

Healthy Notes

Community Highlight: YMCA, Building a Strong Community

Healthy Notes is adding a new feature article, where we'll highlight local health and fitness organizations.

For more than a century, YMCAs have been providing communities with health and fitness programs. These programs look to strengthen the community and family as well as hearts, lungs, bones and muscles!

Local YMCA guide:

- 1420 Pine St, **Marquette**; #227-6922. They offer a variety of **group fitness classes**, such as Hip Hop, Ballet Fit, Cycling, Step, and Cardio Box. Some **Youth programs** include a Days-off Program, ice skating, indoor soccer and football, swim lessons and a swim camp. They also do **birthday parties**. And starting this month, they are offering **Sports massage!**
- 205 Iron St, **Negaunee**; #475-5229. This is a much smaller facility, but more convenient

for those of you living in Ishpeming or Negaunee. They have free weights and cardio machines, plus they offer some **group fitness classes**, such as sculpting, step and strength, and Pilates. You can also make an appointment for a 30 or 60-minute **massage**. With the facility being much smaller, youth programs are not available.

- 50 W. M-35, **Gwinn**; 346-9622. This location focuses on **family and sports programs**. (Also, this facility no longer offers the group fitness classes since they moved from Sawyer). However, if you have little ones, here are some great programs being offered **January through May**: preschool beginning dance (ages 4-7), after school homework club (grades 2-6), Middle school dances (grades 6-8), Weekend Night Hoops (grades 5-12), teen leader program (grades 9-12), cheerleading clinic (grades 1-6), indoor tee-ball (ages 4-7),

boys basketball league (ages 8-11), and a basketball camp (ages 4-7). They also have two specialty programs: **SuperBowl lock-in** from 9 pm on Saturday, February 5, to 7 am on Sunday, February 6, 2005 (grades 5-8); **Free throw contest** on Saturday, April 23, 2005 (ages 8-14).

***To register for any of these youth programs, call 346-9622!

The YMCA will not turn any child away from these programs. There is a "**Strong Kids Scholarship**" available for low-income families. Or, if you are interested in donating to the scholarship, they have a large campaign in February.

Next month we'll highlight **NMU's Intercollegiate Athletics and Recreational Sports Facility**.

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National Observances:

- Migraine Awareness Month
- Birth Defects Prevention Month
- National Eye Care Month
- Cervical Health Month
- Volunteer Blood Donor Month
- Back Health Month
- Glaucoma Awareness

Smoking Really is a Snore

A new study by the Department of Respiratory Medicine, University Hospital in Sweden presents another reason to finally quit smoking. The results of 15,555 men and women ages 25-54 from Iceland, Estonia, Denmark, Norway and Sweden suggested that habitual snoring (loud and disturbing snoring at least three nights per week) was more prevalent among current smokers

(24%) and ex-smokers (20.3%) than in never-smokers (13.7%). The frequency of habitual snoring increased with the amount of tobacco smoked. To make matters worse, snoring proved to be more prevalent in never-smokers exposed to passive smoking at home on a daily basis (19.8) than in never-smokers without this exposure (13.3%).

From National Sleep Foundation

The [NSF 1999 Sleep in America poll](#) found that 28% of the adults smoked in the past month and of those, the majority (77%) smoked daily. 18% of smokers report having pauses in their breathing (a symptom of sleep apnea) a few nights a week or more, compared to 10% of nonsmokers.



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Are They Selling Us Baloney?

Converts to low-carb diets don't need scientists to tell them they can lose weight eating bunless bacon cheeseburgers for a couple of weeks. The bigger issue is the long-term health effects of protein-heavy diets. Very little data is available, but many researchers are worried that such diets can lead to kidney and liver problems. Research also suggests that too much protein can leach calcium out of the body, increasing the risk of osteoporosis. Dieters still need to be concerned about the risks of shedding pounds while slurping eggs benedict and lobster thermidor. The bottom line is the same: calories matter, and so does a balanced diet.

You can lose weight on any calorie-restricted diet. It can be pickles, pie, or cabbage soup. Eat fewer calories than you burn, and pounds melt away. The monumental problem dieters face is making the shift from quick weight-loss schemes to healthy eating. It's a tall order, and the vast majority of dieters fail. After a few months of abstinence, most revert to old habits and gain back everything—and often more. The secret of dieters who keep pounds off for good is that they skip gimmicks altogether and focus from the start on healthy eating habits they can keep for life.

One thing scientists do know is that much of the yummy stuff in low-carb diets come loaded with

artery-clogging saturated fats. Low-carb mania had not overturned the scientific consensus that saturated fats are the enemy: a major risk factor for heart disease and stroke.

That's the bad news. The good news is that there are good carbs and bad. All foods can be divided into combinations of three different nutritional categories based on their chemical components: carbohydrates, proteins, and fats. Carbs are broken down by the body into sugars that course through the bloodstream and serve as the body's key source of energy. White bread, pasta, and potatoes earn a bad rap because they are simple carbs that are very quickly broken down into sugar in the body. Most excess sugar is stored as fat. Some fruits, vegetables, beans and whole grains, on the other hand, are also carbs, but they are complex ones that break down slowly and are rich in vitamins, minerals and fiber. A diet rich in fiber can lower cholesterol and reduce the risk of cardiovascular disease.

So what's a healthy diet that people can stick to long term? Listen to Dr. David Katz of the Yale School of Public Health: "diets rich in fiber and complex carbohydrates, found in fruits, vegetables, beans, and whole grains, have been shown in a wide array of studies to be

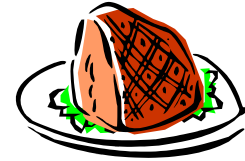
From Time Magazine, May 3, 2004

associated with longevity, lasting weight control, reduced risk of diabetes, reduced risk of gastrointestinal disorders and overall health promotion. In other words, the notion of cutting carbs is a step in the opposite direction from everything we know about healthful eating."

Bear in mind too that carbs are linked to the regulation of a key neurotransmitter called serotonin, which, says MIT brain researcher, Judith Wurtman, "is essential for feelings of fullness as well as a good mood." And again, complex, not simple, carbs are the best way to maintain an even keel when it comes to both appetite and mood.

So what's the optimal mix of carbs, fat and protein? Experts disagree as to exact numbers, but a middle-of-the-road menu calls for 25% of calories from healthy oils, 20% from lean protein, and 55% from complex carbs. So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and whole grains and instead shoveling animal and dairy fats into your body, you are short-changing your health. "The diet-industrial-complex is now pushing low carbs full steam ahead," says Wurtman. "It may take a long time, but 10 years from now, people are going to look back on this and say, 'Boy, were we really stupid.'"

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Feel Good Tip #1

Protect your **back**. What do you think is the most effective way to help prevent episodes of back pain: Getting regular exercise, sleeping on a firm mattress, or carrying your briefcase as a backpack instead of on your shoulder? The answer: according to the American Academy of Physical Medicine and Rehabilitation, is getting regular exercise. Proper exercise can help strengthen back and abdominal muscles and help you avoid back injury. Talk with your health care provider about exercises that are right for you.

Winter Hand Therapy

Winter often means dry, cracked, chapped hands – a seasonal hazard. Our hands are first exposed to indoor dry heat and then to harsh outdoor conditions. Often, your favorite or regular moisturizer seem less effective. Here are some tips to help your hands this winter.

- Drink plenty of water and consider using a humidifier to add moisture to your environment.
- Wash gently. Detergent-laden soaps are drying to the skin, so try a milder herbal soap.

- Switch moisturizers. In the summer when living is easy and humidity high, a light moisturizer is fine. However, when winter arrives, you need heavy duty hand care to soothe and rehydrate. Keep your hand cream accessible—in your purse, at your desk, in your kitchen, on the bathroom vanity, and by your computer monitor.
- Pamper your hands with a few home spa treats. Once a week, try this super-moisturizing treatment: soak your hands in hot water with

From www.spaindex.com

a few tablespoons of baking soda, for thirty minutes. Dry your hands, and apply the **Winter Hand Mask:**

- 3 tablespoons oatmeal
- 2 tablespoons rose water
- 2 teaspoons almond oil

Crush and mix all ingredients in a mortar with a pestle. Then heat mixture gently, just to the warm stage, in your microwave. Carefully apply your mask to your winter sore hands, wrap in cling film, or a clean towel. Allow it to remain on your hands until cool. Rinse. The mixture stores very well.



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Health Care Series #2: What You Can Do!

From Blue Cross Blue Shield

In the last issue of *Healthy Notes*, you read of some possible reasons for the increase in Health Care costs. In this issue, we're letting you know some simple things you can do to help battle those rising costs.

- Take care of yourself! Exercise regularly, eat a balanced diet, get plenty of sleep, stop smoking, and wear sunscreen everyday.
- Buy generic drugs. Ask your doctor if a generic drug is available instead of a brand-name. The generic drug usually costs 1/3 the price of the brand-name.
- Ask questions. Before having any health-care procedure, make sure you understand why it is nec-

essary. Find what the difference will be in your treatment. Some carry health risks and are very expensive. If your doctor uses terms that are unfamiliar to you, ask him or her to explain in simple terms.

- Find a family doctor. A family doctor should be someone you trust, can talk to, and who knows you and your lifestyle. You can save a lot of money by seeing the family doctor rather than making a trip to the ER; and when you encounter a complicated problem, he/she can also refer you to the appropriate specialist.
- Use the emergency



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room only for emergencies. Emergency rooms are designed for life and death situations: chest pains, severe shortness of breath, uncontrollable bleeding, severe burns, etc.

- Consult other sources before going to the doctor. For minor ailments, check a health handbook and treat it at home. For example, seeing the doctor for a common cold is costly and unnecessary.
- Know your health insurance benefits. When looking at medical procedures, make sure you understand what will be covered and what may be additional money out of your pocket.



Have a Snow Day!



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Since you're probably expecting to see a lot of the fluffy white stuff this year, you'll want some extra ideas for keeping the whole family occupied outdoors. This season, you don't have to spend the entire day sledding. There are countless ways to have fun in the snow—some you may not have considered.

Catch some snowflakes. On a snowy day, take the kids out-

side for some snow catching. Before heading out, make sure the little ones are wearing dark mittens/gloves. Bring a magnifying glass along and let the kids "catch" snowflakes in their glove-covered hands. Hold the magnifying glass above the snowflakes and examine their shapes. The kids will get a kick out of how unique each flake is.

Release your inner artist. Snow is nature's canvas!

Simply mix food coloring and water in a spray bottle to make snow "paint." Then, take your spray bottle outdoors, find a large snow bank in your backyard or help the kids build a snowman, and let them go to town with the spray. Snow painting can bring out the artist in all of us—and best of all, if you mess up, you can start over on another snow pile. If you're having trouble getting started, make a snow angel and fill in the angelic shape with your snow-paint shades.

From Home Made Simple

Feel Good Tip #2

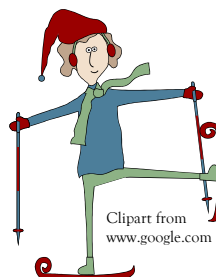
Get in the sleep mood. Most of us average 6 hours 54 minutes of sleep a night—about an hour less than the 8 hours experts recommend. Too little sleep can affect your mood, your work, and how you feel. If you have trouble falling asleep or staying asleep at night, or if you're sleepy during the day, you may be sleep deprived.

To improve your sleep, get in the sleep mood. Help your body shift to sleep-time by establishing a "wind-down" hour before bed. During this time, don't work, pay bills, exercise, or watch disturbing shows on TV. Use this time to read and relax and soon you'll be nodding off.

Campus and Community Wellness Activities

- Jan 2: **First day of StepUP**, register at www.fitUP.org
 - Jan 17: **First Day of Classes**
 - Jan 19: **Free Blood Pressure Screening** from 11 am to noon in the LRC basement, next to Starbucks.
 - Jan 21-23: **9th Annual Heikki Lunta Winter Fest** in Negaunee. For more info, contact Negaunee Irontown Association at 486-8084
 - Jan 30: **Culinary Journey** at the UP Children's Museum.
- Tickets are \$40 and benefits the museum. Call 226-3911 to reserve your tickets.
- **Great job to all Celebrate Wellness participants!**
Week 8: Tracee Charbonneau, Darlene Rantala, William Virch, Leslie Herman, Linda Freeman, and Barbara Platt
Week 9: Carol Schirtzinger, Terry Johnson, Mary Kuczvara, Kimber Olli, Brian Larson, Felecia Flack
Week 10: Jan Marana, Terry Williams, Sally Wilson, Karen Fisk,

Russ Kangas, and Judy Hopper
Week 11: Lisa Alto, Mike Molby, Sue Young, Bruce Lind, John Limback, Rick Parmenter
Grand Prize winners: Kitty Davis, Judy Marra, Mary Tallio.



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The purpose of "Healthy Notes" is to keep you healthy and informed about health related issues. Please note that information in this publication (and other sources) are meant to be complimented with your physician's advice, not replace it. Before making any changes in medication, diet, and/or exercise, you should consult your physician.

Living With Irritable Bowel Syndrome

From American Community Mutual Insurance

If you're among the one in five with irritable bowel syndrome (IBS), you may find comfort in knowing that it isn't damaging your digestive system or increasing your cancer risk. And, there's more good news— it's a manageable condition.

What is IBS? This functional disorder makes your large intestine, or *bowel*, sensitive to stress and certain foods. An episode of IBS can start suddenly with cramping and gas. You also may notice a difference in your bowel habits, which may change to diarrhea, constipation or a combination of the two. A medical evaluation is the only way to know if you have IBS.

Diet and Lifestyle. A food diary can help you identify what's causing symptoms. Then, you can talk with your doctor about how to cut back on irritating foods. Caffeine, carbonated beverages, high-fat foods, and alcohol are common triggers.

Gradually consuming more fiber by eating fruits, vegetables, and whole grains throughout the day may help relieve symptoms, especially constipation. But, if you have celiac disease, talk with your doctor first. High-fiber foods may be off-limits.

Stress doesn't cause IBS, but it can lead to a flare-up. Regular exercise, relaxing hobbies and meditation are all good stress relievers.

Over-the-counter fiber supplements may help with symptoms. There are also options that are by prescription only. Your doctor can help you decide which remedy to try.

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Weight Watchers created the AT WORK program as a convenience for employees whose busy schedule and time pressures make it difficult to enroll in the Traditional meetings held at Centers. NMU will be starting up a new session, MONDAY, January 10, 2005, NOON at the Cohodas building, Conference Room 404A. An increasing number of companies are calling upon Weight Watchers to help their employees deal with weight control issues. The new TurnAround program includes 2 food plans to choose from, both deliver success. The group support meetings are conducted by a specially-trained leader using

topics such as coping with coffee breaks, surviving lunch hour, fitting in exercise, maintaining motivation. The Weight Watchers AT WORK Program helps to manage their weight in the workplace. For further information call Chyrl Hemmilla at NMU, 227-2721 or Sarah Kimball at Weight Watchers, 228-6123.

Recipes of the Month:

Multigrain Flax Bread

2 pkgs dry yeast (4 1/2 tsp)

4 cups warm water

1/4 cup honey

Mix above and let stand for 5 minutes until bubbly.

Add:

4 cups whole wheat flour

6 cups all purpose white flour

1 cup flaked bran cereal

2 cups rolled oats

1/2 cup each ground flax and toasted wheat germ

1 Tbsp salt

Stir well after each addition of dry ingredients or can place in bread machine and mix. Knead for about 10 minutes until smooth and elastic. Place dough in a large bowl coated with cooking spray, turn to coat top, cover with plastic wrap and let rise in a warm place until doubles (about 45 minutes). Punch dough to a rectangle and roll up to eliminate air pockets. Repeat with remaining dough. Place in greased loaf pans. Cover and let rise 45 minutes. Bake at 350 for 40 minutes.

Pork Tenderloin with Creamy Mustard Sauce:

1 pound pork tenderloin

1 tsp vegetable oil

1/2 cup evaporated fat free milk

2 Tbsp Dijon mustard

2 green onions, sliced

Cut pork into 1-inch thick slices. Place pork between 2 pieces of plastic wrap. Flatten to 1/4 inch thickness using meat mallet or rolling pin. Season with salt and ground black pepper.

Heat oil in large skillet over medium-high heat. Add half the pork; cook on each side for 2 minutes or until browned and cooked through. Remove from skillet; set aside and keep warm. Repeat with remaining pork.

Reduce heat to low. Add evaporated milk; stir to loosen brown bits from bottom of skillet. Stir in mustard and green onions. Return pork to skillet. Cook 1-2 minutes or until sauce is slightly thickened, turning pork to coat with sauce.

Feel Good Tip #3

Create a community— a network of relationships— and you'll feel better throughout your life. Get to know the children and adults in your neighborhood. Meet other parents at your child's school and get together once a month or so to talk about parenting. Organize activities at work that bring people together. Get involved with your faith community. Offer to help a co-worker, neighbor, or friend. Donate your time to a community organization. Become involved in activities that bring younger and older generations together. Be the person who brings people together in your extended family.

