



October 2008

Wellness Works

A part of ISU Employee Wellness Program

Announcements:

Lunch N Learns

“Women’s Health”
Thursday, October 23rd
Curtiss Hall, Room 13

“Love Your Lungs: Lung Health Awareness”
Wednesday, November 12th
Curtiss Hall, Room 9

Wellness Walks

Wednesdays and Thursdays
12:15 pm at Catt Hall steps

Campus Heart Week

October 13th - 17th
Wednesday, Oct. 15th - Free blood pressure screenings from 11:30 to 1:00 in the Design Building (3rd floor) and LeBaron Hall (SE corridor).

Friday, Oct. 17th - Campus Wear Red Day

Nutrition Challenge

Begins November 3rd

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

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Women’s Health Awareness

Most demographics have specific health concerns that pertain more abundantly to that group. This month we have chosen to focus on some of the issues surrounding Women’s Health. While there are a number of related topics for women, this issue is concentrating on osteoporosis and breast cancer as October is National Breast Cancer Awareness Month and October 20th is World Osteoporosis Day. Though these diseases can also occur in males, they are more common in women and both affect a growing number of people. Please take the time to explore the websites we’ve cited and make a difference in your community for the sake of awareness concerning these diseases.

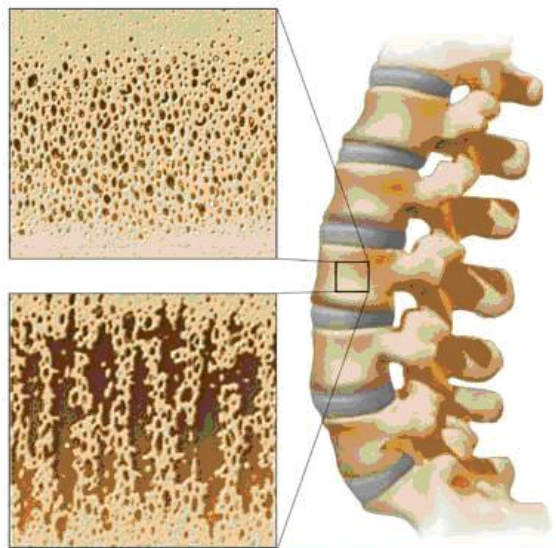
Osteoporosis: Signs and Symptoms

Osteoporosis is often called the “silent” disease due to the lack of symptoms. Individuals often don’t even know they have the disease until a bone is broken in a minor fall that wouldn’t normally cause a fracture. Others confuse osteoporosis with arthritis and believe that they can wait for symptoms such as swelling and joint pain to occur before going to see a doctor. It should be highly stressed that the mechanisms that cause arthritis are entirely different from those in osteoporosis, which becomes highly advanced before its symptoms appear.

Osteoporosis becomes apparent in a dramatic fashion such as a fracture of a vertebra, hip, forearm, or any other bone with sufficient

bone mass lost. These fractures occur after some apparent minor trauma. This may be something such as bending over, lifting, jumping, or falling. A common occurrence is compression of the spine. The fractures can cause severe back pain, or sometimes go unnoticed. The vertebrae collapse down on themselves and the person will actually lose height. The hunchback appearance of elderly women is due to this effect.

In the later stages of osteoporosis, pain, disfigurement, and lethargy are common. With the loss of so much calcium in the bones of the vertebrae, the spine will start to collapse and cause kyphosis – a hunched back. Even though this may be painless, the individual may lose as much as 6 inches in height.

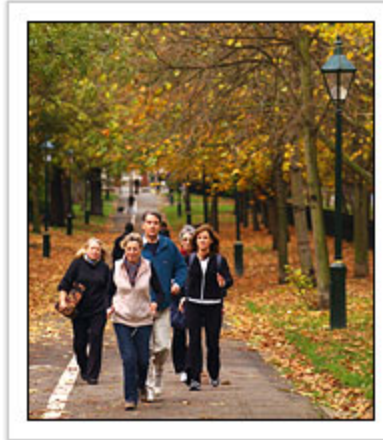


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Taking Steps Toward Prevention

Osteoporosis is a very preventable disease. Although there are treatments for Osteoporosis, there is no definite cure for the disease. Being proactive to work towards prevention of the disease is important. Striving to have a healthy lifestyle is a major step.

The National Osteoporosis Foundation lists five steps towards preventing Osteoporosis. The first step is to watch your daily intake of calcium and Vitamin D. Make sure you are consuming recommended amounts. The second step is to stay active with weight bearing exercises. Activities such as walking, running, or taking the stairs instead of the elevator are beneficial. The third step is to refrain from smoking and drinking excessive amounts of alcohol. The fourth step is to get educated about Osteoporosis. Talk to your healthcare provider and be aware of your



risks. The last step is to take medicine, if necessary, and to have a Bone Mineral Density test (BMD). A BMD is the only way to diagnose Osteoporosis, so if you're at risk it is important to have one.

Staying active is easy! Wellness Works has some activities for you to stay active on campus. Mid-Week Walks is a great way to stay active during the school day. Mid-Week Walks is a student-lead walk that starts at Catt Hall every Tuesday and Thursday at 12:15. Bring friends, family or co-workers! Walkways to Wellness is also a student-run program that provides walking map routes and distances. The maps can be found online at: extension.iastate.edu/HealthyLifestyles/Campus/walkways.htm. Look for more maps to be posted soon.

Being Aware of Breast Cancer

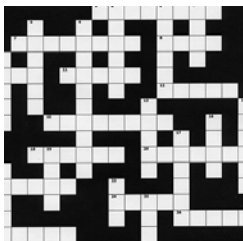
Cancer is one of the leading causes of death in the United States. The most common cancer related death in women is breast cancer. Experts predict that over 180,000 cases of breast cancer will occur in the coming year in women and some men (although it's much less common in men). One of the most successful ways of treating breast cancer is early detection because you have many more treatment options. The problem with breast cancer is that it is usually not detected until later on in its development.

The most common indicator of breast cancer is a lump or thickening in the breast. The problem is lumps are very common in the breast. Other signs are a clear or bloody discharge from the nipple, sometimes associated with a lump, retraction of the nipple, a change in size or contours of the breast, or redness or pitting of the skin over the breast.

There are several different ways to test for breast cancer. The easiest is a self examination. Starting at age 20 regularly giving self examinations is highly recommended, this is one way that you can watch for changes. The next way is a clinical examination it is recommended to have a clinical examination once every three years until the age of 40. After that, the American Cancer society recommends yearly examinations. Currently the best method for locating tumors before a doctor can feel them, is a mammogram. Mammograms are a series of X-ray images of breast tissue. These are also strongly recommended on a yearly basis for women over the age of 40.

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Crossword Answers for September's Issue



Down

1. Vascular
2. Heart Disease
3. Pick's (Disease)
6. WHO (World Health Organization)
10. Heredity
12. Stress

Across

4. Cancer
5. Huntington's (Disease)
7. Health
8. Mind
9. Alzheimer's (Disease)
11. Parkinson's (Disease)
13. Eating

Susan G. Komen for the Cure

Susan G. Komen for the Cure was founded in 1982 in hope of ending breast cancer forever. Today, it is the world's largest network of breast cancer survivors and activists. Through fundraising and global outreach, Komen for the Cure has invested nearly \$1 billion in the fight against breast cancer. This incredible effort makes it the largest donation of nonprofit funds.

25 years ago women were racing against cancer in Dallas, Texas, the home of the first annual Susan G. Komen Race for the Cure. It has since grown into the largest series of 5k runs/walks in the world, with more than 1.3 million men, women, and children racing in more than 100 cities across the U.S. and in two foreign countries. Not only does Komen Race for the Cure raise an amazing amount of funds and awareness, it also celebrates survivors and honors those who lost the battle against breast cancer.

Since October is Breast Cancer Awareness Month, it is a great time to help in the fight. There are many ways to get involved; find one that works for you. Here are a few ideas; go out and get a mammogram, early detection can help save your life. Be a part of this year's Komen Race for the Cure. October 25th is this year's race date in Des Moines. Above all else, stay informed and be aware! For more information about Susan G. Komen for the cure, go to www.komen.org.



Soybeans with Fennel, Thyme and Oregano

Ingredients (serves 6):

1 cup dried soybeans, picked over and rinsed, soaked overnight, and drained
 5 cups vegetable stock, chicken stock or broth
 1 small fennel bulb, trimmed and chopped
 1 yellow onion, chopped
 3 cloves garlic, minced
 1 tomato, peeled and seeded, then diced
 1 teaspoon chopped fresh thyme or 1/4 teaspoon dried thyme
 1 teaspoon chopped fresh oregano or 1/4 teaspoon dried oregano
 1 teaspoon salt
 1/4 teaspoon freshly ground black pepper

Directions:

In a large saucepan over high heat, combine the soybeans, stock, fennel, onion and garlic. Bring to a boil. Reduce the heat to low and skim off the foam that rises to the top. Cover partially and simmer until the soybeans are tender but still firm, about 2 hours. Check the liquid level every 30 minutes, adding water as needed to keep the beans fully covered.

When the beans are tender, add the tomato, thyme, oregano, salt and pepper and cook until the tomato is softened, about 2 minutes. The soybeans will remain somewhat firm. Serve hot or warm.



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