



BEARCAT BODY

Fall Quarter 2008
UC WELLNESS CENTER

University of
Cincinnati

Breast Cancer Awareness



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One in eight women will develop invasive breast cancer in her lifetime. According to the American Cancer Society, it is estimated that by the end of 2008 about 182,460 new cases of invasive breast cancer will have been diagnosed among women in the United States. Breast cancer is the most common cancer among American women. It is the second leading cause of cancer death among women, following lung cancer.

October is National Breast Cancer Awareness Month. During this month, efforts are made to spread the message of early detection of breast cancer through mammograms, as well as the importance of prompt treatment in order to save lives. Monthly breast exams are recommended, as well as self-examinations. One major event hosted by the American Cancer Society to pro-

mote awareness and raise funds for cancer research is the Making Strides Against Breast Cancer walk. This non-competitive walk helps provide hope for individuals facing the disease. Another program, sponsored by Lee Jeans is National Denim Day, held October 3, 2008. Lee Jeans encourages people nationwide to wear their favorite jeans and give a \$5 donation to support the fight against breast cancer.

Employees of the UC Wellness Center encourage others to take part in the Making Strides Against Breast Cancer walk, as well as National Lee Denim Day. The UC Wellness Center will be collecting donations and providing educational information throughout the month of October and on Friday, October 3rd in the TUC Atrium from 9am-4pm. For more information on breast cancer, please visit www.cancer.org.

Discover Your Family Health History

Learning one's family health history is a simple way to discover personal risk for health problems. The Centers for Disease Control and Prevention (CDC) define family health history as health information about oneself and his or her close relatives. This information provides knowledge of one's personal risk factors for health issues such as heart disease, stroke, diabetes, and cancer.

Researching necessary informa-

tion can begin by asking questions and talking to family members. The CDC recommends going through death certificates and family medical records, if possible. Gather and record information from



relatives including grandparents, parents, aunts and uncles, nieces and nephews, siblings, and children. Information should include major medical conditions, age at disease onset, cause of death, and age at death.

The gathered information should then be shared with a physician. According to the CDC, the doctor can use the information to assess risk of a particular disease, recommend lifestyle changes that may aid in preventing disease, and order screening tests for early detection.

Thanksgiving has been declared by the Surgeon General as National Family History Day. Take time this Thanksgiving to talk with family members about their health.

Create a digital family health history that can be saved, printed, and shared with family members, by visiting the Department of Health and Human Services website at www.familyhistory.hhs.gov. For additional information on family health history, visit the Centers for Disease Control and Prevention at www.cdc.gov.

Put Down the Cigarettes, Participate in the Great American Smokeout

The American Cancer Society implemented the Great American Smokeout in 1977. Since then, the event has been taking place each year on the third Thursday in November. The guidelines of the Great American Smokeout are fairly simple; you discontinue smoking for the 24 hours of the Smokeout. During this day, participants can promote their own health while allowing themselves to realize that it is possible to quit smoking. If you or someone you know would like to quit smoking, the UC Wellness Center provides quit smoking kits, smoking cessation classes, and detailed brochures about smoking. You can also log onto www.uc.edu/wellness or visit www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp for additional information.

20 minutes after quitting: Your heart rate and blood pressure drops.
12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.

Food Additives: Being a Smart Consumer

People enjoy their favorite foods and beverages every day, but do not always stop to think about what is added to these products to make them safe, nutritious, and convenient. Food additives are any substances used in the production of food to enhance the final product. They have been used for hundreds of years and have become vital to the U.S. food market. A number of additives are known by the general public, but sometimes the safety and importance of these substances are taken for granted.

Between 2,500 and 3,000 additives are used in the U.S. Approximately 700 of these substances have been determined to be Generally Recognized As Safe (GRAS). According to the Food and Drug Administration (FDA), "safe" is defined as a reasonable certainty in the minds of competent scientists that the substance is not harmful under its intended conditions of use.

Examples of substances GRAS are common household items such as vinegar, salt, sugar, and various spices. The remaining substances can be classified into these main categories of additives: preservatives, nutritional, texturizing, flavoring, and coloring. Preservatives increase shelf life and prevent contamination. Nutritional additives are essential because without these, the nation would not receive adequate nutritional benefits. Texturizing additives give food an appetizing feel, and some lower fat content and calories.



Flavoring additives, especially artificial sweeteners like saccharin and aspartame, have raised controversy in the past. There have been claims that brands of aspartame, such as NutraSweet or Equal, cause sei-

zures, Alzheimer's disease, and other health problems. This is not true, as the FDA regulates all additives. The governmental organization has found aspartame to be safe as long as it is used in moderation. According to the American Dietetic Association, a 150-pound person would have to consume 97 packets of Equal or 20 cans of diet soft drinks a day to exceed the accepted daily intake (ADI). It is important to be an informed consumer and to research any information not presented by a credible source.

There has been more emphasis on healthy diets in recent years, causing Americans to become more health conscious. A report published by the Food Marketing Institute states that Americans are becoming healthier shoppers, and are requesting more low fat and nutritious foods. Many additives serve these purposes. To learn more about food additives used in the U.S. and substances GRAS, visit www.cfsan.fda.gov/~lrd/foodadd.html.

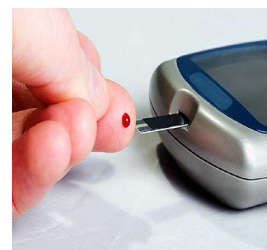
Diabetes 101

Seven percent (approximately 20.8 million people) of America's population has diabetes. Six million of these adults and children have not been diagnosed and are unaware that they even have the disease. Testing for diabetes and education about the disease are vital to understand the various symptoms and types.

There are three commonly known types of diabetes: Type 1, Type 2, and Gestational. The body contains pancreatic beta cells that produce insulin, the hormone which controls blood glucose levels. Type 1 diabetes develops when these insulin-producing beta cells are destroyed by the body's immune system. Type 1 diabetes is usually diagnosed during childhood or young adulthood. Type 2 diabetes develops when cells do not use the insulin properly. Type 2 can develop at any age, but more often adulthood. During pregnancy, women can develop gestational diabetes due to glucose intolerance or pregnancy hormones. Pre-diabetes is diagnosed when the body's blood glucose levels are higher than normal. A common pre-diabetic condition is obesity.

Living with diabetes is not easy, not only since it can develop at any age, but treatment must be performed frequently. Type 1 diabetes has to be treated with an insulin pump or through injection of insulin into the skin. Type 2 diabetes must be treated with healthy eating habits, exercise, and oral medication.

Individuals with diabetes, no matter what type, must monitor their blood sugar levels through blood. A common way to monitor blood sugar is with the use of a finger pricking tool and a small machine to read the body's glucose levels. Pre-diabetic conditions, although they are not safe, can be preventable with an increase in physical activity and weight loss. Making good food choices and maintaining a healthy meal plan are important factors in living with pre-diabetes. Watching portion sizes and eating foods rich in vitamins, fiber, and minerals are key to managing blood glucose levels.



Concerned whether you should be tested for diabetes? If you are over the age of 45, getting tested for diabetes is recommended. If you are under 45 and are showing risk factors such as excess body weight, a family history of diabetes, high blood pressure, or impaired glucose tolerance, testing is also recommended. If you or someone you know has diabetes and are concerned about taking care of yourself, managing your food intake and weight, or are looking for preventative methods, visit the American Diabetes Association at www.diabetes.org to find recipes and information.

HIV Stigma Detrimental to All

While the Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) were identified decades ago, there are many stigmas still surrounding the virus today. The myths associated with HIV only further perpetuate its transmission and are therefore detrimental to all. Consequently, it is an individual responsibility to obtain accurate information so that myths can be dispelled. There are several types of stigmas that can be associated with HIV/AIDS: instructional, symbolic, and courtesy.

Instructional stigma evolves from the fear of the

unknown and concern of being stigmatized. The fear of stigmatization may result in a lack of testing. When one's status is unknown, the individual may be more susceptible to infection or spread the virus, which perpetuates the cycle. Because of the asymptomatic nature of the virus and its exponential growth, the Centers for Disease Control and Prevention (CDC) recommends that everyone 13-64 undergo routine testing for HIV. The lack of information and received misinformation may result in fear of the unknown. A common myth associated with instructional stigma is how HIV is spread: the virus is transmitted from one human to another via bodily fluids. Routes of trans-

mission are blood, seminal fluid, vaginal fluid, and breast milk; it has been argued that cerebrospinal fluid and amniotic fluid may also contain trace amounts of the virus.

Stigmas with stereotypes as a foundation and those that promote discrimination are considered to be symbolic stigmas. In the United States a concentration of the first wave of diagnoses were seen in gay men and was first named GRID—Gay Related Immune Disease. As the epidemic grew, all demographics were infected but stereotypes were placed on the virus and those infected. While the name changed to HIV, the implications of GRID transcended and society placed stigmas on several populations: the LGBT (lesbian, gay, bisexual, transgender) community, sex workers, and intravenous drug users. This can cause people who do not identify with those demographics to feel invincible and immune to the



virus; again, causing a lack of concern and testing as well as a flux of risky health behaviors. It is vital to recognize that anyone may become infected regardless of age, gender, sex, sexual orientation, race, ethnicity, etc.

Courtesy stigmas involve people associated with the virus, but may not be infected. This extends to caregivers and health professionals working with HIV and may also include those infected. This may limit care because of fear of stigmatization for working with HIV or fear of being infected. It is also important to recognize that each form of stigma may also influence self-stigmatization, which is detrimental to persons living with HIV/AIDS.

During Fall 2008 there will be free, confidential testing as well as outreach by the Wellness Center for World AIDS Day. For more information on these events or to schedule a workshop for a class, learning community, or residence hall, visit www.uc.edu/wellness or call (513) 556-6124. For more information on HIV, visit the Centers for Disease Control and Prevention website, www.cdc.gov.

Gaining Weight—NetWellness

Question:

I'm a college student getting ready to head back for the fall, and I don't want to gain weight like I did last year (with the Freshman 15). I have seen several dietary supplements and weight loss programs on TV. How do I know what is right and healthy for me?

Answer:

Thanks for your question. You're wise to start getting into the mindset of preventing weight gain *now*, rather than having to try to lose it later. Stop the freshman 15 before it becomes the freshman 50!

As for dietary supplements and weight loss "programs" targeted for weight loss, I would suggest cutting back on excess calories and increasing exercise, rather than going for an advertised gimmick. Here's why:

1. Most dietary supplements sold for weight loss have not been scientifically tested for safety or efficacy. Dietary supplements are not regulated by the FDA. This means you could be taking something potentially harmful, or something that simply just doesn't work. Many over the counter weight loss supplements contain stimulants, which can become addictive or have other negative side effects such as high blood pressure or increased heart rate.
2. Weight loss programs or fad diets are often used in the short term, but may not be feasible to follow long term. Some weight loss programs force you to buy their portion-controlled, pre-packaged food. While this may limit your portion sizes, it can be expensive and boring over the long run. In addition, many of these programs do not teach you how to eat right for long term success.

3. Any diet you follow will result in weight loss. Recent studies suggest that the type of diet followed isn't as important as the compliance to that diet. Study participants that were most successful in weight loss followed a reasonable, calorie-controlled diet that was low in fat and moderate in carbohydrate.

4. Exercise will help keep weight off long term. Cutting calories is great for losing weight, but regular physical activity is what will keep that weight from creeping back on. Find an exercise you enjoy (such as walking, biking, swimming, exercise machines) and stick with it. Successful dieters require at least 45-60 minutes of vigorous activity 5-7 days/week to maintain weight loss.

5. Find a dietitian to help you! Many college campuses offer wellness programs and employ Registered Dietitians. A dietitian is trained to develop meal plans and counsel clients based on their lifestyle and eating habits. Check with your campus health dept for more information. Good luck!

This response was written by Ms. Lisa Andrews, MEd, RD, LD, Adjunct Faculty in the University of Cincinnati's College of Nursing. NetWellness, a collaboration of the University of Cincinnati, The Ohio State University, and Case Western Reserve University, is a consumer health information website. In over ten years, NetWellness experts have answered over 52,000 health questions. Please visit <http://www.netwellness.org> to ask Ms. Andrews and her colleagues a question. You can also visit Ms. Andrews's website at <http://www.soundbitesnutrition.com>.

Wellness Center Fall 2008 Schedule



Friday Night Live Fall 2008 Schedule

DATE	PROGRAM	TIME	LOCATION
10/1/08	HEALTH AND WELLNESS FAIR	11A-2P	MCMICKEN COMMONS
10/3/08	DENIM DAY	9A-4P	TUC ATRIUM
10/16/08	HIV TESTING	10A-2P	300 LINDNER CENTER
10/22/08	LUNCH & LEARN: ARTHRITIS	12P-1P	TUC 400 B
10/26/08	OUT OF THE DARKNESS 5K WALK	11A	MCMICKEN COMMONS
11/3/08	HEALTHY SANDWICH DAY	11:30A-1P	6TH FLOOR SSLC
11/?/08	LUNCH & LEARN	12P-1P	TBD
11/20/08	GREAT AMERICAN SMOKEOUT	10A-1P	TUC ATRIUM
12/1/08	WORLD AIDS DAY	10A-4:30P	TUC ATRIUM
12/3/08	STRESS AWARENESS DAY	11:30A-1:30P	TUC ATRIUM

9/19/08 SPLASH BASH

9pm @ CRC Leisure Pool

9/26/08 BEARCAT LIVE!

7pm @ Sigma Sigma Commons

10/3/08 ICE CREAM SOCIAL

4pm @ Sigma Sigma Commons

10/10/08 HOMECOMING 5K TO GRANT WISHES TODAY

4:30pm @ McMicken Lawn

10/17/08 LADDER GOLF TOURNAMENT

6pm @ Sigma Sigma Commons

10/24/08 FNL FUNNY BONE Feat: STEVE HOFSTETTER

7pm @ MainStreet Cinema

10/31/08 FAMILY NIGHT

5:30pm @ TUC Food Court

11/7/08 PHOTO SCAVENGER HUNT

6pm @ Catskeller

11/14/08 B-I-N-G-O

7pm @ TUC 400

11/21/08 TASTE OF THE WORLD

6pm @ TUC Great Hall

12/5/08 CHANGE FOR CHANGE: HIV BENEFIT & DRAG SHOW

7pm @ TUC Great Hall

SUICIDE PREVENTION

Following up from the Spring 2008 issue of the Bearcat Body, the fifth annual Out of the Darkness Walk for suicide prevention will be on campus this fall. The walk will take place at 11:00 am on Sunday, October 26, 2008. Please visit www.outofthedarkness.org for more information or to donate/register for the walk. Another UC resource for suicide prevention is the Counseling Center. The Counseling Center can be reached by calling 513-556-0648 or by visiting 316 Dyer Hall.

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Fax: 513-556-6077

E-mail: Wellness.Center@uc.edu

www.uc.edu/wellness

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Comments?

Name: _____

ML: _____ Phone: _____

Comment: _____

Healthy Recipes

Low-fat Zucchini Bread

INGREDIENTS

- *Zucchini, 1 cup, shredded
- *Applesauce, 1/4 cup
- *Whole-wheat flour, 3/4 cup
- *Egg, fresh, 1 large
- *Cinnamon, ground, 1 1/2 tsp
- *Nutmeg, ground, 1/4 tsp
- *Lemon Peel, 1/4 tsp
- *Granulated Sugar, 1/4 cup
- *Brown Sugar, 1/3 cup, packed
- *All-purpose flour, 3/4 cup
- *Baking powder, 1/4 tsp
- *Baking soda, 1/2 tsp

DIRECTIONS

- Preheat oven to 350 and grease loaf pan.
- Mix together dry ingredients, then add wet ingredients.
- Pour into loaf pan and bake for 55 minutes.
- Cut loaf into 12 equal slices and enjoy warm or chilled.
- Serves 12, 0.6g Fat, 22.3g Carbohydrates, 100.5 Calories, 2.6g Protein



Parmesan and Garlic Pita Chips

INGREDIENTS

- *1 1/2 whole wheat pita pockets
- *Cooking spray
- *1 tsp garlic powder
- *1 tbs. parmesan cheese, grated
- *Sea salt to taste

DIRECTIONS

- Pre-heat oven to 350 degrees
- Cut each pita into 12 equal pieces
- Place on cookie sheet
- Spray pitas with cooking spray
- Sprinkle garlic powder and cheese on pitas and toss to coat evenly.
- Bake at 350 for 10-15 minutes or until crispy
- Store in airtight container
- Makes 3 servings, 6 chips each
- 0.5g Fat, 16.1g Carbohydrates, 87.6 Calories, 3.7g Protein.