

# 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. 38 • NO. 1 • Medical Center Edition  
February, March 2018

## Don't Let Stress Distress Your Heart

Everyone experiences stress occasionally, but if it's non-stop, it may not be good for your heart. When you feel stress, your body releases a hormone, cortisol, which causes your breathing and heart rate to increase and your blood pressure to rise. When stress is constant, your body remains in this heightened state for days, weeks, months or even years at a time.

One way to combat stress is to find things you enjoy doing. Show yourself some love and try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes! Here are a few examples:

- Play cards or board games with family and friends.
- Exercise by doing your favorite physical activity.
- Read your favorite book, magazine or newspaper.
- Have coffee or a meal with friends.
- Listen to music.

Want to discover more important information to keep your heart in tip-top shape? Join the Health Plus Count on Your Heart events during American Heart Month!

### Wear Red Day Lunch & Learn

Friday, February 2, Noon to 1:00 p.m.,  
Light Hall, Room 202

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

### Love Your Heart Expo

Wednesday, February 28, 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 into a prize drawing! View Know Your Numbers locations at [vanderbi.lt/kyn](http://vanderbi.lt/kyn).

For more information on Count on Your Heart events, visit [vanderbi.lt/heart](http://vanderbi.lt/heart).



## Care Gap Alerts

Vanderbilt Experts on Health  
Colorectal Cancer



Alexander T. Hawkins, MD, MPH  
Assistant Professor, Colon & Rectal Surgery

### How common is colorectal cancer?

Colorectal cancer is the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men. Overall, the lifetime risk of developing colorectal cancer is about 1 in 21 (4.7%) for men and 1 in 23 (4.4%) for women.

### Is colorectal cancer preventable?

There is no sure way to prevent colorectal cancer. But you can help lower your risk by receiving proper screening and changing the risk factors that you can control. These include:

- Being overweight or obese.
- Physical inactivity.
- Diets high in red or processed meats. (*Diets high in vegetables, fruits, and whole grain fibers have been linked with a lower risk of colorectal cancer.*)
- Smoking.
- Heavy alcohol use.

### What screening tests are available to detect colorectal cancer?

The most common screening test is a colonoscopy. This is performed with a flexible tube with a camera that is inserted into the rectum. We use anesthesia, so the worst part for most folks is the prep used to clean the colon. Polyps found during the test can be removed before they become cancer. Other tests can check the stool (*feces*) for signs of cancer. These tests are less invasive and easier to have done, but they are less likely to detect polyps.

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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



#### Q: Dear Counselor,

My son is very focused on his appearance and is afraid of gaining weight. He avoids many foods, and he works out several hours every day. Should I be worried that something may be wrong?

*Concerned Parent*

#### A: Dear Concerned Parent,

As a parent, it can be very hard to know when to intervene. Research indicates that 10 million males in the United States will develop eating disorders at some point in their lives. Far more engage in unhealthy eating or extreme weight loss behaviors.

Here are 4 situations that could indicate that your son has a serious problem:

- 1. Significant weight change.** If he's lost over 10% of his body weight in the past few months.
- 2. Psychological distress about the way his body looks.** If he focuses on perceived flaws or you observe mood shifts related to how he views his body and weight.
- 3. Changes in eating habits.** If he follows rigid food rules, restricts or binges, eats only in private, or has anxiety about food making him fat.
- 4. Exercise is an obligation.** If he experiences guilt or anxiety when he misses a workout, or if adherence to working out interferes with social, school or work activities.

If you have noticed any of these, approach your son about your concerns about his health and offer to set up an appointment with his primary care provider. The counselors at Work/Life Connections – EAP can provide support to you as you sort through options for addressing your concerns. In addition, EAP counselors can recommend mental health providers and registered dietitians in the community. Please call 615.936.1327 to set up a free and confidential appointment.

February is Eating Disorder Awareness Month. For more information, visit the National Eating Disorders Association website ([nationaleatingdisorder.org](http://nationaleatingdisorder.org)).



## Passion at Work



Dave Andrews  
Director of Guest Services

#### How does your team come together and bond?

Guest Services employees share the common goal of having a passion to serve others. Everything we do supports the culture of service. The staff bonds by sharing experiences, and we use a “village” concept of training where our veteran staff share best practices with new staff.

#### What do you do to celebrate the accomplishments of others on your team?

We make it a practice of asking staff members to share successes. We also celebrate every employee's service anniversary by mailing handwritten notes to their residence. We created a committee that plans celebration events as well as a “Heart of Gold” award where employees nominate their peers for excellence in service.

#### What's the most fulfilling aspect of your work?

Wow, I have the best job in the world. Health care customer service is unique. You have the opportunity (*maybe honor*) to help others during difficult times. It's a win-win situation. The patient/family feels better by getting assistance and you feel great by serving others.

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

For the most part, when I leave work, work leaves me. That balance between home and work is very important. I want to be good at home and at work. In the last year I have begun walking each day from “N” lot parking. I look forward to my walk. It's a great time to reflect on my job, personal and spiritual life.

## Occupational Health Clinic **talk:**

# E-Cigarettes: Where There's Smoke, There's Fire

**Lori Rolando, MD, MPH, FACOEM, Director, Occupational Health Clinic**

Smoking continues to be a significant health risk for Americans, with nearly 500,000 deaths caused by, and \$300 billion in health care costs related to, smoking each year according to the CDC. As a result, alternatives to traditional cigarette smoking have arisen, with electronic cigarettes (*e-cigarettes*) leading the way. E-cigarettes are a type of “electronic nicotine delivery system.” These devices use a battery to heat a liquid that contains nicotine, flavorings and other chemicals so that the vapor can be inhaled. Because they are common, and commonly mis-understood, it is important to know some basic facts about the safety and use of e-cigarettes.

- E-cigarettes are generally considered *less* harmful than regular cigarettes — but they are not considered harmless.
- Nicotine, found in e-cigarettes as well as regular cigarettes, can cause increased heart rate, increased blood pressure, and lung inflammation.
- E-cigarettes contain other potentially harmful chemicals, though in lower amounts than regular cigarettes.
- E-cigarette devices can potentially malfunction and cause injuries from fires or explosions.
- Studies suggest that e-cigarette use by adolescents increases the chances that they will start smoking regular cigarettes.
- FDA-approved medications, which are effective and safe, should be the first line of treatment for smoking cessation. E-cigarettes haven't been proven to be safe or effective for smoking cessation, though the American Heart Association suggests they may be reasonable in certain situations.
- Long-term health effects of e-cigarettes are not currently known, so they should not be used indefinitely and providers should consider discussing quit dates with patients who use them.

“For anyone considering using e-cigarettes, we emphasize that these products aren't proven to help people quit smoking, and many contain harmful toxins such as formaldehyde and benzene,” says Dr. Hilary Tindle, Associate Professor of Medicine and Director of the Center for Tobacco, Addiction, and Lifestyle. “Instead, we use FDA-approved medications, such as combining nicotine patches and lozenges, to relieve nicotine withdrawal symptoms.” For smokers who have already switched to e-cigarettes and given up smoking completely, she adds, “We encourage them to taper their e-cigarette use to ‘off’ over several weeks.”



## Care Gap Alerts

### Vanderbilt Experts on Health Colorectal Cancer

(continued from page 1)

#### Who should be screened and how often?

We recommend screening for people at average risk to begin at age 50. This changes if you are at increased risk, including those with a personal history of inflammatory bowel disease or a family history of colorectal cancer or polyps. For these folks, you might need to start screening before age 50 and/or be screened more often.

#### What are the signs or symptoms of colorectal cancer?

Colorectal cancer might not cause symptoms right away, but if it does, it may cause one or more of these symptoms:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days.
- A feeling that you need to have a bowel movement that is not relieved by having one.
- Rectal bleeding with bright red blood.
- Blood in the stool, which may make the stool look dark.
- Cramping or abdominal (*belly*) pain.
- Unintended weight loss.



# March is National Colon 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 colon cancer screening. See how you could remind people that colon cancer screening should begin at age 50. Examples might include decorating a reception area, window, door or breakroom.

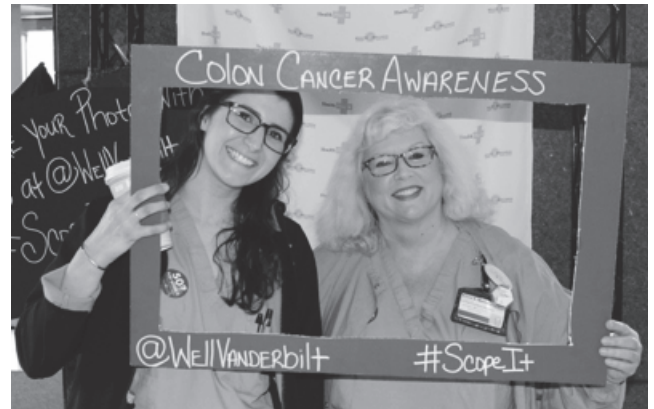
### Wear Blue Day Friday, March 2

Wear blue to show your support and raise awareness about colon cancer screenings. If you are over 50 and have not had a colonoscopy, call your primary care provider and ask for a referral. 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 28

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 Colon Cancer Awareness events, visit [vanderbi.lt/scopeit](http://vanderbi.lt/scopeit).

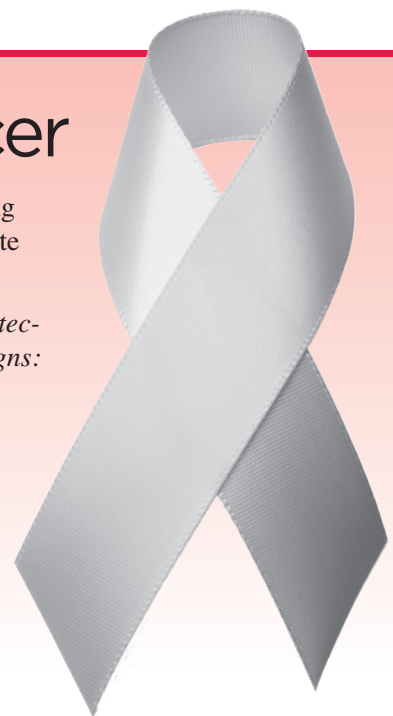


## Take **CAUTION** against cancer

Preventive measures, such as not smoking and avoiding secondhand smoke, along with early detection through screenings for breast, cervical, colorectal and prostate cancer, are the best tools for fighting cancer.

*In addition, remembering the letters in the word **caution** could lead to earlier detection. Visit your health care provider if you notice any of these cancer warning signs:*

- C**hange in bowel or bladder habits.
- A**sore that does not heal.
- U**nusual bleeding or discharge.
- T**hickening or lump in breast or elsewhere.
- I**ndigestion or difficulty in swallowing.
- O**bvious change in a wart or mole.
- N**agging cough or hoarseness.



# Go Further with Food

Celebrate National Nutrition Month in March and *go further with food!* Every food choice we make is an opportunity to move toward healthy eating habits and cut back on food waste. Get involved in the fun by visiting [vanderbi.lt/nnm](http://vanderbi.lt/nnm).

## 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 prediabetes 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 1-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 [vanderbi.lt/dpp](http://vanderbi.lt/dpp) for dates and times of information sessions.

## Eating-Well Recipe

### Sweet Potato and Black Bean Breakfast Burritos

#### Ingredients

- 6 whole wheat tortillas
- 3 medium sweet potatoes
- 1 (15 oz.) can black beans, rinsed and drained
- 1/4 tsp. cumin
- 1/4 tsp. chili powder
- 8 large egg whites
- 1 avocado, diced
- 1/2 cup reduced-fat shredded Mexican or Colby Jack cheese
- 1/3 cup red enchilada sauce
- dash of red pepper flakes, if desired

#### Directions

1. Cook sweet potatoes in the microwave for 4 to 6 minutes or in the oven at 400°F for 45 minutes until cooked through. Remove sweet potato skins and mash with a fork.
2. In a separate large bowl, add black beans, cumin, chili powder and red pepper flakes. Stir.
3. In another bowl, beat egg whites together. Spray a skillet with non-stick spray and cook egg whites over medium heat until fluffy.
4. Assemble burritos: evenly distribute sweet potatoes, egg whites, diced avocado, black beans and shredded cheese on each tortilla. Drizzle a tablespoon of enchilada sauce in each. Tuck ends and roll.

**Serves 6.** Nutrition per serving (1 burrito): Calories: 367, Total Fat: 8 g, Saturated Fat: 3 g, Cholesterol: 2 mg, Sodium: 626 mg, Carbohydrate: 56 g, Fiber: 14 g, Sugar: 0 g, Protein: 19 g

Source: Monique at [ambitiouskitchen.com](http://ambitiouskitchen.com)



*Bridgette Butler, MS, RDN, LDN,  
Health Plus*

## Fiber — for a Healthy Colon and a Healthy Heart!

Research shows eating more high-fiber foods can help reduce the risk of both colon cancer and heart disease. In fact, studies have shown that for every 10 grams of dietary fiber consumed daily there is a 10% risk reduction for colon cancer, and an increase of 7 grams of dietary fiber per day leads to a 9% risk reduction for cardiovascular disease. Since most Americans do not eat enough fiber, it is definitely worth adding more to your diet!

The Academy of Nutrition and Dietetics recommends 25 grams of dietary fiber a day for women and 38 grams for men to achieve the full health benefits. When you add more fiber, be sure to drink more fluids, too, to avoid constipation. Dietary fiber comes from plants, so start increasing your intake of plant foods such as vegetables, fruits, whole grains, nuts and legumes. You can begin by trying the delicious high-fiber recipe on this page!



# PERKS & PREVENTIVE CARE

Treat yourself to a healthier lifestyle this Valentine's season by making appointments for preventive care screening and services. The Vanderbilt University Medical Center Health Plan covers many preventive care services at no cost to you — not even a copay. Here's a brief list of some of the covered services.

## ABCs

### OF HEALTH DISCOUNTS

If you haven't already made your New Year's Resolution List, here's an item to add: Resolve to save money on health care costs this year by taking advantage of the many perks and discounts available to you as a member of the Vanderbilt University Medical Center Health Plan. See a sampling below ...

### Preventive Care Checklist

	Women	Men
Breast cancer screening (age 40 and older)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Colon cancer screening (age 50 and older)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cervical cancer screening (age 21-65 every 3 years)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Prostate cancer screening (age 40 and older)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Immunizations	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Annual physical	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

#### AETNA OFFERS

- Discounted at-home health products, such as blood pressure monitors and activity trackers
- Access to discounted goods and services, including oral health products, fitness apparel, sports equipment and wellness activities through LifeMart
- A 25% discount on acupuncture, chiropractic services, massage therapy and nutrition services 
- Discounted gym memberships 
- A 10% discount on health-centric books and DVDs from the Mayo Clinic bookstore
- Discounts on eye exams, eyeglass frames and lenses and even LASIK laser eye surgery
- Discounts on hearing exams and hearing aids 

#### BLUECROSS BLUESHIELD DENTAL PLAN'S BLUE365 OFFERS

- Up to a 50% discount on health goods and services, such as yoga, hearing care, cosmetic dentistry, and activities and recreation
- Discounted membership fees to Prime Fitness locations, including Planet Fitness and the YMCA

#### CIGNA DENTAL PLAN OFFERS

- Discounts on fitness club memberships as well as GaiaM yoga and wellness products 

#### DELTA DENTAL OFFERS

- The EyeMed Vision Care discount plan, which provides savings on eye care and eyewear 

# upcoming events

## February

- FEB 1** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- FEB 2** **Know Your Numbers & OHC Comes to You**  
**Late Night Cart**  
6:00 p.m. to 10:00 p.m.  
VUH (6N, 6S, 7N, 7S)
- FEB 2** **Wear Red Day Lunch & Learn**  
Noon to 1:00 p.m.  
Light Hall, Room 202  
Wear red to this event and receive a free lunch!
- FEB 7** **Vandy Cooks**  
**Costa Rican Cuisine**  
5:30 p.m. to 6:30 p.m.  
Vanderbilt Recreation and Wellness Center  
Demo Kitchen
- FEB 8** **Boomers, Elders & More**  
**Family Caregiver & Elder Law — Legal Planning**  
Noon to 1:00 p.m.  
Light Hall, Room 411
- FEB 8** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- FEB 14** **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 15** **Babies & You\***  
**Nutrition: Eating for Two**  
Noon to 1:00 p.m.  
Presented by Marissa Wertheimer, MS, RDN, LDN, Health Plus  
Light Hall, Room 411
- FEB 16** **Know Your Numbers**  
8:00 a.m. to 10:00 a.m.  
Crystal Terrace, Suite 200, Room 201
- FEB 16** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
3401 West End, Osher Center, East Room
- FEB 16** **Know Your Numbers & OHC Comes to You**  
**Williamson County**  
9:00 a.m. to 10:00 a.m.  
VMG Orthopaedic Clinic, 324 Cool Springs Blvd
- FEB 16** **Know Your Numbers & OHC Comes to You**  
**Williamson County**  
10:30 a.m. to 11:30 a.m.  
Franklin Walk-in Clinic, 919 Murfreesboro Rd
- FEB 28** **Love Your Heart Expo**  
10:30 a.m. to 1:00 p.m.  
Light Hall, North Lobby

## March

- MAR 1** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- MAR 2** **Know Your Numbers & OHC Comes to You**  
**Late Night Cart**  
6:00 p.m. to 10:00 p.m.  
MCJCHV (5 A-B-C, 6 A-B-C)
- MAR 2** **Wear Blue Day**  
Wear blue to raise awareness about colon cancer screenings.
- MAR 8** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- MAR 14** **Know Your Numbers & OHC Comes to You**  
**Late Night Cart**  
6:00 p.m. to 10:00 p.m.  
MCN Round Wing (3, 4, 5, 6, 7)
- MAR 15** **Babies & You\***  
**Basics of Infant Safety at Home and in the Car**  
Noon to 1:00 p.m.  
Presented by Tara Huss, MD, University Pediatrics  
Light Hall, Room 411
- MAR 16** **Know Your Numbers & OHC Comes to You**  
**Williamson County**  
9:00 a.m. to 10:00 a.m.  
Vanderbilt Heart Franklin, 4323 Carothers Pkwy
- MAR 16** **Know Your Numbers & OHC Comes to You**  
**Williamson County**  
10:30 a.m. to 11:30 a.m.  
2105 Edward Curd Ln, 3rd Floor Conference Room
- MAR 21** **Vandy Cooks**  
**Vegetarian Indian Cuisine**  
5:00 p.m. to 6:00 p.m.  
Presented by Kalyani and Venkataraman Amarnath  
Vanderbilt Recreation and Wellness Center  
Demo Kitchen
- MAR 22** **Boomers, Elders & More**  
**How to Talk to Your Loved One's Health Care Provider**  
Noon to 1:00 p.m.  
Light Hall, Room 437
- MAR 27** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m.  
One Hundred Oaks, Room 26103
- MAR 28** **Scope Out Colon Health Expo**  
11:00 a.m. to 1:00 p.m.  
Light Hall, North Lobby  
Learn about prevention, screenings and more.

If you have questions regarding the Boomers, Elders, & More events, contact Denisha Morris, Family Services Coordinator, at 936.1990, or at [denisha.m.morris@vanderbilt.edu](mailto:denisha.m.morris@vanderbilt.edu).

Every Thursday in February and March: **OHC Comes to 100 Oaks**  
8:00 a.m. to 11:30 a.m., VPEC 21100

\*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 3 monthly classes and go to all prenatal provider appointments. For more information, class location or to register online, visit [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).

**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
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### In This Issue:

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Fiber — for a Healthy Colon and a Healthy Heart!

Perks & Preventive Care

Have a topic you want to see covered? Email us at [health.wellness@vanderbilt.edu](mailto:health.wellness@vanderbilt.edu).

*“Things turn out best for the people who make the best out of the way things turn out.”*

– Art Linkletter

### Health and Wellness Connection

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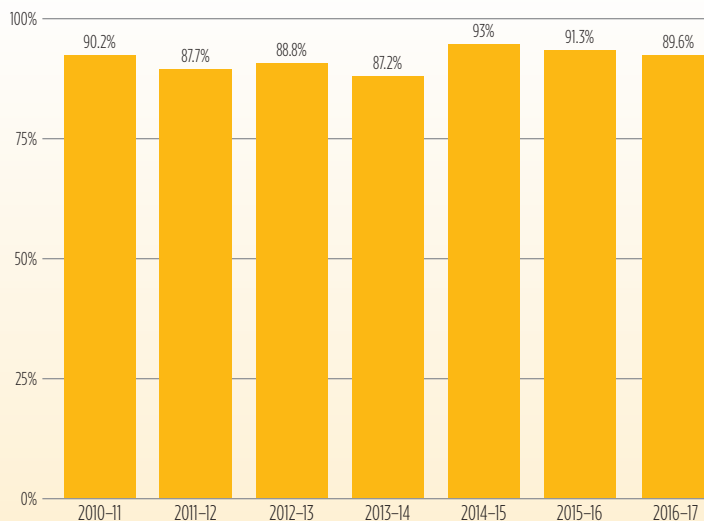
Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration

# The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

## Hold the Stuffing

Percentage of Participants with <2 lb. Weight Gain\*



\*Percentage calculated from participants returning for final weigh-in (average = 720 per year).

Hold the Stuffing is an annual challenge that encourages healthy weight management over the holiday season. The program has been around for over 25 years and is one of Health Plus' most popular programs! Participants weigh-in the week before Thanksgiving and return for the final weigh-in after the holidays. Those who gain no more than 2 pounds during the challenge time period are entered into a prize drawing.