

## **20 PERCENT OF FRESHMEN AT TKU SHOW ABNORMAL LEVELS OF URIC ACID**

The Sanitation and Fitness Section of the Office of Student Affairs has announced the results of its physical examination on this year's freshmen and found some worrying signs. According to some of statistics derived from the exam, the most serious problem is the high levels of urine acid, followed by the problems of high cholesterol and blood in urine. All the above ailments tend to be found among elderly people; therefore, finding them among young students demonstrates an underlying neglect of health by today's youth.

There were a total number of 5,193 freshmen that underwent this physical examination, with 2,692 males and 2,501 females. The tested items include uric protein, blood pressure as well as platelets. It was found that nearly 20 percent of the examinees were diagnosed with an abnormal level of uric acid, and interestingly enough, there were more males than females with this problem (921 to 66). The campus physician indicates that this problem can easily develop into gout if not dealt with properly. He warns that gout cannot be cured completely. He also lists down the causes for high level of uric acid, which include lack of liquid intake, too much consumption of shellfish, animal organs, spinach, as well as fowls such as chicken and duck.

Furthermore, the problem of having high cholesterol levels affects 10 percent of the examinees, makes it the number two problems after uric acid. The third problem that is common among freshmen students is blood in the urine, which reflects a weak function of the kidneys. Even though the number of students affected by this problem is not high, it is worrying enough to find this kind of so-called 'old-people' disease among today's young people. This phenomenon cannot be taken lightly; therefore, students should pay extra attention to their foods and daily routine.

As for students' weight, those with abnormal weight such as under or over weight account for 52% of the examinees, whereas those with normal weight account for 48% of the total. These figures demonstrate that the majority of students feast on foods rich in protein and fat such as fish and meat. This habit has caused an imbalanced diet so every student should be cautious with what she/he put in her/his mouth.

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