**Healthy Notes**

*Volume IX, Issue 5*

*February 2009*

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**Soup Symposium: “Don’t Just Sit There”**

If you are wondering when to fit in exercise between working all day and then coming home too tired to think about hitting the gym, this interactive (if you choose so) Soup Symposium is for you. On Wed. February 25 from 12-1 p.m., join us as Professor Barb Coleman of the HPER Department presents: “Don’t Just Sit There”.

Many people have trouble fitting exercise into their day, and also may experience aches and pains that occur primarily from sitting at a desk all day. This presentation will illustrate simple things to do at your desk or in your workplace to help avoid those problems. Also, simple exercises to do at your home or practically anywhere will be explored. Professor Coleman has a MS in Exercise Science, is the Coordinator of the HPER Department’s GetFit Adult Fitness Program, and is certified by the American College of Sports Medicine as a Preventative and Rehabilitative Exercise Specialist. Soup and baguettes will be served. For more information or to RSVP, email wellness@nmu.edu or call 227-2644.

**When:** Wed. Feb. 25 from 12-1 p.m.  
**Where:** Pioneer A, University Center  
**What:** Simple exercises & stretches to do, without leaving your worksite.  
**How:** RSVP to wellness@nmu.edu

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**Free and Painless Blood Pressure Screenings**

The Wellness Committee will be offering FREE Blood Pressure screenings to NMU faculty and staff during this semester with the help of NMU Student Nurses Association. This is an easy way to keep an eye on your numbers. By having your blood pressure checked bi-monthly or monthly, you will be able to get a more ongoing look at your blood pressure. One in three Americans have high blood pressure which can lead to stroke, heart attack, heart failure, or kidney failure. No appointments required, just stop by the table on the below dates. All screenings will be held from 11-1 p.m.

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>Mon. Feb. 23</td>
<td>Starbucks</td>
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<td>Mon. March 23</td>
<td>Wildcat Den</td>
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<td>Wed. April 1</td>
<td>Starbucks</td>
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<tr>
<td>Mon. April 20</td>
<td>Wildcat Den</td>
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**Calendar of Events**

- **Fun & Fitness in Marquette**
  - Click on event name to visit event’s website

- **Wed. Feb. 18:** *Winterfest Free Open Skate*
- **Feb. 20-22:** *UP 200 Dog Sled Races*
- **Sat. Feb. 21:** *PEIF Chilly Willy Indoor Triathlon*
- **Sat. Feb. 21:** *Jack Rabbit Snowshoe Challenge*
- **Sat. Feb. 21:** *Glacier Glide Art-Presque Isle*
- **Sun. Feb. 22:** *PEIF: Great North Strength Competition*

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**Tenerife, Spain:** A tropical break from the UP!
The number one killer of Americans is the disease of an organ that we all need and love: the heart. In Marquette County alone, in 2006, 156 residents died from heart disease. Maintaining a healthy lifestyle for a healthy heart includes eating a diet rich in fruits, vegetables, fish, and whole grains, exercising regularly, maintaining a healthy weight, and not smoking or abusing alcohol.

Know the warning signs, listed below, to increase your chance of knowing when you or someone is having a cardiac emergency.

**Heart Attack Warning Signs**

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath with or without chest discomfort.**

- **Other signs may include breaking out in a cold sweat, nausea or lightheadedness.**

Avoiding the number one killer of Americans through a healthy lifestyle and diet can help you live a longer and a higher quality of life. Regular check-ups with your physician is essential!

**MYTH: Women are not at risk for heart attacks.**

**FACT:** Almost 39 percent of all female deaths in the U.S. occur from CVD, which includes coronary heart disease (CHD), stroke, and other heart diseases. One woman dies every minute from cardiac arrest and more women than men die of stroke.

**Save Lives: Donate Blood**

If you didn’t have time to donate blood during the Wildcat Wellness Fair, you have a second chance. There will be a blood drive on Tuesday, Feb. 17 from 12-5:45 p.m. in the lower level of the LRC. No appointment is required. The blood drive is serviced by the UP Regional Blood Center and coordinated through the NMU Volunteer Center.

Every two seconds, someone in the United States needs blood. By donating blood, you can help save up to three lives.

Donating blood (including paperwork) takes about only an hour.

This blood drive is part of the NMU Winterfest and is an annual competition against Michigan Tech to see which university can collect more blood. Go Cats!

**Cartoon Corner**

"Could you please eat that in the other room? My dietician says I shouldn't be exposed to second-hand snacks."
February is National Cancer Prevention Month

What disease will affect one out of every two American men and one out of every three American women at some point in their lifetime? Cancer. Cancer is second only to heart disease as the leading cause of death in the United States. During February, National Cancer Prevention Month, the Wellness Committee encourages you to learn more about this disease and how you can reduce your risk of cancer. Both prevention and early detection of cancer are key in increasing your longevity.

Knowing that up to 85% of cancers can be prevented by avoiding environmental risk factors like smoking, sun exposure, alcohol abuse, and poor nutrition can help motivate you to make healthy choices in your everyday life. Healthy lifestyle habits hold the key to cancer prevention and a long high quality life. Consider the following tips to help prevent becoming one of the 1.2 million new cases of cancer this year.

Avoid tobacco: To prevent cancers of the lung, mouth, throat, bladder, and pancreas, stop smoking and chewing and avoid second hand smoke. Chewing Ask your doctor about smoking cessation programs or contact the free confidential Tobacco Quit Line at 1-877-44U-QUIT for free medications and coaching to help you quit smoking or chewing.

Limit Sun Time: If you enjoy basking in the summer sun's warm glow, try it before 10:00 a.m. or after 4:00 p.m. Be sure to apply sun screen 30 minutes before venturing out and wear a hat. Keep kids under cover by having them wear a T-shirt and hat at the beach. Most people get half of their lifetime sun exposure before age 18, and blistering sunburns increase your cancer risk.

Limit or Avoid Alcohol: Although some studies link limited alcohol consumption to heart benefits, just be sure to limit yourself to one or two drinks per day. High alcohol consumption can lead to cancers of the colon, breast and liver, and when combined with smoking, alcohol greatly increases the risk of head and neck cancer.

Eat Fruits and Vegetables: People who eat the most fruits and vegetables have a decreased risk of developing several types of cancer. Keep carrot and celery sticks on the top shelf of the refrigerator, next to a low-fat dip. A colorful bowl of apples, oranges, pears and bananas on the kitchen counter is both an appetizing and attractive snack as you come home from work. Keep fruits and vegetables in the fridge in the office so you run for that instead of the vending machine when you are hungry.

Avoid Carcinogens: Long term exposure to carcinogens, many of which are found in the workplace, can lead to cancer. Take proper precautions around carcinogenic substances including arsenic, asbestos, radon, benzene, chromium, leather and wood dust, soot, tars, and oils.

Avoid Pesticide Exposure: It is important to remember to always take precautions to avoid pesticide exposure, whether it be while you are taking care of your lawn, or when buying fruits and vegetables. General studies of people with high exposures to pesticides, such as farmers, pesticide applicators, manufacturers, and crop dusters, have found high rates of blood and lymphatic system cancers; cancers of the lip, stomach, lung, brain, and prostate; as well as melanoma and other skin cancers according to the National Cancer Institute.

Although cancer affects many individuals, you can take measures to reduce your personal risk. Visiting your physician annually and monitoring your own health will also help ensure early detection should you develop cancer.

Source: http://www.cancer.gov
Valentines' Day: A Painful Holiday for Domestic Abuse Victims

One in four women will experience domestic abuse in her lifetime according to the National Coalition Against Domestic Violence. Domestic abuse is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior perpetrated by an intimate partner against another. It affects individuals in every community, regardless of age, economic status, race, religion, nationality or educational background. Violence against women is often accompanied by emotionally abusive and controlling behavior, and thus is part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma, and sometimes death. The consequences of domestic violence can cross generations.

The National Domestic Violence Hotline has released data from a study that showed that 54% of those calling the hotline reported a change in their household financial situation in the last year. As the United States faces an economic downturn, it is important for individuals to know that there is help.

If you, or someone you know is being abused, talk to them. Call 1 800-799-SAFE to reach the National Domestic Violence Hotline that can connect you to resources that can help you leave a relationship in which you are being domestically abused, or can give you the resources to help someone else. Each day, more than 600 families call this hotline. You can also call the Marquette Harbor House at 226-6611 or the Women's Center at 225-1346. Both of these organizations are located in Marquette and are ready to provide support. Situations can only be helped, if you ask for help.
Heart Healthy Cooking: Salmon Cakes

These salmon cakes are a great source of protein and chock full of heart healthy Omega 3 Fatty Acids. Slide into a pita bread in order to make an easy bag lunch.

Ingredients:

Cucumber Yogurt Sauce
1/2 cup peeled, seeded, and chopped cucumber
1/2 cup nonfat or low-fat plain yogurt
2 tablespoons snipped fresh dillweed or 2 teaspoons dried, crumbled
2 teaspoons lemon juice
1/8 to 1/4 teaspoon pepper

Salmon Cakes
2 6-ounce cans wild caught salmon, drained and flaked
2 large eggs
1/3 cup crushed fat-free, no-salt-added whole-wheat crackers
1/4 cup chopped green onions
2 teaspoons Dijon mustard
1 teaspoon prepared horseradish
1/4 teaspoon salt and pepper

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1 tablespoon canola or corn oil

Cooking Instructions:
In a small bowl, stir together all the sauce ingredients. Cover the bowl and refrigerate.
Meanwhile, in a medium bowl, combine all the salmon cake ingredients. Shape into 6 cakes about 2 1/2 inches in diameter.
Heat a large nonstick skillet over medium heat. Pour the oil into the skillet and swirl to coat the bottom. Cook the salmon cakes for 6 to 8 minutes, or until golden brown on both sides, turning once. Serve with the sauce on the side.

Nutrition Information:

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Source: American Heart Association

Winter Walk Michigan
Walk/Ski/Snowshoe Event

Walking, skiing, or snowshoeing are great ways to lose weight, boost metabolism, lower stress, and help you to feel good! Join us as we discover some of nature’s hidden treasures on Wed., Feb. 25th on the Iron Ore Heritage Trail. No need to pre-register as registration is anytime between 3:30-5:30 p.m. behind the Negaunee Senior Center on Tobin Street on Feb. 25th. You’ll have a chance to win a trip for two to the Grand Hotel on Mackinac Island!

Winners:

Thanks to everyone who stopped by the University Health Care & Wellness Committee’s booth at the Wildcat Wellness Fair. Winners of the three YOU: The Owner’s Manual books are:

Judy Marra (Conference & Catering)
Angela Bogeman (Student)
Angela Maki (International Programs)

Websites for Wellness

American Heart Association: http://www.americanheart.org
National Cancer Institute: http://www.cancer.gov
Lowering Blood Pressure: http://www.nhlbi.nih.gov/hbp/
UP 200, Midnight Run: http://www.up200.org
National Domestic Violence Hotline: http://www.ndvh.org
National Quitline: http://www.smokefree.gov/expert.html
NMU Wellness: http://www.nmu.edu/wellness