

Health Tips

A healthy lifestyle controls cholesterol

By Connie Johnson

A.P. Beutel Health Center

September is National Cholesterol Education Month.

Elevated cholesterol is a contributing factor to the development of heart disease. Knowing your cholesterol level and reducing it when it is elevated can help prevent heart disease.

Here are some common questions asked about cholesterol.

What is cholesterol?

Cholesterol is a waxy substance used by the body in cell membranes, in sex hormones, to form Vitamin D, to help transmit nerve impulses, and to form bile acids.

How does the body get cholesterol?

The body makes 65-70 percent of the cholesterol it needs for normal function and gets the rest from foods.

Cholesterol is found in animal foods, such as meat, poultry, seafood and dairy products.

Egg yolks and organ meats are very high in cholesterol.

Foods of plant origin such as fruits, vegetables, grains, cereals, nuts and seeds contain no cholesterol.

How does cholesterol increase the risk of heart disease?

Too much cholesterol in the blood can slowly build up to form plaque, a thick, hard coating that can clog arteries feeding the heart or brain, leading to a heart attack or stroke.

However, studies show the amount of saturated fat in your diet affects the blood cholesterol levels more than the amount of cholesterol in your diet.

Therefore, to control blood cholesterol levels, the diet must be lower in saturated fats and cholesterol.

What other factors affect the cholesterol levels in the blood?

Excess body weight causes an increased blood cholesterol level.

Exercise decreases the amount of cholesterol in the blood, and soluble fiber binds the cholesterol and other fats in the intestinal tract so less is absorbed.

What about low density lipoproteins and high density lipoproteins?

The role of LDLs and HDLs is to carry the cholesterol and other fat substances through the blood.

Because the blood is made up of mainly water, fat soluble substances will not mix into the blood directly but need a carrier to get to the cells and organs of the body.

LDLs are responsible for carrying the cholesterol to the tissue and are the major contributors to the build-up of plaque.

HDLs carry the cholesterol away from the cells to be eliminated from the body. Higher HDL levels are associated with lower risks of heart disease.

How does a person know if they are at risk for heart disease?

First, they should have their cholesterol level checked.

There are a variety of places where cholesterol blood tests are done.

The finger prick test, used to get quick results, will determine only your cholesterol level.

But because other factors such as HDL and LDL are also indicators of heart disease risk, these levels can be determined in a complete blood test performed in a physician's office or clinic.

Cholesterol levels under 200 mg/dL are desirable.

HDL cholesterol levels below 35 mg/dL are

considered a risk factor.

Genetics also play a key role in determining heart disease risk.

If high cholesterol and/or heart disease tends to run in a person's family, monitoring the blood cholesterol level and maintaining a healthy lifestyle that reduces the risk are even more important.

A healthy lifestyle includes not smoking, exercising regularly, maintaining a healthy body weight, limiting the amount of fat in the diet, balancing the types of fat eaten.

It also includes watching cholesterol intake, eating plenty of complex carbohydrates and fiber, limiting sodium and salt, and if drinking alcoholic beverages, do so in moderation.

What if a person knows his cholesterol level is high?

See a physician.

A person can lower his cholesterol levels by making appropriate dietary and lifestyle changes.

Begin a healthy lifestyle, and expect to see changes in blood cholesterol levels in one to three months.

What if all this doesn't work? Is a person destined to have a heart attack?

No, not at all.

There are other options available with the assistance of a physician, and new studies are being conducted to find out more about controlling blood cholesterol levels and preventing heart disease.

In football terms, the best offense is a good defense.

For more information, the Health Education Center located in the A.P. Beutel Health Center has a variety of handouts for students and can provide additional information concerning cholesterol and nutrition.

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Campus News Briefs

Campaign goal beyond halfway

Texas A&M's "Capturing the Spirit" fund-raising campaign has passed its halfway point.

The goal of the campaign, which started three years ago, is \$500 million. Of that, \$312,455,801 has been raised by more than 200,000 individual and corporate or foundation donors.

Campaign Director Jim Palincsar, said if the campaign keeps going at the pace it's at, the goal should be reached before schedule.

The campaign has received 48 pledges of \$1 million or more as well as thousands of smaller pledges. More than \$2 million has come directly from faculty and staff, he said.

Texas A&M Interim President E. Dean Gage, said the money raised during this campaign will not lower the amount of state funds but will allow the University to give additional support to various areas and programs across campus.

Aggie license plates sales up

A report recently issued by the Texas Department of Transportation showed 5,071 Aggie Pride license plates have been sold.

The sale of the 5,000th license plate marked a milestone for the University and the state. If the number of renewals for the plates is counted in that total, more than 13,800 sales have been made.

Chemical group donates research

Occidental Chemical Corp. of Dallas recently donated the results of a fuel cell research development program to the Texas A&M University Research Foundation.

The gift includes title to more than 50 patents of the U.S. and other countries as well as 100 international patents.

In addition, the University will receive extensive research associated with the project. This gift will primarily be used by the Texas Engineering Experiment Station.

OxyChem's fuel cell technology, which converts hydrogen and air into water and electricity, is based on concepts developed in France. The corporation's interest in fuel cell technology stems from its needs for large amounts of electrical energy in electrochemical production.

OxyChem is a worldwide producer of electrochemicals, plastics and resins.

The donation counts toward Texas A&M's "Capturing the Spirit" campaign.

Tournament

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surgery in October, Kepple said he has made a "hell of a lot more progress than anyone thought I would."

Kepple attended Bonfire last year and was presented with \$1,000, the proceeds from the 1992 tournament.

Kepple said he is planning to attend Bonfire again this year.

"I want to tell all of the people who enter the tournament that I really appreciate what they're doing for me," said Kepple. "They don't know how much I appreciate it."

"I am so lucky to be at a school like A&M where when a student gets hurt like I did, other students are there to help him out. You won't find many other schools like that."

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Presentation

Thursday, September 30, 1993
292-B Memorial Student Center

Engineering Majors:
5:00 p.m. to 6:30 p.m.

Other majors:
7:00 p.m. to 8:30 p.m.

Casual attire

Interviews

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Aggie	Degree	Graduate school
Greg Hawkins '84	MEEN	Stanford MBA '88
Eric Conner '85	CEEN	Wharton MBA '89
Mike Mulcahy '86	ECON	Harvard MBA '91
Amy Lister '87	COSC	Stanford MBA '93
Gena Bosse '89	ACCT	Univ. of Texas MBA '93
Bruce Shaw '90	MEEN	Dartmouth MBA '94
Jeff Starr '90	ELEN	Dartmouth MBA '94
Eleanor Manson '91	MKTG	Stanford MBA '95
Travis Hurst '91	ACCT	Kellogg MBA '95
George Appling '91	ACCT/POLS	--
Anne Marie Chard '93	BIEN	--
April Garrett '93	ACCT	--
Jason Reneau '93	ECON	--

Yeltsin

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"Motherland or death," the parliament supporters chanted.

Parliament chairman Ruslan Khasbulatov donned a bulletproof vest under his suit and vowed to fight to the end against Yeltsin's "fascist" government. Other lawmakers put on gas masks as rumors of an attack swept through the building.

Outside, Khasbulatov's supporters and police stood watching each other in a rain. Police ignored appeals by defenders to defect.

At least 2,000 riot police and troops armed with assault rifles were deployed around the building, stopping anyone trying to enter but letting people inside leave.

In New York, Foreign Minister Andrei Kozyrev sought to reassure the world that Russia remained committed to democracy.

"Russia is transforming itself peacefully following the fundamental principle of democracy - free elections," Kozyrev told the U.N. General Assembly.

He told reporters the hard-line opponents at the parliament are

"drunk" and "mentally disturbed."

He said, referring to those inside parliament, "there is no intention, and there was never any intention, to drag them out by force."

Classes were canceled Tuesday at the U.S. Embassy compound, just 100 yards from the parliament complex. Police guarded the embassy compound.

Konstantin Zlobin, a parliament spokesman, said he did not think Yeltsin would dare attack the White House. Zlobin said parliament was in touch with the government to try and arrange a compromise.

Yeltsin's government set up an employment office for parliament members and their staff, and more than 200 lawmakers were negotiating job offers, according to Grigory Bondarev, a former deputy now employed by the president. Bondarev said 76 had already accepted new jobs.

Yeltsin on Monday rejected opposition proposals to hold simultaneous presidential and parliamentary elections.

The government has cut hot water, electricity and telephones to the parliament, forcing its occupants to subsist on cheese and sausage sandwiches, mineral water and Pepsi.