Concerned about your blood cholesterol number?

YES!

High blood cholesterol increases your chances for coronary heart disease. Coronary heart disease is a disease of the blood vessels of the heart that causes a heart attack. You can take steps to protect your heart! Improve your cholesterol level or keep it at the right level to help reduce your risk of getting heart disease.

Cholesterol Education Month

What is blood cholesterol?

Your body makes all the cholesterol you need. Eating foods high in saturated fat and cholesterol can raise your blood cholesterol level. The higher your blood cholesterol level, the greater your risk for heart disease. Too much cholesterol can lead to clogged arteries and risk for having a heart attack, a stroke, or poor circulation.

Have your blood cholesterol checked.

All adults age 20 and older need to have their blood cholesterol checked at least once every 5 years. Ask your doctor to do a simple test to measure how much HDL and total cholesterol is in your blood.

Source: National Heart, Blood, and Lung Institute

Fruit and Vegetable Month

Fruits and Vegetables Can Protect Your Health.

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Whole Foods or Supplements?

Nutrients should come from foods. Fruits and vegetables contain not only the vitamins and minerals that are found in supplements, but naturally occurring substances that may help protect you from chronic diseases. Fortified foods or supplements can be helpful in getting the nutrients that bodies need. A fortified food has nutrients in an amount greater than what is typically found in that food.

Source: Center for Disease Control

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Source: Center for Disease Control

The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies inside. They are great sources of vitamins, minerals and other natural substances that may help protect you from chronic diseases. To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions.

Source: Center for Disease Control
What is prostate cancer?
Prostate cancer is made up of cells that do not grow normally. The cells divide and create new cells that the body does not need, forming a mass of tissue called a tumor. These abnormal cells sometimes spread to other parts of the body, and multiply.

What causes prostate cancer?
As with many types of cancers, medical experts do not know what causes prostate cancer.

Can prostate cancer be prevented?
Medical experts do not know how to prevent prostate cancer. They do know that not smoking, maintaining a healthy diet, staying physically active, and seeing your doctor regularly contribute to overall good health.

How common is prostate cancer?
For the general population, a man in his lifetime has about a 16 percent chance (1 in 6) of being diagnosed with prostate cancer and a 3 percent chance (1 in 33) of dying from prostate cancer. The older you are, the greater the risk for getting prostate cancer.

Who is at increased risk for prostate cancer?
While all men are at risk for prostate cancer, some factors increase risk:

- **Family history.** Men with a father or brother who has had prostate cancer are at greater risk.
- **Race.** Prostate cancer is more common in African-American men than in white men. It is less common in Hispanic, Asian, Pacific Islander, and Native American men than in white men.
- **Age.** About 80% of the men with clinically diagnosed prostate cancer are 65 years of age or older.

Is prostate cancer serious?
Some prostate cancers become a serious threat to health by growing quickly, spreading beyond the prostate gland to other parts of the body, and causing death. Yet other prostate cancers grow slowly and never become a serious threat. Among the leading causes of cancer death in men, prostate cancer is second, behind lung cancer. When compared with all causes of death in men over age 45, prostate cancer ranks fifth.

What are the symptoms of prostate cancer?
Many men with prostate cancer often have no symptoms. If symptoms appear, they can include:

- Blood in the urine
- The need to urinate frequently, especially at night
- Weak or interrupted urine flow
- Pain or burning feeling while urinating
- The inability to urinate
- Constant pain in the lower back, pelvis, or upper thighs

If you have any of these symptoms, see your doctor as soon as possible. Keep in mind that these symptoms are also caused by other prostate problems that are not cancer, such as infection or an enlarged prostate.

Photo and Source: Department of Health and Human Services, Centers for Disease Control and Prevention
Ovarian Cancer Basic Information

Among women in the United States, ovarian cancer is the eighth most common cancer and the fifth leading cause of cancer death, after lung and bronchus, breast, colorectal, and pancreatic cancers. Ovarian cancer causes more deaths than any other cancer of the female reproductive system. When ovarian cancer is found in its early stages, treatment can be most effective.

Signs and Symptoms

Ovarian cancer often causes signs and symptoms. See your doctor or health care professional if you have any of these signs every day for two weeks or longer and they are not normal for you, especially if they get worse:

- Pain in the pelvic or abdominal area (the area below your stomach and between your hip bones).
- Back pain.
- Being tired all the time.
- Bloating, which is when the area below your stomach swells or feels full.
- A change in your bathroom habits, such as having to pass urine very badly or very often.
- An upset stomach or heartburn.
- Discharge from your vagina that is not normal for you.

See your doctor if you have any vaginal bleeding that is not normal for you, particularly if you are past menopause. These symptoms may be caused by something other than cancer, but the only way to know is to see your doctor. The earlier ovarian cancer is found and treated, the more likely treatment will be effective.

Risk Factors

There is no way to know for sure if you will get ovarian cancer. Most women get it without being at high risk. However, several factors may increase the chance that you will get ovarian cancer, including if you

- Are middle-aged or older.
- Have close family members (such as your mother, sister, or grandmother) who have had ovarian cancer.
- Have had breast, uterine, or colorectal cancer.
- Have an Eastern European (Ashkenazi) Jewish background.
- Have never given birth or have had trouble getting pregnant.
- Have endometriosis (a condition where tissue from the lining of the uterus grows elsewhere in the body).

If you have one or more of these factors, it does not mean you will get ovarian cancer. But you should speak with your doctor about your risk.

Steps to Help Prevent Ovarian Cancer

There is no known way to prevent ovarian cancer. Some things may lower your chance of getting ovarian cancer:

- Having used birth control pills for more than five years.
- Having had a tubal ligation, both ovaries removed, or a hysterectomy.
- Having given birth.

Screening Tests

There is no simple way to test for ovarian cancer in women who do not have symptoms. The Pap test does not check for ovarian cancer; however, here are steps you can take:

- Pay attention to your body, and know what is normal for you.
- If you notice any changes in your body that are not normal for you talk to your doctor about them.
- Talk to your doctor if—
- You have any unexplained signs or symptoms of ovarian cancer. These tests help find or rule out cancer.
- You have had breast, uterine, or colorectal cancer; or if a close relative has had ovarian cancer.

Photos and Source: Department of Health and Human Services, Centers for Disease Control and Prevention
The **Healthier US Initiative** is based on a simple formula: every bit of effort counts.
The four keys for a healthier America:

- **Be Physically Active Every Day** - Many chronic diseases can be prevented with modest exercise, in some cases as simple as walking for half an hour. For example, if just 10% of adults began walking regularly, America could save $5.6 billion in costs related to heart disease.

- **Eat a Nutritious Diet** - Americans should make simple adjustments to their diet and avoid excessive portions. Increasing fruit and vegetable consumption is a central part of a healthier diet, and good overall nutrition lowers the risk of getting heart disease, stroke, cancer, and osteoporosis.

- **Get Preventive Screenings** - Americans may be surprised to learn how a simple test like a cholesterol screen or a blood pressure check can reveal current health status and identify a need to adjust diet or behavior.

- **Make Healthy Choices** - Avoid tobacco and drugs as well as the abuse and underage use of alcohol and make smart and safe choices in your everyday life.

Source: [http://www.whitehouse.gov/infocus/fitness/](http://www.whitehouse.gov/infocus/fitness/)

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### Healthy Aging

Out of the Kayak and Climbing Copper Country Conglomerate at Copper Harbor

#### Celebrate Wellness

11-Week Self-Scoring Wellness Program
For NMU Employees and Retirees
September 21 – December 6
Sponsored by the
NMU Health Care/Wellness Committee
This program continues each year as an incentive to promote wellness for NMU faculty and staff.
http://www.nmu.edu/humanres/healthandwellness

Wellness is an ongoing, voluntary process of assuming responsibility for our own behavior. Wellness is an integration of body, mind and spirit - consciously making informed decisions about behaviors that positively affect individual health as well as the health of the organization. The end product is our ability to make informed choices about matters affecting our own health and well-being.

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### Facility Schedules

#### Berry Events Center (227-2850)
- Mon—Thurs: 6 a.m.—10 p.m.
- Fri: 6 a.m.—5 p.m.
- Sat & Sun: Closed

#### Physical Education Instructional Facility (227-2519)
- Mon—Thur: 6 a.m.—10 p.m.
- Fri: 5:30 a.m.—10 p.m.
- Sat: 8 a.m.—8 p.m.
- Sun: Noon—Midnight
I’ve been picking berries and fruit all summer and experimenting with pies and cobblers. While most of my recipes are a Google away or in cookbooks, I’ve invented an easy recipe that I’d like to share. You can make it while you get ready for work. I call it:

**Good Morning Cobbler.**

**Ingredients:**
- Sunbelt granola
- 2 peaches
- 2 handfuls of blueberries
- 2 spoons of brown sugar
- 2 splashes of warm milk

Method: Peel and slice peaches into small baking dish. Add blueberries and sprinkle sugar over fruit. Pour granola over fruit to a depth of about 3/4 inch. Bake at 350F while you shower and dress (about 25 minutes). Microwave 1 cup of milk for 1 minute. Remove Cobbler from oven and divide into two bowls. Add milk and share with someone you love. ~ Lynn

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**Nutrition: Healthy Diet**

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- **Keep these low:** saturated fats, trans fats, cholesterol, and sodium.
- **Get enough of these:** potassium, fiber, vitamins A and C, calcium, and iron.
- **Use the % Daily Value (DV) column when possible:** 5% DV or less is low, 20% DV or more is high.

**Check servings and calories.** Look at the serving size and how many servings you are consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

**Make your calories count.** Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

**Don’t sugarcoat it.** Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

**Know your fats.** Look for foods low in saturated fats, trans fats, and cholesterol to reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Keep most of the fats you eat polyunsaturated and monounsaturated fats. Keep total fat between 20% to 35% of calories.

**Reduce sodium (salt), increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium, which counteracts some of sodium’s effects on blood pressure.

Beginning Kayaking

Beginning kayaking and choosing your first boat may be a daunting process. Some mavericks like me 20+ years ago just bought a book and headed down to the kayak store for a boat, paddle and flotation device. The drawback is having to drink a lot of Lake Superior before you actually get good at it. It may be easier to take a class and consult with experts in selecting a boat. There are several good websites for local equipment and classes that I found by googling. Happy Paddling! ~ Lynn

http://www.paddlingmichigan.com/
http://www.downwindsports.com/
http://www.bigbayoufitters.com/
http://www.outdooreyes.com/choosekayak.php3

Welcome back to another great season at Northern! I am excited to be the new Wellness Coordinator and look forward to a great year. I have made the best of my summer, living and playing on the beach and in the surf. Some of my photos are included in this edition adding a splash of my favorite shades of blue. This photo was taken from Gull Rock light station looking back at High Rock Bay on the tip of the Keweenaw Peninsula. ~ Lynn

Future editions of Healthy Notes will highlight activities of interest here in the Upper Peninsula. We invite photo submissions of your outdoor adventures for possible inclusion. Please make sure they are resized to 500 kb or less and send to: wellness@nmu.edu

Future topics will include:
October—Bicycling
November—Walking
December—Indoors
January—Alpine Skiing
February—Cross Country
March—Snow Shoeing
April—Spring Gardening
May—Snorkeling