

# 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. 39 • NO. 1 • Medical Center Edition  
February, March 2019

## Make Control Your Goal!

Are you one of the 75 million American adults who have hypertension (high blood pressure)? In 2017, the American Heart Association and the American College of Cardiology lowered the numbers used to diagnose hypertension to 130/80 millimeters of mercury (instead of 140/90) to encourage early intervention when it comes to blood pressure management.

If left untreated, high blood pressure can lead to heart disease, stroke, vision loss, kidney failure, and other serious complications. The **good news is that high blood pressure can be controlled** with proper treatment, including healthy lifestyle choices!

### Ways to make control your goal:



**Partner with your health care team.** Talk to your doctor to find out your personalized blood pressure goal and the best ways to reach it. Then check your blood pressure regularly and track your results.



**If you take medications, take them as prescribed.** Use a system, like a pillbox or a smartphone app, to remind yourself to take medications. Talk to your provider if you have concerns about side effects, and never stop treatment on your own.



### Join the NEW Control is the Goal Program!

If you have high blood pressure or are at high risk, you can participate in the NEW Health Plus Control is the Goal Program. 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 into a quarterly drawing for prizes. Visit [vumc.org/health-wellness/news-resource-articles/control-goal](http://vumc.org/health-wellness/news-resource-articles/control-goal) to register and learn more!

Want to discover more important information to keep your heart healthy? Join the Health Plus Count on Your Heart events during American Heart Month!

### Love Your Heart Expo

Thursday, February 21  
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.

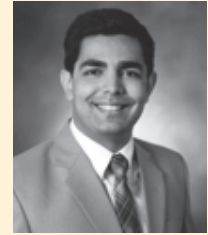
### Know Your Numbers

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 [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



Dan Patel, MD  
Assistant Professor of Medicine  
Center for Swallowing and  
Esophageal Disorders  
Division of Gastroenterology,  
Hepatology, and Nutrition

### Why is the colonoscopy the most common screening test for colorectal cancer?

Colonoscopy is the most common screening test for colorectal cancer because it can be both diagnostic and therapeutic. In other words, if we detect a polyp in the colon that can increase risk for colon cancer, we can remove it at the same time. Other screening tests for colon cancer do not provide that all-in-one benefit. This one screening test can greatly reduce our risk of dying from colon cancer.

### How should patients prepare for a colonoscopy?

Excellent bowel preparation is critical for a colonoscopy because it allows every bit of the colon to be seen and, if needed, treated safely. Typically, the day before the exam, patients will be on a clear liquid diet (no solids), and then start drinking a colon cleansing solution to clean the colon. A pre-procedure nurse contacts the patient a few days prior to the procedure to go over and personalize all instructions.

(continued on page 3)

## Work/Life Connections-EAP

### The Counselor's Corner

Stephanie Dean, LPC, CEAP  
Assistant Manager  
Work/Life Connections – EAP



#### Q: Dear Counselor,

I heard someone talking about self-compassion, but I don't understand the concept. Can you help?

*Seeking Compassion*

#### A: Dear SC,

Thanks for your question. Self-compassion is a concept that is well-known in Buddhist and other contemplative practices. Recent research has found that the practice of self-compassion can be useful in dealing with the physical and emotional pain that all human beings face.

The concept is very simple — when dealing with painful moments or emotions, treat yourself as you would treat a good friend. For example, many of us judge ourselves harshly when we make a mistake. We might think, “I’m so stupid,” or continue to think about the mistake long after it happened. However, you wouldn’t tell a friend they were stupid. You’d likely treat them with compassion and care instead of criticism and blame.

According to Kristin Neff, author of *Self-Compassion*, the practice has three principles: mindfulness, common humanity, and self-kindness. Essentially, by being aware of what you are experiencing in the present moment (mindfulness) you can notice your own pain, remind yourself that all people have pain (common humanity), and that you can be kind to yourself during difficult moments (self-kindness).

Try this brief practice for yourself: When you notice physical or emotional discomfort, take a few breaths and say to yourself slowly,

*This is a painful moment. Everyone struggles at times. May I accept myself as I am.*

As you continue to practice, you may find other words that you prefer.

For more information, call Work/Life Connections – EAP at 615.936.1327.



“With self-compassion, we give ourselves the same kindness and care we’d give to a good friend.”

## Passion at Work



Richard S. Miller, MD, FACS  
Professor of Surgery  
Chief, Division of Trauma, Surgical Critical Care  
and Emergency General Surgery

#### What keeps you connected to and passionate about your work?

There is no better job than helping to save lives! I look forward to getting out of bed every day and coming to “work” with the finest Trauma and Acute Care Surgery team in the country.

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

First and foremost, I have an open-door policy and all my partners know they can discuss any issue with me personally and confidentially day or night. We also have a bi-monthly divisional meeting with faculty, nurses, and nurse practitioners. I am a firm believer that everyone plays a vital part in excellent patient care.

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

We celebrate accomplishments through postings on our office bulletin board plus banners and balloons on office doors, desks, and walls!! Most importantly we verbally recognize each individual’s contributions to our division, department, and the institution.

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

I have two permanent items etched into my office white board. SCSC-STAY COOL/STAY CALM and ALWAYS DO THE RIGHT THING. I find the time for my personal health and wellness by eating healthy foods, maintaining my fitness, and mindfulness. Having a very supportive family and the unconditional love of our dog, Sadie, helps immensely.

## Occupational Health Clinic **talk:**

# Heart Health: Loving Your Heart

**Muktar Aliyu, MD, DrPH, FACOEM, FACPM**  
Associate Professor of Health Policy & Medicine  
Attending Physician, Vanderbilt Occupational Health Clinic



Heart disease is the leading cause of death in the United States. February is Heart Health Month. “While heart disease is very common, affecting at least one in two men and one in three women over their lifetime, it is also very preventable,” says Dr. Thomas J. Wang, Director of the Division of Cardiovascular Medicine at Vanderbilt University Medical Center.

Here are some tips on how to love your heart so you can stay in good health:

- **Stop all tobacco use and exposure.** Smoking is an important and preventable cause of heart disease. Quitting smoking significantly lowers your risk of heart disease.
- **Make heart-smart food choices.** Reduce your intake of foods rich in saturated fats and trans fats. Eat more plant-based meals. Bake, broil, steam, or grill your food.
- **Get moving!** Regular exercise is essential to a healthy heart. At least 150 minutes of moderate-intensity aerobic exercise per week will keep your heart happy.
- **Keep an eye on your cholesterol levels.** Based on your age and medical history, your doctor can provide you with personalized recommendations for the timing and frequency of cholesterol checks.
- **Keep your blood pressure under control.** Have your blood pressure checked as often as your health care provider recommends. See “Make Control Your Goal!” on page 1 for more information!
- **Manage stress.** Consider stress coping tools, such as deep breathing and meditation. At least seven hours of sleep each night is good for your heart. Quality time with your loved ones may also help lower your stress.



## Care Gap Alerts

### Vanderbilt Experts on Health Colorectal Cancer

(continued from page 1)

#### How has the colonoscopy prep changed over the years?

The type of colon cleansing solutions for colonoscopy has not changed significantly over the years, but how we take the solution has changed for the better. Previously, patients used to drink four liters of colon cleansing solution the night prior to the procedure, but newer studies have shown that doing a split prep (two liters the night prior to the procedure and two liters on the morning of the procedure) is significantly more effective in cleaning the colon and better tolerated!

#### How long does a colonoscopy take?

The colonoscopy itself usually takes only 30 minutes, but patients should allocate approximately two hours for the procedure. Most of that time is needed for preparation (starting an intravenous line, discussing sedation options, and recovery after the procedure).

#### Do patients need to follow any special instructions after a colonoscopy?

Once the procedure is completed, it is recommended that the patient refrain from driving or operating heavy machinery for 24 hours due to use of sedatives during the procedure. Most patients can resume their usual diet post-procedure!



# A Valentine's Resolution: Listening Whole-Heartedly

Why should New Year's get all the resolve? This Valentine's Day make a resolution to listen with your whole heart!

Listening well is vital to fostering stronger relationships. Show you care about whom you're speaking with by giving them your full attention! **Follow these tips to improve your listening skills:**



**Maintain eye contact with the speaker.** Put away your devices and avoid scanning the room and fidgeting.



**Listen respectfully.** Let the speaker finish. Maintain an open, calm manner.



**Quiet your mind.** Put your inner self-talk on pause. Focus and listen attentively to the speaker, rather than prejudging or thinking about what you will say next.



**Concentrate.** The more you learn to deliberately listen to others, the more they're inclined to listen back to you and share mutual understanding.

Listening is a form of respect. Do it well and strengthen your relationships!

## 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 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 1**

Wear blue to show your support and raise awareness about colon 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 27**

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).



# National Nutrition Month

Celebrate National Nutrition Month in March! Join in our fun and informative events and challenges throughout the month for opportunities to earn prizes and gain valuable skills and information.

Visit [vanderbi.lt/nnm](http://vanderbi.lt/nnm) to learn more about our theme for the month and the Kickoff Event!

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

## Eat to Beat Stress

When we get overwhelmed by work and personal obligations, many of us find solace in comfort foods, from savory pasta dishes to big bowls of ice cream. Instead of reaching for those sweet and salty treats, try choosing from the stress-busting foods below!

**Choose C's** — To boost your immune system and lower stress hormone levels, choose foods high in vitamin C. Oranges, kiwi, broccoli, strawberries, peppers, and leafy green vegetables are excellent sources.

**Grains and Greens** — Whole grains and green vegetables contain complex carbohydrates, which help the brain produce serotonin. Serotonin is a neurotransmitter that plays a role in regulating our mood and helps us feel more upbeat!

**Happy Hydrating** — Water makes up about 60% of our body, so drinking enough fluids keeps the body functioning smoothly. Dehydration can lead to feeling tired, difficulty concentrating, and little energy to exercise. In general, eight 8-ounce glasses of water a day can keep you hydrated, but let thirst be your guide!

**Fun Fatty Acids** — Foods that are high in omega-3 fatty acids include salmon, anchovies, flaxseed, almonds, pistachios, and walnuts. Omega-3s are proven to reduce stress hormones and help guard against depression.

Overall, a healthy, balanced diet provides our brains and bodies with the nutrients necessary to improve our mood, boost our immune system, and reduce the risk of chronic diseases. Try the recipe on this page to get started!

## Super Seedy Granola Bars

- 1 ½ cups rolled oats
  - ½ cup raw almonds or walnuts (roughly chopped)
  - 1 heaping, packed cup dates (pitted)
  - 2 Tbsp chia seeds
  - 2 Tbsp sunflower seeds (roasted or raw)
  - 2 Tbsp flaxseed (ground or whole)
  - 2 Tbsp hemp seeds
  - ¼ cup maple syrup
  - ¼ cup creamy salted natural peanut butter or almond butter
- Optional Additions: Chocolate chips, dried fruit, other nuts, banana chips, etc.

### Directions:

1. Toast your oats and almonds in a 350°F oven for 13 to 15 minutes or until slightly golden brown.
2. Process dates in a food processor until small bits remain (about 1 minute). It should form a dough-like consistency.
3. Place oats, almonds, and dates in a large mixing bowl. Add seeds and set aside.
4. Warm maple syrup and peanut or almond butter in a small saucepan over low heat. Stir and pour over oat mixture and then thoroughly mix, breaking up the dates to disperse throughout.
5. Transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (Or use 2/3 of a 9x13 dish.)
6. Cover with parchment or plastic wrap and press down with something flat, such as a book, to pack tight. Chill in the fridge or freezer for 15 to 20 minutes to harden.
7. Remove bars from dish and chop into 10 even bars. Store in an airtight container for up to a few days.

**Makes 10 bars. Per serving:** 238 calories | 6.8g protein | 9g total fat | 1.2g saturated fat | 33.8g carbohydrate | 19g sugar | 6.2g fiber | 18mg sodium

Source: Dana at [minimalistbaker.com](http://minimalistbaker.com)



# DO YOUR RETIREMENT SAVINGS MEASURE UP?

Americans are living longer than ever before, which means their retirement savings will need to stretch much further. As a Vanderbilt University Medical Center employee, you are required to contribute a minimum of 3 percent of your base pay to the VUMC 403b retirement plan; VUMC then matches that 3 percent contribution dollar-for-dollar. But did you know that investing just one percent over the mandatory contribution can make a big impact? Check out the infographic below to see how your retirement savings measure up.

**2**

**2 times** your annual salary is how much Fidelity says you should have saved by age 35.

**10**

**10 times** your annual salary is how much you should have saved by age 60.

**4.5**

The average **percentage of their salaries** VUMC employees contribute towards retirement, in addition to the mandatory contribution.

**6K**

The additional amount eligible employees are allowed to contribute each year to “**catch up**” after turning 50.

**1.1K**

Annual amount you could be **adding to your retirement** by contributing just 1 percent over the mandatory amount (based on an average \$50K salary).

Don't miss out on the opportunity to grow your retirement savings even further by taking advantage of VUMC's dollar-for-dollar voluntary contribution match. You may update your voluntary contribution percentage, investment elections, or beneficiaries at any time, or sign up for free one-on-one retirement counseling sessions by visiting [netbenefits.com/vumc](http://netbenefits.com/vumc).

# upcoming events

## VUMC Campus

- FEB 1** **Wear Red Day Lunch & Learn**  
Noon to 1:00 p.m. | Light Hall, Room 202
- FEB 1** **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 7** **Healthier You Presentation**  
*Improving My Rhythm of Sleep*  
Noon to 12:45 p.m. | Light Hall, Room 208  
Presented by Margie Gale, RN, MSN, CEAP, Nurse Wellness Specialist, Work/Life Connections
- FEB 20** **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 21** **Love Your Heart Expo**  
10:30 a.m. to 1:00 p.m. | Light Hall, North Lobby
- FEB 21** **Babies & You**  
*Coping with the Stresses and Emotions of Pregnancy*  
Noon to 1:00 p.m. | Light Hall, Room 419  
Presented by Steven Brunwasser, PhD, Psychologist
- MAR 7** **Healthier You Presentation**  
*Spring Forward with Physical Activity*  
Noon to 12:45 p.m. | Light Hall, Room 208  
Robby Bishop, Program Manager, Health Plus
- MAR 20** **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 21** **Babies & You\***  
*Preparing for Labor and Birth*  
Noon to 1:00 p.m. | Light Hall, Room 419  
Amanda Perry, MSN, Certified Nurse Midwife
- MAR 27** **Scope Out Colon Health Expo**  
11:00 a.m. to 1:00 p.m. | Light Hall, North Lobby

## Additional Locations

- FEB 8** **Vandy Cooks**  
*The Ancient Grain*  
Noon to 1:00 p.m.  
Vanderbilt Recreation and Wellness Center Demo Kitchen  
Tammy Algood
- FEB 8** **Know Your Numbers**  
*Count On Your Heart*  
9:00 a.m. to 11:00 a.m. | Crystal Terrace, Suite 200, Room 201
- FEB 8** **Know Your Numbers**  
*Count On Your Heart*  
Noon to 2:00 p.m. | 3401 West End, Suite 380, East Room
- MAR 13** **Vandy Cooks**  
*Pastabilities*  
Noon to 1:00 p.m.  
Vanderbilt Recreation and Wellness Center Demo Kitchen  
Emily Cox, CHES Health Educator, Health Plus and Marilyn Holmes, MS, RDN, LDN, Associate Director, VRWC

## Vanderbilt Children's Hospital

- FEB 7** **Know Your Numbers & OHC Comes to You**  
*Vanderbilt Children's Hospital*  
1:30 p.m. to 4:00 p.m. | MCJCHV, Room 2104
- MAR 1** **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 7** **Know Your Numbers & OHC Comes to You**  
10:00 a.m. to 5:30 p.m. | MCJCHV, Children's Theatre
- MAR 8** **Know Your Numbers**  
6:00 a.m. to 1:30 p.m. | MCJCHV, Children's Theatre

## One Hundred Oaks

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

- FEB 14** **Know Your Numbers**  
*Count On Your Heart*  
11:00 a.m. to 1:00 p.m. | One Hundred Oaks, Room 26119
- FEB 26** **Know Your Numbers**  
*Count On Your Heart*  
11:00 a.m. to 1:00 p.m. | One Hundred Oaks, Room 26119
- MAR 14** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m. | One Hundred Oaks, Room 26103
- MAR 26** **Know Your Numbers**  
11:00 a.m. to 1:00 p.m. | One Hundred Oaks, Room 26103

## Williamson County

- FEB 15** **Know Your Numbers & OHC Comes to You**  
9:00 a.m. to 10:00 a.m. | Vanderbilt Medical Group Orthopedic Clinic, 324 Cool Springs Blvd.
- FEB 15** **Know Your Numbers & OHC Comes to You**  
11:00 a.m. to Noon | Franklin Walk-In Clinic, 919 Murfreesboro Rd.
- MAR 15** **Know Your Numbers & OHC Comes to You**  
9:00 a.m. to 10:00 a.m. | Vanderbilt Heart Clinic, 4323 Carothers Parkway, Williamson Tower, Suite 405
- MAR 15** **Know Your Numbers & OHC Comes to You**  
11:00 a.m. to Noon | 2105 Edward Curd Lane, 3rd Floor Conference Room
- MAR 15** **Know Your Numbers & OHC Comes to You**  
1:00 p.m. to 2:00 p.m. | 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, visit [vumc.org/health-wellness/healthplus](http://vumc.org/health-wellness/healthplus).

**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
1211 21st Ave. S.  
Medical Arts Building, Suite 640  
Nashville, TN 37212



**In This Issue:**

*Care Gap Alerts* with Dan Patel, MD

Blood Pressure – Make Control Your Goal!

*Passion at Work* with Richard S. Miller, MD, FACS

Heart Health — Loving Your Heart

A Valentine’s Resolution: Listening Whole-Heartedly

Eat to Beat Stress

Do Your Retirement Savings Measure Up?

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

*“Everything you’ve ever wanted is on the other side of fear.”*

— George Addair

**Health and Wellness Connection**

Newsletter Editor:

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

Contact [bridgette.butler@vumc.org](mailto:bridgette.butler@vumc.org) or 615.322.6689.

**Health and Wellness Director:** Mary Yarbrough, MD, MPH

**Department Managers:**

Lori Rolando, MD, MPH, The Occupational Health Clinic

Brad Awalt, MS, ACSM, *Health Plus*

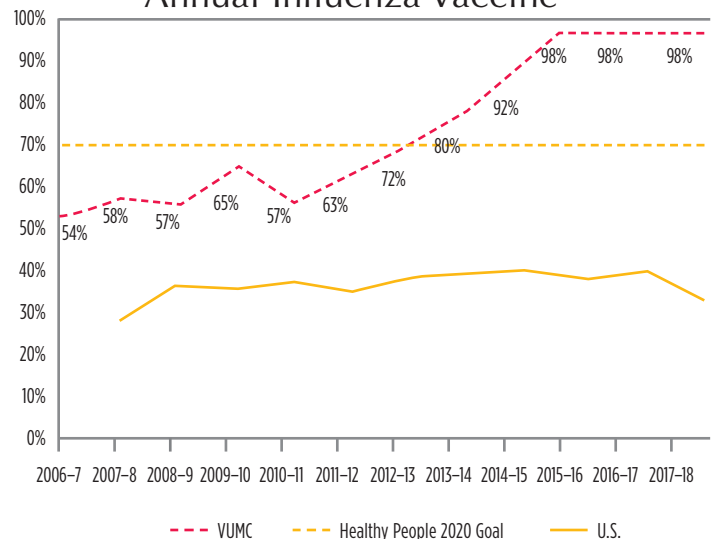
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP

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

# The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

Percent of Employees Receiving Annual Influenza Vaccine



The influenza vaccination rate for Vanderbilt University Medical Center has steadily increased over the past decade, from 54% in FY 2007 to 98% in FY 2018. Now in its eighth year, Flulapalooza is part of a comprehensive effort to encourage and facilitate influenza vaccination for all of Vanderbilt’s faculty and staff. The CDC’s Advisory Council on Immunization Practices recommends that everyone six months of age and older receive the annual flu vaccine to protect yourself and those around you from getting the flu.

Data sources:

US: [CDC.gov/flu/fluview](http://CDC.gov/flu/fluview)

National Health Interview Survey (NHIS), CDC/NCHS