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McComas Hall

FITNESS-WELLNESS NEWS

STUDENT FEE BENEFITS!

WELLNESS NEWS AVAILABLE ONLINE!

Receive your next issue of "Wellness News" electronically! Visit our website at www.healthcenter.vt.edu/Resources/shc-wellness-newsletter-archive.htm to sign up for your next free issue today! You will also find back issues of the "Wellness News." Catch up on what you've been missing!

DEPARTMENT OF RECREATIONAL SPORTS

The Department of Recreational Sports offers a wide variety of fitness classes each week, designed to meet the diverse fitness needs of the university community. The Personal Training Program provides instruction, guidance, and support based on a tailored exercise program. This program reflects the client's goals, fitness levels, and experience. Fitness Assessments are a way of measuring an individual's current exercise levels in order to evaluate progress after training. For more information see, www.recsports.vt.edu

SCHIFFERT HEALTH CENTER

HEALTH COUNSELING & SCREENING

Obtain strategies for healthier eating habits, and/or starting a personal exercise program. For **free** cholesterol screening or for a **free** personal consult, contact Schiffert Health Center's Health Education Office at 231-3070 or stop by 141 McComas Hall. The Wellness Resource Center is located in McComas Hall and is open from 8:00 AM until 5:00 PM Monday through Friday and contains a variety of health information and health-smart freebies.

SMOKING CESSATION RESOURCES

COUNSELING & QUIT KITS: Learn strategies and pick up resources to help you **Live Smoke Free**. For a **free** smoking cessation counseling session call 231-3070. For a free Quit Kit stop by Wellness Resource Center, 141 McComas Hall.

WELLNESS GALLERY

Do you have questions about your fitness level? Are you looking for ways to incorporate better nutrition into your life-style? Do you want to find information about how to quit smoking, or deal with high stress levels? Visit the *Wellness Gallery*; a self-help lounge including health assessments, personal action plan guides, helpful handouts, pamphlets, and more! Check it out alone or with a friend. Where? On the second floor of McComas Hall.

DIETARY ASSISTANCE

Are you gaining weight and can't stop? Are you tired all the time? Are your eating habits erratic and unbalanced? Do you have food allergies? Do you have special health concerns such as diabetes or high blood pressure? If you answered yes to any of these questions, call 231-5313 for a **free** appointment with the Schiffert Health Center Dietitian.

TIME TO EAT!

HAVE YOU EVER HEARD EATING AFTER 6PM WILL MAKE YOU GAIN WEIGHT???

Usually eating late at night is caused by under-eating throughout the day. Many people run into this when rushing around with busy schedules, forgetting to eat breakfast, or trying to diet with a low calorie meal. Regardless of why the under-eating occurs, late night eating is often the outcome to make up for the missed calories throughout the day. Then there are the people who view an evening snack as their reward at the end of the day.

THE TRUTH IS eating at night tends to lead to eating foods that are **higher in calories** such as pizza, fast food, and ice cream. In the late evenings you are likely doing one of the following:

- ⊕ In your apartment or dorm room, sitting in front of the T.V. to relax. At this point, you are completely susceptible to the popularly shown food commercials. Of course they feature the fast food options and are quite successful at influencing hunger. Needless to say, your food selection will be something that won't take long to prepare which has potential to be an unhealthy choice.
- ⊕ You could be downtown enjoying the late night Blacksburg outings. During these social events, you could be consuming beverages that are higher in calories while also increasing the potential for snacking.
- ⊕ You're at a social event involving eating at a restaurant or party. Here is a perfect situation for rich, high-fat and calorie food not to mention the larger portions you may indulge in without realizing it.

I point out those tendencies that come along with late night eating. However, it does not matter when you consume the calories, fat and carbohydrates. Calories are the same at any hour of the day. One important fact of metabolism is that our bodies do not stop working when we are sleeping. Our hearts are still beating, our blood is still circulating, our lungs are functioning and our brains keep on working. All of these processes take energy, which means we are still burning calories as we sleep. Figuring caloric expenditure is very individualized with body weight, temperature, and composition along with the amount of exercise a person does.

THERE IS NO MAGIC TIME of the day when our bodies burn more calories or our body stores more fat. For example, if you eat an apple with peanut butter at 3 PM or 7 PM, is one more caloric than the other? Of course not. What really matters is the amount of food or drink you consume in each serving, as well as over a week, a month or longer and how much energy you expend. Basically it comes down to calories consumed versus calories expended. Regardless of whether you take in the calories at night or during the day, excess calories if not burnt off, will lead to weight gain over time. As mentioned above there are some extremely convincing reasons to avoid late night eating such as: portion sizes, eating the first thing in sight, food selection, and over-eating at night causing less than ideal sleep conditions. You will find "**HELPFUL TIPS TO AVOID LATE NIGHT OVER-EATING**" in the boxes throughout this newsletter.

CALORIES ARE THE SAME AT ANY HOUR OF THE DAY. ONE IMPORTANT FACT OF METABOLISM IS THAT OUR BODIES DO NOT STOP WORKING WHEN WE ARE SLEEPING.

Fitness Staff
Department of Recreational Sports

Resources: <http://www.goaskalice.columbia.edu/2225.html>;
www.ptonthenet.com; www.acsm.org; Information approved
by Carol Papillon, VT, HNFE Department

HELPFUL TIPS TO AVOIDING LATE NIGHT OVER-EATING:

Consume enough meals and snacks during the day so that overeating doesn't occur at night.

WHAT'S THIS MIND & BODY HOOPLA?

As you begin to read this, FREEZE! Don't move a muscle. Now pay attention to your body's position. Can you drop your shoulders? Are your jaw muscles tight? Can you feel your tongue on the roof of your mouth? Are you frowning or clenching your fist? If you are doing any of these unnecessary muscular contractions unconsciously, you may benefit from Mind & Body therapy.

It is a well know fact that poor management of stress and anxiety are linked to development of psychosomatic illnesses such as tension headaches, backaches, hypertension, cancer, asthma, cardiovascular disease, and gastrointestinal complications. Often time people are unaware of their mismanagement of stress or don't even know when they are 'stressing'. **THIS QUICK TEST WILL REVEAL YOUR STRESS LEVEL.**

QUICK TEST

1. Rate yourself as to how you typically react in each of the situations listed below. Use the scale below.

4 = Always | 3 = Frequently | 2 = Sometimes | 1 = Never

- | | |
|--|---|
| <input type="checkbox"/> Do you try to do as much as possible in the least amount of time? | <input type="checkbox"/> Do you have the habit of doing more than one thing at a time? |
| <input type="checkbox"/> Do you become impatient with delays or interruptions? | <input type="checkbox"/> Do you frequently get angry or irritable? |
| <input type="checkbox"/> Do you always have to win at games to enjoy yourself? | <input type="checkbox"/> Do you have little time for hobbies or time by yourself? |
| <input type="checkbox"/> Do you find yourself speeding up the car to beat the red light? | <input type="checkbox"/> Do you have a tendency to talk quickly or hasten conversations? |
| <input type="checkbox"/> Are you unlikely to ask for or indicate you need help with a problem? | <input type="checkbox"/> Do you consider yourself hard-driving? |
| <input type="checkbox"/> Do you constantly seek the respect and admiration of others? | <input type="checkbox"/> Do your friends or relatives consider you hard-driving? |
| <input type="checkbox"/> Are you overly critical of the way others do their work? | <input type="checkbox"/> Do you have a tendency to get involved in multiple projects? |
| <input type="checkbox"/> Do you have the habit of looking at your watch or clock often? | <input type="checkbox"/> Do you have a lot of deadlines in your work? |
| <input type="checkbox"/> Do you constantly strive to better your position and achievements? | <input type="checkbox"/> Do you feel vaguely guilty if you relax and do nothing during leisure? |
| <input type="checkbox"/> Do you spread yourself "too thin" in terms of your time? | <input type="checkbox"/> Do you take on too many responsibilities? |
| Subtotal 1 | Subtotal 2 |

2. Compute Your Score:

Add Up Your Total Number of Points:

	<input type="text"/>	Subtotal 1
+	<input type="text"/>	Subtotal 2
<hr/>		
	<input type="text"/>	TOTAL

3. Assess Your TOTAL Score:

- 20 - 30** — If your score is between 20 and 30, chances are you are non-productive or your life lacks stimulation.
- 31 - 50** — A score between 31 and 50 designates a good balance in your ability to handle and control stress.
- 51 - 60** — If you tallied up a score ranging between 51 and 60, your stress level is marginal and you are bordering on being excessively tense.
- Exceeds 60** — If your total number of points exceeds 60, you may be a candidate for heart disease.

WHAT'S THIS MIND & BODY HOOPLA? (CONTINUED)

4. Find Mind & Body Techniques To Manage Your Stress

HIGHLIGHTED BELOW ARE A FEW MIND AND BODY TECHNIQUES WHICH HAVE BEEN PROVEN BENEFICIAL FOR MANAGING STRESS:

Yoga (<http://yoga.org>)- involves directing your attention and breath as you assume a series of poses, or stretches. Yoga can be very vigorous (power yoga) or very gentle and is extremely effective for improving flexibility, stress management and relaxation skills, focus, and awareness of the breath.



Tai Chi (<http://www.taichiacademy.com>)-The term qigong (or chi kung) describes the complete tradition of spiritual, martial and health exercises developed in China. Tai chi is one of the most common of these. Practicing qigong involves performing a series of movements while paying attention to the body and staying aware of the breath. The exercises are especially effective for developing balance, focus, coordination and graceful, centered movement. Doing qigong can be an excellent way to ease gently into movement, particularly if you sit all day at your job or have been inactive for a while

Pilates (<http://www.pilatesmethodalliance.org/whatispma.html>)- technique, favored by many dancers, includes both floor-work and equipment-based exercises. It conditions the whole body but is particularly effective for developing the torso and abdominal musculature. The exercises emphasize breathing, form and posture with the purpose of increasing flexibility, strength and mobility.

The Feldenkrais Method (<http://www.feldenkrais-method.org>)- exercises emphasize self-observance and reeducation of thought, posture and movement patterns. If you have physical limitations (such as neuromuscular, postural or skeletal problems) or simply want to retrain your body to move more naturally and effectively, this therapeutic method can be very useful.

The Alexander Technique (<http://www.alexandertechnique.com>)- a unique kinesthetic learning that enhances awareness in activity, and so affecting virtually everything that you do. If one of your primary goals is to improve your posture or the way you sit, stand or walk, this may be your choice. This method does not consist of a series of exercises; instead, you learn to observe your own movements, release the tension and pain caused by poor habits and discover more efficient ways to move.

Mental Imagery and Visualization (<http://www.csupomona.edu>) – Uses the imagination to promote relaxation and deactivate the body’s five senses to stressful stimuli involves unconscious thought that become conscious in the effort to heal or make whole.



ANNA STERLING, FITNESS G.A.
Department of Recreational Sports

Citations: <http://www.arc.sbc.edu/stressquiz.htm>; Greenberg, Jerrold. *Comprehensive Stress Management 7th ed.* New York, 2002.

WHEN NORMAL HEALTHY BEHAVIORS SPIRAL OUT OF CONTROL

IMAGINE A WORLD WITH NO MIRRORS. Imagine a place where the words “calorie” and “fat” do not exist; where people only say positive things about themselves; where there are no magazines promoting “the perfect body;” and where the Barbie doll was never created.

Many would say that this utopian description of a society without body image problems is unattainable. Think about all of your friends and family. How many of them are truly content with their bodies?

According to the National Eating Disorders Association (NEDA), the largest not-for-profit organization in the U.S.

ALL EATING DISORDERS SHARE A MAJOR CONCERN: DISSATISFACTION WITH BODY IMAGE AND BODY WEIGHT (OR BODY SIZE).

working to prevent eating disorders, body image is how you see yourself when you look in the mirror or picture yourself in your mind. The five different levels of acceptance on the Body Image Continuum range from “Body Ownership”, where food and body image is not an issue, to “Eating Disordered,” where a person has an extreme hate of her/his own body.

It would be hopeful to say that most people love themselves, but the truth is that body image issues are resonating through all age groups, races, and genders today. **More than 8 million Americans have eating disorders:** females, males,

WHEN NORMAL HEALTHY BEHAVIORS SPIRAL OUT OF CONTROL (CONTINUED)

teenagers, adults, Caucasians, African Americans. No specific type of person is immune to them.

Eating disorders involve a severe disturbance in eating patterns and behavior. All eating disorders share a major concern: dissatisfaction with body image and body weight (or body size). The main types of eating disorders include anorexia, bulimia, bulimarexia, binge-eating disorder, overeating, and muscle dysmorphic disorder.

Individuals suffering from anorexia do not consume enough calories to maintain a reasonable body weight and they have an intense fear of getting fat. Often times they combine intense exercise with compulsive behaviors to keep from gaining weight. Anyone who has gone to the gym for a hard cardiovascular workout knows that, after exercising, the body will need proper nutrition to make up for lost calories. Anorexics, however, deprive themselves of this food.

Between 1–3 million Americans suffer from anorexia, dealing with medical effects such as disorders of the cardiovascular, gastrointestinal, and endocrine systems, cessation of menstruation, and even death from heart failure.

Bulimia is characterized by binge eating from 1,000–60,000 calories and then purging through vomiting and/or the use of laxatives or diuretics. According to doctors at eMedicine.com, "People with bulimia are often of normal or near-normal weight, unlike anorexics." This makes it difficult to spot someone who is suffering from bulimia. They might not ever lose any significant weight, but they could be bingeing and purging behind closed doors.

The health effects of bulimia include tooth decay, esophageal damage, chronic hoarseness, menstrual irregularities, depression, liver and kidney damage, and cardiac arrhythmia.

Bulimarexia, Binge-Eating Disorder, Overeating, and Muscle Dysmorphic Disorder all cause serious health problems in millions of Americans, all of which are described in detail on the NEDA website.

Since body image is a huge issue for college students, most of us know someone who has problems with eating, over-exercising, or being too critical of themselves. Unfortunately, many students have serious eating disorders and are too afraid to turn to their friends and family for help.

It's important to realize that eating disorders are not just about food and body weight. There are usually psychological factors that must be addressed along with the eating behavior. Psychotherapy and medical management are involved in the treatment of severe eating disorders.

If you suspect that someone you know has an eating disorder, there are smart ways to handle the situation. It's important to be concerned, but not confrontational, and never approach them in a group situation. It will be easier for them to open up if it's in a one-on-one setting. Use specific observations about her/his behavior(s) that

have aroused your concern. For example, "I have noticed that your grocery shopping has decreased to one bag of food per week," or "I have seen you leaving the dinner table abruptly after each meal." If you address specific examples, the person will know that you care and have truly noticed a change in their behavior.

Most importantly, allow the person time to talk, and do not be judgmental. People with eating disorders mainly need someone to listen to them. If you are their friend, offer your undivided attention.

Although you want your friend to completely trust you, if she/he has problems that scare you, it's important to tell a qualified professional like a counselor or nurse. Eating disorders can lead to serious medical conditions and even death.

There are several resources on the Virginia Tech campus for students with eating disorders such as Schiffert Health Center (SHC), Cook Counseling Center, and the Office of Health Education. These places can offer help to anyone struggling with these problems. If you are thinking about approaching somebody about a body image issue, you may want to consider visiting these places for more information and guidance. The Health Promotion Team at SHC offers a short 10-minute presentation about eating disorders that you may want to schedule for your organization or class. It is offered year round. Go to www.healthcenter.vt.edu/he/ for more info.

Ideally, the world should be free of body image issues. Realistically, these problems will always exist in some form, but eating disorders do not have to take over people's lives. If you or someone you know is suffering, take action now to get help. There are so many reasons for us to appreciate our bodies.

THINGS THAT MAY INDICATE A PERSON IS STRUGGLING WITH BODY AND EATING ISSUES.

- SIGNIFICANT WEIGHT LOSS IN A SHORT PERIOD OF TIME
- OBSESSING ABOUT CALORIES AND FAT IN ALL FOOD EATEN OR NOT EATEN
- OVER-EXERCISING OR EXERCISING WHEN INJURED
- ISOLATION AND ODD EATING RITUALS
- CHRONIC DIETING AND EXTREME FOOD CHOICES
- COMPLAINTS OF ALWAYS FEELING COLD ESPECIALLY IN LIMBS
- HAIR LOSS, PALE GREY SKIN, FUZZY HAIRS ALL OVER BODY
- EVIDENCE OF REGULAR VOMITING NOT RELATED TO SICKNESS
- LAXATIVE USE

See the websites below for more info.

Resources: www.nationaleatingdisorders.org (National Eating Disorders Association); www.emedicinehealth.com; www.edauk.com (Eating Disorders Association)

BENCH PRESS: HELP OR HYPE?

HOW MUCH CAN YOU BENCH? This is probably the most commonly asked question in the realm of weight lifting. The bench press is one of the most popular exercises and has become the most widely used exercise to judge one's strength. Not only is this lift used as a gauge of strength but is also the premier exercise in upper body muscular development.

The bench press is designed to target the pectoral (chest) muscles. It also hits anterior deltoids, latissimus dorsi, and triceps. **PROPER EXECUTION OF THE BENCH PRESS IS:**

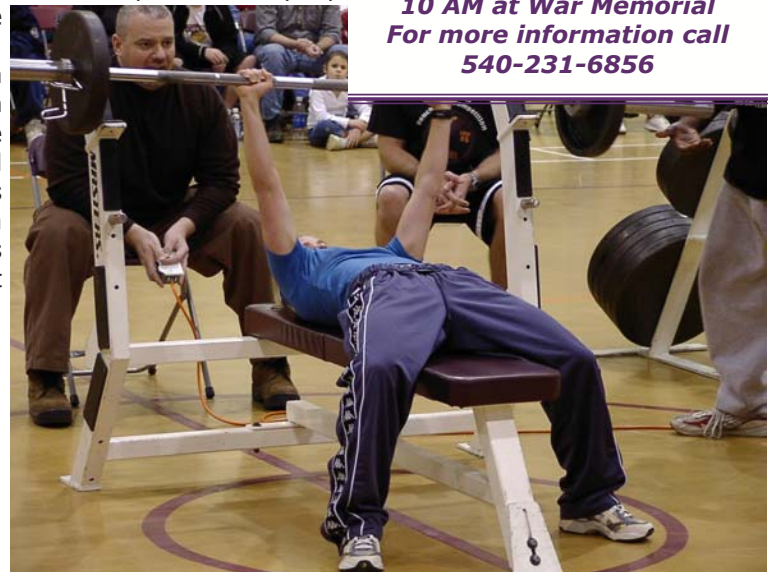
- 1 Lay down on the bench gripping the bar just slightly past shoulder width apart with the thumbs wrapped around the bar.
- 2 Before un-racking the bar it should be directly over the lifter's nose.
- 3 Lift the bar out of the rack and bring it directly over the midline of the chest.
- 4 Keeping the elbows directly under and in line with the bar, inhale as bar is lowered to the midline of the chest until it slightly touches the chest.
- 5 Press the bar back to the starting position directly over the chest while exhaling.
- 6 The bar should travel up and slightly back from the chest to the starting position.

Does the bench press accurately measure overall strength? There are arguments in either direction. The bench press is a compound exercise meaning it involves more than one joint (shoulder and elbow). Many people think it is a muscle specific exercise focusing on chest. However this compound exercise involves the chest, back, shoulders, and triceps. So the bench press will provide some assessment of upper body strength, but cannot be used to evaluate overall body strength as it reflects no information about lower body. How functional is a bench press? The position of a bench press is not functional but the movement is a commonly performed (pushing a door shut, pushing yourself up from a lying position, etc). So training with this lift in the lying position will strengthen your chest and the assisting muscles to help with everyday activities. It is also a very easy exercise to perform. You are laying down which allows for more weight to be used. Several variations of the bench press exist which makes it a very versatile exercise. It can be performed lying flat, on an incline, or a decline, which targets specific fibers of the chest muscle. Using dumbbells instead of a barbell will challenge stabilizer muscles. Grip width can be changed as well to isolate different muscles. For example taking a narrow grip will put more emphasis on the triceps as opposed to the wide grip targeting primarily the chest muscles.

The bench press targets many muscle groups in the upper body and offers many variations to improve a training program. This will achieve greater upper body strength and is a functional exercise helping to carry out tasks used in everyday life.

Josh Stevens, VT Personal Trainer
Department of Recreational Sports

VT Bench Press Competition
February 25, 2006
10 AM at War Memorial
For more information call
540-231-6856



IT'S JUST NOT FAIR!

IN THE WORLD OF REPRODUCTIVE ANATOMY, THERE ARE INJUSTICES EVERYWHERE.

When it comes to urethras, men really never think about theirs much. Meanwhile, women get the short end of the stick. Painful urination, burning, and discharges are their domain. Who ever told you that length didn't matter wasn't talking about the urethra. You see, men have a longer one and women, an itty bitty short one; and there lays the proverbial rub.

WHO EVER TOLD YOU THAT LENGTH DIDN'T MATTER WASN'T TALKING ABOUT THE URETHRA

The urethra carries urine down from the bladder to the outside of the body. It also carries bacteria from the outside of the body back up to the bladder. When the urethra becomes inflamed, *urethritis* occurs, and when the bladder becomes inflamed, *cystitis* occurs. If you can imagine what it would feel like to have a bacteria growing in your urethra or bladder, you can probably imagine what the symptoms are: frequent urination, bloody urine, feelings that your bladder is never empty, burning, and discharges.

I know you're wondering where this bacteria comes from. You may be dismayed to know that the source is typically yourself or a partner (if you're having sexual interactions). Both urethritis and cystitis are caused by *E. coli* and it lives in/around the gut, rectum, and anus. What happens is that the *E. coli* are introduced into the urethra and this causes infection and inflammation.

Of course nobody introduces *E. coli* to their urethra on purpose! It gets there when people have intercourse, or when wiping from back to front, when wearing panties or clothes that are not very breathable. When *E. coli* has time to get established in the urethra things become problematic. They can move up into the bladder, cause cystitis, and if unchecked can even enter the kidneys and cause a life threatening infection.

So here's the rub, having a short urethra means that it's easier for the *E. coli* to make it into the bladder; there is simply less distance to travel. Likewise if the urethra is closer to the rectum, *E. coli* have an even shorter trip. This is why women are more susceptible to UTIs than men (who have a longer urethra due to the presence of a penis and a urethral opening which is further away from the anus).

The best ways to prevent UTIs are to keep *E. coli* out of the urinary tract and to keep the vagina healthy. This includes wiping from front to back when using the bathroom; urinating regularly and doing things that promote regular urination (like drinking plenty of water); and wearing dry cotton crotched clothing. A major thing that can help prevent UTIs is to urinate immediately after having sex. This (hopefully) will flush out any *E. coli* that is in the "wrong" place.

IF ONLY IT WERE THAT SIMPLE.

To make things more confusing, urethritis CAN also be sexually transmitted (but cystitis is not sexually

transmitted). Technically, urethritis is defined as an inflammation of the urethra. Besides *E. coli*, the sexually transmitted infections (STI) gonorrhea and chlamydia can cause urethritis. In all three cases the symptoms could be similar to the symptoms produced by *E. coli* infections and a person would not know if her/his UTI was caused by *E. coli* or a sexually transmitted infection.

So how do you tell what caused your UTI? Basically, it requires a trip to your health care provider. She/he can make an accurate diagnosis, and if it is urethritis, treat the bacterial infection with the appropriate antibiotic.

As if this wasn't unfair enough to women, before we end, we're going to throw *honeymoon cystitis* into the mix. First, it is NOT cystitis - it's urethritis - and it is NOT caused by *E. coli*, gonorrhea, or chlamydia bacteria - it's caused by the mechanical action of intercourse. During intercourse women who get *honeymoon cystitis* experience irritation and bruising of the urethra. This produces many of the symptoms discussed previously. Women who regularly or occasionally get *honeymoon cystitis* should speak with a health care provider about preventing it. One measure that can help is to use water-based lubricant during intercourse.

If you're a man, rejoice that you have a long urethra. But don't take too much comfort in it. You can easily get a UTI caused by gonorrhea or chlamydia if you let your guard down. If you're a woman, don't dwell on your short urethra. Yes, you have to pay more attention to urethral health than men do, but that's just the injustice of reproductive anatomy. And even if you take all the precautions to prevent *E. coli* from entering your urethra, you too can also get gonorrhea or chlamydia. Abstinence and condoms will help prevent both men and women from getting STIs and basic UTI prevention measures can help against getting UTIs caused by *E. coli*.

IF YOU BELIEVE YOU HAVE A UTI YOU CAN MAKE AN APPOINTMENT AT THE SCHIFFERT HEALTH CENTER TO MEET WITH A HEALTH CARE PROVIDER. THE PHONE NUMBER IS 540-231-6444.

Article By: **OFFICE OF HEALTH EDUCATION STAFF**
Schiffert Health Center

**HELPFUL TIPS
TO AVOIDING LATE NIGHT OVER-EATING:**

Keep a food diary to identify patterns of when you are driven to eat. Many people are emotional eaters—being too bored, using food as a reward, being anxious or stressed, feeling frustrated, even depression.

THERE'S A NEW VACCINE IN TOWN!

Two pharmaceutical companies have new HPV (*Human Papilloma Virus*) vaccines that will likely be available in 2006. Merck and Company's vaccine is called *Gardasil* and GlaxoSmithKline's vaccine is called *Cervarix*. This vaccine is a big deal for anybody who will ever be sexually active in her/his lifetime (which is almost everybody).

You may be asking yourself why is a HPV vaccine such a big deal?

According to the American Social Health Association "about 4.6 million young people aged 15-24 get HPV each year. They account for nearly 74% of all new infections." Wow! That means young people like Virginia Tech students account for 74% of all new HPV infections each year.

What exactly is HPV?

HPV is the sexually transmitted virus that can cause genital warts, cervical warts, and cervical cancer (for the purpose of this article "genital warts" refers to genital warts unrelated to the cervix). There are roughly 70 different types of HPV and about 30 cause warts in the genital area. Types 16 and 18 are considered "high-risk," meaning these two types cause warts on the cervix which can lead to cervical cancer. They cause nearly 70% of all cervical cancers and can be fatal. HPV 6 and HPV 11 are the "low-risk" types that cause genital warts.

What will this vaccine protect people against?

These two vaccines offer protection against HPV 16 and HPV 18 which means protection against 70% of the strains which cause cervical cancer AND protection against HPV 6 and HPV 11 which cause genital warts. Current published research has concentrated on women because cervical cancer is the second leading cause of death from cancer in women in the world, according to GlaxoSmithKline. Results have not been released on the effect of the vaccine in persons already infected with HPV, persons who already have cervical cancer, or in men, but both pharmaceutical companies have ongoing trials and, according to GlaxoSmithKline, hope to publish results within the next two years.

When can people get the vaccine?

It is important to note that these two vaccines have not yet passed all the criteria required before they are available to the public. Federal Drug Administration (FDA) approval and endorsement of the Advisory Committee on Immunization Practices are the last steps for gaining approval for the professional administration of a vaccine. Merck and Company announced *Gardasil* is on track and claims that the FDA should have a decision by June 8, 2006. GlaxoSmithKline's *Cervarix* is now entering a phase III trial which means the vaccine could be on its way towards approval and clearance sometime in 2006 as well.

So be on the Lookout in the news for the release of *Gardasil* and *Cervarix*! You may want to consider being vaccinated if/when the vaccines are available. If you have questions or would like more information go to a website below:

- American Social Health Association: www.ashstd.org
- Merck and Company: www.merck.com
- GlaxoSmithKline: www.gsk.com

SARAH MULLINS, Health Promotion Team
Schiffert Health Center

HELPFUL TIPS
TO AVOIDING LATE NIGHT OVER-EATING:

Avoid missing breakfast. Your body adapts to patterns or meal times. If you always eat at night then do not feel hungry in the morning for breakfast, you may have to force a couple meals before your body is convinced.

HELPFUL TIPS
TO AVOIDING LATE NIGHT OVER-EATING:

Replace the nightly snack with a sweet, low-calorie beverage such as hot tea with honey.

HELPFUL TIPS
TO AVOIDING LATE NIGHT OVER-EATING:

Brush your teeth a little earlier before bed so you are less likely to reach for that last snack.

UPCOMING EVENTS

Event	Location	Date	Time	Description
ANONYMOUS HIV TESTING	Schiffert Health Center Lobby	Thursday February 2 February 16 March 2 March 16 April 6	4:15 PM	Free Anonymous HIV antibody testing for VT students. Visit http://www.healthcenter.vt.edu/HIVtest.htm for more information.
BENCH PRESS COMPETITION	War Memorial Hall	Saturday February 25, 2006	10:00 AM	Come to compete or just to watch the 5th Annual Bench Press Competition. Competition is open to VT students, faculty, staff and the general public. Sponsored by Coca-Cola, GNC New River Valley Mall, MET-Rx, and Student Crew. For more information or registration forms visit www.recsports.vt.edu/special
BLACKSBURG CLASSIC EVENTS: 10 MILE & 5K, 1 MILE FUN RUN/WALK		Saturday February 25, 2006	1:00 PM 12:20 PM	Blacksburg Striders Events. For more information or registration forms visit www.recsports.vt.edu/special
EATING ATTITUDES SCREENING	McComas Hall Outside Wellness Resource Room (141)	Wednesday March 1, 2006	11:00 AM-4:00 PM	Free screening to assess eating attitudes. Raffle Prizes.
HOKIE GOBBLERS/ FOXRIDGE APARTMENTS INTRAMURAL SPORTS BASKETBALL CHAMPIONSHIP NIGHT	McComas Gym	Tuesday March 14, 2006	TBD	Join the Hokie Gobblers marketing staff as the competing teams battle it out for the Basketball Championship honors. FREE prizes, contests and giveaways! Dates subject to change. Sponsored by Foxridge Apartments, Coca-Cola, HOT100FM and Student Crew. For more information or registration forms visit www.recsports.vt.edu/special
HOKIE GOBBLERS/ FOXRIDGE APARTMENTS INTRAMURAL SPORTS INNERTUBE WATER POLO CHAMPIONSHIP NIGHT	War Memorial Pool	Tuesday March 21, 2006	TBD	Join the Hokie Gobblers marketing staff as the competing teams battle it out for the Inner tube Water Polo Championship honors. FREE prizes, contests and giveaways! Dates subject to change. Sponsored by Foxridge Apartments, Coca-Cola, HOT100FM and Student Crew. For more information or registration forms visit www.recsports.vt.edu/special
FITNESS AROUND THE WORLD*	McComas Gym	Friday April 7, 2006	3:00 PM	Experience a workout that brings various cultures together in just one exciting fitness class! Sponsored by Images By B, Student Crew, and University Sportswear
SUN SENSE AND SKIN PROTECTION WEEK	McComas Hall and other locations by request	April 10, 2006 to April 21, 2006	TBA	Educational Material, Freebies, Dermascans. Schedule a program for your group by calling 231-1874.
RUGGED WEARHOUSE 5K DASH FOR THE CURE	VT Campus by the Duckpond	Saturday April 15, 2006	TBD	Enjoy fun competition while supporting the American Cancer Society. The run is open to VT students, faculty, staff and the general public! Sponsored by Rugged Wearhouse and Student Crew. For more information or registration forms visit
COCA-COLA HOKIE OPEN GOLF TOURNAMENT	Blacksburg Country Club	Monday April 24, 2006	1:00 PM	Dust off your clubs and hit the links at the Blacksburg Country Club with your friends. Open to VT students, faculty, staff and the general public! Sponsored by Coca-Cola. For more information or registration forms visit
HOKIE GOBBLERS/ FOXRIDGE APARTMENTS INTRAMURAL SPORTS SOFTBALL CHAMPIONSHIP NIGHT	SRA Fields	Tuesday April 25, 2006	TBD	Join the Hokie Gobblers marketing staff as the competing teams battle it out for the Softball Championship honors. FREE prizes, contests and giveaways! Dates subject to change due to weather. Sponsored by Foxridge Apartments, Coca-Cola, HOT100FM and Student Crew. For more information or registration forms visit www.recsports.vt.edu/

Thank You!

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