



HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic

Health Plus
Work/Life Connections - EAP

Connection

Providing programs that support the well-being and productivity of Vanderbilt's most valuable asset... YOU!

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February, March 2020



March is
National
Nutrition
Month

There are many ways to celebrate good nutrition this month, and Health & Wellness' Health *Plus* has picked our favorites for you:

- Health *Plus*' National Nutrition Month** activities and events are the perfect way to learn and engage in healthy eating! Check out bit.ly/healthplusnm for more details.
- CORE Nutrition** is a must for your department! Participants get healthy samples, practical recipes, and the opportunity to ask questions of a Health Educator. Learn more and schedule at bit.ly/healthplusscore.
- Lifestyle Coaching** is a benefit for faculty/staff and spouses. Lifestyle coaching helps you find the motivation for losing weight, being more physically active, eating better, quitting smoking, or lowering stress. Schedule your first one-on-one lifestyle coaching session at bit.ly/healthpluscoach.
- Healthier You Presents** *Nutrition: The Good, The Fad, and The Ugly* on March 5. Join us for this lunchtime talk to learn how to cut through the nutrition hype. See Upcoming Events on Page 7 for more details.
- Connection Newsletter** — yes, this one! — features nutrition guidance and recipes in every issue. See Page 5 to learn how to *Enjoy More Weeknight Dinners Around the Table*, and for a freezable slow cooker recipe that will help you do so!

For more information about Health *Plus*' services, visit vumc.org/health-wellness/ services or contact us at 615.343.8943.

Care Gap Alerts

Vanderbilt Experts on Health
Colorectal Cancer



Timothy Geiger, MD, MMHC
Vanderbilt University Medical Center
Associate Professor of Surgery
Executive Medical Director, Surgery
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What are the risk factors for colorectal cancer and who is at risk?

Colorectal cancer is the third leading cause of cancer in the U.S. and second leading cause of cancer death. Cancer starts as a polyp (a benign growth) of the colon and turns into cancer over time.

Risk factors for colorectal cancer:

- Age, more common as we get older, with screening recommended to start at 45 or 50 years old
- Being overweight
- Physical inactivity
- Smoking
- Alcohol consumption greater than 2 drinks per day for men, 1 drink per day for women
- A diet low in fiber and high in red meat
- Family history of colon cancer or some cancers of the stomach, bladder, kidney, breast, ovary, or uterus

How do doctors screen for colorectal cancer?

The two main types of screening are:

1. Visual exam (colonoscopy), which is not only diagnostic (detects cancers and polyps), but can remove polyps before they become cancers.

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Work/Life Connections-EAP

The Counselor's Corner

Chad A. Buck, PhD

Clinical Psychologist, Work/Life Connections – EAP
Psychological Support Consultant, Health Plus



Many of us seek comfort through food. Eating something you enjoy is not a bad thing, but it becomes tricky when food takes the place of emotions. Emotional eating is eating triggered, consciously or not, by your feelings. Those feelings can be considered as negative (e.g., sadness, loneliness, anger) or positive (e.g., excitement, joy, relief). It may happen when you are facing a difficult problem, feeling bored, feeling celebratory, or feeling stressed. Recognizing the difference between emotional hunger and physical hunger may help you enjoy the foods you love without letting your emotions dictate your choices, serving sizes, or fullness.

PHYSICAL HUNGER

Comes on gradually and can be postponed

Can be satisfied by any number of foods

Once you are full, you are likely to stop eating

Doesn't cause feelings of guilt

EMOTIONAL HUNGER

Feels sudden and urgent

Causes very specific cravings

More likely to eat beyond feeling fullness

Likely to result in feelings of guilt, shame, or embarrassment afterwards



Now that you know the difference, ask yourself, “On a scale from 1 to 10, with 10 being the highest, am I physically or emotionally hungry right now?” If the hunger is more emotional than physical, it is time to **Delay**, **Distract**, and **Decide**.

Delay eating for 5 minutes.

Distract yourself with an unrelated task, such as walking your dog or calling a friend and not talking about food.

Decide if you want the food based upon your goals.

Emotional eating does not mean you have an eating disorder, but it can be the first step along that path. February is National Eating Disorders Awareness Month. For more information, please visit nationaleatingdisorders.org. For a confidential meeting with a licensed EAP counselor, please call 615.936.1327.

Passion at Work



Jeff Mangrum, MHA, RN, CHEP
Director of Emergency Preparedness and Response

What does your team do to bond?

I have lunch with my team on a regular basis. This encourages open conversation on topics non-work related. Each member of the team can share things about their families, hobbies, and weekend plans. For example, this opens the door for each of us to talk about our favorite sports teams and how well they are doing. This open communication carries over into our disaster planning and event management. Each team member plays a valuable role as we prepare or manage a crisis.

What actions do you take to make a difference for your team and our patients?

Effective communication is the cornerstone for my team. I have an open-door policy with my team members to allow for open communication. Communication to patients, visitors, and staff is critical in the management of a disaster situation.

How do you recognize others on your team for a job well done?

Team members are recognized for a win during our department staff meetings. Team members are recognized for successful management of an event, drill, and/or project completion.

What is the greatest joy you get out of your work?

Working with a dedicated team that's willing to support the mission of the Medical Center through any type of disaster situation. Dealing with any type of disaster can be stressful, that's why having a great support team is critical.

Occupational Health Clinic talk:

Well-Being of Women: Endometriosis Does Matter

Jee Yoon Kim, MSN, APRN, ANP-BC

Endometriosis is a painful condition where endometrial tissue grows outside the uterus. According to the American College of Obstetricians and Gynecologists, about 10% of women have endometriosis during their reproductive years, with most women diagnosed in their 30s and 40s. One of the biggest barriers to early diagnosis is a lack of awareness. The Society for Women's Health Research pointed out that nearly half of women's symptoms were unreported to their doctor because they were told menstrual cramping is normal by their family, or others. However, endometriosis is not just "bad periods."

Endometriosis can affect anywhere in the body, but usually involves the pelvic areas including ovaries, fallopian tubes, and tissue lining the pelvis. Risk factors include:

- Family history of endometriosis
- Short-interval (27 days or fewer) menstrual cycles
- Long duration (over 7 days) menstrual cycles
- Defects in uterus or fallopian tubes
- Delayed childbearing
- Heavy menstrual bleeding
- Early menarche

Endometriosis may be asymptomatic, but symptoms can include severe menstrual cramping, heavy periods or spotting between periods, chronic pelvic or abdominal pain, pain after intercourse, or pain with bowel movements or urination. Fatigue can also occur. Complications can include scar tissue, chronic pain, and infertility. The American Society for Reproductive Medicine reported up to 30 to 50% of women with endometriosis did experience infertility.

Early diagnosis and treatment can reduce symptoms and complications. "Endometriosis, at this time, has no definitive cure, although most patients' symptoms and disease volume resolves with menopause. For premenopausal patients with pelvic pain and infertility, these symptoms are often easier to manage if it's diagnosed early and treated appropriately," said Amanda Yunker, DO, Associate Professor of Obstetrics and Gynecology at Vanderbilt University Medical Center. She continued, "Early diagnosis of endometriosis plays a key role to improve quality of life and avoid potential infertility." There is no need to suffer; if you or a loved one suspects endometriosis, contact your provider. To establish care with a new primary care physician or gynecologist, call 615.936.8777. If you need additional assistance, the Occupational Health Clinic can help. Contact us at 615.936.0955.

For more information on endometriosis, visit the websites of the American College of Obstetricians and Gynecologists (acog.org/patients/FAQs/Endometriosis) and Endometriosis Association (endometriosisassn.org).



Care Gap Alerts

Vanderbilt Experts on Health Colorectal Cancer

(continued from page 1)

2. Fecal (stool) based testing — use of stools' samples to detect abnormal cells in the GI tract.

How often should I screen for colorectal cancer if I am at risk?

It depends on which screening method you use as to how often you will need to be screened. For the most common test, colonoscopy, normal screening is every 10 years in a patient with no risk factors and no history of polyps.

You and your primary care physician should discuss the options and decide which test is right for you. Colorectal cancer screening can seem scary or embarrassing, but it could save your life.



February is American Heart Month

Join the Health *Plus* Count on Your Heart events in February!

Wear Red Day Lunch & Learn

Friday, February 7
Noon to 1:00 p.m.
Light Hall, Room 214

Attend an informative discussion on cardiovascular health. Wear red to this event and receive a heart-healthy lunch (while supplies last).



Love Your Heart Expo

Wednesday, February 26
10:30 a.m. to 1:00 p.m.
Light Hall, North Lobby

Participate in Know Your Numbers, cholesterol and glucose screening (while supplies last), and speak with a Vanderbilt cardiologist and registered dietitian.



Know Your Numbers

Have your blood pressure, height, weight, and body mass index checked during February to be entered in a prize drawing! View Know Your Numbers locations at bit.ly/healthpluskyn.



For more information on Count on Your Heart events, visit bit.ly/healthplusheart.

Save the Date for National Walking Day! April 1, 2020

Join Health *Plus* for a 20-minute walk around campus as we celebrate National Walking Day. There will be guest speakers, refreshments, and door prizes for all walkers!

March is Colorectal Cancer Awareness Month Get Involved!

Decorate Your Work Area Blue

Decorate your work area in blue for the month of March to raise awareness for colorectal cancer screening. See how you could remind people to stay up-to-date on colorectal cancer screening. Examples might include decorating a reception area, window, door, or breakroom.

Wear Blue Day Friday, March 6

Wear blue to show your support and raise awareness about colorectal cancer screenings. Dress yourself, your family, or your pets in blue and share your photos with the Vanderbilt community and our Twitter account @WellVanderbilt.

Scope Out Colon Health Expo Wednesday, March 25

Visit the Expo from 11:00 a.m. to 1:00 p.m. at Light Hall (North Lobby) to learn more about prevention, screenings, and more.

For more information and a schedule of all Colorectal Cancer Awareness events, visit bit.ly/healthplusscopeit.



National Nutrition Month

Celebrate National Nutrition Month in March! Join in our fun and informative events and activities throughout the month for opportunities to earn prizes and gain valuable skills and information. Visit bit.ly/healthplusnmm to learn more about our theme for the month and the Kickoff Event!



Join the Control is the Goal Program!

If you have high blood pressure or are at high risk, you can participate in Health *Plus*' Control is the Goal program starting in February! Each week (for six weeks) you will receive an email of a short online educational module that includes a brief video and downloadable resources. Track your blood pressure weekly and you will be entered in a quarterly drawing for prizes. Visit bit.ly/healthpluscontrolgoal to register and learn more!



DIABETES PREVENTION PROGRAM

New Sessions this Spring!

Health *Plus* will be offering new sessions of the National Diabetes Prevention Program for faculty, staff, or spouses with pre-diabetes or a history of gestational diabetes. The Diabetes Prevention Program is proven to prevent or delay type 2 diabetes. There is no charge for this one-year program that provides consistent follow-up to help participants maintain healthy lifestyle changes and have fun along the way!

Attend a 20-minute information session to learn more. Visit bit.ly/healthplusdpp for dates and times of information sessions.



Enjoy More Weeknight Dinners Around the Table

It can be challenging to find time for family dinners during the week, but National Nutrition Month (March) is a great time to recommit to sit down together. You can have a no-fuss meal prepared in under 30 minutes by involving everyone — from parents to toddlers! Here are tips to get started:

- Plan meals everyone will enjoy, at least in part!
- Stock your kitchen over the weekend with foods that are easy to prepare. Think combinations of protein, whole grains, dairy, and vegetables to leave everyone feeling full and satisfied.
- Purchase pre-cooked foods for entrees. Rotisserie chicken, frozen veggie burgers, or ravioli keep cooking times to a minimum.
- Make weeknight dinners a snap with a slow cooker. Try the Slow Cooker Enchilada Soup recipe on this page!
- Fill your freezer with family favorite veggies. Whole grain pasta with finely chopped veggies in red sauce is great for picky eaters!
- Choose microwavable whole grains from the freezer section or rice aisle.
- Give everyone a job! Adults can take the cooking while older kids put together a salad and help little ones set the table.

Before you know it, you will be enjoying many more meals together around the dinner table!



Freezable Slow Cooker Enchilada Soup

- 1 lb boneless chicken breasts
- 2 cups low-sodium chicken broth
- 1 (10 oz) can red enchilada sauce
- 1 (16 oz) bag of frozen corn
- 1 (14 oz) can of black beans, no-salt-added, rinsed
- 1 (14 oz) can fire-roasted tomatoes, with juice
- 1 medium white onion peeled and chopped
- 2 tsp cumin
- ½ tsp black pepper

Directions:

Add all ingredients into slow cooker.

Stir to combine.

Cook on low for 6 to 8 hours or high 3 to 4 hours.

Use two forks to shred chicken.

If desired, top with cheese, avocado, jalapeño, Greek yogurt (in place of sour cream), and/or fresh cilantro.

If freezing, let cool completely and store in a freezer-safe container. Avoid filling container to the top because liquid will expand during freezing.

Serves 6. Per serving: 223 calories | 18g protein | 3g total fat | 1g saturated fat
31g carbohydrate | 0g added sugar | 8g fiber | 417mg sodium

Source: Brooke Butterworth, Vanderbilt Dietetic Intern

WHAT YOU NEED TO KNOW ABOUT FLEXPTO SHARE

flexPTO to a colleague who is experiencing a hardship due to a qualifying serious personal or family medical situation and is not receiving short-term disability, long-term disability or worker's compensation payments.

The flexPTO Share program allows employees to directly donate their



40/8

You may donate up to **40 hours** of your flexPTO in **8-hour increments** per fiscal year. However, you must have a combined flexPTO and grandfathered sick bank total of 80 hours remaining after the donation. You cannot donate time from your grandfathered sick bank.

June 1

Donations must be made prior to **June 1** of the current fiscal year.

IRS RULES

The monetary value of the flexPTO hours **will be taxable** to the recipient and included in their earned wages. It is not taxable to the donor.

911

A "**medical emergency**" is defined

as a medical condition of an employee or their family member that will require the employee's unplanned prolonged absence from work pursuant to an approved leave of absence and results in a substantial loss of income to the employee.

TO QUALIFY

To receive donated flexPTO, you must meet these criteria:

- Be approved for a medically related FMLA or non-FMLA leave of absence or an approved medical leave through the accommodation process.
- Should not be receiving any pay through other benefits, such as disability or worker's compensation.
- May not receive more than 80 hours of donated flexPTO during the fiscal year.
- Be eligible for flexPTO under the VUMC flexPTO Policy.
- May not exceed donated flexPTO up to the recipient's standard paid hours during a pay period.
- Must have a colleague who has donated flexPTO to you. If after one month no one has donated flexPTO to you, your request will need to be resubmitted if or when a donor becomes available.

To donate or request flexPTO hours through the flexPTO Share program, visit hr.vumc.org/secure/flexpto-medicalcenter.

upcoming events

VUMC Campus

FEB 6

Healthier You Presentation *Self-Compassion*

Noon to 12:45 p.m. | Light Hall, Room 208

FEB 7

Wear Red Day Lunch & Learn

Noon to 1:00 p.m. | Light Hall, Room 214

FEB 7

Know Your Numbers & OHC Comes To You *Late Night Cart*

6:00 p.m. to 10:00 p.m. | MCN 3, 4, 5, 6, 7

FEB 19

Know Your Numbers & OHC Comes To You *Late Night Cart*

6:00 p.m. to 10:00 p.m. | VUH 8N, 8S, 9N, 9S, MCE-OR

FEB 20

Babies & You*

Breastfeeding: A Positive Choice

Carol Huber, RN, BS, IBCLC, Lactation Consultant,
NICU

Noon to 1:00 p.m. | Light Hall, Room 407

FEB 25

Vandy Cooks

Eat to Sleep

5:30 p.m. to 6:30 p.m. | VRWC Demo Kitchen

FEB 26

Love Your Heart Expo

10:30 a.m. to 1:00 p.m. | Light Hall, North Lobby

MAR 5

Healthier You Presentation

The Good, The Fad, and The Ugly

Noon to 12:45 p.m. | Light Hall, Room 202

MAR 13

Vandy Cooks

Meals in Under 30 Minutes

Noon to 1:00 p.m. | VRWC Demo Kitchen

MAR 18

Know Your Numbers & OHC Comes To You *Late Night Cart*

6:00 p.m. to 10:00 p.m. | MCN 3, 4, 5, 6, 7

MAR 19

Babies & You*

Postpartum Care

Kameron Brainard, MSN, Certified Nurse Midwife
Noon to 1:00 p.m. | Light Hall, Room 407

Monroe Carell Jr. Children's Hospital at Vanderbilt

FEB 6

Know Your Numbers & OHC Comes to You

1:30 p.m. to 4:00 p.m. | MCJCHV, Room 2104

MAR 5

Know Your Numbers & OHC Comes to You

1:30 p.m. to 4:00 p.m. | MCJCHV, Room 2104

MAR 6

Know Your Numbers & OHC Comes to You *Light Night Cart*

6:00 p.m. to 10:00 p.m. | MCJCHV 5 ABC, 6 ABC

One Hundred Oaks

FEB 13

Know Your Numbers

11:00 a.m. to 1:00 p.m.

One Hundred Oaks, Room 26103

FEB 25

Know Your Numbers

11:00 a.m. to 1:00 p.m.

One Hundred Oaks, Room 26103

MAR 12

Hold the Stuffing

11:00 a.m. to 1:00 p.m.

One Hundred Oaks, Room 26103

MAR 24

Hold the Stuffing

11:00 a.m. to 1:00 p.m.

One Hundred Oaks, Room 26103

Williamson County

FEB 21

Know Your Numbers & OHC Comes To You

9:00 a.m. to 10:00 a.m. | VMG Orthopedic Clinic,
324 Cool Springs Blvd

FEB 21

Know Your Numbers & OHC Comes To You

11:00 a.m. to Noon | Franklin Walk-in Clinic, 919
Murfreesboro Rd

MAR 20

Know Your Numbers & OHC Comes To You

9:00 a.m. to 10:00 a.m. | 2105 Edward Curd Ln, 3rd
Floor Conference Room

MAR 20

Know Your Numbers & OHC Comes To You

11:00 a.m. to Noon | VMG Westhaven, 1025 Westhaven
Blvd, Suite 101



*Babies & You is a prenatal health program offered by Health Plus for VUMC employees, spouses, and dependents. The classes are provided monthly with a \$50 incentive for those who register in their first trimester, attend at least three monthly classes, and go to all prenatal provider appointments.

For more information, class location, or to register online, visit <http://bit.ly/healthplusbabies>.

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Have a topic you want to see covered? Email us
at health.wellness@vumc.org.

Follow us on Twitter
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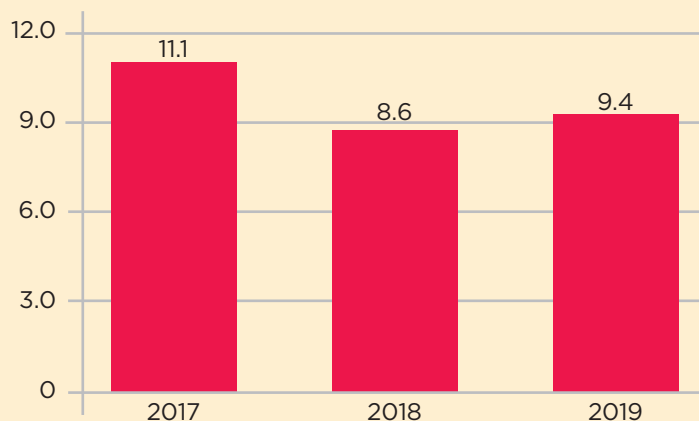
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The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

What's the Wellness of Your Workspace?

Ergonomics Evaluations by FY



Musculoskeletal injuries are one of the most commonly reported workplace injuries, per the Occupational Safety and Health Administration (OSHA). Ergonomics is the science of fitting the job to the worker; ergonomically optimizing the work environment can decrease injuries and increase productivity. OHC provides ergonomic evaluations for individual employees as well as departments. Online self-evaluations are also available. More information, as well as links for self-evaluations and referrals, is available at <https://www.vumc.org/health-wellness/news-resource-articles/facultystaff-individual-ergonomic-evaluation>. Remote video evaluations are also available for certain office and laboratory workspaces — a convenient option for off-site needs!