They commonly assist with anger management issues, anxiety and stress, GLBT support, and separation or divorce concerns. They can be reached at (206) 543-5030 for appointments and referrals.

Never hesitate to ask questions or inquire further about counseling centers if you feel you need counseling services. Even if you do not require counseling now, life at university and beyond can present unexpected challenges and it is important to be familiar with sources of support.

GROUPS, EVENTS, AND THINGS TO LOOK OUT FOR AT THE Q CENTER SCHMITZ 450

Qolors Reception: April 6th Walker Aims Room (Kane). A celebration space for Queer People of Color and Allies

Once a Month Queer Event: Once a month the Q Center will be having monthly events. Come join the fun. Check the Q Center website for more details <http://uwqcenter.wordpress.com/>

Queer Spirituality Group

4:00pm Mondays, Q Center [Schmitz 450]

Queer Men's Group (QMG)

4:00pm Tuesday, Q Center [Schmitz 450]

Contact: AlexanderJ.Bogh@gmail.com

The Queer Men's Group provides and facilitates opportunities for queer men to meet with each other in safety, comfort, and support for the purposes of discussion, social interaction, and advocacy.

Queer Women's Group (QWG)

3:30pm Fridays, Q Center [Schmitz 450]

Contact: Jessica-jessicawarmbo@gmail.com

The Queer Women's Group provides and facilitates opportunities for women.

Queer Straight Alliance (QSA)

3:00pm Wednesdays, Q Center [Schmitz 450]

Contact: ljuv@u.washington.edu

Uniting Queers and Allies to discuss and develop events to bring harmony to Queer and Straight communities.

QPOCA

4:30pm Thursdays, Q Center [Schmitz 450]

Contact: qcenter6@gmail.com

We aim to provide a safe space for queer people of color and allies to discuss GLBT issues as they intersect with culture, sex/gender, ethnicity, race, religion, or ability. We hope to share our experiences and to further inform and educate the greater community to respect and understand diversity.

Lavender Graduation

Graduating Seniors Register, check out Q Center website <http://uwqcenter.wordpress.com/>

University of Washington
University Health Education
Leadership Program
FUNDED BY HALL HEALTH CENTER
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