



Men's Health-Easy as 1,2,3

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The Wellness Center has set aside May 12th – 16th as Men's Health Week, a time for men young and old to take a few minutes and dwell upon their personal well being. Although these are five days of scheduled men's health activities, men can maintain healthy lifestyles throughout the year by following three easy steps – performing self-exams, recording the numbers, and knowing the signs.

Healthy living actually starts in the privacy of the home and can be as simple as a quick self-exam. Men should check themselves regularly for discolorations, lumps, sores, rashes, and other changes and should contact a physician if anything out of the ordinary is found. Additionally, men cannot hesitate to contact a physician if necessary, something that they are statistically worse at doing compared to women. Whether men need a yearly check-up, prostate exam, blood pressure check, or vaccination, they should not delay and make an appointment as soon as possible.

As we transition into the warmer months of spring, men should still pay close attention to their well-being. The second step to a healthy 2008 is in the numbers. Men should keep an accurate record of body mass index (BMI), blood sugar, cholesterol, and blood pressure. According to the Centers for Disease Control and Prevention (CDC), these numbers can provide a glimpse into a man's health status and risk for certain diseases and conditions, including dia-

betes, heart disease, obesity, and more.

A final simple, yet vital, step of a healthy lifestyle is taking time to recognize the signs and symptoms of a heart attack. Prompt recognition and response to a heart attack victim greatly increases the chances for survival. High cholesterol or blood

pressure, diabetes, poor nutrition, tobacco use, and physical inactivity are leading causes of both heart attacks and heart disease. The CDC notes that between 70 and 89 percent of sudden cardiac events occur in men and that nearly half of all men who have a heart attack under the age of 65 die within eight years.

These three easy steps can help ensure a healthier lifestyle for men throughout the year. Look for the Men's Health Week flyers as May approaches to participate in the scheduled activities. Additionally, the Wellness Center offers a variety of information regarding men's health including nutrition, exercise & fitness and body image. Contact the Wellness Center at 556-6124, visit www.uc.edu/wellness or stop by 675 Steger Student Life Center to check out the free information today.





Suicide Prevention Enters UC

Suicide is a prevalent issue that touches countless people each year nationwide. In Ohio, suicide is the overall ninth leading cause of death and is the third leading cause of death for adolescents and young adults. Each year over 1,200 Ohioans take their lives.

While suicide can affect anyone, there are a few populations that are at increased risk: young adults, adolescents, men ages 25-44, and the elderly are at the highest risk of committing suicide. This can be attributed to a variety of factors including loss, sickness, stress, inability to cope with challenges, and economic issues.

It is extremely important to be cognizant of the warning signs of suicide, but to also recognize that not all suicidal persons will exhibit any or all of these symptoms. These signs include suicidal ideations (or thoughts of suicide), withdrawal, significant changes in mood, sudden increased happiness, giving away favorite possessions, talking about suicide and obsessing over death, hopelessness, contacting close friends and family, participating in high risk behaviors such as drug and alcohol abuse or reckless behavior, and severe de-

pression. Life events that may trigger suicide include difficulties with school, loss of a loved one (through separation, divorce, or death), terminal illness, or loss of a home, money, and/or job.

It is projected that college-based suicide prevention may be very effective in reaching young adults because one-fourth of all 18-24 year olds are enrolled full or part-time. Currently, the University of Cincinnati Wellness Center is collaborating with the American Foundation of Suicide Prevention to plan and host the Out of the Darkness 5K Walk on Sunday, October 26, 2008. The walk occurs nationwide to raise funds for prevention and awareness of suicide.

If you or someone you know is suicidal, it is imperative to seek professional treatment immediately. Help is available by calling 1-800-SUICIDE (1-800-784-2433) a confidential hotline. Locally, University Hospital can provide 24 hour admittance for those needing mental health assistance. The American Foundation for Suicide Prevention can be reached by calling 1-888-333-AFSP (1-888-333-2377) or by visiting www.afsp.org.



Heteronormativity and Wellness

Wellness is defined as having six dimensions: physical, social, emotional, spiritual, intellectual, and occupational. Social wellness involves contributing to the environment, interdependence with others, and the pursuit of harmony. Emotional wellness involves an awareness and acceptance of feelings, the

capacity to manage feelings, and the ability to cope effectively with stress. Heteronormative American society is very detrimental to the wellness of countless individuals, among them being the trans population.

According to GenderBloc, a student organization, heteronormativity features a binary gender system

that only accepts two sexes. One construct of this norm is that one's gender expression, role, and identity must adhere to their biological sex. People who do not follow the traditional, rigid guidelines for their sex are often considered or self-identified as Transgendered. Gender variant individuals are said to "transcend the conventional definitions of 'man' and 'woman'" (GenderBloc 2007). Because gender identity is internal and fluid, one's identity may not be consistent with their sex, visible to others, or fall within the normative scope.

Sociologically, when norms are challenged, social stratification arises. In this case, gender variant people may be ostracized, face discrimination, and be deemed social deviants. To reiterate heteronormativity, the Diagnostic and Statistical Manual for Mental Disorders classifies transgendered people as having Gender Identity Disorder. In order to transition (the physical and legal changes made so that one's sex becomes congruent with their gender) fully, take hor-

mones, and have sexual reassignment surgery, one must be diagnosed with GID. Labeling transgender individuals with mental disease affirms the notion of social deviance and therefore potentiates oppression.

While transgender identity should not be defined as a disease, gender variance does play a role in the emotional and social wellness of trans persons. However, it is not necessarily the inherent gender but heteronormativity as well as the environmental, social, and physical issues that result from being transgender that may interrupt one's feeling of wellness.

Resources for more information on gender concerns include GenderBloc and the UC Women's Center. GenderBloc can be reached by visiting www.GenderBloc.org. The UC Women's Center provides support to LGBTQ (Lesbians, Gay, Bisexual, Transgender, Questioning), please call 513-556-4401, or visit ww.uc.edu/ucwc/LGBTQ.



Running the Big Race

Challenging. That is the one word often used to describe marathon races. Even though they can be physically, mentally, and emotionally demanding people still continue to participate in them, despite the challenge. While some people run to get in shape, others choose to participate for the cause that the marathon supports, ranging from breast cancer research to suicide prevention. This spring there are many marathons planned in the city of Cincinnati, including the Mercy Mini-Heart Marathon and the Flying Pig Marathon. Marathons vary in length; however, a full marathon entails 26.2 miles, or 42 kilometers. In order to be in the best condition to complete a full marathon, it is suggested to start training 26 weeks prior to the race. Many marathons also give the option to walk or run. Both the Mini-Heart and Flying Pig marathons provide that option, as well as a variety of distances.

The 10th Annual Flying Pig Marathon is one of the largest events held in Cincinnati. It raises money

for a variety of charities with the largest support going to the Leukemia and Lymphoma Society's Team in Training Program. This year the Flying Pig will be held on May 4th 2008. There is a minimum age requirement of 14 years old for the half marathon and 18 years old for the full marathon. The Flying Pig will feature a full marathon, half marathon, 10K, 5K, and 4-person relay events. Participants are allowed to walk, by checking "walker" on the registration form. The only restriction is walkers must maintain a sixteen minute mile, or they will be asked to step off to the sidewalk.

The Mercy Mini-Heart Marathon will be celebrating its 31st anniversary this year. It is geared towards raising awareness and support for the American Heart Association. This year it will be held on March 30th 2008 and will include three running events: 15K, 5K, and 2K (for kids). The Mini-Heart will also include two walking options: 10K and 5K.



If participating in a marathon is something that interests you, think about attending one in the spring to get a feel for the event. Afterwards, research the events that may peak your interest. There are many charity runs and walks held in the fall in Cincinnati. Some of these include The Race for a Cure, Reggae Run, Cheeta Run, and Run like Hell. The Uni-

versity of Cincinnati will also be hosting the Out of the Darkness Walk 5K and Homecoming 5K in the fall.

When training for a marathon, remember to start early and train consistently. Below is an example of a marathon training program retrieved from www.marathontraining.com. This specific chart is for a full marathon with the distances in miles.

Week#	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total
1	10	Rest	6	8	6	Rest	4	34
2	12	Rest	6	8	6	Rest	4	36
3	6	Rest	4	Rest	4	Rest	4	18
4	14	Rest	6	8	6	Rest	4	38
5	16	Rest	6	8	6	Rest	5	41
6	18	Rest	6	8	6	Rest	5	43
7	6	Rest	5	Rest	5	Rest	4	20
8	20	Rest	5	7	6	Rest	4	42
9	14	Rest	6	8	6	Rest	4	38
10	7	Rest	5	Rest	6	Rest	4	22
11	21	Rest	5	7	6	Rest	4	43
12	14	Rest	6	8	6	Rest	4	38
13	8	Rest	6	Rest	6	Rest	4	24
14	22-23	Rest	5	7	6	Rest	5	45-46
15	12	Rest	6	8	6	Rest	4	36
16	14	Rest	7	Rest	5	Rest	4	30
17	10	Rest	6	Rest	4	Rest	1-2 Opt.	20-22
18	26.2	Rest	Rest	Rest	Rest	Rest	Rest	Marathon



The Dangers of Hookah

Hookah is a tobacco pipe, which is an ancient tradition originating from the Middle East. Flavored tobacco is heated at the top of the hookah and filtered through water before being pulled up through a tube. This form of smoking tobacco has become popular in the recent years in the U.S., especially among teens and young adults, who have a tendency to experiment with new things. Hookah is often practiced as a

social event, experienced with friends. The appearance of hookah bars and cafes stand to testify its popularity, many of which are found in large cities or near college campuses.

It is a misconception that smoking tobacco through hookah is less dangerous than smoking a cigarette. While smoking a single cigarette, the smoker typically takes 8-12 puffs. During a hookah smoking session, lasting from 20-80 minutes, the

smoker takes about 50-200 puffs. The hookah smoker may inhale the same amount of smoke in one session as a person smoking 100 or more cigarettes. Not only is more smoke inhaled, but the smoker is exposed to approximately the same level of tar and nicotine found in one pack of cigarettes. The smoke produced by a hookah is not just harmful to those that are actively inhaling it, but also to others present, through secondhand smoke.

It is common that the same mouthpiece, used for inhalation, is passed around the group for each

person to use. This takes the health risks beyond the immediate danger of the tobacco that is being inhaled. Sharing the mouthpiece increases the risk of spreading communicable diseases, such as tuberculosis or mononucleosis. In addition, hookah establishments are not required to sterilize or replace the mouthpieces after use; however, many offer disposable mouthpieces to customers.

For more information, visit the Centers for Disease Control and Prevention at www.cdc.gov or the BACCHUS Network at www.tobaccofreeu.org.

UC Wellness Center Spring Schedule

Date	Program	Time	Location
4/14/08-4/18/08	Body Acceptance Week	Various	West Campus
4/23/08	Lunch & Learn-Sleep	12pm	TUC 400B
5/2/08	Random Acts of Kindness	All Day	West Campus
5/12/08-5/16/08	Men's Health Week	Various	West Campus
5/15/08	HIV Testing	10am-2pm	300 Lindner Center
5/28/08	Lunch & Learn-Personal Mastery	12pm	TUC 400B
6/4/08	Stress Awareness Day	12pm-2pm	TUC Atrium

Are Multi-Vitamin Tablets Necessary?

Question: Hi! I am a student and am a strict vegetarian (no eggs/meat). I do a lot of sport activities. I do not pay enough attention to what I eat (bread and cooked vegetables), but try to avoid junk food. Is it necessary for me to take multi-vitamin tablets?

Answer: Thanks for your question. As a strict vegetarian, it may be difficult for you to get all of the vitamins and minerals you need on a regular basis from your diet, so you're wise to consider supplements.

Typically, the most common deficiencies among vegetarians include iron, calcium, vitamin D and vitamin B12. Iron is most prevalent in red meat, but you can also obtain it in your diet from fortified breads and cereals. If you are female, you're more likely to be iron-deficient (due to monthly menses), so a multi-vitamin containing the RDA for iron is important. A One-a-day for women would meet your iron and other needs. Vitamin C aids in the absorption of iron. So, if you consume strawberries on your cereal, or eat tomatoes or peppers with beans, the iron in these foods will be better absorbed. Drinking orange juice, eating a grapefruit or kiwi along with iron-

fortified foods will also increase absorption.

If you consume milk products (3 servings/day), your diet is likely adequate in calcium and vitamin D. If you do *not* consume any dairy products, I'd suggest taking a calcium/vitamin D supplement daily. This should be taken after meals for better absorption, and at least 2 hours apart from your multi-vitamin containing iron. Iron and calcium compete for the same binding site in the small intestine and will inhibit absorption of each other.

B12 is a B vitamin that is found ONLY in animal products. A deficiency of this vitamin occurs over a long period due to deficient diet and/or poor absorption. If you take a daily multi-vitamin, it would contain adequate vitamin B 12 to prevent deficiency.

Other than the calcium/vitamin D supplement, I do not recommend taking multiple individual supplements due to risk of toxicity. Recent studies have found an increased risk of cancer in men that take excessive supplements. If you are taking a multi-vitamin that contains 100% of the RDAs for most nutrients, that's more than adequate. I hope this information was helpful. Take care!



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Your Stop for Health and Wellness

Comment Card:

NAME: _____
PHONE: _____
ML: _____
COMMENT: _____

This response was written by Ms. Lisa Andrews, Med, RD, LD, Adjunct Faculty in the University of Cincinnati's College of Nursing. NetWellness, a collaboration of the University of Cincinnati, The Ohio State University, and Case Western Reserve University,

is a consumer health information website. In over ten years, NetWellness experts have answered over 48,000 health questions. Please visit <http://www.netwellness.org> to ask Ms. Andrews and her colleagues a question.

Friday Night Live Spring Schedule

Date	Event	Time	Location
4/4/08	Pop Culture Trivia	7pm	TUC 400
4/11/08	Indecision Comedy Tour	7pm	TUC Great Hall
4/18/08	Bearcat Photo Hunt	6pm	Catskeller
4/25/08	Relay For Life	6pm	McMicken Commons
5/2/08	Sumo & Sushi (Worldfest)	5pm	TUC Atrium
5/9/08	Family Night	5pm	MainStreet Cinema
5/16/08	Ice Cream Social	4pm	Sigma Sigma Commons
5/30/08	College Feud	7pm	MainStreet Cinema
6/6/08	Cheeseburger in Paradise	5pm	Sigma Sigma Commons