



# Wellness Wise

Volume 1, Issue 8

March 2008

**20 years later, Mercy is still driving home the importance of regular mammograms... And, now, DIGITAL mammography will soon be coming your way!**

Digital mammography is the best tool in early detection of breast cancer. Benefits of digital mammography include:

- Higher detection rate of breast cancer in women under 50, pre- and peri-menopausal women, and women with dense breast tissue;
- Even less radiation than film mammography (although doses of radiation used in standard mammography are low and considered safe).
- Versatility of images to be enlarged or highlighted by the radiologist. Computer-assisted detection (CAD) also is used.

**To set up appointments with Mercy's Mobile Mammography Service, please contact your family health care provider. For additional information about breast cancer, other women's health concerns, please contact the Mercy Women's Center at 1-800-MAMM-VAN. That's the Mercy Touch®**



## Coming To Kirkwood!

April 8th, 2008

**Mercy Mobile Mammography Unit**  
—on site, Facilities Parking Lot

+All appointments are to be made by calling the Mercy Women's Center @ **800/626-6826**

+Appointment times 7:30am-3:00pm

+Written orders can be obtained by contacting Rebecca Jacobs, Mercy Nurse Manager 319/221-8614 or [rjacobs@mercy.org](mailto:rjacobs@mercy.org) and should be faxed to Mercy Women's Center 319/221-8614 no later than 48 hours before the mobile unit is to be on site.

## Diabetes Prevention

**Diabetes prevention is proven, possible, and powerful.** Studies show that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. You can do it by eating healthier and getting 30 minutes of physical activity 5 days a week. In other words: you don't have to knock yourself out to prevent diabetes. The key is: **small steps that lead to big rewards.**

(Source: [www.ndep.nih.gov](http://www.ndep.nih.gov))



## Take 5 a Day to Relax

Take 5 minutes in the middle of a busy, hectic day to close your eyes. Breathe in deeply and let it out slowly. This time to yourself without others can be very therapeutic and relaxing.



## March Health Observances:

1 - 31  
**National Brain Injury Awareness Month**  
[www.biausa.org](http://www.biausa.org)

1 - 31  
**National Colorectal Cancer Awareness Month**  
[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

1 - 31  
**National Endometriosis Awareness Month**  
[www.endocenter.org](http://www.endocenter.org)

1 - 31  
**National Nutrition Month**  
[www.eatright.org](http://www.eatright.org)

3 - 9  
**National Sleep Awareness Week**  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

10 - 17  
**Multiple Sclerosis Awareness Week**  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

25  
**American Diabetes Alert Day**

[www.diabetes.org/communityprograms-and-localevents/american diabetes alert.jsp](http://www.diabetes.org/communityprograms-and-localevents/american diabetes alert.jsp)



## Recreation Center Hours

Monday-Thursday:  
6:00 am-11:00 pm  
Friday: 6:00 am - 6:00 pm  
Saturday: 11:00 am- 4:00 pm  
Sunday: 4:00 pm-10:00 pm

## Campus Health Hours

Main Campus:  
Monday-Friday:  
8:00 am- 4:30 pm  
  
I.C. Campus  
Tuesday-Wednesday



Closed all Campus Holidays



# THE FITNESS GUY



## Myths/Facts & Exercise

*Author: Mark Croy ATC, CSCS*



### Update your health screening HRA...

**If you took the health risk assessment (HRA) and wellness blood draw last fall (2007), it may be time to update your health profile!**

Changing your personal information can range from body weight, blood pressure to behavioral or life style changes. This window of opportunity will be available from now until March 31st.

You can do this by going to <http://www.stlukescr.org/>, and clicking on Healthy For Life from the Quick Link drop-down menu. You will be able to log in from there with the Member ID being either your K# or social security number. If you have forgotten your password and entered your e-mail address upon initially registering, it can be emailed to you by clicking on LOST PASSWORD on the right hand side.

**Complete instructions can be found by clicking on the following link:** [http://www.kirkwood.edu/pdf/uploaded/83/hra\\_directions.doc](http://www.kirkwood.edu/pdf/uploaded/83/hra_directions.doc) . Don't forget to utilize the **StayWell** website - a great website for health quizzes, additional health risk assessments, wellness advice and other important resources to help you take charge of your health!

If you would like to change your log-in Member ID from your social security number to your K#, cannot retrieve your password, or have any other questions, please contact Aaron-Marie Thoms, Business Liaison at St. Luke's Work Well Solutions, at 319/369-8154.

If you did not take advantage of the FREE HRA and wellness blood screen last year - don't worry! **This benefit will be offered to Kirkwood employees and retirees (and spouses, for a small fee) again this fall (2008). Watch for notices in**



### Myth:

When beginning a weight training program you should start on weight machines.

### Fact:

**The movement in your daily lives requires balance, stability and coordination. Using a weight training machine eliminates all of these healthy and important factors.**

**Free weight training increase the bodies ability to protect itself during dynamic movement because it cases the individual to use the core muscles, thus reducing the chances of injury.**

### Exercise Prescription:

#### Performing a proper sit-up (crunch).

I always get asked, "how do I train my lower abs" Well first of all you do not have a set of lower abdominals, it is all one muscle. What people are asking is how they can affect the lower part of the abdominal wall. The trick to accomplishing this is form and technique.

**When performing a crunch there are some fundamental things you need to remember.**

1. Pull your toes back forcefully towards your shins. Do not point them like a ballerina.
2. Keep your elbows pulled back and your arms flat at all times. Do not let your elbows get close together.
3. Hold your stomach tight and push it towards the ground on the way up and most importantly on the way down.
4. Perform your repetitions slow, do not speed through them.
5. Perform a variety of crunches.
6. Shoot for 100 repetitions per work out

### Nutrition

Food provides the energy and nutrients you need to be healthy. Nutrients include [proteins](#), [carbohydrates](#), [fats](#), [vitamins](#), [minerals](#) and [water](#).

Learning to eat nutritiously is not hard. The key is to:

- Eat a variety of foods, including vegetables, fruits and whole-grain products
- Eat lean meats, poultry, fish, beans and low-fat dairy products
- Drink lots of water

Go easy on the [salt](#), sugar, alcohol, saturated fat and trans fat. Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings. (Source: Centers for Disease Control and Prevention)

### Exercise Points or Interest:

- ☺ Make sure when you perform your cardio workout that you change your mode (treadmill, bike, elliptical trainer) and intensity frequently to avoid boredom.
- ☺ Eat a simple carbohydrate 1/2 hour before workouts to maintain a high energy level during training.
- ☺ Make sure to eat a full meal within 2 hours after your workout for quick recovery and manage weight.



## Surviving Daylight Saving Switch

SUNDAY, March 2 (HealthDay News)—Planning ahead and following a few simple steps can help you minimize the impact of lost [sleep](#) when the clocks go ahead one hour on March 9, says the American Academy of Sleep Medicine.

The academy offers the following tips to cope with the return to Daylight Saving Time (DST):

- Begin to readjust your sleep schedule a few days prior to the time change by going to bed an hour earlier.
- Modify your eating schedule by having dinner one hour earlier.
- Be careful when driving or operating machinery on the day of the time change.
  - Avoid napping, particularly before bedtime.
  - Keep a light schedule—such as minimizing driving and avoiding strenuous physical activity—on the Monday after the time change.



Eat properly, stay hydrated and remain physically active.

"The conversion to DST, with its forced loss of one hour of sleep and a change in sleep schedule, can sometimes result in complaints of disrupted daytime functioning," Dr. Ron Kramer, medical director of the Colorado Sleep Disorders Center, said in a prepared statement. "This problem, surprisingly, can last as long as one to two weeks in some people, especially in the 'night-owl' type of person."

But he added that the change can be a good opportunity to examine your sleep patterns and behaviors.

—Robert Preidt SOURCE: American Academy of Sleep Medicine, news release, February 2008



## How to Plan to Avoid Junk Food

Unless you move to a macrobiotic commune in Oregon, kicking the junk-food habit can be tough. Junk food is convenient, marketed aggressively, cheap to buy and hard to resist. Most Americans fail to lose weight because they're programmed to consume far too much and to choose foods that are saturated with fat and salt ("Supersize those fries?").

### Step One

Eliminate temptation at home. Clear out all the junk from your cupboards, and get the whole family on board for the effort.

### Step Two

Lay a healthful foundation by stocking up on ingredients for nutritious meals, desserts and snacks. If you eat healthy food at home, you won't feel so bad when you splurge on an infrequent fast-food meal or candy bar.

### Step Three

Set realistic expectations for yourself by remembering to practice moderation. Total deprivation will only make your cravings more intense, so allow yourself a weekly treat for cutting back.

### Step Four

Identify those times of the day when you're most vulnerable to a junk-food attack. Is it that relentless 3 p.m. cookie craving? The phone call from your client-from-hell that spurs a run to McDonald's? Prepare ahead of time by having healthy, flavorful alternatives on hand—and if you still need to indulge, just have a bite or two and toss the rest. Better yet, schedule alternate activities for those times when you're most likely to face temptation.

### Step Five

Choose grilled or broiled versions of foods that are typically fried. Grilled chicken sandwiches, grilled chicken and rice bowls, sandwiches with no cheese and a small amount of mayonnaise, fat free or baked chips, water, and salads with light dressing are available at most fast-food restaurants.

### Step Six

Focus on eating healthy foods. Be sure the snack foods you keep in plain sight and hidden away are all good choices. Keep a fruit basket on your kitchen counter, table or desk. If you stock the refrigerator with exclusively healthy foods, you'll eventually overcome the urge for fat and sugar-laden treats.

### Step Seven

Avoid situations that may encourage a junk attack, like sitting in front of the television all evening. Resist those evil vending machines at work by bringing your own healthful snacks and leaving your pocket change at home.

### Step Eight

Cook large quantities and put extra meals in the freezer. That way you won't be tempted to make a junk-food run on your way home from work. ([www.ewh.com/how](http://www.ewh.com/how))

