



Your Health - It's CENTRAL

CMU Health Care
Committee

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Emergency room preparedness



The last place you want to go is the Emergency Department at your closest hospital. But when a real emergency takes you there, be prepared.

You'll be one of 120 million patients cared for in emergency rooms across America, according to the Agency for Healthcare Research and Quality (AHRQ). The health care system still relies on largely paper-based medical records. So if you land in the ER, the doctors won't have information about your medical history.

They will only know what you tell them—and you're likely to forget important stuff.

Being prepared increases your chances of getting safe, high-quality health care. That's why it's important to have handy, updated, and thorough information with you.

AHRQ's Director, Carolyn Clancy, MD, lists these life-saving basics:

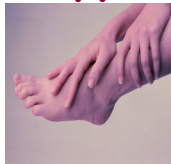
Grab and go. Keep your information either on paper (grab the forms and go) or in an electronic form, like on your cell phone or flash drive

List medical conditions or illnesses you have, such as heart disease or diabetes, and any surgeries or treatments you've recently received. *continued on Page 2*

Try this not-so-new sports supplement

A bowl of whole grain cereal is as good as a sports drink for recovery after exercise. The University of Texas at Austin researchers recommend refueling at home with an inexpensive, quick bowl of whole-grain cereal with a splash of non-fat milk for amateur athletes and people who are moderately active. The study was published in the *Journal of the International Society of Sports Nutrition*.

Happier feet



Take these steps to avoid common winter foot problems, suggest foot doctors

from the American Podiatric Medical Association:

Avoid aches. A long day of shopping can often leave feet suffering from foot problems such as blisters and sore arches. To help ease stiffness and pain, stretch and massage your feet to release tension, increase circulation, and refresh skin. To combat swelling in the legs and feet,

prop your legs above heart level while lying down after a long day.

Soothe dry skin. Dry air in winter can lead to cracked, dry skin. Properly moisturize your feet with a hydrating lotion to help repair dry feet and promote softer, smoother skin.

Select smart footwear. Wear the right type of shoes for weather conditions. You can avoid foot and ankle sprains, breaks, blisters, and more. While women attending holiday parties may feel obligated to wear high heels, always bring a

pair of sensible winter shoes to wear to and from get-togethers. Boots should have plenty of tread to keep you from slipping on ice. Buy boots made with leather or natural fibers that absorb moisture and keep feet dry and odor-free. Those with diabetes or other conditions that cause decreased circulation should take extra care to keep feet well-insulated during the winter to avoid frostbite—also wear socks made with a poly-cotton blend, even when indoors.

“Emergency Room” continued from Page 1

Write down all the medicines you take, including prescription, over-the-counter, and herbal medications, along with dosage information. Some drug interactions can be deadly, so it is essential for emergency staff to know which medicines you take and in what amounts. Keep in your wallet or purse an updated list of all your medicines and dosages. AHRQ also has a model pill card that can be created on a computer (go to www.ahrq.gov/qual/pillcard/pillcard.htm). If you didn't make a list, and have time, bring your medicines in a bag.

Note allergies or reactions you have to medicines, foods, or latex (a material in many medical supplies, including some types of gloves and adhesive tape).

Know the names and contact information of your primary care doctor and any specialists (such as a heart doctor) treating you. Also, have contact information of family members or close friends who may know your medical history in case you are not able to talk. [Add “ICE” next to the name of your emergency contact on your cell phone. ICE stands for In Case of Emergency.]

Other important information to have handy includes personal identification (such as a driver's license), insurance information, and an advance directive, if you have one. Advance directives are legal documents that state your wishes about health care, including end-of-life care.

Wellness Matters: Boot Camp & Clean Eating—A CMU Success Story

Submitted by Corby Blem

Without knowing the other was thinking it, my wife Donna and I both knew we must do something about our fitness. At my annual check-up, the doctor weighed me at my heaviest. Our eating habits pointed in the wrong direction. Our sluggish physical abilities made us feel just flat-out gross. But like a good review to a movie, we got word from a friend about Kiersten Witt's Fitness Inspired Boot Camp. Donna and I confirmed it: this was the beginning.

Boot Camp is 24 days during which the group met 12 times as a whole for hour-long workouts. In addition we did 10 minutes of “homework” each day and met once a week with our assigned accountability group to exercise and compare notes. A well-rounded menu was provided along with a journal to record eating habits and thoughts for the day. It was strict, but something drastic needed to be done to snap us out of our accustomed habits. Kiersten encouraged us with, “This is only one month. You can do this!”

I approached the program the way a computer gets rebooted by completely

wiping away my idea of healthy living, choosing to “upload” everything from scratch. Open-mindedness would be one way to say it, but really I was just flat-out stubborn. If the workouts were tough, my dogged determinism bullied me through it. If that night's menu was something I thought I didn't like, my plan was to taste it like I'd never had it before. The surprise in both circumstances: this was great! The workouts were fun, creative and far from routine. And the food? It was the 12-year-old “me” always complaining about eating broccoli and cauliflower, longtime staples I'd eradicated on principle. Turns out, they're crazy delicious.

Not saying it wasn't hard. That first day of sprinting up Leonard Hill put me in the foulest mood. It was myself I was angry with, but the anger fueled me. Two weeks later, (yeah, only two weeks!) we returned to the hill and already it was tackled! Still tough, but absolutely nothing like day one. Growing fit is a life-long process but this proved it doesn't take long to get reset. Our mantra became, “Just Keep Moving.”

By eating cleanly, minimizing the proc-

essed foods and changing everything white to brown, flavors were rediscovered. Even foods not typically thought of as sweet, baby carrots, now had sweetness emerging which years of glopping on corn syrup and cream sauce had covered up. Seeing food for what it is, fuel, gave us a healthy mindset about what we put into our bodies. Sure, food is also pleasurable, but that comes second.

After our month, Donna and I had reason to celebrate. Each of us lost 15 pounds. An even bigger achievement was losing 9 inches off my waist. You know how after a trip to the dentist your teeth feel slick and clean? That's exactly how my body felt.

A year later, I returned to my doctor having lost an additional 25 lbs. My XL shirts, a staple in my wardrobe since the '80s, were now Mediums. I feared clingy shirts because of the “moobs.” They're forever gone. I sold my 34-waist jeans in our garage sale, replacing them with 29's. Best of all, I look better than I have in 10 years and enjoy the bragging rights.



Health Services Corner

by Sarah Yonder, MD- Health Center Physician

Lighten Up and Brighten Up!

This article was featured back in March 2009, but with winter approaching it is worth repeating.

Winter can be fun, but with less sunlight and growing weary of the cold and snow, it can also bring a person's mood down. As days get shorter in fall and the cold weather begins, some people notice their mood being affected. This can especially happen in climates like ours where winter seems like it goes on and on.

Some people experience the winter blues where they feel down, and more tired and less energetic. In certain cases, these symptoms can escalate to a condition called SAD or Seasonal affective disorder. This

comprises fatigue, changes in appetite, and feeling of hopelessness. People may lose interest in activities they typically enjoy. The loss of light during these months triggers SAD by affecting chemicals in the body and circadian rhythms.

At times, SAD can even lead to depression where symptoms intensify and people may have trouble functioning with their daily activities due to more pronounced mood changes. If symptoms seem more serious than just "winter blues," it's time to see your doctor.

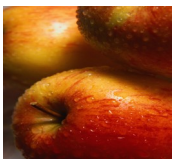
With the winter blues, light therapy has been shown to help. Exposing people to a light box during the winter months has been

shown to increase mood and decrease symptoms. Other things that can help with mood elevation during winter are staying active, keeping in touch with friends, doing some social activities, and good sleep and diet.

If trying some of these things still does not help, make an appointment to see your doctor. As with all seasons, winter will end and more light will return, however it is important to recognize the blues and get help if you need it.

We are happy to announce that University Health Services now offers light box therapy. Please call 774-5693 for more information or stop by! We are located in Foust Hall.

Featured Recipe: Apple Crisp



Enjoy the bounty of the season with apples. Some desserts are satisfying without excess sugar and fat. With this baked apple crisp, you

can enjoy the potential cancer-fighting power of apples without sacrificing flavor. According to the expert report from the American Institute for Cancer Research, a diet that features foods containing dietary fiber—such as the fiber in apples and rolled oats used here—probably decreases your risk of developing colorectal cancer.

Canola oil cooking spray
4 Granny Smith apples, cored and cut into thin slices or bite-sized pieces

1/2 cup raisins
3 tablespoons apple juice
1/4 cup whole-wheat flour
1/4 cup old-fashioned rolled oats
1/4 cup brown sugar
3/4 teaspoon ground cinnamon
3/4 teaspoon ground nutmeg
1 tablespoon cold butter, cut into small pieces

Preheat oven to 375 degrees. Coat 8-inch square baking dish with cooking spray. Combine apples, raisins, and apple juice in bowl. Toss well. Transfer apple mixture to baking dish. In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg. With pastry blender or knife and fork, cut in butter until mixture resembles coarse meal.

Sprinkle the mixture evenly over surface of apples.

Lightly coat top with cooking spray. Cover and bake 30 minutes. Uncover and bake for 20 minutes more or until apples are tender. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

Makes 6 servings. Per serving: 170 calories, 2.5 g fat (1 g saturated fat), 39 g carbohydrate, 2 g protein, 4 g dietary fiber, 10 mg sodium

From the American Institute for Cancer Research (www.aicr.org) and *The New American Plate*

CMU Health Care Committee

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Lori Hella (Facilitator)

The committee welcomes input regarding healthcare and wellness issues. Please contact your representative with any questions or concerns you have regarding your medical benefits. Campus phone numbers, fax numbers and email addresses are available on the HCC webpage <http://www.hrs.cmich.edu/wellness/download/hcc-member-list.pdf>

*“They always say time changes things, but you
actually have to change them yourself.”—Andy Warhol*

Benefits & Wellness presents....Understand Your Plan



UNIVERSITY HEALTH SERVICES PHARMACY

The University Health Services Pharmacy is available to CMU students, faculty, staff, their spouses and dependents of all ages. Staff and temporary faculty and their dependents that are covered under the CVS Caremark prescription drug coverage are eligible to receive a 3-month supply of maintenance medications through University Health Services for prescriptions taken on a long-term basis. The first time the prescription is filled, a one-month supply will be dispensed to minimize expense in case of a medication or dosage change.

For your convenience CMU Health Services offers free on campus prescription delivery as well as Virtual Terminal – a secure on-line payment solution to store your credit card information for future payment of co-pays and non-covered services (such as over the counter medications). To sign up for delivery and/or Virtual Terminal,

please visit the pharmacy at Foust 106, Monday-Friday from 8:00am-5:00pm. Required forms are also available on the Health Services website at:

www.healthservices.cmich.edu, click on downloadable forms and scroll down to pharmacy forms (**Pharmacy Patient Registration Form, Pharmacy Delivery Authorization Form, Pharmacy Notice of Privacy Practices Acknowledgment**).

If you choose to pay for your prescription at the time of service, Health Services accepts cash, check, money order, credit card (including Virtual Terminal) and debit card. Any charges not paid for at the time of service are billed to the University Account. Billing statements are sent monthly from *Student Account Services and University Billing*. CMU Employees will receive an e-mail bill only. Spouses and dependents will

receive a paper statement. Please be sure to pay your charges by the due date or you may be subject to a late fee.

For additional information please contact the pharmacy at 989-774-6590 or visit www.healthservices.cmich.edu. The pharmacy is located in Foust 106 and is open Monday thru Friday from 8:00am-5:00pm.

