

# insideout

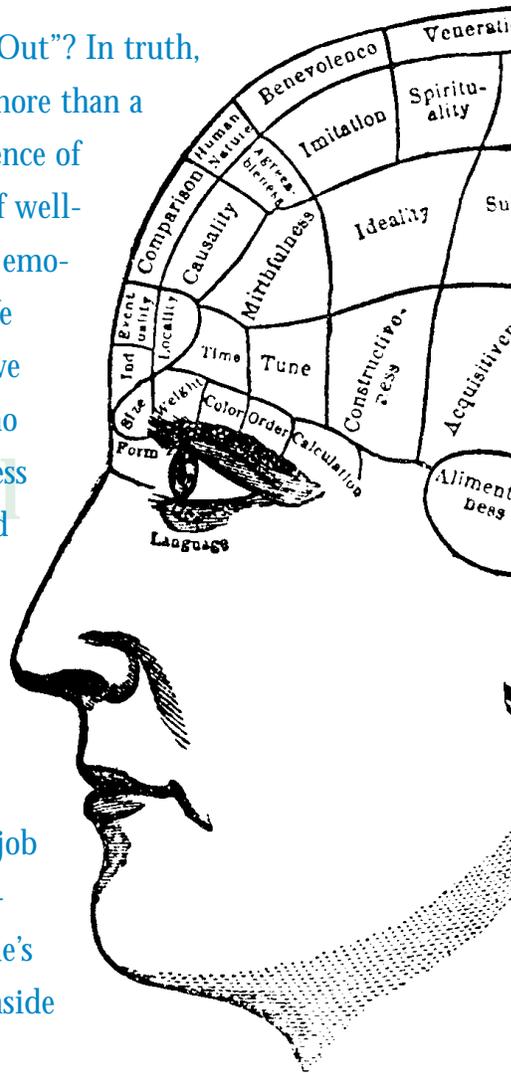
SPRING 2001



## What's in a Name?

What kind of a title is "InsideOut"? In truth, it is a wellness philosophy more than a name. Wellness is not the absence of sickness. There are six dimensions of wellness: physical, social, psychological, emotional, intellectual, and spiritual. We can have a disease and yet be well; we can be physically healthy but have no friends and not be well. Wellness is the integration of body, mind, and spirit. It is the appreciation that everything we do, think, feel, and believe has an impact on our well-being. It is how we are—from the inside out.

During this busy time of tests, job interviews, moving on, saying good-byes, or just being, some of this issue's tips may help you to be well (yes, inside and out!).



**Chi** *(pronounced chee)* is our Education for Health and Wellness logo. "Chi" symbolizes energy, balance, and vitality. It represents life's yin and yang, and reflects the complementary aspects of light and darkness, joy and sadness. It is often the contrasts and the balance that structure and guide our sense of well-being. When you notice "Chi" around campus on posters, pamphlets, pencils, etc., consider your own life's journey. How's your energy, balance, and vitality? Do you want to change anything? It's your "Chi," but it's also your choice!

*"The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat."*  
 NAPOLEON HILL

**THIS ISSUE**

RITALIN • SPRING • TANNING  
 EMERGENCY CONTRACEPTION



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

## Our Society is Gaining...

Weight that is. The United States Department of Agriculture (USDA) recommends that the average person consume no more than 10 teaspoons of sugar per day. It is no wonder that obesity is one of our major health concerns when we consider the calories that we add to our diet that have no nutritional value (empty calories). **Did you know that one 12-ounce can of soda, such as Coke or Pepsi, contains the equivalent of 10 1/4 teaspoons of sugar?** Most of us don't need to diet. We need to evaluate what we consume.

—Center for Science in the Public Interest

## 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 pint of water! A good way to achieve this 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 may feel more festive.)

Not only will this reduce your risk of dehydration, it will help you pace the number of alcoholic (and high calorie) drinks you consume. It will also reduce the hangover effects (dry mouth, queasy stomach, and headache) which are the result of dehydration.

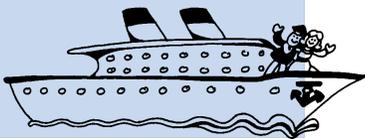
**Reminder:** Maryland law states that 21 is the legal age for alcohol consumption. If you choose to drink, use good judgement—and look out for each other.

## Travel



### Consultation Service

If you're planning to travel out of the country in the near future, take advantage of the Student Health and Wellness Center's Travel Consultation Service. Information about common diseases and preventive measures that are required or recommended for your travel destination is available. The service is free; however, a cost may be incurred if medications are needed. To schedule an appointment, call 410-516-8270.



Spring is a "feel-good" time. The sun is warm, we've ditched our heavy clothing, and it's just nice to be outside! This spring more than ever before, there is a sense of openness and welcome to Charles Street. There are pros and cons to this openness. The new buildings, attractive pathways, and flowering trees are as inviting to others as they are to us. In our sense of renewed freedom, and the great weather, it is easy to become careless and vulnerable to being victimized.

Enjoy the spring. Stay safe and alert!



## Spring

*To experience the best of the campus this spring, follow these safety precautions:*

- Don't prop open doors. The "hassle" you save yourself can result in a rape, murder, or theft in your dorm.
- Keep your car/house keys in a pocket, instead of your purse or backpack. That way, if your bag is lost or stolen, your keys will be safe and separate from your address.
- Don't let strangers follow you into your building. Don't let down your guard because someone "looks nice" or is well-dressed. If they have business in the building, they should be admitted through appropriate channels.
- Be alert when approaching and entering your building. If anyone or anything looks suspicious, leave immediately and return with a security escort or a friend.
- Walk with purpose. Your body language should say, "Don't mess with me," instead of "I'm vulnerable."
- Always request an escort after dark.

## BETTER GRADES AND BREAKFAST?

Starting the day without breakfast is like starting a car without gas. It doesn't work. If you miss breakfast, concentration is harder, verbal fluency is impaired, and memory is diminished. On average, breakfast eaters are better prepared for the day and are less likely to be overweight. People who eat breakfast burn 5 percent more calories than those who don't!

If time is an issue, make breakfast quick. Cereal with milk, a bagel with low-fat cheese, yogurt, fresh fruit, or even a peanut butter and jelly sandwich are good options.

“Work like you don't need the money.

Love like you've never been hurt.

Dance like nobody's watching.”

—unknown

“Failure is the opportunity to begin again more intelligently.”  
—Henry Ford

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## MORE WORK?

### Yeah, Right!

Summer months are a good time to take on "another job." Most students have plans for making some extra money, taking a class, traveling, and getting some well-earned R & R. It is also a good time to plan ahead, figure out what you want to do with your life, write your resume, get help choosing a major that you might actually like, start job or grad school applications, and the list goes on...!

Usually we begin the summer with a sigh of relief and possibly even ambitious (some might say grandiose) plans. A more realistic approach is to make a list of things you'd like to do in your spare time (they may include any of the previously men-

tioned but should also include fun things: reading a novel, playing an instrument you abandoned the first week at JHU...) From your list pick a few doable things. If you pick all or none, you will end up doing none! If the projects are large or complex, break them into smaller parts. Set up a realistic time frame and do a little each day. For example, if you review two pages a day for a month for MCATs, that's 60 pages more than if you read no pages each day. A small daily time commitment with a pretty big payoff! This principle generalizes to all projects. If you want help with a summer project, call our office. We'd love to help you with your "other job!"

## PRESS AWAY Pain

Next time you're in the grip of a nasty tension headache or have pain in your shoulders, neck, face, or jaw, try acupressure, the ancient Chinese art of applying tension to the body's pressure points with the fingertips. The most pleasant and relaxing acupressure maneuver is the shoulder-muscle release. Using your thumb and forefinger, firmly pinch an inch of skin above each eyebrow in three places: over the brow's innermost, center, and outermost points. Do one eye completely, then the other. This practice relaxes the trapezius muscles that run from the back of the neck to each shoulder blade, suggests Albert Forgione, PhD, associate professor at Tufts University School of Dental Medicine in Boston.

—"Prevention," March 1999



**Life Isn't Fair**  
"The Olympic commentators tell us that the gold medal winners have trained for this all their lives. They've worked 12 hours a day. Seven days a week. For months on end. Of course, so did the losers."

(Source: Linda Perret)

"I've learned to seek my happiness by limiting my desires rather than attempting to satisfy them."

—John Stuart Mill

## Artists

*The most visible creators I know of  
Are those artists whose medium  
Is life itself.*

*The ones who express the inexpressible—  
Without brush, hammer, clay or guitar.*

*They neither paint nor sculpt.*

*Their medium is being.*

*Whatever their presence touches  
Has increased life.*

*They see and don't have to draw.*

*They are the artists of being alive.*

—J. Stone

## A Student Asks:

*While my boyfriend and I were having sex last night, the condom got loose and he withdrew first, then we removed the condom. My roommate said that I could get pregnant but it might not be too late to get emergency contraception. Could I get pregnant even if we carefully removed the condom? Can you explain what emergency contraception is?*

Dear Student:

Yes, it is possible to become pregnant if the man withdraws while the condom is in his partner's vagina. The best way to engage in safer sex is to talk with your partner about sex ahead of time. Practice putting on a condom and make it a part of your love-making experience. Then, if a problem occurs (such as a faulty condom), you can deal with it together. That may include his going to the Health Center with you or simply his sharing the concern that the two of you could have become pregnant.

The morning after pill is a form of emergency contraception (EC) that combines high doses of estrogen and progestin. Although it can be taken up to 72 hours after unprotected sex, it is most effective if taken within the first 12–24 hours. Because of this, it is important to act quickly. Call your health care provider or the Student Health Clinic at 410-516-8270. Explain your need for EC to the receptionist so you can get assistance immediately.

**It is important to note that EC will not protect you from HIV or other STIs (sexually transmitted infections). To protect yourself from STIs you need to use a condom and spermidic every time you have sex.**

For more information, contact the Student Health Clinic (x68270) or our office at x68396.

**In English pubs, drinks are served in pints and quarts. In old England, bartenders would advise unruly customers to mind their own pints and quarts. It's the origin of "mind your P's and Q's."**

(www.fagweb.com)





**In Fairbanks, Alaska, it's illegal to feed a moose any alcoholic beverage.**  
(Fairbanks Daily News Miner, cited in [www.funtrivia.com](http://www.funtrivia.com))



## Portion Sizes You'll Understand

Do you know what a half a cup of vegetables looks like? Just how much is three ounces of chicken?

If you're looking for some easy ways to determine serving size: →

Using familiar objects to determine portion size

makes it easier to judge how much we are really eating. Try checking out the portions you now eat.

—American Dietetic Association

THE GETTYSBURG ADDRESS HAS  
272 WORDS.

A BAG OF LAY'S POTATO CHIPS HAS  
401 WORDS.

MORE IS NOT ALWAYS BETTER...

Source:  
*The Manager's Intelligence Report*

- A medium potato should be the size of a computer mouse.
- An average bagel should be the size of a hockey puck.
- A cup of fruit is the size of a baseball.
- Three ounces of meat is the size of a cassette tape.
- Three ounces of grilled fish is the size of your check book.
- One teaspoon of peanut butter equals one dice.
- One ounce of snack foods—pretzels, etc.—equals a large handful.



## Tan or Burn?

**D**on't let sunless tanning lotions give you a false sense of security when you go out into the sun. Their active ingredient, dihydroxyacetone (DHA), is colorless but reacts with amino acids in the top layer of skin to form a light

brown stain. Interestingly, researchers recently reported that DHA does provide slight sun protection—equal to about SPF3—until it is removed via the natural sloughing of the skin in about three days. However, you need sun screen with an SPF of at least 15 when your skin is exposed to the sun between 10 A.M. and 4 P.M., especially in the summer. *(While a few self-tanning lotions do contain added sun screen, make sure you read the labels.)*

—UC Berkeley "Wellness Letter," February 1999

**The word "toast," meaning a wish of good health, started in ancient Rome, where a piece of toasted bread was dropped into wine.**

([www.absolutetrivia.com](http://www.absolutetrivia.com))

## Metabolism Weight Loss

**W**hen a person suddenly stops consuming their typical number of calories, their body responds by slowing its metabolism (the rate at which the body burns the calories needed to function normally). It adapts by acting as if it is starving. It is because of this that fast and rapid weight loss programs don't sustain weight loss. The body responds to decreased caloric intake by slowing the metabolism in order to operate on fewer calories. Often dieters will hit a plateau in weight loss, which can stimulate a pattern of weight loss and gain, known as yo-yo dieting. Also, repeated attempts at rapid weight loss may permanently slow a person's metabolism, making weight loss harder with each diet. Generally, combining a well-balanced diet with some type of physical activity is the best way to achieve and maintain a healthy weight. If you are experiencing a genuine weight problem, talk to a health care provider and get professional guidance in developing an overall healthy lifestyle plan.

### SOME CHOCOLATE FACTS:

**C**hocolate, made from beans from the cocoa tree, contains many of the healthy compounds found in plants, including minerals. They also contain the antioxidants polyphenols (like those found in tea and red wine) which are currently being studied for potential health benefits.

A recent study concluded that people do not become addicted to chocolate. Instead, the study found that people desire chocolate because they enjoy the sensation of eating it.

**THE BOTTOM LINE:** Chocolate can fit into a healthy eating pattern. As in all things, enjoy chocolate in moderation to add flavor and pleasure to eating.

—American Dietetic Association

## Ritalin Abuse on College Campuses

**I**llicit use of the stimulant Ritalin is becoming a widespread problem on college campuses. Known as "Vitamin R" and "R-Ball," Ritalin is being used by students without a prescription to improve concentration and to help them study longer. The drug is generally prescribed to treat attention deficit hyperactivity disorder (ADHD) in young children. "People find this drug enticing because they can get their academic work done quicker or do more in a shorter period of time," said Dr. Eric Heiligenstein of the University of Wisconsin. In addition to college students, new reports indicate a growing trend of Ritalin abuse among adults. The trend raises health concerns, since Ritalin can increase heart rate and blood pressure. "What it means, in rare situations, is a person is put at risk primarily for a cardiac arrhythmia, irregular beating of the heart, which can cause sudden death," said Dr. Lawrence Diller, author of *Running on Ritalin*.

Federal drug enforcers say Ritalin is also becoming increasingly popular as a recreational drug. Officials report that Ritalin is among the top controlled prescription drugs stolen in the United States. "It's an area of concern," said Rogene Waite, a spokeswoman for the U.S. Drug Enforcement Administration (DEA). "It has the potential for abuse, so we will continue to monitor the drug."

—Join Together Online, Boston University School of Public Health