

# Healthy Living

## Answers bespeak bones and running



**Nate Rohling**  
Medical Student

I know some of you have been anxiously waiting to finally know if you can you get a girl pregnant through anal sex. As I told the guy who called me at 3 a.m. in undergraduate, the answer is probably not. But I am telling you there is a chance. Like a Stockton-to-Malone pass or a Brad Lidge fastball to a Pujols' Louisville, two things need to connect, namely a sperm and an egg. This connection is very unlikely to occur with anal sex. However, because of the close proximity of fluids and orifices, pregnancy can still occur. Stranger things have happened, so consider yourself warned.

This week I received an excellent question regarding running and stress fractures. I felt compelled to answer this question as I was that chubby kid who got chased home from school by a bully. Yes, seriously, that kid was me, and that is how I started running, not for exercise but out of necessity. I never received stress fractures from being chased home. There are several reasons for this. First, my daily jog involved a distance of only a few blocks. Second, I ran only several days a week, e.g. the days I missed the bus home. As any athlete knows, recovery is very important, and I recovered by sitting on the couch watching Duck Tales and Tail Spin. So, here is some information for your question regarding stress fractures.

Starting an athletic season or even a new exercise plan needs to be done gradually. It is not wise and quickly will lead to injury if you try and start where last season ended. Gradually work up the distance run in a week, followed by the pace of the runs. Increasing both factors at once will increase the likelihood of becoming injured. A common guideline is to increase your weekly mileage by 10 percent or less each week and to decrease the mileage when you add speed workouts.

Focusing on proper technique can help prevent extra stress on your extremities from bad form. For example, when your foot hits the ground, it should be underneath your knee, not in front. If your foot is in front of your knee, your

“Starting an athletic season or even a new exercise plan needs to be done gradually.”

tibialis anterior (muscle on the front of your shin) needs to decelerate your foot to continue with the stride. This adds up to a very large increase in stress and thus helps contribute stress fractures.

Being a woman also will increase your risk for sustaining a stress fracture, and a woman with irregular menstrual cycles will have an even higher risk of fractures. This does not mean you're out of the game. Several things can be done to help combat fractures. First, increase your calcium and vitamin D intake so you are getting at least 1,000 milligrams a day and a maximum of 2,000 milligrams a day. Try and eat or drink foods that are high in calcium such as dairy products, spinach or salmon instead of supplementing the entire amount.

The most important thing you can do to avoid stress fractures is to ensure you are getting enough recovery time. Div. I swim programs have their sprinters take two full recovery days a week. To earn these two recovery days, they have to have very high-intensity workouts prior in the week. Monday through Wednesday are full workouts with Thursday being the day used for technique and recovery. Friday and Saturday are used for training or meets, leaving Sunday for an easier workout. For example, runners can use pool training or biking as a "recovery" day, meaning they are not doing a high-impact workout while still getting the cardiovascular benefits.

Stress fractures are difficult because they have an insidious progression. By the time you feel pain, you already have done quite a bit of damage. In this case it is very unwise to try and run through the pain. Doing so only will cause the stress fracture to get worse and take longer to heal.

A stress fracture will take six to eight weeks to heal, and getting back to activity too soon will put you out for even longer. So it is smartest to take the recovery days you need early in the season rather than be put out of commission by a stress fracture.

Has something been bugging you, burn when you dance? Embarrassed to ask somebody in person? Send your question into sld412@truman.edu and I will answer them (Gulp). Well, see you later.

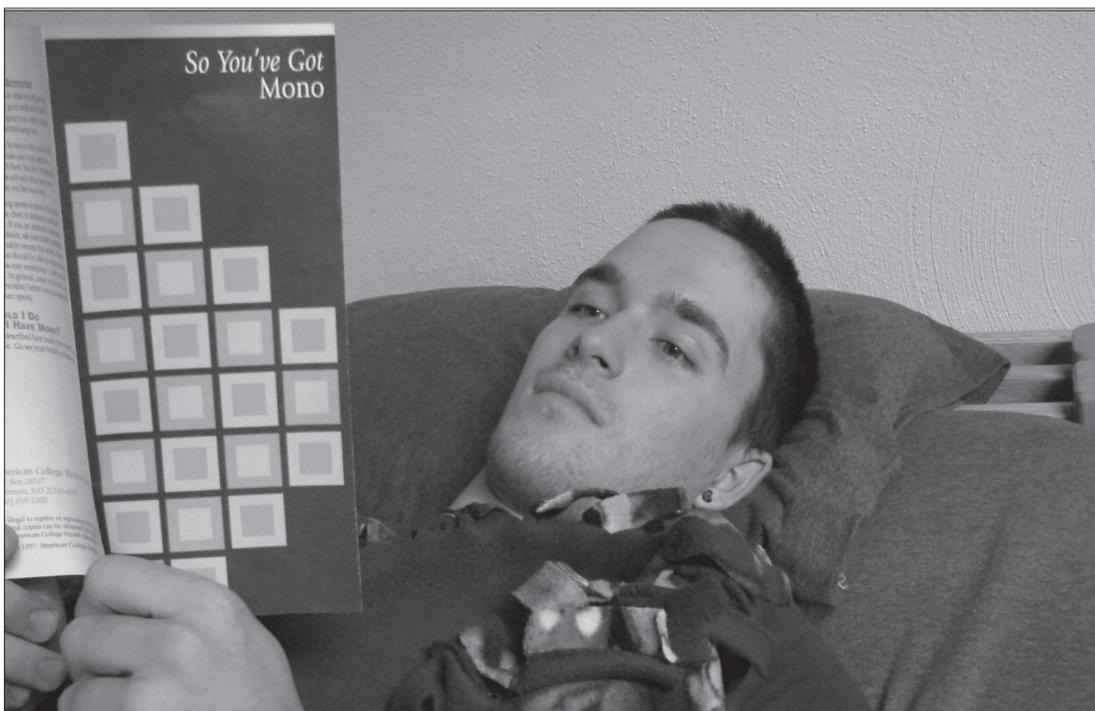


Photo Illustration by Lisa Margetis

# Sickness strains

**Mononucleosis forces students out of daily life for long periods**

**Alicia Collins**  
Staff Reporter

It is not just from kissing. Brenda Higgins, director of the Student Health Center, said mononucleosis is an acute infectious viral disease caused by the spreading of the Epstein-Barr virus from person to person through saliva, much like the common cold.

"The classic symptoms are fever, sore throat, swollen lymph glands and fatigue is also common," she said.

Mono is more common during the beginning of the school year and into the fall and winter months, but the Student Health Center sees cases year-round with four to five new cases a month, Higgins said.

"There are ways to prevent mono such as adequate rest, good nutrition, avoidance of stress and not sharing cigarettes, drinks, etc.," she said.

Mono is most common in adolescents and college-age young adults, and although it typically is a self-limiting disease with symptoms that will improve in three to four weeks, it can be deadly, Higgins said.

"Complications, which occur most frequently in those over 50 years of age or under age 10, can

include rupture of the spleen and jaundice, which can be life-threatening," she said.

The incubation period of mono is four to six weeks, so it does not spread quickly, but there are other things to consider, Higgins said.

"You may carry the virus in your saliva for up to one year, and potentially could infect others during that time," she said. "Generally, it is felt that the highest risk period for spreading to others is immediately before and during the acute-illness period, which is the time when you have the sore throat and fever."

Antibiotics are not prescribed for mono except when the throat is too swollen to consume liquids to stay hydrated — then steroid medications are provided. Penicillin might be prescribed if mono is accompanied by strep throat, as nearly 30 percent of mono cases are, Higgins said.

Higgins said despite the severity of mono, there is an upside.

"Once a person has had mono, it is very unlikely that a person will ever have it again because the body builds up antibodies against the disease," she said.

If students suspects they have

mono, they should visit the health center or their personal doctor for an examination and confirmatory blood test, Higgins said.

She said the Monospot test at the health center costs \$10 and takes 10 minutes to receive results.

John Dahlman, the building director of the University Dining Services, said the tables and counters in the cafeterias are washed during and after each meal with a sanitizing solution to prevent the spread of bacteria.

"We also use an approved dishwasher in which the temperature gets as high as 180 degrees in order to sterilize the dishes and silverware," he said.

Sophomore Katie Monaghan recently had a severe case of mono.

"I didn't think I had mono," she said. "I thought I had the flu, but my throat was extremely swollen so I couldn't really talk ... it kind of sounded like I was eating golf balls."

Monaghan said her condition had worsened by the time she went to the health center because she waited nearly a week before going.

"[The health center] told me that

it was one of the worst cases they had ever seen and put me on liquid steroids to take down the swelling so I could actually swallow pills," she said.

Monaghan said she had most of the typical symptoms of mono, but because she had not had experience with it she passed it off as the flu.

"I didn't have any energy at all ... I kept wanting ice because my throat was so swollen, but it would take me 45 minutes to just think about getting down out of my bed and then actually doing it," she said.

After going to the health center, she was sent home for nearly two weeks to recover from her bout with mono, Monaghan said.

"On average I guess it's supposed to take people about 21 days to recover, but I started feeling better right after I started taking the medications," she said.

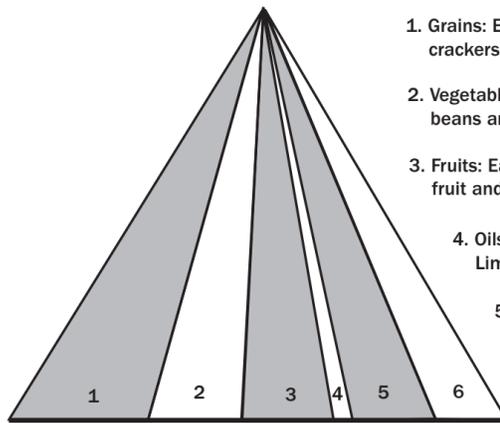
Monaghan said the health center has been great in helping her sort out everything with professors.

"They e-mailed all of my professors to let them know how serious my condition was and that I really needed to go home," she said.

After missing so many classes around midterms, Monaghan said she has a lot of work to make up, and it is stressful.

"I'm just taking it little by little, so I don't overwhelm myself ... just no strenuous activities or drinking for at least a month," she said.

## The New USDA Food Guide Pyramid (2005)



Source: www.mypyramid.gov

1. Grains: Eat at least 3 ounces of whole-grain bread, cereal, crackers, rice or pasta every day.
2. Vegetables: Eat more dark green and orange vegetables, dry beans and peas.
3. Fruits: Eat a variety of fruit. Choose fresh, frozen, canned or dried fruit and go easy on fruit juices.
4. Oils: Get most of your fat from fish, nuts and vegetable oils. Limit solid fats like butter, stick margarine and shortening.
5. Milk: Go low or fat free. If you don't or can't drink milk, choose lactose-free products or other calcium sources.
6. Meat and Beans: Choose low-fat or lean meats and poultry. Bake it, broil it or grill it. Vary your choices.

Designed by: Lissette Metz Grulke





**Keeping the "Assist" in Pharmacist**

- Drive-up window
- Free campus delivery
- Close to campus
- 4 pharmacists to serve you!
- Complete prescription service

Most Insurance Cards Welcome!

**www.riderdrug.com**

Baltimore at Patterson, Kirksville, Mo.  
660-665-4666

Monday to Friday 9 a.m. to 8 p.m.      Saturday 9 a.m. to 6 p.m.

# King's Buffet & Restaurant

1707 S. Baltimore      665-6622



**College Student Discount**  
Sunday to Thursday Evening Buffet  
\$6.04 (plus tax)  
with student ID

**Buffet includes:**  
Grand salad bar,  
variety of appetizers,  
cocktail shrimp, sesame shrimp, beef, chicken, pork and more, ice cream and desserts.

Free delivery for orders totaling more than \$50.