

Wellness and healthy living

Beginning January 31, listeners to CHSR radio will be able to tune in to a new program that offers tips about more healthful lifestyles. The *Mind-Body Connection* - a weekly series of 10 programs dealing with topics that range from sexuality and AIDS to nutrition - will be aired on Fridays at 1:00 pm at 97.9 on the FM dial.

The new program is the brainchild of Janet McGeachey-Hansen, a third year bachelor of social work student at St. Thomas University. McGeachey-Hansen, who will host the new show, says the program is a response to a growing interest among students to find ways of promoting their own physical, mental, emotional and spiritual well-being.

"Our objective with the program is to help people draw on their own resources to lead more healthful, balanced lives," says McGeachey-Hansen.

At the same time, she says the program will explore some of the resources that are available within the broader community to help deal with specific areas of concern such as crisis and suicide prevention, stress, addiction and nutrition.

You don't have to be at your wits end or in a serious crisis in order to get something out of the show", she says. "We plan to take a realistic look at day-to-day living and the situations and concerns that are real to the average person. In that sense, we'll be looking at issues that are of interest to just about everybody."

McGeachey-Hansen says the program is being brought to air with the help of the Centracare Foundation, a non-profit organization dedicated to promotion mental health and to improving the quality of life for people with mental disabilities. For more information contact Janet McGeachey at 453-4985.

The information contained in this article is from an interview with Mark Tremblay, an Exercise Physiologist at UNB.

Wellness, as defined by the International Conference on Exercise, Fitness and Health in 1988 is: a holistic

concept, describing a state of positive health, and comprising biological and psychological well-being. The concept focuses on five areas of our lives which include: Social, Mental, Spiritual, Emotional, and Physical well-being.

This approach to living is known as a "holistic" approach. Individuals are encouraged to examine these areas of their lives and work towards optimal balance for their well-being. For example, we would feel "unbalanced" if we spent all our time studying and not having any physical activity or vice versa.

Fitness used to be thought of as "no pain, no gain". Today, this attitude is not part of the "Wellness and healthy living" approach to lifestyle. Individuals are encouraged to find an area of exercise or particular interest that emphasizes and increase in activity (preferably a cardio-vascular activity) i.e. walking, cross-country skiing, swimming, running. The point is to be "active". An individual benefits the most from a period of "no activity" to "increased activity". In the long run, such benefits as: improved fitness, positive stress management, and more positive health. The focus is being fit for our "health's sake". Healthy Living is a form of "insurance" in our health. Experts agree if we practice healthy living - i.e. eat properly, exercise regularly, etc., the chances of reducing or eliminating arteriosclerosis (hardening of the arteries), hypertension (high blood pressure), and some forms of cancer are increased.

In Canada, the concept of "Active Living" has been developed. Active Living is defined as "choosing a balanced way of living that includes a variety of physical activities within our daily routines and leisure pursuits. It encompasses the processes, experiences and other benefits related to being physically active. This enables personal growth, and feelings of personal control or self-mastery. It involves our health status, our ability to function, life satisfaction, and enhances the quality of life. This program has been developed for specific groups which include: The Eld-

erly, The Disabled, Children & Youth, and Leaders (individuals who will promote this program in the community).

Students who are interested in developing this type of lifestyle are a well-suited target group who can help turn around some of the current trends in fitness and well-being. Literature currently reveals that in the period between adolescence and adulthood, there is a noticeable decline in fitness levels across the various groups of society. If a student was interested in improving their wellness below is some information that may increase this goal:

1. Obtain a Wellness Evaluation - This is an evaluation of the five components of healthy living which includes: physical, emotional, spiritual, social, or mental health. There are various evaluations available that look at each of these areas. For information check the local library, or contact the UNB Physical Education and Recreation Office at 453-4575. There are trained staff at the "Fitness Appraisal Centre" to perform this evaluation.
2. Choose a goal that is realistic and stick to it. In the area of "Physical Wellness, it may be:

Mind-Body Connection Fridays at 1 PM CHSR-FM

"I will walk for 15 minutes each day".

3. Seek out appropriate "support networks" that will help you accomplish this goal. You may want to ask a friend to agree to "walk" with you each day as a motivator or encourager to stick to your goal. If you have other goals that a friend may not be able to assist you with - i.e. learning to be more assertive in relationships, then it is helpful to use resources on campus or in the community who could help you work towards this goal. The resources may be a "self-help group", or a professional service such as the Counselling Services on Campus.
4. Reward yourself! Be good to yourself when you have accomplished what you set out to do. For example, if you decided to quite smoking, save the money from your cigarettes to purchase

that new sweater, or CD that you have been interested in.

In order to receive the benefits listed above, a commitment to a long-term program is vital. Other behaviours that increase our positive health benefits include: Following a healthy diet, having a regular PAP and breast exam, abstinence or minimal use of alcohol, practising safe(r) sex, talking about problems with someone if you haven't resolved them, having a regular dental check-up, and regular exercise.

Remember: The benefits of healthy living are well worth your time and energy. *Go ahead, check it out and start your healthy-living program today!* For more information, contact Mark Tremblay at UNB - 453-4575.

Feedback to these articles or the *Mind-Body Connection CHSR-FM Program* may be left at the Campus Radio Station in the SUB at UNB.

SWAT: More on Genital Herpes

Herpes jokes commonly insinuate that Herpes sufferers are promiscuous, lack morals and are deserving of their affliction. These misconceptions perpetuate the stigma which already contributes to the emotional pain of the Herpes sufferer. Initially the fear of recurrent episodes may lead to feelings of helplessness, anger towards the person who infected them, and self-blame. The fear of rejection by a sexual partner, or of transmitting Herpes to a partner may lead people with Herpes to become celibate or to socially isolate themselves. Occasionally patients may actually cease any sexual activity and a few may consider suicide.

The lack of education regarding Genital Herpes contributes to misconceptions about the disease. Most individuals, male and female, have very little knowledge of herpes infection. In a study of university students, asked what they would do if they found out that their roommate has Herpes, the majority reported that they would move out or have their roommate do so. When asked what they would do if they themselves contracted Herpes, a few women responded that they would kill themselves. Those women who were informed about the herpes simplex virus (HSV) were much less likely to agree with these responses, supporting the need for widespread education regarding genital herpes.

Consequences of herpes infection include HSV infection of the eye, which is the most prevalent cause of corneal blindness in the United States. In order to prevent the transmission of HSV to the cornea it is important to wash hands thoroughly with soap and water after touching an infected area. There also appears to be a connection between herpes and cervical cancer, although present data suggests that herpes may be a co-factor rather than the single cause of this disease. As a precautionary measure it is suggested that women with herpes have a Pap smear every 6-12 months to detect any abnormalities in the cells of the cervix. Early detection of cervical cancer greatly increases chances of survival.

Women should be especially concerned about the damage herpes can have on future generations. The herpes virus can lead to spontaneous abortion in pregnant women, or may be transmitted to the baby during childbirth and rarely to the developing fetus through the placenta. Fifty percent of babies born with herpes will die. Those women who deliver their babies while suffering an active form of herpes have a 50% chance of passing it on to their newborn baby. It is sometimes difficult to prevent the transmission of herpes to the newborn if the mother is asymptomatic at the time of delivery. 50% to 70% of newborns infected with the herpes virus were born to mothers who had no history of HSV infection. It is important for a woman with herpes to let her doctor know well in advance of giving birth so that precautions may be taken in order to prevent the transmission of this disease to the neonate. If the woman has a herpes outbreak during the final stages of pregnancy her doctor will opt to deliver the baby by cesarean section.

Although somewhat effective, the condom does not totally prevent the transmission of herpes since HSV is smaller than the pores in the latex allowing some passage through the condom. As well, herpes may occur in genital areas not covered by the condom allowing for transmission of the virus. If you are aware that your partner is infected with herpes do not have sexual intercourse when lesions are present and when you do have sex use a condom supplemented with a spermicidal foam, which is effective in eradicating HSV.

For more information on Herpes or other STDs please visit our AIDS Resource Room at 120A MacLaggan Hall, or phone Grace Getty of the Nursing Faculty at 453-4642.

WIN

a Coca Cola Bomber Jacket



Buy a slice of pizza with a large pop at the low price of \$2.90 plus tax, & receive a ballot to enter the draw. Contest closes on February 25, 1992 Draw to be held on February 26/92

This week, due to problems with space, we are unable to run the column Legal Ease. However, it will run as usual next week. We apologize to its authors and its readership.