

The Student Health Center, CSUN's SHAC, and PRSSA Present Health Awareness Day  
April 3, 1991 10-4 pm MSU.

**Ballroom Exhibits for Health Awareness Day**

Aid for AIDS of Nevada (AFAN)  
Clark County Health District  
Dynasty's Women's Fitness Center  
Family Fitness Center  
HCA Montevista Hospital  
Las Vegas Athletic Club  
Mercy Ambulance  
Nevada Cooperative Extension  
Nevada Donor Network  
Planned Parenthood of S. Nev.  
Smokers Anonymous  
United Blood Services  
American Cancer Society  
American Red Cross  
Associated Pathologists  
Alcoholics Anonymous  
American Lung Association  
Bel-Ami Nutrition

Campus Committee on AIDS  
Student Support Services  
Student Development Center  
UNLV Reading Center and Clinic  
Religious Center  
Dept. of Public Safety  
WestCare  
Bureau of Alcohol & Drug Abuse  
Rebelbooks  
Forever Living Products  
Shaklee  
Oxyfresh  
Dr. Carr, ophthalmologist  
We Can, Inc.  
Body By Design  
Health Plan of Nevada  
Dairy Council of Southern Nevada  
Rainbow's End Natural Foods

**Tests**

Cholesterol screening—Heart Institute of Nevada  
Blood typing—Associated Pathologists  
Anonymous HIV antibody testing free—Student Health Center  
Full lipid screening—Heart Institute of Nevada  
Blood pressure—Student Nursing Association  
Body fat measurement  
Eye test  
Height and weight  
Ecolyzer—American Lung Association  
Skin cancer screening—American Cancer Society  
\* A nominal fee may be imposed for some tests



**New guidelines for healthy weight**

U.S. government has revised its guidelines for weight according to age and height. In reading the weight range on the new chart, higher weight generally applies to men, who have more muscle and bone; lower weights apply to women. Old and new desirable body weight ranges:

OLD (1985)		NEW		
Height without shoes	Weight without clothes (Men (pounds) Women (pounds))	Height without shoes	Weight without clothes 19-34 years	Weight without clothes 35 years and over
4' 10"	92-121			
4' 11"	95-124			
5'	98-127	5'	97-128	108-138
5' 1"	105-134	5' 1"	101-132	111-143
5' 2"	108-137	5' 2"	104-137	115-148
5' 3"	111-141	5' 3"	107-141	119-152
5' 4"	114-145	5' 4"	111-146	122-157
5' 5"	117-149	5' 5"	114-150	126-162
5' 6"	121-154	5' 6"	118-155	130-167
5' 7"	125-159	5' 7"	121-160	134-172
5' 8"	129-163	5' 8"	125-164	138-178
5' 9"	133-167	5' 9"	129-169	142-183
5' 10"	137-172	5' 10"	132-174	146-188
5' 11"	141-177	5' 11"	136-179	151-194
6'	145-182	6'	140-184	155-199
6' 1"	149-187	6' 1"	144-189	159-205
6' 2"	153-192	6' 2"	148-195	164-210
6' 3"	157-197	6' 3"	152-200	168-216
		6' 4"	156-205	173-222
		6' 5"	160-211	177-228
		6' 6"	164-216	182-234

SOURCE: Agriculture Department, Health and Human Services Department

**Be sure to stop in and attend the many workshops and lectures designed especially for Health Awareness Day.**

**MSU 201 workshops/lectures**

- 11-11:45 a.m. Emotional aspects dealing with child abuse—We Can Inc., Donna Mitchell
- 12-12:45 p.m. Life Skills by Ray Rodriguez, Health Educator
- 1-1:45 p.m. Dietician consultation and presentation by Carolyn Leontos
- 2-2:45 p.m. Discount Passes to "Catch a Rising Star" will be given away.
- MSU 202 Give the gift of life—donate blood. United Blood Services Blood Drive
- MSU 203 Video Series  
Short videos will play continuously throughout the day.  
Feel free to drop in and watch.  
A schedule of videos will appear in April 2 edition of *The Yellin' Rebel* and will be posted outside the door on the day of the event.
- MSU 210N "Music, Can Stop The Pain". Presented by Judith Pinkerton. 11 A.M. - 2 PM  
Discover the Relaxation Room

**Lowering your cholesterol could save your life**

by Gwendolyn C. Watson

High cholesterol is a significant problem that takes many lives each year, yet it is simple to solve if people would just take it seriously, according to Las Vegas family practice Dr. Roosevelt Watson.

Cholesterol buildup can block and harden arterial walls of the heart leading to heart attacks and strokes. Heart and blood vessel diseases killed nearly one million Americans in 1988. Almost as many died from cancer, accidents, pneumonia, influenza and all other causes combined, according to American Heart Association statistics.

Cholesterol, a fatty substance in all cells, is important for a healthy body. Too much of it in the body is the problem. According to Watson, a cholesterol level under 200 is the average norm for men, and a cholesterol under 160 is an average norm for women.

There are two kinds of cholesterol; Low Density Lipoprotein

(LDL), and High Density Lipoprotein (HDL). LDL is the culprit. It coats the arterial wall reducing blood flow and leading to heart disease, often causing heart attacks. Elevated levels of HDL, however, actually protect an individual from developing heart disease.

While LDL can build up on the arterial walls feeding the heart and brain, HDL is believed to remove excess cholesterol, preventing the dangerous buildup.

A person with an elevated LDL should substitute high-fat foods with low or non-fat foods, according to Watson.

"The earlier you start, the more likely you are to make a significant change in your life," Watson said.

Last year, UNLV student Ken Tomory got an early start on making a change for better health.

Tomory, who spends much of his time talking to others about good health as a member of CSUN Student Health Advisory Com-

mittee, found he had an elevated cholesterol level as a result of his being screened for it at last year's Health Awareness Day.

He considered himself lucky discovering his elevated cholesterol early in life.

"If it were not for Health Awareness Day, I would not have had the test done," said Tomory. "If it were not for the convenient dietitian at the Health Center, I may have neglected that area."

Students at UNLV can have their blood cholesterol tested on the 1991 Health Awareness Day, April 3.

Health Awareness Day is an event sponsored by CSUN Student Health Advisory Committee, the Claude Howard Student Health Center and the Public Relations Student Society of America, UNLV chapter. The event is designed to introduce students, faculty and staff to the variety of health services offered on campus and in the community.

**Drawing:**

- 2 roundtrip tickets to San Diego donated from Universal Travel
- 2 T shirts KUNV
- 2 CD's KUNV
- 3 dinners to El Pollo Loco
- Passes to Green Valley Athletic Club
- \$25.00 Gift Certificate to Luckys
- 2 tickets to Gregg Bielemeir Artist in Residence in Concert 4-27-91 (dance concert)
- 2 tickets to Ramsey Lewis & Billy Taylor Jazz Concert 5-3-91 7:30pm
- 2 tickets to Stephanie Grapelli Jazz Artist 4-23-91 7:30pm
- 2 tickets to Vienna Chamber Orchestra - Charles Vanda Master Series 4-30-91 8:00pm
- 2 tickets to Gewandhaus Orchestra of Leipzig - Charles Vanda Master Series 4-17-91 8:00pm
- 2 tickets to "Candide" - University Theatre 4-6-91 8:00pm
- 2 tickets to "West" - University Theatre 5-11-91
- 2 passes for 2 to Catch Rising Star
- \$25.00 gift certificate from Rebelbooks

**Health Awareness Day Entry Form**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

**Bring entry to Health Awareness Day  
April 3 - MSU Ballroom**