Healthy Notes

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Healthy Notes

Breast Cancer Awareness

There was an estimated 214,000 new cases of breast cancer in 2006 in the US. Around 40,000 people will die from it. Breast cancer is the second deadliest cancer in women (behind lung cancer). http://bighugelabs.com/flickr/nbcam.php

Although breast cancer is 100 times more common in women, it’s possible for men to develop the disease. The American Cancer Society estimates that in 2007 some 2,030 new cases of invasive breast cancer will be diagnosed among men in the United States.

It is important that we understand the risks involved for breast cancer, how to detect it, signs and symptoms, treatment and support, not only as women, but as men, husbands, fathers, brothers and friends.

Here are five things that you should know about breast cancer. Make sure to share this with your friends.

1. Anyone can get breast cancer – even those who have no family history of the disease.
2. The two most important factors for developing breast cancer are being a woman and growing older.
3. When diagnosed early with breast cancer, when the cancer is small and has not spread, there is a high chance of surviving it. Mammograms are the best way to find breast cancer early. Women should get one every year starting at age 40. If you notice any breast changes, tell your doctor without delay.
4. You can help reduce your chances of developing breast cancer by engaging in regular physical activity, maintaining a healthy weight, and limiting alcohol intake.
5. Through early detection and improved treatments, more women are surviving breast cancer.

For more information visit the American Cancer Society website and click on breast cancer. www.cancer.org

Please join us and show your support on WEDNESDAY, OCTOBER 17th, From Noon-1pm in the University Center Superior Room for your FIRST SOUP SYMPOSIUM on BREAST CANCER AWARENESS!

Marquette County Health Department, Health Educator Jill Fries, will be providing us with information on the latest news in Breast cancer, what you can do for yourself, and what you can do for others!

Dental Hygiene Month

Dental health in America is generally very good. But many of us will develop gum disease to some degree, starting as early as adolescence.

Gum disease begins with gingivitis – when the plaque on your teeth hardens into tartar, a compound of plaque and bacteria. Tartar causes gums to swell, bleed and hurt. Other signs include widening spaces between teeth, and persistent bad breath.

Untreated, gingivitis can lead to periodontitis – when pockets of infection form between the teeth and gum. Continued infection can destroy the bone supporting your teeth and cause teeth to fall out.

Some scientists believe inflammation caused by gum disease may also increase risk of heart disease and stroke.

You can do a lot to protect your pearly whites:

- Brush at least twice a day with a soft brush.
- Floss once a day.
- Don’t use tobacco products, which produce excess tartar and gum disease and may lead to mouth cancer.
- Have your teeth cleaned professionally at least once a year – more often if your gums are prone to infection. Don’t ignore your gums. Check them in the mirror weekly – if you see swelling or bleeding, see your dentist.


IN THIS ISSUE:

A-Maze-ing Fun
Sick of Working out
Big Gains, Little Work
Food for Thought
Trick or Treat
100 Calorie Snacks
The Local Scene

Dental Hygiene Month

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Have your teeth cleaned professionally at least once a year – more often if your gums are prone to infection. Don’t ignore your gums. Check them in the mirror weekly – if you see swelling or bleeding, see your dentist.
Its that time of year again, Halloween season! Time for the leaves to change, get a costume together and carve some pumpkins. But instead of doing the same old, same old as last year spice it up with a trip to Hayes Corn Maze!

This is a great way to get your family together, get some exercise and have a little fall fun. They offer a 7 acre corn maze, a one acre hay maze, a pick your own pumpkin patch, campfires and much, much, more! Not only will you enjoy the great UP outdoors and some fall favorites, but memories that will last forever!

It’s just a short drive to Rock, and you can visit Hayes Corn Maze. It’s open Fri-Sun until November 4th. The admission fee is $7.50 a person and free for children under two. It’s great fun for all ages. Even if you don’t have kids or grandkids, it’s a fun challenge for adults.

A couple of years ago I visited this maze with some friends. Even though we are in college and this seemed like something kids would do, we loved it! The only thing I would recommend is to wear your boots; it will be muddy. So if you’re not ready to get a little dirty and find your inner child, its not for you. But if you are, go for a drive, get some exercise and HAVE A BLAST!

Visit them on the web @: www.hayescornmaze.com

HAPPY HALLOWEEN!
~ Anna B. Herman

SICK OF WORKING OUT?

Don’t quit! A little change will do you good!
Really, it’s that simple. Exercise boredom affects most of us. Thankfully, it doesn’t take much to re-energize your workouts and re-fuel your motivation. If you dread your workout routine and don’t feel like you’re getting the same results, it’s time for a change. Here are some tips:

• Instead of doing the same activity every day or almost every day, skip a day in between and do something else. For instance, replace a couple of days of jogging each week with biking.
• Try something new. Always wanted to check out a spinning class or yoga? Do it! Don’t be afraid. You’ll eventually settle in nicely – and be happier for it.
• If you work out a lot and feel like you’ve mixed in a good variety of activities, challenge yourself to do them differently. For instance, instead of three sets of 10 repetitions when lifting weights, take a little weight off and do three sets of 25. Up the weight to make it more challenging.
• Like to listen to music when you exercise? Sick of all the songs on your iPod? Download new ones! It might be a temporary fix, but listening to new music will often help you keep your mind off any boredom – and give you a temporary jolt of energy.
• Do something you never thought you’d do. Are you a runner? Train for a half marathon. That’ll get you moving.

Have you been working out at home? Maybe it’s time to seek a fitness center. “Social fitness,” as it’s sometimes called, works for a lot of people because it puts you in an environment with other who are doing the same things. And you have to admit – people-watching is a great way to break boredom!


Big Gains, Little Work

Those health spa television commercials can be demoralizing: “Hard bodies,” almost to the point of anorexia, pump away on treadmills or stair climbers, or hoist heavy weights.

But recent research shows you don’t have to work out at an exhaustive rate in order to improve your health. In fact, just walking the dog half an hour a day can make a significant difference in your life. Here are some recent findings:
• A Duke University study found just a brisk one- to two-mile walk four or five days a week offered big improvements in cardiovascular health;
• In a Seattle study, an hour per week spent gardening cut cardiac arrest risk by 66 percent;
• And a University of Missouri study found that overweight individuals who walked their dogs each day dropped an average of 14 pounds over the course of a year—beating the results of most weight-loss plans.

“For some people, it’s as simple as parking their car on the far side of the parking lot and walking, or taking the stairs instead of the elevator,” said Dr. Gerald Fletcher, a cardiologist at the Mayo Clinic in Jacksonville, FL, and a spokesperson for the American Heart Association.

If walking a mile or two seems tough, he recommends driving it first in your car—watching the odometer to see just how far a distance it is from your home. “Then, walk to that point each day,” he said. The key, Fletcher said, is making exercise part of a daily routine.

There’s also evidence that exercising with other people is a good way to prevent depression. “What the studies are showing is that exercise, at least when performed in a group setting, seems to be at least as effective as standard antidepressants in reducing symptoms in patients with major depression,” said researcher James Blumenthal, a professor of medical psychology at Duke University in Durham, NC.

Both experts agreed that before beginning any exercise routine, you should check with your doctor. Then, once you get clearance, get moving.

Source: www.prevention.com
Food for Thought
Send your recipes to anherman@nmu.edu!

Pasta with Asparagus and Peppers
This recipe came for John B. Frick in the Job Search Center. He said measurements are approximate because he likes to be adventurous when he cooks, so add more or less of anything you like! I know I will be trying this one! Please share some recipes with us! Thanks John!

INGREDIENTS
1 box (approx. 10 oz) of your favorite whole wheat pasta (I like to use mostaccioli for this)
Olive oil
4 cloves garlic, sliced
½ lb lean spicy Italian sausage – cut up
1 yellow pepper – seeded and cut into medium pieces
1 red pepper – seeded and cut into medium pieces
10 asparagus spears – cut into bite-sized pieces
4 cups fresh crushed, seeded tomatoes with juice retained (about 5 medium tomatoes). Skin may be removed if desired.
Salt and pepper to taste

DIRECTIONS
1. Heat oil in large fry pan and sweat garlic until soft.
2. Add sausage and brown. Before the sausage is done…
3. Add asparagus and cook until still “crunchy”.
4. Add peppers and cook until done.
5. Add crushed tomatoes and cook through.
6. Add salt and pepper to taste.
7. Simmer over low heat for five minutes.
8. Cook and drain pasta.

Add sauce to pasta. Toss and garnish with fresh grated parmesan cheese. ENJOY!

Excellent 100 Calorie Snacks

Sweet Treats
- 1 Healthy Choice Mocha Fudge Swirl Bar
- 1 pouch Keebler Sandies Right Bites Shortbread Cookies

Fruits and Veggies
- 1/2 red bell pepper dipped in 3 tablespoons hummus
- 1/2 small apple with 2 teaspoons peanut butter

Dairy Delights
- 1/2 cup low-fat cottage cheese with 5 strawberries
- 6 ounces fat-free plain yogurt topped with 1/3 cup raspberries

Savory Bites
- 20 roasted peanuts
- 60 Pepperidge Farm Baby Goldfish Crackers

Hearty Helpings
- 1 Nature Valley Crunchy Granola Bar
- 4 slices Sara Lee Honey Ham w/ 2 teaspoons honey mustard, rolled in lettuce

For more great 100 calorie snacks visit: http://www.goodhousekeeping.com/health/healthy-snacks/low-calorie-snacks-0606

Healthy Halloween Treats

Treats to Give
When gathering the treats you will offer this year think about some possible low-calorie, low-fat options.

Here are some ideas to get you started and thinking:
- Cheese and cracker packages
- Sugar-free gum
- Cheese sticks
- Juice box packages
- Small packages of nuts or raisins
- Package of instant cocoa mix
- Peanuts in the shell

You could also consider giving some non-food treats such as stickers, balloons, crayons, pencils, colored chalk, erasers, whistles, baseball cards, rubber spiders or worms. A friend of mine used to give nickels, in today's economy that may need to be dimes.

Trick or Treating
Make sure children eat a meal or snack before going trick-or-treating so they won't be tempted to dig into their bag of goodies before they get home.

When children get home, check the treats and keep only treats which are unopened. Be sure to inspect fruits and homemade goods for anything suspicious.

It's better to eat trick-or-treat candy over several days as a substitute for dessert or a few pieces along with a healthy snack.

Halloween Party
Having a party for your children and a few friends can reduce safety concerns. Some nutritious treats for your party could include popcorn, apples, grapes, bananas, unshelled peanuts, and not-too-sweet cookies.

Kids could help with making the treats like "Pizza Faces." Let kids arrange sliced olives, green peppers, mushrooms, pepperoni, and other things on English muffins brushed with tomato sauce. Top with grated cheese for "hair" and heat in the microwave or oven until the cheese melts.

Also look there for some great Halloween Treat ideas!
The Local Scene
Healthy Living in the NMU Community

Upcoming Events

Marquette County Health Department-Flu Vaccines
October 23, 1-4pm @ Marq-Tran Bus Facility (drive thru clinic), Located at 1325 Commerce Dr, Marquette
October 30, 1-6pm @ Superior Dome
For schedules by last name and open hours visit:
http://www.mqhealth.org/index.html

Haunted Bog Walk- October 26-28th, 7-9pm
Moosewood Nature Center invites you to take a very scary guided tour of the Haunted Bog. The Friendly Frights Forest is a gentle tour of Halloween delights for children seven and under (and the faint of heart.) $6 per person for the Haunted Bog, $20 for families with children under 14. The Friendly Frights Forest is $5 per child. Accompanying adults are free. Proceeds benefit Moosewood, a non-profit science education organization.

Friday, November 2nd, 7pm NMU
JXJ Building Room 102 -FREE
"A Circumnavigation of Ireland by Sea Kayak"- Presented by Sam Crowley-

Have a Safe and Happy Halloween!
Get out and walk with the little ghost and goblins. Scare those pounds away!

The 100 Mile Club

If your looking to start a fitness program, you should try out this 8 week walking program! It begins on Monday, October 15th @ 5:15pm.

The object it to walk 100 miles in the 8 week period. Participants will record their distances walked with weekly logs kept in their individual folders. The great thing is its on your own time, there is just one group meeting a week to discuss new topics!

The program runs from October 15th-December 14th, and best of all, ITS FREE WITH YOUR PEIF MEMBERSHIP!
For more information call NMU Rec Sports at 227-2519

Celebrate Wellness

Thanks to everyone who participated in the first week of Celebrate Wellness!

Congratulations to the first weeks winners
Larry Vessels & Andrea Jordan

Remember to keep turning in your score cards, the next one is due October 10th.

And if you have not started, don’t wait too long, you need to participate in 8 of the 11 weeks to be eligible for the grand prize!
Keep up the good work!

GETSTARTED NMU

The “Get Started Program” will begin soon. If you weren't able to participate in the fall Get Fit Program you might want to try this. It’s the same program, only shorter.
Program Dates are October 29 - December 6, 2007. Sponsored by the Department of Health, Physical Education and Recreation.
Cost: Discounted Rate for New participants who are NMU Faculty/Staff/Students or Spouses and PEIF Members - $130. Returning participants who were enrolled during 2006 - $50.00

The GetStarted program is a scientifically based physical fitness program designed to promote active lifestyles for the improvement and maintenance of body composition, muscular endurance, muscle and joint range of motion and flexibility, and cardiovascular (aerobic) efficiency. Each new participant completes an exercise fitness assessment which includes body composition estimation for lean body weight and percent fat, and a graded exercise treadmill or bicycle ergo meter test with monitored blood pressure and electrocardiogram. Individualized exercise recommendations are then prepared for each participant based on his/her exercise test results.
Participants then implement their exercise recommendations within a professionally supervised program of activities geared towards individual needs and interests.

The initial exercise fitness assessment for new participants must be completed prior to entry in the program, and will be conducted before the start of the program. The activity sessions will begin Monday, October 29, and continue until Thursday, December 6, 2007. There are three activity sessions from which to choose:
Mon/Tues/Thur. from 6:30 - 7:30 a.m.
Mon/Tues/Thur. from 9:00 - 10:00 a.m.
Mon/Wed/Thur. from 5:00 - 6:00 p.m.

Each activity session is based in the Exercise Science Lab, PEIF Room 140.

Space per session is limited. Please register as early as possible. Please call 227-2130 for registration forms and more information.