

HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

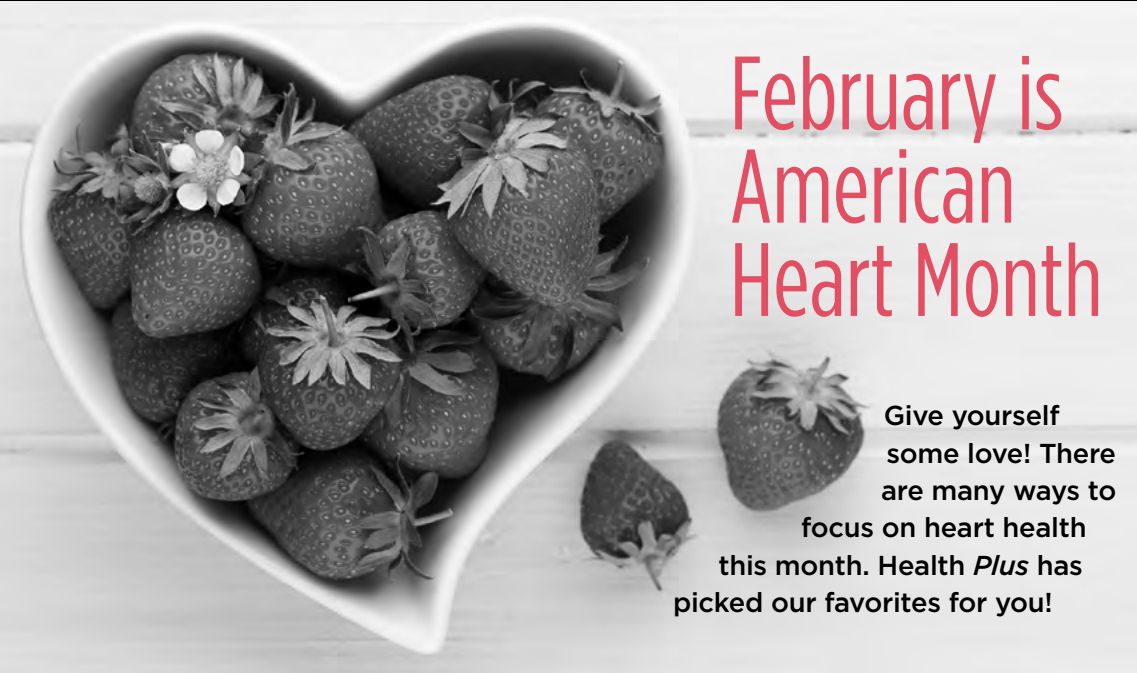
The Occupational Health Clinic

Health Plus
Work/Life Connections - EAP

Connection

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

Vol. 41 • NO. 1 • Medical Center Edition
February, March 2021



Complete the new Health Risk Assessment (HRA)

Log in to the Health & Wellness Information Portal (HWIP) to complete your HRA and receive a personalized heart health report! Go to bit.ly/healthplushra.



Heart Month Activities

Join a variety of fun and informative events and challenges to take action on heart health! For details, visit bit.ly/healthplusheart.

Control is the Goal

Control is the Goal

A blood pressure management program that promotes and encourages healthy choices that can help with blood pressure control and to support regular blood pressure monitoring. New cohorts begin in February! For details, visit bit.ly/healthpluscontrolgoal.

Care Gap Alerts

Colorectal Cancer



Roberta L. Muldoon, MD
Assistant Professor of Surgery
Division of General Surgery

What is colorectal cancer?

Colorectal cancer refers to any cancer that occurs in the colon or rectum. The colon which is also called the large intestine is about four to five feet in length. The rectum refers to the lower six inches of the colon. About 1 in 20 Americans will develop colorectal cancer in their lifetime. It is important to remember that colorectal cancer is treatable and can be cured if caught at an early stage.

What causes colorectal cancer and who is at risk?

The exact cause of colorectal cancer is unknown. We do know that the vast majority of colorectal cancer develop from polyps. Polyps are benign growths that occur in the colon and are present in about 20 to 30% of adults. Other risk factors for colorectal cancer include age (90% of cancers are diagnosed in patients over the age of 50), a family history of colon cancer or polyps, personal history of Crohn's disease or ulcerative colitis and those that have had breast, uterine, or ovarian cancer.

What are screening options for colorectal cancer?

The main screening tool for colorectal cancer is colonoscopy. This test uses a long flexible tube with a camera on the end that can examine the

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Work/Life Connections-EAP The Counselor's Corner

Sonia Matwin, PhD



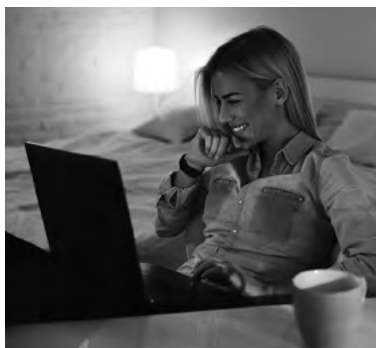
Building and Maintaining Healthy Connections While Distanced

The need for physical distance leads many of us to feel socially isolated in these challenging times. Yet social connection is fundamental to our well-being! Our connection to others is protective for our health, and necessary for us to thrive. Research shows that people who take part in meaningful, productive, and social activities generally live longer, have a sense of purpose, and maintain a better mood.

Social isolation really brings home the value of our daily interactions. The key is to make meaningful connections come to life. Here are some suggestions to help:

- 1. Pick up the telephone** and call someone or use technology to connect with family and friends. From Facebook to FaceTime to Zoom to Skype to Marco Polo to WhatsApp, plenty of options are available! You could host a virtual movie night, Sunday supper, or coffee hour.
- 2. Invite people to participate** in an interactive online discussion group, book club, or computer game. This will provide the opportunity for real-time interactions with others in your communities of interest.
- 3. Want to exercise with a partner?** Exercise machines and devices are available that allow you to connect and even compete with others while you use them. Or take a walk and FaceTime a friend while they take their walk! Or simply track your steps and share your daily achievements with a friend. Connect with Health Plus' VWell Connect (bit.ly/vwellconnect) to find a partner!
- 4. As long as you observe the proper physical distance**, you can be a friendly, encouraging presence in the neighborhood. Many people might be grateful to connect and chat from a distance. Your smile and wave might make someone else's day as well as your own.
- 5. Volunteer with community support groups** for outreach calls, either over the phone or safely in person, to support others who are not socially connected.

Social connections are the threads that bind our communities together. By prioritizing human interactions and finding meaningful ways to connect during this time of physical distance and social isolation, we can support each other, as well as nourish our own health and well-being.



Passion at Work



Kyla Terhune, MD, MBA, FACS

*Vice President for Educational Affairs
Associate Dean for Graduate Medical Education
ACGME/NRMP Designated Institutional Official
Associate Professor of Surgery and Anesthesiology*

In a dynamic place like VUMC, how do you keep your team informed?

Being informed requires two-way communication. We send out regular emails for general information, but if critical, I hold a virtual town hall or attend program conferences so that I can hear and address issues in real time.

How does your team come together and bond?

The most important GME units are the programs, and the most effective moments of togetherness are unique for each program. We try to facilitate by supporting our program directors in their efforts here, and they are a phenomenal group.

What do you do to celebrate the accomplishments of others?

The daily accomplishments that we celebrate are the excellent patient care that our residents and fellows deliver. I acknowledge these incredible providers by thanking them in each communication and reaching out in notable instances. A major milestone for trainees is completion of their residency or fellowship. These are typically celebrated as a dinner or more recently as a virtual celebration.

How do you focus on your personal well-being while still managing responsibilities at work?

I keep it simple. I interval run three times a week, short bouts of sprints and jogs. It exhausts me, minimizes my cantankerousness, and doesn't require a lot of equipment or time. I also meditate daily, love a cup of tea, and try to maintain healthy levels of gratitude and humility, which is easy when you work with and for people who are so inspiring.

(continued from page 1)

entire colon. During this procedure, samples of concerning growths can be taken and polyps can be removed. Other options for screening include fecal occult blood testing (tests for blood in the stool) and flexible sigmoidoscopy (examination of the lower colon and rectum). Virtual colonoscopy is another screening test using a CT scan to evaluate the colon for polyps or masses. Stool DNA tests can look for abnormal DNA that might suggest cancer or polyps. If abnormalities are found in any of these screening modalities a colonoscopy should be performed.

Are there ways to prevent colorectal cancer?

Colorectal cancer is preventable. Since nearly all colorectal cancers develop from polyps, detection and removal of these polyps before they have a chance to turn into cancer is the key to prevention. This can be done very effectively with screening colonoscopy.



Occupational Health Clinic talk:

The Mediterranean Diet: Now That's Amore!

Ana E. Nobis, MD, MPH
Physician, Occupational Health Clinic



Valentine's Day is often celebrated with a nice meal. This year, why not savor a meal that not only your taste buds love, but will also make your heart happy? One such healthful nutrition plan is known as the Mediterranean diet.

The Mediterranean diet is not a "diet plan," but more of a pattern of healthful eating. The foundation of the diet is vegetables, fruits, nuts, beans, whole grains, and the herbs and spices of the Mediterranean region. In the 1960s, Harvard's *The Nutrition Source* noted that individuals in the Mediterranean region experienced "low rates of chronic disease and higher than average life expectancy, despite limited access to health care."

Vegetables, fruits, nuts, and whole grains, the main building blocks of this diet, are high in antioxidants, chemicals that help repair and protect our cells' structures such as telomeres. Long telomeres are protective against age-related diseases such as dementia. While primarily plant-based, this diet also emphasizes healthy fats, like olive oil, a monounsaturated fat that lowers LDL or "bad" cholesterol. Another example is omega-3 fatty acids, a polyunsaturated fat that decreases triglycerides and risk of stroke and heart failure. These can be found in oily fish such as sardines, salmon, mackerel, herring, albacore tuna, and lake trout, as well as walnuts. Other nuts and avocados are another source of healthy fats.

Animal proteins are included, but in lesser portions than traditionally eaten. Red meat should only be consumed twice a month, while seafood can be enjoyed twice a week. Poultry, eggs, and dairy should be consumed fewer times per week or in smaller quantities. Water is recommended but red wine (one to two glasses per day for men, and one glass per day for women) can also be sometimes enjoyed with meals. This diet highlights the social benefits of sharing meals with others and the importance of daily physical activity.

As Dr. Walter Clair, cardiologist at VUMC, reflects: "As part of its mission 'to be a relentless force for a world of longer healthier lives,' the American Heart Association strongly supports the Mediterranean style diet because it meets science-based criteria for a healthy eating pattern." In a (healthy) nutshell: The Mediterranean diet can decrease the risk of cardiovascular disease, depression, and dementia and contribute to healthy aging.

So add some spice to your life by trying different Mediterranean spices such as basil, oregano, paprika, rosemary, thyme, saffron, and turmeric. Your heart will love you for it. Now that's amore!



Carpe Annum! Seize the Year!

6 Keys to a Re-energized 2021

Keep the energy going by taking action in these six areas in 2021! In the last issue, we covered the first key: Eat for Energy. In this issue, we focus on the second key: **Get Active!**

6 Keys to an Energized Year!

- Eat for Energy
- **Get Active**
- Be Smoke-Free
- Get Enough Sleep
- Live with Less Stress
- Work Toward a Healthy Weight



Engaging in physical activity helps to energize you. And the energy keeps going, even after the activity stops! Physical activity alleviates stress, increases endorphins, and promotes positive mental health. According to the American College of Sports Medicine, “Regular physical activity can help reduce your feelings of stress and anxiety,” and “moderate-intensity physical activity (any activity comparable to brisk walking during which you can still carry on a conversation) is associated with better immune function.” Less stress *and* a healthier immune system? Sign us up!

Try new ways to Get Active this year! Health *Plus* offers:

VWell Connect — Connect with your Vanderbilt community over shared physical activity interests! Go to bit.ly/vwellconnect.

Count on Your Heart Step Challenge — Take a step towards greater physical activity with this fun step challenge! Go to bit.ly/healthplusheart.

Online Workouts — Choose from a variety of online workouts for great ways to boost physical activity! Go to bit.ly/healthplusonlineworkouts.

Can't Miss Health *Plus* Activities in February and March!



American Heart Month in February

Count on Your Heart!

Visit bit.ly/healthplusheart for activities details.



Colorectal Cancer Awareness Month in March

Just Scope It!

Visit bit.ly/healthplusscopeit for activities details.



National Nutrition Month in March

Personalize Your Plate!

Visit bit.ly/healthplusnnm for activities details.

SHARE a Safe Workplace

(Sexual Harassment Awareness, Response, and Education)



Lauren Dattilo, PhD, HSP
Clinical Psychologist, Work/Life Connections

Every member of the Vanderbilt community has a responsibility to create a safe and equitable workplace that is free from discrimination and harassment. Below are some strategies for approaching difficult conversations, which can be an important tool for addressing harassment and inappropriate behavior in the workplace.

Focus on resolving the issue and restoring the relationship rather than being right.

Be direct about what happened.

- “I want to acknowledge that what I said was inappropriate.”
- “I felt frustrated when you talked over me in the meeting.”

Acknowledge the emotions in the room.

- “What I said was hurtful.”
- “I felt disrespected when...”

Be mindful of qualifiers or excuses.

- Avoid saying “I’m sorry **if you** felt”; but instead acknowledge the person **did** feel that way if they’re talking about it with you.
- Stay away from saying “you always” or “you never” but instead focus on what was actually said.

Commit to finding a workable, concrete solution.

- “Next time, I’ll respect your personal space.”
- “In the future I would like you to use gender-neutral statements.”

Show gratitude.

- “I know it was difficult for you to bring this up with me. Thank you.”
- “I appreciate that you are willing to talk about this.”

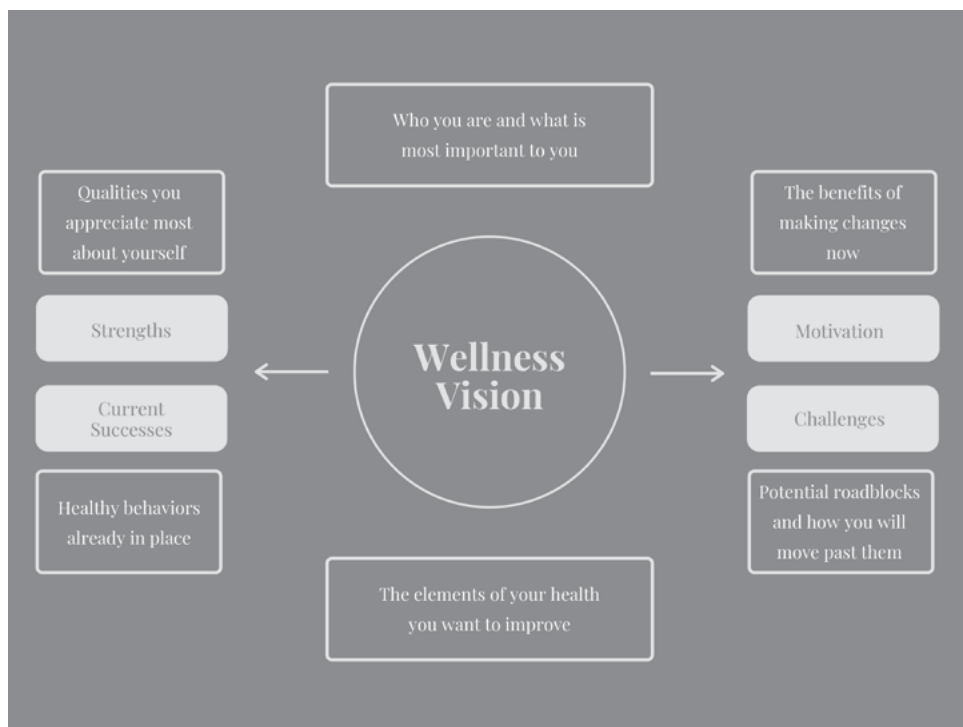
Ask a Lifestyle Coach

Q What is a Wellness Vision, and how do I create one?

A Your initial session with your Lifestyle Coach may include creating a Wellness Vision. A Wellness Vision is a statement of who you are and what healthy behaviors you want to be doing consistently. Your coach will help you uncover your motivators, strengths, and challenges to get to know you and your vision for the six months you will be working together. Creating a wellness vision allows you to have a clear picture of your goals and how you will achieve them.



Emily Cox, CHES
Health Educator, Health Plus



To get started with Lifestyle Coaching complete the registration form at bit.ly/healthpluscoach.



Sweet Potato Pizza

Serves 4

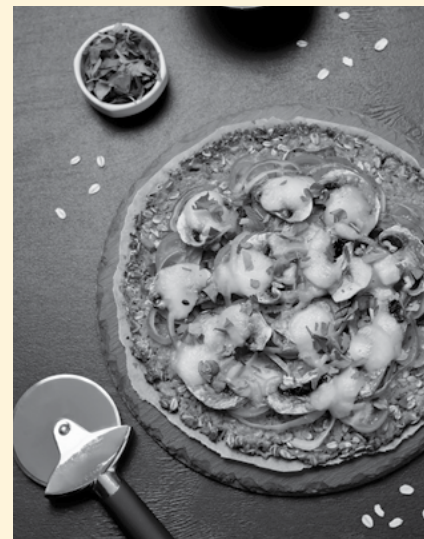
Ingredients:

- 1/4 cup and 2 Tbsp olive oil
- 1 large sweet potato, thinly sliced
- 1 onion, diced
- 4 cloves garlic, minced
- Dash of salt
- Zest and juice from 1 lemon
- 1/4 to 1/2 cup your favorite herbs, finely chopped
- 1 pizza dough
- Feta cheese to top (or your favorite cheese)

Directions:

1. Heat oil in a large pot over medium-high heat and preheat oven to 400 degrees.
2. Add onion stirring occasionally. Cook until translucent.
3. Spread a small amount of olive oil on the pizza dough and spread the cooked onion evenly over the dough.
4. Place the thinly sliced sweet potatoes over the onions and top with feta cheese. Bake pizza for 15 to 20 minutes.
5. In a jar or small bowl, add the minced garlic, herbs, lemon juice, and 1/4 cup olive oil and mix together.
6. After the pizza is done baking, add the olive oil herb sauce to the top of the pizza and serve.

Nutrition Information per Serving: (1/4 pizza)
Calories 606 | Total Fat 30g | Saturated Fat 10g
Cholesterol 33mg | Sodium 736mg | Carbohydrate 64g
Fiber 5g | Total Sugar 4g | Added Sugar 0g | Protein: 17g



Source: Vanderbilt Rooted Community Health



ISN'T IT TIME YOU JOINED THE 2 PERCENT?

Don't rob your future.

You could be losing thousands of dollars if you are not contributing the voluntary 2 percent to your



Vanderbilt University Medical Center 403(b) retirement

plan. VUMC matches 3 percent of your mandatory contributions and 2 percent of voluntary contributions dollar-for-dollar, as long as you contribute at least 2 percent. This means VUMC is contributing an extra 5 percent of your base pay toward your retirement. If you don't contribute at least 2 percent over your mandatory contribution, you could be giving up thousands of dollars toward your retirement.

Make your money go further.

Saving more now could make a big difference in preparing for your future. Whether you are newly-eligible for matching or have been saving for a while, small changes can make a big difference! VUMC's retirement plan administrative services provider, Fidelity Investments, recommends these small steps:



- Save at least enough to take full advantage of the VUMC match.
- If you get a raise, save some of it toward retirement.
- Increase your savings gradually until you've reached your goal. Fidelity recommends investing 10-15% of your income toward retirement.

More resources for financial education

Fidelity's NetBenefits website offers a host of free services to help you make wiser financial decisions, including live and on-demand web workshops that tackle subjects, such as creating a budget, planning for unexpected expenses and tips to pay down your student loan debt. You can also find articles that explore topics, such as saving for college and managing debt. Visit www.netbenefits.com/vumc to learn more. In addition, you can schedule a one-on-one financial planning session with one of VUMC's Fidelity representatives. Call 800.343.0860 or visit nb.fidelity.com/public/nb/default/fort to book an appointment.



It's easy to get started.



1. Visit hr.vumc.org/benefits/retirement for more information on VUMC's 403(b) Retirement Plan and for a guide to help you set up and manage your account.
2. To make changes, sign your Fidelity account by visiting www.netbenefits.com/vumc.
3. Scroll down to the Make Updates to My Account section and click on [Change My Contributions](#).

upcoming events



Know Your Numbers

Go to bit.ly/healthpluskyn
for digital options.



Count on Your Heart Events

Go to bit.ly/healthplusheart
for details.



Babies & You

Go to bit.ly/healthplusbabies
for updated scheduling.



Just Scope It! Events

Go to bit.ly/healthplusscopeit
for details.



Healthier You Presents

Go to bit.ly/healthplushealthieryou to
view monthly presentations.



Personalize Your Plate! Events

Go to bit.ly/healthplusnm
for details.

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In This Issue:

February is American Heart Month

Care Gap Alerts with Roberta L. Muldoon, MD

Building and Maintaining Healthy Connections While Distanced with Sonia Matwin, PhD

Ask a Lifestyle Coach with Emily Cox, CHES

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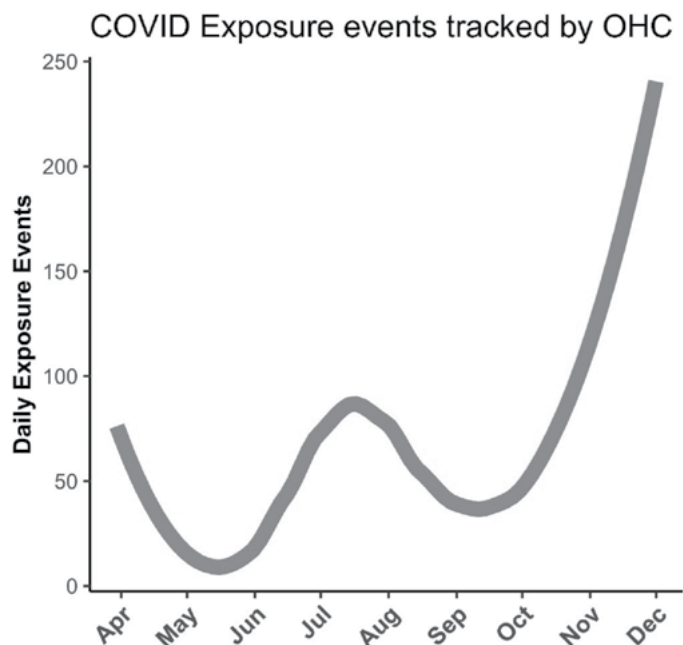
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The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT



Throughout the COVID-19 pandemic, Occupational Health Services has been working diligently to protect Vanderbilt employees by offering exposure monitoring, contact tracing, and in-person departmental/unit consultations. During the past several months, OHC has tracked more than 10,000 exposure events and reached out to more than 5,000 exposed employees via email or provider phone calls. Additionally, OHC is offering COVID-19 vaccinations. Visit vumc.org/health-wellness/occupational-health to learn more.