



insideout



A guide to better health published by **Education for Health and Wellness**

SPRING 1999

At this time of year when we have so many demands placed on our time, it is good to be reminded of an ancient fable:

Once upon a time six wise blind men went to see an elephant. The first to approach the elephant ran into the side of it and said, “The elephant is like a wall.” The second man felt the tusk and cried, “To me, it’s clear, the elephant is like a spear.” The third got hold of the elephant’s twisting trunk and said, “I think the elephant is like a snake.” The fourth man felt all around the knee and said, “It’s plain enough the elephant is like a tree.” The fifth man touched the ear. He said, “Even the blindest man can tell that this elephant is like a fan.” The sixth man got hold of the swinging tail and said, “The elephant is like a rope.”  These six very wise men argued long into the night...  Though each experienced the elephant from his own limited perspective, each was partly right and all of them were very wrong!

(Adapted from John Saxe’s “The Blind Men and the Elephant”)

How often we are like these wise men. We do things without seeing the whole. Successfully accomplishing everything only happens when we have true perspective on what we’re doing and why we are doing it. This is a good time to plan ahead and “see the whole elephant.” When we do this, we accomplish our goals and feel good from the “insideout.”

FUN FOR 5

(or less!)

Not going anywhere special for summer vacation because cash flow is tight? This doesn’t mean you still can’t have some fun without a lot of expense. You might be surprised how much fun can be had for under \$5.

- > Go to garage sales
- > Pack a picnic and head for the park
- > Relax at a local café and people-watch
- > Buy an ice cream cone
- > Visit animals at Animal Rescue League
- > Go to a matinee
- > Play tennis
- > Write letters to friends
- > Plant a garden (or a small pot of flowers)
- > Tour an art gallery or local museum
- > Fly a kite
- > Go to the zoo
- > Surf the web



Adapted from “The BACCHUS Bear,” February 1997

THIS ISSUE

TRAVEL TIPS

MALE BIKERS BE AWARE

CONTEST!!!

GENERAL HEALTH

HOW TO HELP PREVENT UTIS

Millions of women come down with **urinary tract infections** (UTIs) every year.

Here are some prevention tips:

- Drink at least **eight** glasses of water every day.
- After going to the bathroom, wipe from front to back to prevent **bacteria** from entering the vagina and urethra.
- **Empty** the bladder shortly before and after sexual intercourse.
- Wash the genital area with plenty of warm **water** before sexual intercourse.
- Use a **water-soluble** lubricant

if you feel **dry** and uncomfortable during sex.

- **Change** sanitary pads and tampons frequently during menstruation.
- Don't wear **tight** clothing.
- Wear **cotton** underwear.

Source: Advanced Care Products

'HOW DRY I AM...'

Alcohol is a major dehydrator. The body uses **EIGHT** ounces of water to metabolize just one ounce of alcohol. That means that for every two alcoholic drinks, you need to drink a half-quart of water!

Hangovers (dry mouth, queasy stomach, and headache) are, in part, the result of dehydration.

A good way to handle this problem is to drink eight ounces

of a non-alcoholic, non-caloric beverage after **EACH** alcoholic drink. (A glass of sparkling water with a twist of lemon is a good choice, and looks "sociable.")

Not only will this help reduce the risk of dehydration, it will help you pace the number of alcoholic (and high-caloric) drinks you consume.

REMINDERS: Never drive after drinking. Be aware of your and others' safety and health. For information on alcohol and other drugs, call or stop by our office!

BRAIN TEASER

What is the significance of the following series?

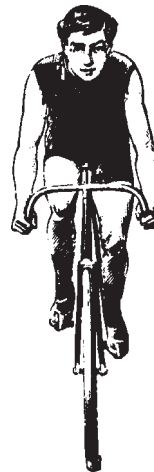
ETADINSHROLUCMPFYWGBVKJXZQ

The first person to stop by the Education for Health and Wellness office (AMR II, Room 0223) with the correct answer will receive a \$10 gift certificate to the Hopkins Book Center.

CYCLING AND IMPOTENCE

Reports that riding on traditional bike seats can lead to impotence have increased the sale of "non-typical" bike seats. Sitting on an ordinary narrow seat can crush the artery that controls the ability of the penis to fill with blood. (*Imagine a soda straw. Flatten it and let it go back. Eventually you are going to flatten it and it's not going to bounce back.*) This problem can be avoided by using a bike seat with oval gaps which look something like a toilet seat. If you use a traditional seat position the seat properly. The seat should be level (a tilt puts more pressure on the groin). Seat height should be at a point where the rider can pedal at the bottom of the downstroke with the leg extended. Remember to stand up out of the seat when going over rough ground.

Sources: Pedram Salimpour, Boston University School of Medicine; U.S. Olympic cycling coach Edmund Burke



TYLENOL

Every year, American adults consume billions of Tylenol (acetaminophen) tablets.

However, regular alcohol consumption together with daily acetaminophen intake can lead to serious liver problems and possible death. If you drink alcohol, don't take other drugs... Including over-the-counter ones!

WHEN IS THE MUSIC TOO LOUD?

If you can't talk over music or some other loud noise in a conversational tone, it's too loud.

If the music coming from headphones can be heard by a person not wearing the headphones, your hearing is at risk. Exposure to this noise over a period of time can lead to permanent hearing loss.

Traveling Abroad?

Tips to Stay Healthy

- 🌐 Visit your physician or the Health Center several months before you go.
- 🌐 Get your shots. Check the CDC Web site (www.cdc.gov) for more information.
- 🌐 Ask your doctor about how to handle health risks specific to your destination. In areas known for traveler's diarrhea, your doctor may advise carrying a medication you can use at the onset of symptoms.
- 🌐 Pack printed copies of your medical history summary. Include phone numbers of your physician, prescriptions for medications and glasses and your vaccination history.
- 🌐 Double-check your health insurance. You may need additional coverage.
- 🌐 Have necessary dental work done before you go.

Taken from Mayo HealthQuest, January 1999

FITNESS

Tummy trimming made easy

Okay, so you don't plan to show your belly at the beach this summer. That's still no excuse for letting your stomach go to pot. Strong abdominal muscles protect your back from injury and help maintain good posture. So what's the best at-home exercise for abs? The abdominal crunch.

You are probably already acquainted with this exercise, but performing it correctly is the trick.

Here's how:

- 1. While lying face up, place your hands behind your head, elbows pointing out to the sides. Using your abdominal muscles, lift your head and shoulders off the floor. Keep your neck and shoulders relaxed. Your lower back should always remain on the floor.**
- 2. As you roll up, slightly tip your chin toward your chest. Come up as far as is comfortable. Hold, and then lower yourself.** Optimal speed: **3 seconds to lift, 3-second pause, 3 seconds to lower.**
- 3. Repeat 8 to 12 times to complete a set. Do one to three sets two to three times a week allowing one day of rest between workouts.**

NUTRITION

LATE NIGHT SNACK TRAPS

With final exams right around the corner, snacking can be a major nutrition downfall for students studying long hours. However, you can keep up your energy, avoid sugar lows, and caffeine hangovers if you have a plan.

FIRST, find foods that are low in calories and fat. **SECOND**, make all your foods into small pieces so you can eat one piece at a time.

Good snack choices include popcorn, rice cakes, grapes, raisins, and baby carrots.

If you love chips and dip, try baked or low-fat chips or pretzels and use salsa or a fat-free dip. If you need something sweet, try fresh fruit, frozen juice bars and yogurt smoothies. To really control snacking, take a quick stretch and walk.

Source: ADA Tip for the Day

SUPPLEMENTS—HEALTHFUL OR HARMFUL?

Are you tempted to try new “magical” pills which promise energy, increased strength, freedom from depression, and other wonderful things? 🌿 Claims for herbs, supplements, and formulas range from fighting jet lag to better sex. Many are based on anecdotal reports but are substantiated by little if any research. Supplements, whether natural or manufactured, add different compounds and chemicals to your body. How they interact with other substances are not always simple. Herbs in small amounts may help flavor foods, but when used in larger quantities, they can act like any other chemical compound. 🌿 To judge if a supplement does what it claims to do, check who has done research, how many people were studied, what form of supplement was used, and for how long. Supplement manufacturers are not required by law to prove that their products are safe or effective, so you need to check them out. If the research is not there, consult with a health practitioner to determine if you could benefit from a supplement. 🌿

Source: ADA Tip for the Day

SAFETY

STREET SMARTS

X Thugs don't usually wear "black hats." Don't trust others just because they "look nice" or are well-dressed. X

Ask for an escort after dark. **X Have your keys out before you get to your car. X Be alert when approaching and entering your car. If anyone or anything looks suspicious, leave immediately and come back with a security escort or a friend. X Lock your car doors as soon as you get in your car.** If a stranger approaches you, roll down your window only about an inch to talk. **X Don't walk on "automatic pilot." Be alert. X Walk with purpose. Your body language should say, "Don't mess with me," instead of "I'm vulnerable" or "I'm not paying attention." X Keep purses under your arm, close to your body. Better yet, don't carry one if you don't have to. X**

Keep your car/house keys in a pocket, instead of your purse or briefcase. That way, if your tote is lost or stolen, your address won't be with your keys. **X Carry a whistle in your hand while waiting at bus stops, walking to your car, or jogging. X** The problem with things like pepper spray and mace is that you

have to make a direct hit for them to be effective. Also, the attacker can grab them and use them on you. "A 'Bazillion' Safety Tips for Work and Home" by HOPE Publications

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Heroin Use Up

Heroin imported from Colombia and Mexico is now cheaper and more potent, which permits novices to start by snorting the drug. The average price of heroin has dropped by nearly two-thirds, while purity has gone from 10 percent to more than 50 percent.

Alan I. Leshner, PhD, director of the National Institute on Drug Abuse, said the increase in purity is creating a "generation of heroin sniffers, snorters, and intranasal users, rather than injectors. "They foolishly think if you don't inject it, it's not addicting, which is incredibly wrong." Thinking you can "play around" with heroin can be a costly error in judgment.

From "Prevention File," Winter 1999



' micro-sleeps '?

If you're sleep deprived and you drink coffee hoping it will help you stay awake while driving, you're still likely to have "micro-sleeps."

These brief naps last from four to five seconds.

At 55 mph, that's more than 100 yards—plenty of time to get into trouble.

Source: American Automobile Association

