



Wellness Wise

Volume 1, Issue 5

January 2008

**THOSE WHO DO NOT FIND
TIME FOR EXERCISE WILL
HAVE TO FIND TIME FOR
I L L N E S S .
- EARL OF DERBY**

Happy New Year!

Many of you have already made your New Year's resolutions. You have probably started coming back to the Recreation Center for work-outs, fitness classes & wellness consultations, broken out your walking shoes or have decided it's time to improve your diet...promising to drink 8 glasses of water a day.

Setting goals and making changes seems easy in January. It's all a part of making resolutions and wanting self-improvement. What lies ahead is the challenge, the dedication it takes to reach your goals and sticking to it.

Recognizing and enjoying small successes is one motivator. Or, the inspiration you get from someone else that is achieving similar goals. A little competition is what gets some people going. Whatever it is that gets you going- Keep at It! Keep track of your goals - write them down, and read them every day. Just remember to focus on your accomplishments and learn from anything less.

Setting healthy goals isn't limited to just physical exercise or diet. Healthy goals can be; to quit smoking, make appointments for routine physical exams, regular gynecological exams, and skin cancer checks or donate blood. These are just a few, along with exercise and diet that can help you become healthier in 2008.

Kirkwood Recreation & Wellness offers many programs and classes to help make achieving some of your healthy goals a reality. Listed are those being planned for spring semester '08. Please watch for more information and registrations through e-tempo.

- **Boxer's Workout:** 2-6 week sessions, Jan. 17-Feb. 21 & Feb. 28-Apr. 10, 5:30 / 6:30pm *contact Bob Burnes for more information at 398-5584
- **New to the fitness circuit!** Instructor Brian Fisher, NCSC, NCPT, Massage Therapist brings to Kirkwood: **Boot Camp Challenge**, T & Th 6:30am-7:15am & **Fitness over 50**, T & Th 7:30-8:15am
- **Fitness Classes:** for full listing go to; www.kirkwood.edu/wellness/classes
- **Weight Watcher's:** 2nd session Open house informative meeting Jan. 28th @ 12pm, Marland RM
- **Smoking Cessation Classes:** if interested please contact Jill @ 398-5640 or Lori @398-5588
- **Rec Miler Program:** Jan. 22-May 2nd, registration is free! **J:/Shared/Rec Miler Program**
- **Wellness Consultations:** by appointment, please call 398-5596
- **Intramural Programs;** contact the Recreation Center @ 398-5596
- **Mammograms:** March
- **Skin Cancer Screening:** April
- **Health & Wellness Fair:** April
- **5K Fun Run/Walk:** May 3



YMCA INFO

With the new year comes NO CHANGE to the Corporate Partnership Program!

- **The New Employees Voucher**
- **The Corporate Partnership Program**
www.crmetroyymca.org

January Health Observances:

1-31: Cervical Health Awareness Month
www.nccc-online.org

1-31: National Glaucoma Awareness Month
www.preventblindness.org

1-31: Thyroid Awareness Month
www.thyroidawareness.com

1-31: National Birth Defects Prevention Month
www.marchofdime.com

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

I.C. Campus Hours: TBA

Campus Health Hours

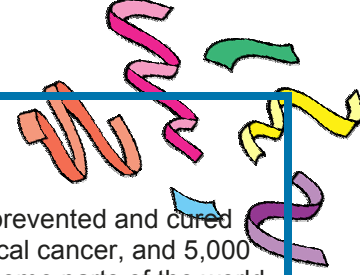
Main Campus:
Monday-Friday:
8:00 am- 4:30 pm

I.C. Campus
Tuesday-Wednesday
10:00 am —2:00 pm



Closed all Campus Holidays

Cervical Cancer: Do You Know Your Risk?



Holding the number three spot on the list of common gynecological cancers, cervical cancer can be prevented and cured when detected early. On a yearly basis, 15,000 women in the United States are diagnosed with cervical cancer, and 5,000 die from the disease. Across the globe, close to 500,000 women are affected by this malignancy. In some parts of the world, cervical cancer is the most commonly found cancer in women, according to the National Cervical Cancer Public Education Campaign.

However, because cervical cancer is preventable, if caught early, survival and curability rates are close to 100%. In an effort to educate, promote awareness and increase prevention of this cancer, January has been designated National Cervical Cancer Month. Pap smears are the number one method of prevention and detection of this disease.

Cervical cancer affects the cervix, the lower section of the uterus in the pelvic region. Risk factors include:

- Failure to receive regular screening through a Pap smear.
- Sexual behaviors, such as sexual intercourse at an early age, sexual intercourse with multiple male partners, or sexual intercourse with a male who has had multiple sex partners.
- Illnesses such as HIV/AIDS that severely affect and repress the immune system.
- Human papilloma virus (HPV).

Among the possible causes of cervical cancer:

- Clinical studies have found a strong link between the sexually transmitted disease human papillomavirus (HPV) and cervical cancer; some show HPV as a primary cause of the cancer, according to the National Cervical Cancer Public Education Campaign. HPV is a virus that can present without symptoms or may appear as genital warts.
- Chlamydia trachomatis infection may increase the risk of cervical cancer, according to a recent study in The Journal of the American Medical Association. The study revealed that women who were diagnosed with cervical cancer, were two times more likely to be infected with a previous chlamydia infection.

Pap testing should begin at the onset of sexual activity, or at age 18 and continue annually. However, menopausal and post-menopausal women are not off the hook; both groups should continue their screenings. However, recent studies cite evidence that yearly pap smears are not indicated for certain women, and you should check with your doctor about this.

The Pap smear is an extremely simple test. Cells are gathered during a pelvic examination, as the doctor scrapes the cervix with a small spatula or brush. Next, the cells are put on to a slide or are dipped in a fluid mixture especially for the test. A technologist or pathologist examines the cells under a microscope, where mutated cells or normal cells are visible. If cancerous cells are discernible, various treatment options are available, depending on the stage. Biopsies, hysterectomy and radiation are possible choices, but every decision must be discussed with your doctor.

Pap tests can detect pre-cancerous lesions, also known as cervical intraepithelial neoplasia (CIN), which if untreated can lead to cancer. Dr. Nicolas Papanicolaou developed the Pap test in the early 1940's, and in the last 40 years the number of women killed by cervical cancer has significantly decreased. When the disease is spotted in its initial stages, the 5-year survival rate is over 90%.

Death rates due to cervical cancer are unjustly higher among ethnic and racial minority women, and among women in low-income groups, since it is more difficult to secure the annual screenings.

For more information on cervical cancer, call Cervical Cancer patients and families treatment hotline: 1-800-685-5531

- For more information on HPV, call: American Social [Health](#) Association on HPV: 1-877-HPV-5868

Sources:

- The Center for Disease Control and Prevention
- The National Cervical Cancer Public Education Campaign
- Harvard Medical School Family Health Guide, Simon and Schuster, 1999.

Banana "N Raisin Muffins

- 2 c. self rising flour
- 2 tsp baking powder
- 1 tsp bicarbonate soda
- 1/2 c oat bran
- 1 c applesauce
- 1 egg, lightly beaten
- 1/2 c skim milk
- 1/3 c maple syrup
- 1 c mashed bananas
- 1/2 c raisins
- 1 Tbsp canola oil

Preheat oven to moderate 180 degree
prepare a 12-hole muffin tin with papers
Sift flour, baking powder and soda in a med. bowl
Stir in oat bran
Make well in the center, stir in combined apple sauce
oil, egg, skim milk, maple syrup, banana and raisins
spoon mixture into prepared tin. Bake 25-30 minutes
Let stand 5 minutes before turning muffins onto wire
rack to cool.



Nutrition Facts: calories 165/serving, Fat 3.0g, Cholesterol 0mg, Sodium 120mg