

HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF



The Occupational Health Clinic

Health Plus
Work/Life Connections - EAP

Connection

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

Vol. 37 • NO. 1 • Medical Center Edition
February, March 2017



Love Your Heart

Celebrate American Heart Month

February is American Heart Month.

Health Plus encourages you to lower your risk for heart disease by taking action to support and learn more about heart health.

Wear Red and Show Support

Join Health Plus and guest speaker Julie B. Damp, MD, FACC, for a special presentation on Cholesterol on Friday, February 3. Wear red to this event and receive a free lunch! (*Light Hall, Room 202, noon to 1:00 p.m.*)

Visit the Love Your Heart Expo

Wednesday, February 22 (*Light Hall North Lobby, 10:30 a.m. to 1:00 p.m.*)

Attend a Know Your Numbers Event

Participate in Know Your Numbers (*height, weight, and blood pressure check*) during the month of February to be entered to win prizes!

For more information and a schedule of all Heart Month events, visit vanderbi.lt/heart.



Care Gap Alerts

Vanderbilt Experts on Health

Colorectal Cancer Screening



Molly M. Cone, MD
Assistant Professor of Surgery,
Colon and Rectal Surgery

Colon cancer affects an average of 100,000 Americans each year. The lifetime average risk is 5%.

What are the risk factors for colorectal cancer?
The number one risk factor for colon cancer is age, with more than 90% of cases occurring over the age of 50. Additionally, there are environmental and dietary factors including smoking, a sedentary lifestyle, obesity, and diets high in red meats. A family history of colon cancer, especially in a first degree relative, also increases risk. Having longstanding inflammatory bowel disease or a handful of genetic syndromes can increase it as well.

What are the symptoms to watch for?
Patients with colon cancer are often asymptomatic. Some have symptoms of change in bowel habits, blood in their stool, anemia, or are found to be fecal occult blood positive. Less often, a patient may have abdominal pain or obstructive symptoms.

Who should be screened and what are the screening options?
Screening tests are divided into cancer prevention and cancer detection tests. Cancer prevention tests have the ability to image both cancer and polyps, where cancer detection tests may miss polyps and small cancers. There are many ways to test, but the American College of Gastroenterology (ACG) recommends a colonoscopy for cancer prevention and detection at least every 10 years for average risk patients starting at age 50, or one can consider a test for cancer

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Work/Life Connections-EAP

The Counselor's Corner

Ellen Clark, LCSW, CEAP



Q: Dear Counselor,

It seems that between the demands of my work and having children there is really no time to de-stress and recharge. What are some easy ways to manage stress when you are short on time?

Chronically Stressed

A: Dear Chronically Stressed,

In this pressured world of high demands, it is easy to find little time for self-care. Even some of the old tried and true standards of regular exercise, yoga, massage, etc., can be hard to fit in with the need to pick up children from day care or school, homework, and bedtime routines.

Since managing stress is critical for maintaining optimal health, there are strategies that can be put in place for even the busiest of people. I like the idea of using micro self-care practices. Ashley Davis Bush, LICSW, a therapist in private practice, outlined her routine for micro self-care in a recent article in the *Psychotherapy Networker*. These practices facilitate the flow of one's work day.

In the morning, start with a short meditation using the Buddhify app on your phone or the YouTube video "One-Moment Meditation" by Martin Boroson. Even a few minutes of meditation can reduce stress and refresh your mind for the day.

After lunch, you can avoid the afternoon energy slump by using an exercise called the cross crawl. March in place, knees high, with arms swinging, crossing right elbow to left knee and vice versa. Of course, not everyone will have a space to do this so a brisk walk after lunch will help as well.

A good end of the day practice is diaphragmatic breathing. Bush recommends an Andrew Weil technique of breathing in to the count of four, holding one's breath for the count of seven, and exhaling to the count of eight, as if you are blowing through a straw.

Finally, a great de-stressor we all can practice is the art of self-compassion. That means being aware of the negative and critical messages we tell ourselves and replacing them with supportive, affirming ones.

If you would like help in managing the stress in your life, don't hesitate to access the counseling services of Work/Life Connections-EAP by calling **615.936.1327**. This is a free and confidential service for Vanderbilt employees and their spouses.



Don't let body-image issues eat away at you

Having a healthy relationship with food is important. Eating disorders — anorexia, bulimia, and binge eating disorder — affect millions of people and involve extreme emotions, attitudes, and behaviors surrounding body image, weight, and food issues.

If you suspect you or a loved one might have an eating disorder, take a quick, anonymous assessment to

find out whether you should contact a medical professional. Go to <http://healthandwellness.vanderbilt.edu/news/2012/02/disordered-eating-and-negative-body-image-self-assessment/>.



*"Any body type is beautiful.
It's all about loving what you got and rocking it."*

– Meghan Trainor

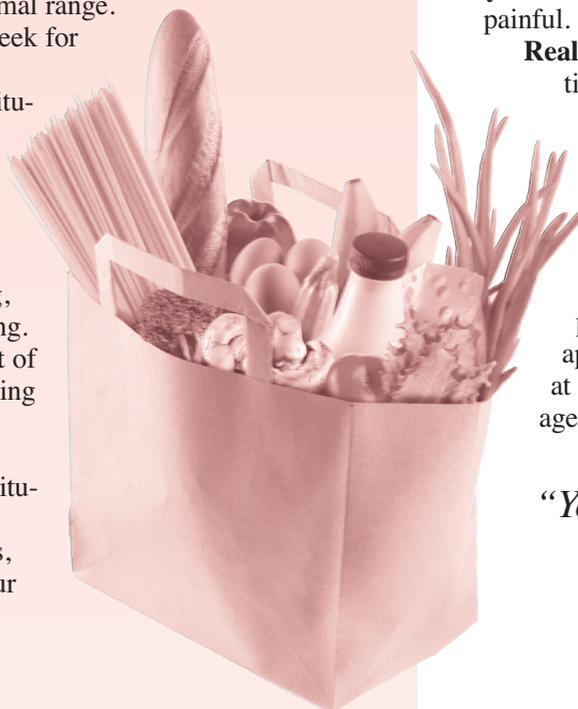


Get To Know Cholesterol: The Good Vs. The Bad

Tanicia W. Haynes, AGPCNP, MSN

Everyone knows that cholesterol plays a role in overall health and wellness, but do you really know what it means when your cholesterol is checked? What does it mean when a provider tells you about “good” cholesterol and “bad” cholesterol? Most importantly, what can you do to keep your cholesterol levels in check? Let’s get a better understanding of cholesterol.

- **What is cholesterol?** Cholesterol is a fat-like substance that is found in the body. Cholesterol comes from your body and your diet. The body uses cholesterol to structure cell walls, make up digestive acids, help produce vitamin D, and help to make hormones.
- **Why should cholesterol be monitored?** In excess amounts, cholesterol can be damaging. High cholesterol is associated with cardiovascular disease, which can lead to heart attacks and strokes.
- **What is “bad” cholesterol?** Low-density lipoprotein (*LDL*) is considered the “bad” cholesterol. *LDL* can contribute to plaque building in the arteries. The higher the *LDL* in your body, the greater your risk of heart disease.
- **What is “good” cholesterol?** When a provider mentions “good” cholesterol, high-density lipoprotein (*HDL*) is what they mean. *HDL* carries cholesterol to the liver, which is then metabolized and removed from the body.
- **What can I do to keep my cholesterol in check?** A healthy diet and regular exercise can be helpful with lowering cholesterol or maintaining cholesterol in the normal range. Exercising three to four times a week for forty minutes can help to improve cholesterol. Making healthy substitutions to reduce fat intake can also improve cholesterol. Simple changes can lead to big results. Choose low-fat or fat-free options of dairy products over whole fat options. Prepare meats by broiling, roasting, or baking instead of frying. Read labels to monitor the amount of saturated and trans fats that are being ingested. Assistant Professor of Medicine and Cardiologist, Sean Hughes, MD, adds “Making substitutions to your diet that reduce the amount of saturated fats, trans fats, and cholesterol could improve your overall heart health.”



Care Gap Alerts

Vanderbilt Experts on Health
Colorectal Cancer Screening

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detection only with an annual fecal immunochemical test (*FIT*). There are patient populations who need testing with colonoscopy more frequently including those who have had polyps on prior colonoscopies, those with a first degree relative with colon cancer under age 60, and the ACG recommends African American patients start screening at age 45. You should talk to your doctor about additional specifications for screening.

What, in addition to screening, can be done to reduce risk?

There is data to suggest a healthy lifestyle with regular exercise, a diet with lots of fruits, vegetables, and whole grains, avoidance of tobacco, and staying at a healthy weight can decrease your risk. For people age 50 to 69, it has been recommended by the U.S. preventative task force that taking low-dose aspirin may decrease the risk and should be discussed with your primary care provider to evaluate risk/benefits.

What are some misconceptions about screening that you’ve heard?

Myth: Colon cancer cannot be prevented.

Reality: Colon cancer is often preventable and generally highly treatable, especially if detected at an early stage.

Myth: If I don’t have symptoms, I must not have colorectal cancer.

Reality: Over half of patients diagnosed with colon cancer are asymptomatic and are simply following screening guidelines when it is found.

Myth: Having a colonoscopy is embarrassing and painful.

Reality: For a colonoscopy you will have sedation and most people are very comfortable. We work hard to maintain your dignity during the test.

How can someone go about getting set up to get screened?

Generally, this is something that should be discussed with your primary care provider. They can order the test as appropriate. It is important to bring up at your next appointment if you are over age 50 and haven’t had any testing done.

“Your body hears everything your mind says.”

– Naomi Judd



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 3

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.

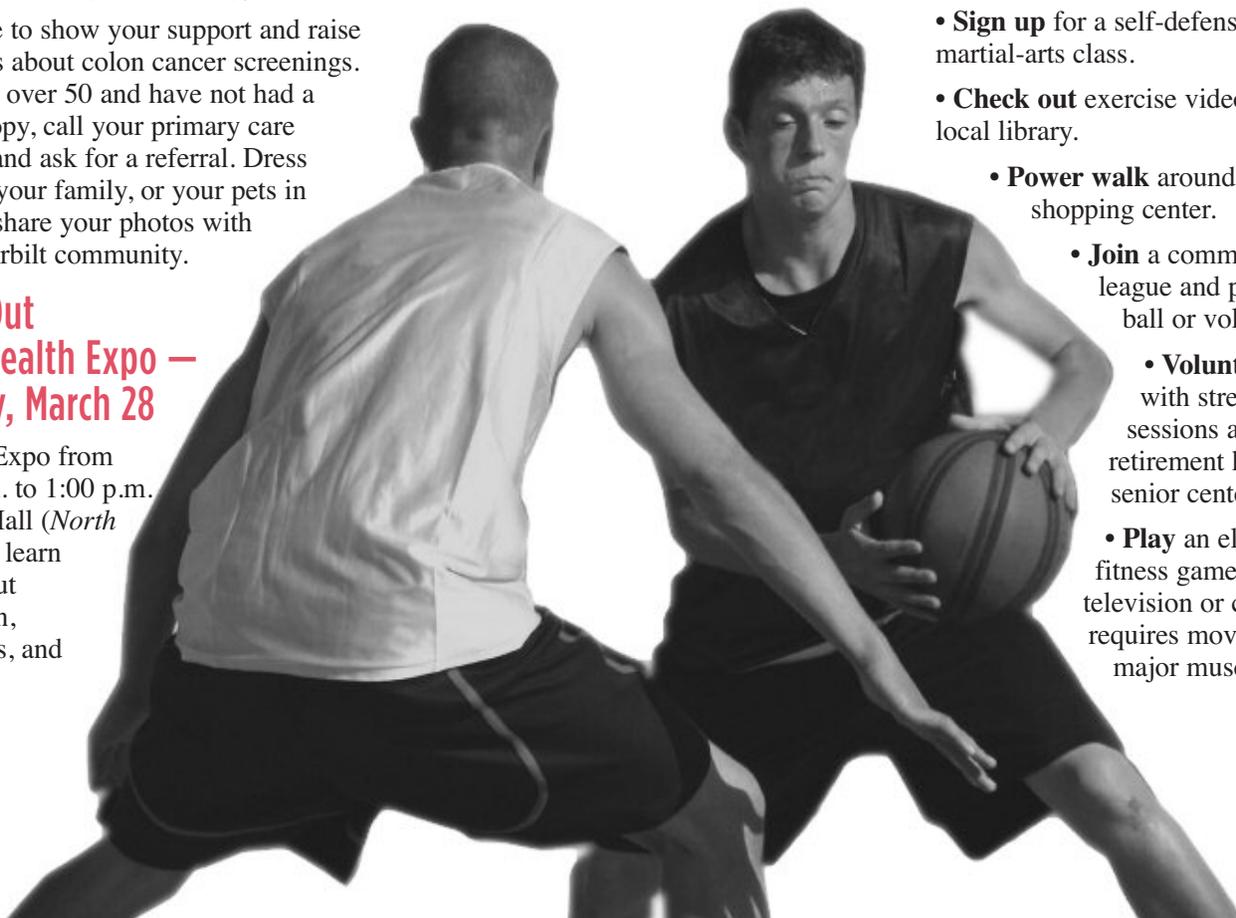
Scope Out Colon Health Expo — Tuesday, March 28

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.

Weatherproof Exercises

Can't go outside to work out because it's too cold or rainy or whatever? No problem. You can do plenty of activities indoors.

- **Go dancing.** Ballroom, line, salsa, and belly dancing can get your heart pumping.
- **Sign up** for a self-defense class or martial-arts class.
- **Check out** exercise videos from your local library.
- **Power walk** around an indoor shopping center.
- **Join** a community-sports league and play basketball or volleyball.
- **Volunteer** to help with stretching sessions at a local retirement home or senior center.
- **Play** an electronic fitness game on your television or computer that requires movement of major muscle groups.



Put Your Best Fork Forward

Celebrate National Nutrition Month in March by putting your best fork forward! Every food choice we make is an opportunity to move toward a healthy eating pattern. Get involved in the fun!

Healthy Eating Video Series

Sign up to receive access to the Health *Plus* Nutrition Month Toolbox and learn how to:

- Eat what you love.
- Prepare simple meals for busy people.
- Make healthy choices when dining out.

Tasting at Courtyard Café

You hold the tool to make healthier food choices. Join Health *Plus* on March 1 from 11:00 a.m. to 1:00 p.m. to taste some delicious samples and receive a special tool to encourage you in healthy eating.

Breakroom Challenge

Work with your coworkers to schedule a healthy department-wide potluck in March. Capture a picture of how you are putting your best fork forward and send to Health *Plus*!

For more information, visit vanderbi.lt/nmm.



Melinda Mahoney RDN, LDN,
Health Educator,
Health *Plus*

A Heart Healthy Eating Plan

There is no doubt that a healthy eating plan rich in nutrients can significantly reduce your risk of heart disease.

A well-balanced diet includes a combination of whole grains, lean proteins, a variety of fruits and vegetables, and low-fat dairy. Consider the following tips to improve your eating plan and protect your heart.

Limit saturated and trans fats.

- Choose low-fat dairy products.
- Eat poultry without the skin.
- Use liquid oils in place of solid fats.

Cut back on sodium (*salt*).

- Season foods using herbs, spices, garlic, and lemon juice.
- Choose no-salt-added or low-sodium products.
- Half the salt in recipes.

Increase fiber.

- Select whole grain pastas, cereals, and crackers.
- Focus on whole fruits, with the skin.
- Replace meat with beans in salads, wraps, and soups.

Eat more Omega-3 Fatty Acids.

- Add walnuts or ground flax to salad or yogurt.
- Eat 4 ounces of fatty fish (*such as salmon*) twice a week.
- Cook with canola, flaxseed, or soybean oils.

For more information on how to get started with a heart healthy eating plan, consider the Mediterranean diet or the DASH diet.

“You can’t enjoy life if you’re not nourishing your body.”

Tracey Gold

Eating-Well Recipe

Pesto Salmon and Italian Veggie Pockets

- 1 pound asparagus, tough ends trimmed
 - freshly ground black pepper, to taste
 - 4 (6 ounce) skinless salmon fillets
 - 4 Tbsp. pesto
 - 4 tsp. lemon juice
 - 1 pint grape tomatoes, halved
- Preheat oven to 400° F. Cut four pieces of aluminum foil into 14-inch lengths.
- Lightly spray asparagus with olive oil spray or Pam and season with pepper to taste. Divide asparagus into 4 servings and layer in center of each piece of foil.
- Season both sides of salmon with a little bit of pepper. Layer salmon over asparagus. Spread 1 tablespoon of pesto over top of each piece of salmon. Drizzle 1 teaspoon lemon juice over each fillet.
- Spread tomatoes over each salmon fillet. Wrap sides of foil in and roll and crimp edge to seal. Don't wrap the aluminum too tightly around the salmon and veggies to allow air to circulate.
- Place side by side on a baking sheet and bake in oven until salmon has cooked through, about 20 – 28 minutes.
- Nutrition per serving (1 pocket):
361 calories, 19 g total fat (3 g saturated fat), 349 mg sodium,
7 g carbohydrate, 3 g fiber, 4 g sugar (0 g added sugar), 41 g protein

Being Thoughtful When It Comes To Paid Time Off

Vanderbilt University Medical Center's flexPTO (*Flexible Paid Time Off*) program allows you to use your time off in ways that suit you best. You can use this time for planned time off, including vacations and holidays, and for brief illnesses. FlexPTO can also be used during the waiting period for short-term disability if you are enrolled in this coverage. In addition, a two-week paid parental leave is available to eligible birth and adoptive parents/spouses and must be used during the first 12 weeks following the birth or adoption. Learn more at

hr.mc.vanderbilt.edu/secure/flexpto-medicalcenter/.

Here are some common scenarios that may help you figure out how to best use your PTO for your unique situation and ensure that you are creating a healthy work life balance for yourself:

- **What if I work for vacations?** If you rarely get sick, this means you have more time to relax! Use your flexPTO for extra time to spend with family and friends. If you do get sick, your grandfathered sick bank is a great back-up plan. You can learn more about the grandfathered sick bank in the next column.
- **What if I am sick frequently?** If you frequently get sick, all of your time can go toward any need you have. In addition, short-term disability can help protect your pay if your condition continues. You would choose to receive either short-term disability pay or use flexPTO but cannot use both simultaneously.
- **What if I want a safety net?** If you worry about the "what-ifs," short-term and long-term disability will protect your income if you get sick or disabled.
- **What if I am a caregiver?** If you are a caregiver and you need time to care for your family, you can use your time to help those who need you. If your life situation changes, you can use your time off differently.

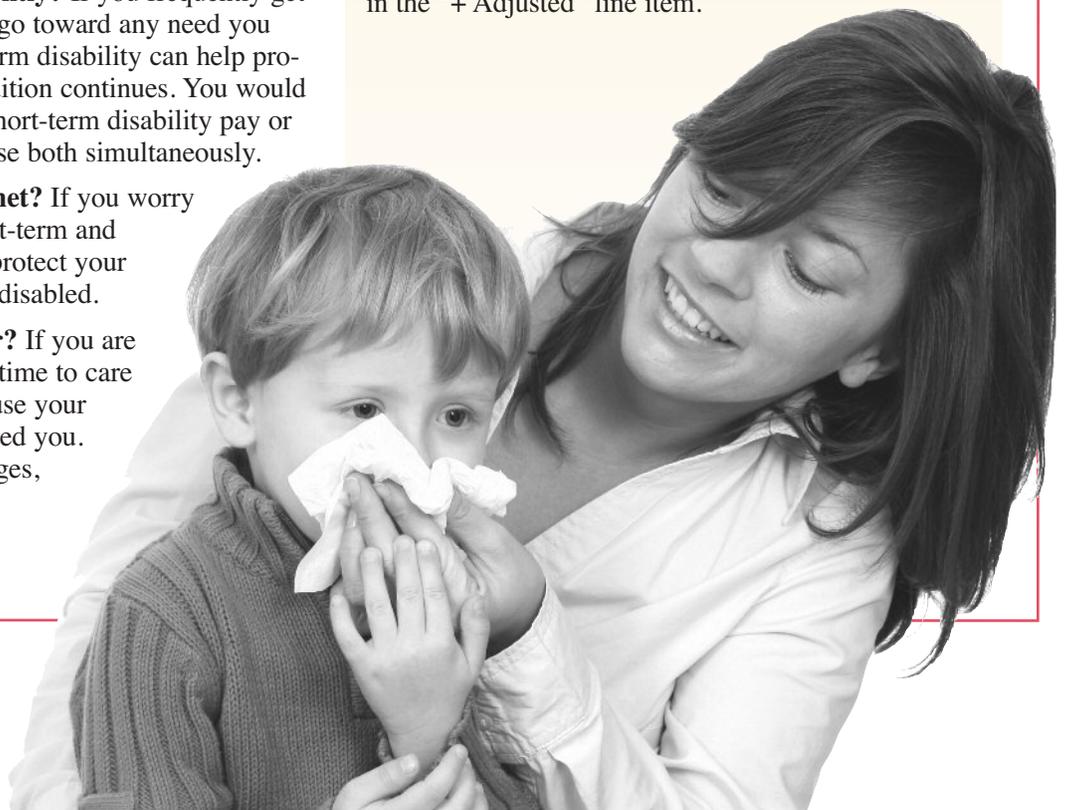
Grandfathered Sick Policy Reminder

As a reminder, staff with grandfathered sick time can also use these days if you have a brief illness or need to take care of a sick family member.

In fiscal year 2017, VUMC will allow staff covered under the flexPTO policy to have up to 40 hours of unused flexPTO transferred to their grandfathered sick bank.

The amount transferred is based on the remaining balance in the employee's bank at the close of the current fiscal year on June 30. This time can be used to cover days off before short-term disability goes into effect.

You can check your flexPTO balance in C2HR at any time. Simply visit the HR website at hr.mc.vanderbilt.edu and click on C2HR in the top navigation. Use your VUnetID and e-password to log in. Click on "Time off Balances" in the right side bar to see how much flexPTO you have remaining. Any grandfathered sick time will be included in the "+ Adjusted" line item.



upcoming events

February

- FEB 2** **Know Your Numbers & OHC Comes To You**
1:30 p.m. to 4:00 p.m., MCJCHV, Room 2104
- FEB 3** **Wear Red Day Lunch & Learn**
Noon to 1:00 p.m., Light Hall, Room 202
- FEB 3** **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 9** **Know Your Numbers**
11:00 a.m. to 1:00 p.m.
2525 West End, Suite 500, Room 502
- FEB 15** **Know Your Numbers & OHC Comes To You**
Hands On: Clinical Safety Fair Time
7:00 a.m. to 5:00 p.m., Langford Auditorium, Lobby
- FEB 15** **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** **Boomers, Elders & More**
Work, Life, Balance: A Clinician's Approach to Caring for Others While Caring for Self
Noon to 1:00 p.m., Light Hall, Room 208
- FEB 16** **Know Your Numbers & OHC Comes To You**
Hands On: Clinical Safety Fair Time
7:00 a.m. to 5:00 p.m., Langford Auditorium, Lobby
- FEB 16** **Babies & You***
Breastfeeding: A Positive Choice
Carol Huber, RN, BS, IBCLC, Lactation Consultant, NICU, Noon to 1:00 p.m., 411 Light Hall
- FEB 17** **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 17** **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 22** **Love Your Heart Expo**
10:30 a.m. to 1:00 p.m., Light Hall, North Lobby
- FEB 23** **Know Your Numbers**
11:00 a.m. to 1:00 p.m.
3401 West End, Suite 380, East Room
- FEB 23** **Vandy Cooks**
Presented by Chef Brian Hancock
5:30 p.m. to 6:30 p.m.
Vanderbilt Recreation and Wellness Center
Demo Kitchen

March

- MAR 1** **Boomers, Elders & More**
Tips for Choosing a Nursing Home or Dementia Care Facility
Noon to 1:00 p.m., Light Hall, Room 208
- MAR 2** **Know Your Numbers & OHC Comes To You**
1:30 p.m. to 4:00 p.m., MCJCHV, Room 2104
- MAR 3** **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 15** **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 16** **Know Your Numbers & OHC Comes To You**
Competency Assessment Validation Expo
10:00 a.m. to 6:00 p.m., MCJCHV, Theatre
- MAR 16** **Babies & You***
Basics of Infant Safety at Home and in the Car
Tara Huss, MD, University Pediatrics
Noon to 1:00 p.m., 411 Light Hall
- MAR 17** **Know Your Numbers & OHC Comes To You**
Competency Assessment Validation Expo
6:00 a.m. to 2:00 p.m.
MCJCHV, Theatre
- MAR 17** **Know Your Numbers & OHC Comes To You**
Williamson County
9:00 a.m. to 10:00 a.m., Vanderbilt Heart Franklin, Williamson Tower 405, 4323 Carothers Pkwy.
- MAR 17** **Know Your Numbers & OHC Comes To You**
Williamson County
10:30 a.m. to 11:30 a.m., VMG, 2105 Edward Curd Ln., 3rd Floor Conference Room
- MAR 17** **Know Your Numbers & OHC Comes To You**
Williamson County
Noon to 1:00 p.m., VMG Westhaven, 1025 Westhaven Blvd., Suite 101
- MAR 22** **Vandy Cooks: Indian Cuisine**
Presented by Kalyani Amarnath, Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center Demo Kitchen
- MAR 28** **Scope Out Colon Health Expo**
11:00 a.m. to 1:00 p.m.
Light Hall, North Lobby

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 three monthly classes, and go to all prenatal provider appointments. For more information, class location, or to register online, visit healthplus.vanderbilt.edu.

If you have questions regarding the Boomers, Elders & More events contact Stacey Bonner, Family Services Coordinator, at **936.1990**, or at stacey.l.bonner@vanderbilt.edu.

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

“If you can learn to love your body (all of it) regardless of what you’d like to improve about it, you’ll be putting yourself in the right frame of mind to make healthy lifestyle choices that are right for you.”

– Anastasia Amour

Health and Wellness Director: Mary Yarbrough, MD, MPH

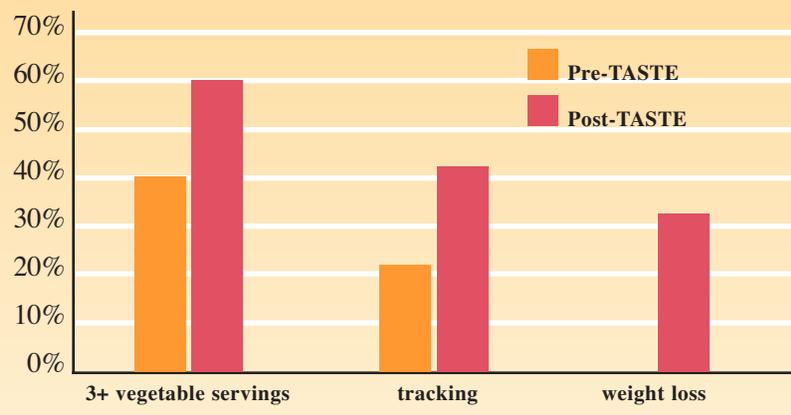
Department Managers:

Lori Rolando, MD, MPH, and Brad Awalt, MS, ACSM, *Health Plus*;
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP;
Melanie Swift, MD, FACOEM, The Occupational Health Clinic;
Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration.

The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

Health *Plus* TASTE Challenge: building nutrition skills for Vanderbilt faculty and staff



The ten-week online nutrition skill building program, TASTE, helped participants learn how to save time and money while enjoying healthy, delicious food. Participants received weekly emails with practical nutrition information and challenge steps to help them put into action what they learned.

Based on comparison of pre- to post-surveys from individuals completing the program, results indicate several positive lifestyle improvements. A few include an increase in vegetable consumption within the daily recommendations, individuals tracking their food intake with an app or other tool, and a number of individuals reporting weight loss as a direct result of the program. Each of these outcomes supports a healthy weight and contributes to a decrease in health risks.

Health and Wellness Connection

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