

Women need to understand, recognize unique health risks

By Lori Lindemuth and Jane W. Cohen
A.P. Beutel Health Center

Health Tips

Many women are not aware of the special health needs that are associated with being female. It is important that women understand how to care for their bodies, know how to recognize the warning signs of potential health problems and seek medical advice when a problem arises.

The following are brief descriptions of the health issues that concern females:

• **Weight concerns** - Women often have to work harder than men to maintain their weight. Seventy million Americans, most of whom are women, want to lose weight. Unfortunately, many diets are not safe and do not lead to permanent weight loss.

The formula for healthy weight loss and weight maintenance is reducing the fat and calories that are consumed, and increasing the number of calories that are expended through a regular exercise program.

• **Eating disorders** - The American Anorexia/Bulimia Association estimates that as many as 25 percent of all college age women engage in cycles of bingeing and purging.

Bulimia, which generally involves cycles of bingeing and purging, or anorexia, which involves extreme food restriction and exercise, may be a problem for many college females.

Compulsive overeating is another eating disorder that involves uncontrolled binge eating and snacking without extreme weight control behaviors, often as an escape from personal, social, or relational stress. Though brief episodes of abuse during a crisis are common responses to stress in college students, consistent abuse and inappropriate feelings and/or behaviors may be signs of more serious problems.

• **Osteoporosis** - Osteoporosis is a condition in which a gradual depletion of bone calcium leads to fractures, disability and even death from complications. Twenty-five percent of women and 12 percent of men over age 65 will suffer from this condition.

Unfortunately, this condition results from insufficient calcium intake much earlier in life. It is very important that young females consume the recommended daily allowance for calcium (1200 mg., or the amount of calcium in four cups of low-fat milk). A regular, weight-bearing exercise program begun in young adulthood is also a way to prevent osteoporosis.

• **Premenstrual Syndrome (PMS)** - Nearly 90 per-

cent of all women suffer from the physical and emotional changes that come before each menstrual cycle. PMS has been characterized by up to 150 different symptoms, some of which are quite common.

These include physiological symptoms (headaches, cramps, weight gain, water retention, breast pain and tenderness, and back pain) and the psychological symptoms (anxiousness, irritability, anger, uncontrolled crying, food cravings, and mood swings).

To decrease the symptoms, women should eat fewer salty foods, reduce caffeine intake, eat five to six small meals a day and keep a moderate exercise program, especially the week before your period begins.

• **Iron deficiency/anemia** - Women between adolescence and menopause need twice the amount of iron that men do. The recommended daily allowance of iron is 18 mg. Most college women do not get enough iron, and on the average only 55 to 60 percent of the RDA.

The key to getting enough iron is to eat a variety of iron-rich foods, including red meat and poultry.

Women who are watching their weight and limiting these foods in their diets need to take extra care to get their iron from other sources, such as leafy green vegetables and legumes (beans and peas).

• **Breast cancer** - The American Cancer Society currently estimates that one in every nine women will develop breast cancer at some point in her lifetime.

Each year, more than 43,000 women die of breast cancer. The key to prevention is early detection and early treatment. For this reason, every adult woman should perform a Breast self-exam (BSE). If any lumps or irregularities are discovered, a physician should be consulted.

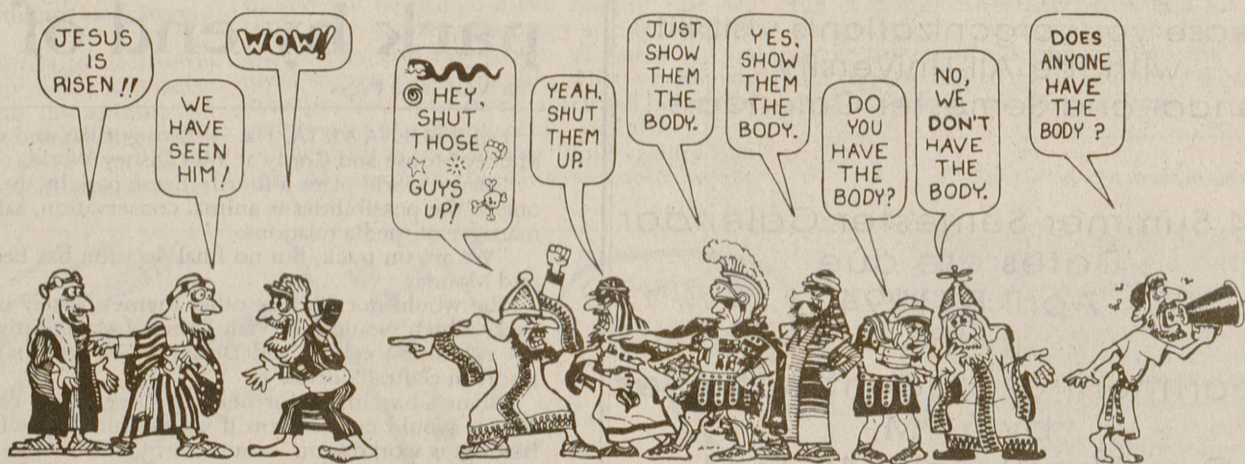
• **Reproduction/contraception** - It is recommended that all women over the age of 18 receive a gynecological examination each year. Many problems can be detected in the annual gynecological examination.

Sexually active females must take responsibility to protect themselves against pregnancy and sexually transmitted diseases.

There are many methods of birth control, and women should consult their physician regarding the best method for their individual needs.

The A.P. Beutel Health Center is offering a program entitled "Arm Yourself Against Breast Cancer" on Wednesday from 4 to 5 p.m. in 016 Beutel Health Center.

An Empty Tomb? So What!



When the people went to the tomb where Jesus had been buried, the body was gone. Do you believe that Jesus rose from the dead? To believe or not to believe, that is the question. Extensive historical evidence exists that proves Jesus rose from the dead. The early Christians refused to deny the truth of Jesus' resurrection even when they were beaten, stoned to death, thrown to lions, tortured, and crucified. In the almost two millennia that have passed since then, millions of Christians have been persecuted. The world continues to be filled with people who are intolerant of Christians and their message of God's Son. In America, the politically correct movement seeks to silence Christians and deny us our constitutional freedoms of speech and religious expression. Nevertheless, we are compelled to express our faith. For early Christians as well as modern Christians, real faith must be based on evidence. Of course, belief is a choice. No amount of evidence will convince a person who chooses not to believe. Jesus himself said that some people would not change their thinking about God even if they personally heard from someone back from the dead (cf., Luke 16: 19-32). For us, there is ample evidence upon which we base our faith. We urge you to consider the evidence of Jesus' resurrection. We are making available an article by the noted author and lecturer Josh McDowell. For a free copy, please contact Murphy Smith (845-3108), Steve Crouse (845-3997), or Lee Lowery (845-4395).

Natalie L. Allen Accounting	Liz Miller Center Teaching Excellence	Maynard Bratlien Educational Administration	Lawrence Wolken Finance	Richard Feldman Industrial Engineering	C. L. Hough Mechanical Engineering	Carson E. Watt Recreation & Parks
Bill Cready Accounting	Nancy Simpson Center Teaching Excellence	David A. Erlanson Educational Administration	Ed Sottes Forest Science	Don Phillips Industrial Engineering	Ken D. Kihm Mechanical Engineering	Maurice Dennis Safety Education
Austin Daily Accounting	R. R. Davison Chemical Engineering	Jack Campbell Educational Curriculum (Retired)	Terry Spencer Geophysics	Ricky Telg Journalism	Murray Moore Mechanical Engineering	Michael Greenwald Speech Comm & Theatre Arts
Patsy Deere Accounting	Jack Lunsford Chemistry	Robert K. James Educational Curriculum	Jan Baldwin Health and Kinesiology	Rodger Lewis KAMU-TV-Journalism	Gerald Morrison Mechanical Engineering	Martin Medhurst Speech Comm & Theatre Arts
Steve Salter Accounting	Harry Coyle Civil Engineering	Delmar Janke Educational Curriculum	Danny Ballard Health and Kinesiology	Robert Field Large Vet. Animal Clinic	Dennis O'Neal Mechanical Engineering	Rick Rigby Speech Comm & Theatre Arts
L. Murphy Smith Accounting	Russell Echols Civil Engineering	Patricia Larke Educational Curriculum	Sue Beall Health and Kinesiology	O. E. (Ed) Elmore Management	Ozden Ochoa Mechanical Engineering	Roger Schultz Speech Comm & Theatre Arts
Casper Wiggins Accounting	Charles Hix, Jr. Civil Engineering	Will Worley Electrical Eng.-Emeritus	Kirstin Brekken Health and Kinesiology	George Rice, Jr. Management	Robin Redfield Mechanical Engineering	Kenneth R. Dirks Student Health Services
Walter Haisler Aerospace Engineering	Dallas N. Little Civil Engineering	Andrew K. Chan Electrical Engineering	Camille Bunting Health and Kinesiology	Patrick M. Wright Management	David Rhode Mechanical Engineering	Donald A. Sweeney Urban & Regional Planning
Thomas U. McElmurry Aerospace Engineering	Lee Lowery, Jr. Civil Engineering	Robert Nevils Electrical Engineering	G. Brian Colwell Health and Kinesiology	Richard T. Hise Marketing	Dan Turner Mechanical Engineering	E. Dean Gage Veterinary Medicine
John Whitcomb Aerospace Engineering	James S. Noel Civil Engineering	Philip Noe Electrical Engineering	Stephen Crouse Health and Kinesiology	Stephen McDaniel Marketing	Wayne Sampson Medical Anatomy	Ron Green Veterinary Medicine
Oral Capps, Jr. Agricultural Economics	Paul Roschke Civil Engineering	John H. Painter Electrical Engineering	Linus J. Dowell Health and Kinesiology	James R. Boone Mathematics	David Thompson Medical Pharmacology	Alvin A. Price Veterinary Medicine
H. L. Goodwin Agricultural Economics	Hayes E. Ross Jr. Civil Engineering	A. D. Patton Electrical Engineering	Carl Gabbard Health and Kinesiology	Robert Gustafson Mathematics	Michael Davis Medical Physiology	Loren Skow Veterinary Medicine
Fred Ruppel Agricultural Economics	Donald Saylak Civil Engineering	Don Russell Electrical Engineering	Emma Gibbons Health and Kinesiology	Marek J. Radzikowski Mathematics	Steven Oberhelman Modern & Classical Languages	Michael Willard Veterinary Medicine
Don R. Herring Agricultural Education	Hank Wigley Civil Engineering	Joy Shetter Electrical Engineering	Vicki Markowsky Health and Kinesiology	Richard M. Alexander Mechanical Engineering	James Brooks Oceanography	John W. Huff Veterinary Microbiology
Alvin Larke Jr. Agricultural Education	Ralph Wurbs Civil Engineering	Karan Watson Electrical Engineering	Robert H. Pender Health and Kinesiology	Walter L. Bradley Mechanical Engineering	Roger Fay Oceanography/GERG	Kenneth Pierce Veterinary Pathology
L. Wayne Greene Animal Science	Dan Colunga Computer Science	Roy Hartman Engineering Technology	Leonard Ponder Health and Kinesiology	L. Roy Cornwell Mechanical Engineering	Joyce Davis Pathology & Lab Med-Emeritus	James E. Womack Veterinary Pathology
Dan Hale Animal Science	Walter Daugherty Computer Science	Sally Dee Wade English	Rose Schmitz Health and Kinesiology	Robert DeOtte Mechanical Engineering	John A. McIntyre Physics	James G. Anderson Veterinary Physiology
Paul Harms Animal Science	Mac Lively Computer Science	Patricia Harris English Language Institute	Wayne Wylie Health and Kinesiology	Louis Everett Mechanical Engineering	Marlan Scully Physics	Larry D. Claborn Veterinary Physiology
Jimmy T. Keeton Animal Science	Dick Volz Computer Science	Terry Larsen Environmental Design	Barry Nelson Health & Science Center	Ramon Goforth Mechanical Engineering	James C. Clinger-mayer Political Science	Jim Jensen Veterinary Physiology
Theodore S. Maffitt Architecture	James W. Craig Jr. Construction Science	Walter F. Juliff FSIS Project Management	Kathryn Newton Industrial Distribution	Richard Griffin Mechanical Engineering	Patricia Griffin Political Science	J.D. McCrady Veterinary Physiology
David Kent Athletic Department	Richard K. Anderson Economics	George McIlhenny Family & Community Medicine	Don Rice Industrial Distribution	Warren Heffington Mechanical Engineering	M. M. Kothmann Rangeland Ecology & Mgmt.	
George W. Bates Biochemistry	James M. Griffin Economics	Lamar McNew Family & Community Medicine	Bryan Deuermeyer Industrial Engineering	Harry Hogan Mechanical Engineering	Louis Hodges Recreation & Parks	
James R. Wild Biochemistry & Genetics	Tim Gronberg Economics	David Segrest Family & Community Medicine				
Michael Neely Campus Crusade for Christ	Steven Wiggins Economics	James Kolari Finance				

† FACULTY FRIENDS †

Jesus said: "For God so loved the world that He gave His one and only Son, that whosoever believes in Him shall not perish but have eternal life." We are a group of faculty united by their common experience that Jesus Christ provides intellectually and spiritually satisfying answers to life's most important questions. We are available to students faculty and staff who might like to discuss such questions with us. Any faculty member interested in joining FACULTY FRIENDS should contact Murphy Smith 5-3108, Steve Crouse 5-3997, or Lee Lowery 5-4395.

DISCLAIMER: This ad presents the personal convictions of the faculty members listed herein; in no way does the ad represent or support any view or position of Texas A&M University or any academic department.