



A part of ISU Employee Wellness Program



April 2008

National Donate Life Month
Alcohol Awareness Month

Find Life After Loss

Organ donation is simple and can save many lives

Announcements:

The next Lunch and Learn is **April 9th**. The topic is Cancer Awareness.

Locations:

Curtis Hall Room 9

Time: 12 pm

OR

NWRC (Research Park)
2325 North Loop Drive
Suite 6100

Time: 5:15 pm

Wednesday Walks will be organized every Wednesday in April. If you are interested, meet in front of Catt Hall. Walks will begin at 12:15 and end at 12:45. For more information please visit: www.extension.iastate.edu/healthylifestyles/campus

If you would like to receive the Wellness Works newsletter or any other wellness information via e-mail, please contact Sally Barclay at Barclay@iastate.edu

Imagine waiting on the operating table for an organ transplant that is necessary for life. A person your age, in your hometown, passes away due to unavoidable causes. Their functioning organs could be a life-saver for you if they are a donor.

April is National Donate Life Month, and among the ways you can save lives is by becoming an organ donor. It takes three very simple steps to become an organ donor, explains OneLegacy, a transplant donor network. First, tell your family about your wishes to be an organ donor. Families must consent before organs are donated. Next, sign a donor card or specify your donor status on your driver's license. Then, live a healthy life so that if you have a match, you can save lives.

One organ and tissue donor can save as many as eight lives and improve as many as 50 more, OneLegacy notes. Usually, only "brain dead" patients can donate vital organs, but almost anyone is a potential tissue donor. Kidneys, livers and hearts are the most commonly donated organs.

Once a patient is deemed brain dead, the organs are harvested. Outside the body, they can only last 24 hours, so the transplantation must occur quickly. After organs are given to another patient, the donor can have an open casket funeral if they wish. Bodies are treated with great care so that no observer can notice a difference.

The donor's statistics, including size, blood type and hospital location are entered into a database that holds a wait list. Donors are then matched with the most suitable recipient. Often, after the donation, the family receives updates from non-profit organizations involved about the progress of their relative's organs. Sometimes, recipients and donor families communicate after the procedure if both are open to this.

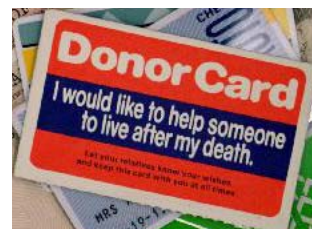


Photo courtesy of <http://gallery.hd.org>

Organ Statistics

- About 17 people die every day on waiting list for organs.
- One organ and tissue donor can save up to eight lives and enhance as many as 50 more.
- In early 2006, there were more than 90,000 people awaiting solid organ donations (including kidney, liver, lung, pancreas, heart or intestine).



Photo courtesy of www.uchsc.edu

Information courtesy of OneLegacy, a transplant donor network, and OrganDonation: Opportunities for Action, a report published in 2006.

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Image courtesy of njsave3lives.com



Donate Blood Today!

Everyone has seen the signs and fliers around campus or in your very own office. But why give blood? Simple, it saves lives. According to the most recent data from the National Blood Data Resource Center, an average of 38,000 units of blood is needed on any given day. Due to the high demand of blood unnoticed by most people, many people each day depend on blood drives to make it through with their lives. The other possibility for donation is blood plasma. Human blood is 55% plasma. According to the American Red Cross, blood plasma helps many of the most vulnerable patients in your community — newborn babies, leukemia patients, burn patients, and those who have undergone transplant or cardiovascular therapy. Donating blood and/or blood plasma are simple ways to better the lives of others. Make your donation today!

10 REASONS TO DONATE BLOOD

1. Blood transfusions save lives.
2. There's no substitute for human blood.
3. Every three seconds, someone needs a blood transfusion.
4. About 60 percent of the population are eligible to donate blood, yet less than five percent do.
5. A pint of blood, separated in to components, can help up to three people.
6. You'll make your community a safer place.
7. Fulfills your desire to "give back" to the community.
8. You'll receive a mini physical (blood pressure, temperature, iron level).
9. You'll learn your blood type.
10. It's safe, simple and it saves lives.

Info courtesy of:
www.bloodcenters.org/donating/blood.htm



Photo courtesy of www.arrivealive.co.za

Where to go to donate:

West Des Moines Donor Center	
Address 4040 Westown Parkway Des Moines, IA 515.288.3319	Hours Monday: 11:00 a.m. to 6:00 p.m. Tuesday - Thursday: 7:00 a.m. to 6:00 p.m. Friday: 6:30 a.m. to 3:00 p.m. 1st and 3rd Saturday: 7:00 a.m. to 12:00 p.m.
Des Moines Donor Center	
Address 431 East Locust Des Moines, IA 515.288.3319	Hours Monday: 11:00 a.m. to 6:00 p.m. Tuesday - Thursday: 7:00 a.m. to 6:00 p.m. Friday: 6:30 a.m. to 3:00 p.m. 2nd and 4th Saturday: 7:00 a.m. to 12:00 p.m.
Ames Donor Center at Mary Greeley Medical Center	
Address 1111 Duff Ave. Ames, IA 515.239.6939	Hours Monday, Wednesday, and Friday: 7:00 a.m. to 3:00 p.m. Tuesday & Thursday: 11:00 a.m. to 7:00 p.m.

General Requirements

- **Age:** 17 (16 year-olds can donate with written permission of parent or guardian).
- **Weight:** At least 110 pounds
- **Diet:** A well-balanced meal is recommended within four hours of donation.
- **Health:** General good health
- **Identification:** Valid identification such as a driver's license, passport, social security number, etc.

Info courtesy of <http://www.bloodcenters.org/donating/blood.htm>

Alcohol and Its Effects

How does it affect your body? You may have many questions regarding alcohol and your health, but this article may shed some light on your questions. Beer, wine, and liquor are known as Ethyl Alcohol or Ethanol. Alcohol is unlike any other food you consume. Instead of being digested and transported into your cells and tissues, it is directly absorbed into the blood stream. (20% through the stomach and 80% through the small intestine) All of the major body organs are affected within minutes of alcohol consumption. In fact large doses of alcohol can adversely affect your stomach and actually cause delayed absorption. Alcohol can have some beneficial affects on the body when consumed in moderation, but it can also harm many of your body's organs. According to Michael P. Dunlap, Psy.D, a Clinical Psychologist, these body organs are affected in the following ways:



Photo courtesy of www.lovewashingtonwine.com

- **Liver:** When too much alcohol is consumed, it creates imbalances in blood glucose and insulin production which can lead to hypoglycemia (low blood sugar), and even hyperlipidemia (build up of fats sent to the bloodstream, which leads to heart problems).
- **Brain:** The brain is probably the organ that is most affected by alcohol consumption through changes in behavior, emotional distress, memory loss, and confusion.
- **Blood:** A major effect of over-consumption of alcohol is "blood-sludging" where red blood cells clump together and can cut off the supply of necessary oxygen and other essentials to tissues, including the brain.
- **GI Tract:** Alcohol can increase the acidity of the stomach, resulting in stomach or intestinal ulcers.
- **Muscles:** Muscles are also greatly affected by alcohol consumption. A reduced blood flow causes muscle weakness and deterioration in the skeletal muscles as well as in cardiac muscles, which may lead to cardiomyopathy (sluggish heart) or heart arrhythmias (irregular heart beat).

Looking for a cookie that won't break the calorie bank? Give these cookies a try!



Triple Chocolate Cookies

Ingredients:

1/4 cup butter, softened
 1/2 cup dark brown sugar
 1/4 cup granulated sugar
 1/4 cup canola oil
 1 egg
 1 teaspoon vanilla
 1/2 cup all purpose flour
 1/2 cup whole-wheat pastry flour
 1/4 cup unsweetened cocoa powder (not Dutch processed)
 1/4 teaspoon salt, optional
 1/3 cup dark chocolate (2 ounces) coarsely chopped
 1/3 cup milk chocolate (2 ounces) coarsely chopped
 2/3 cup chopped pecans, optional

Directions:

Preheat the oven to 350 degrees F. In a large bowl, mash together the butter and sugars with a fork until well combined. Add the oil and egg and beat until creamy. Mix in the vanilla. In a medium bowl, whisk together the flours, cocoa powder, and salt. Add the dry ingredients to the wet ingredients and mix well. Stir in the dark chocolate, milk chocolate, and the pecans and mix well. Using a tablespoon, scoop the batter onto an ungreased cookie sheet. Bake for 12 minutes. Transfer cookies to a cooling rack to cool.

Serving size = 1 cookie. **Calories: 108 Fat: 6g Saturated Fat: 2.5g Carbs: 13g Fiber: 1g Protein: 1g**



Recipe courtesy Food Network's resident healthy chef, Ellie Krieger



