



WELLNESS

<http://hr.fhda.edu/benefits>

Fall 2010

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District Wellness Advisory Committee

If you still are not convinced that physical activity is good for you, consider the results of two recent studies: one indicates that moderate exercise reduces the risk of stroke for both men and woman, and the other shows that physical activity in adolescence and young adulthood reduces the risk of pre-menopausal breast cancer.

Stroke is the third leading cause of death and the number one cause of adult disability in the U.S. A stroke occurs when the blood flow to the brain is blocked. There are two main categories of stroke: an *ischemic stroke* in which a clot inside the blood vessel blocks blood flow, and a *hemorrhagic stroke* where the blood vessel itself ruptures and blood leaks into the brain. Within each category of stroke there are several specific types, depending on the location of the clot or the how the blood vessel bursts. Ischemic strokes are more common, accounting for 83% of all strokes

The main risk factors for stroke are age, race, family history, gender and history of prior stroke. Stroke occurs more often in people over 55 and the risk increases as one ages. The risk of death from stroke is higher among African Americans. Men are more likely to have a stroke, but women are more likely to die from a stroke. Family history of stroke increases one's risk, and if you have already had a stroke, you are more likely to have another one.



Researchers from the Prevention Research Center at the University of South Carolina followed 60,000 people for an average of 18 years and found that moderate exercise reduced the risk of stroke significantly. Moderate exercise is defined as brisk walking or equivalent aerobic activity for 30 minutes or more 5 days a week.

The second study indicates that exercise may reduce the risk of breast cancer in women younger than 40.

While it is true that most breast cancer occurs in post-menopausal women, many young women do get breast cancer. According to the website, Young Survival Coalition (www.youngsurvival.org), an organization that focuses on breast cancer in women younger women, "there are more than 250,000 women 40 and under in the U.S. living with breast cancer, and over 11,100 young women will be diagnosed in the next year." Pre-menopausal breast cancer is usually more aggressive and the underlying causes are not well understood.

Researchers at the Washington University School of Medicine in St Louis and Harvard University in Boston followed nearly 65,000 women over 6 years and found that "those who were most physically active—the equivalent of running 3.25 hours a week or walking 13 hours a week—had a 23% lower risk of developing breast cancer before menopause than those who were not." Even moderate, regular exercise reduced the risk, but the more active a woman beginning as early as age 12, the greater the protection.

-Mary Jo Lomax-

Wellness Advisory Committee Members

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October/November 2010

National Breast Cancer Awareness Month

Raise Your Breast Cancer Awareness

Learn about the risks for breast cancer and the tests used to find breast cancer early.

By Lisa Havens, Staff Writer, myOptumHealth

Simply being a woman and getting older puts you at a higher risk for breast cancer. Experts estimate that one in eight women alive today will get breast cancer. That's a scary figure, but it shouldn't leave you feeling helpless. Instead, take time to learn more about breast cancer and the steps you can take to protect yourself.

What is the average risk?

Age is the most important risk factor for breast cancer. Simply, the older you get, the greater your chance of getting breast cancer. By age 40, the risk is 1 in 233. By the age of 50, the risk is 1 in 69. By the age 60, the risk is 1 in 38. By the age of 70, the risk is one in 27. So where did that scary 1-in-8-figure come from? That's what is called a lifetime risk and its bases on a 90-year lifespan. There are two ways to look at this. If a woman lives to be 90 years old, the chance that she will get breast cancer at some point in her life is about 1 in 8 (or 13 percent). Across the same long lifespan, the chance that a woman will never get breast cancer is about 7 in 8 (or 87 percent). In other words, there's a much greater chance tat a woman won't get breast cancer then that she will. Still, every woman should do what she can to lower her risk and protect her breast health.

What raises the risk?

In addition to aging, other factors are known to put a woman at higher-than-average risk for breast cancer. You may be at higher risk if you have any of the following risk factors. **A personal history of breast cancer.** If you've had breast cancer once, you're more likely to get it again than someone who's never had it. **A family history of breast cancer,** especially in a mother, sister or daughter. **Certain benign breast conditions,** such as atypical hyperplasia. **Changes in certain genes** (BRCA1 or BRCA2), which can be found with genetic testing. **No full-term pregnancies or first full-term pregnancy after age 30.** **Starting your period before the age of 12.** **Going through menopause after the age of 55.** **Taking hormones after menopause.** **Being white.** White women are at higher risk then Asian, Latina or African American women. **Having dense breasts.** **Having taken DES (diethylstilbestrol).** This drug was prescribed in the 1940s through 1960s to help prevent miscarriage. Women whose mothers took this drug may also be at higher risk of breast cancer. **Being overweight after menopause.** **Not being physically active.** **Drinking alcohol.** The more you drink, the higher your risk. If you have any of these risk factors, discuss them with your doctor. If you don't have any risk factors, it doesn't mean you won't get breast cancer. It just means you are at average risk. Most women who get breast cancer don't have any known risk factors.

What can a woman do?

Getting screened for breast cancer is one of the best things you can do for your health. Screening includes a clinical breast exam. Women should have regular breast exams done by a doctor or nurse. The breast exam gives women a chance to talk with their doctor about any changes in their breasts and their risk factors. A mammogram is a special X-ray of your breasts, and it's the best way to detect breast cancer early. A mammogram can find breast cancer years before a lump can be felt. Talk to your doctor about your risk for breast cancer and your personal feelings about screenings for this disease. Your doctor can recommend at what age you should start having mammograms and how often you should have them. Cancer experts no longer recommend monthly breast self-exams. Still, it's a good idea to be familiar with the normal look and feel of your breasts.

If you find any changes talk with your doctor. They may not be cancer, but its best to find out right away.

For more information: myoptumhealth.com; BreastCancer.org. Copyright 2010 OptumHealth. All rights reserved.



National Depression Month

Depression Symptoms: More than Just the Blues -Are you feeling sad and blue, or are you depressed? There is a difference. Learn how to recognize the signs of depression. Everyone gets the blues now and then. You expect to feel sad after a beloved pet dies; you break up with your boyfriend or lose your job. Feeling down is a normal response to such a loss. But in time, the mood lifts and you get back your energy and enjoyment of life. For people who have major depression, the joy doesn't return. They feel flat and exhausted. They may not eat or sleep well. It's as though they're locked in a dark room, alone and hopeless. About 19 million Americans suffer from major depression each year. Yet about one in three people with depression don't seek treatment, and only about one in ten get the treatment they need. Depression is not a character flaw or a sign of weakness. It's a medical condition, and it's often a long-term problem. It may start in young adulthood, but it can strike at ay age. It's more common in woman, but many men also have depression. Experts believe depression is caused by an imbalance of the brain chemicals that affect mood. You're more likely to have depression if other people in your family have had it. It can also be brought on by a stressful life event, such as getting a divorce or having a serious illness.

How can I know if its depression?

You may have depression if you have five or more if these symptoms for two weeks or more:

Feel sad or empty most of the time

Have lost interest or pleasure in things you used to enjoy.

Sleep less or more then normal

Have lost or gained weight without trying

Feel restless

Feel tired or sluggish

Have trouble concentrating or making decisions

Feel worthless or guilty

Have thoughts of death or suicide. If you are thinking about hurting yourself call 9-1-1 for immediate help. If you think you might have depression, talk to a doctor right away. Treatment can help. For more information: myoptumhealth.com , Mental Health America. Copyright 2010 OptumHealth. All rights reserved.

2010 Health & Wellness Programs



QuitPower®

Advanced Smoking Cessation Program

*Break the habit
once and for all.*

QuitPower® is available to you at **no cost**, and provides you with:

- ♦ A Wellness Coach who can help keep you motivated
- ♦ Help in creating a customized quit plan
- ♦ Stop-smoking aids such as **nicotine patches** or **gum**
- ♦ Online resources at <https://healthatoz.myuhc.com/portal/bridge/FHDA>

Call today — you deserve it!

1-877-QUIT-PWR (1-877-784-8797)

** For those who qualify.*



Telephonic Wellness Coaching — *Free for all employees*

Focus on your health this year and get started by enrolling in a wellness coaching program. Now you have someone to support you to adopt healthful behaviors that can improve the quality of your life.

A Wellness Coach can support you with:

- Weight management
- Exercise
- Nutrition
- Stress management
- Diabetes lifestyle
- Heart health



Don't wait another minute.

Call **1-800-478-1057** or Visit

<https://healthatoz.myuhc.com/portal/bridge/FHDA>



UnitedHealthcare

UnitedHealthcare Member Programs

<http://www.myuhc.com>

NurseLineSM Services —

Helping you make confident health care decisions

Call **1-800-401-7396**

Healthy Pregnancy Program —

Get personalized help through your pregnancy and delivery

Call **1-800-411-7984**

Visit www.healthy-pregnancy.com

Healthy Back Program —

Individualized health coaching for lower back pain

Call **1-866-559-BACK**

Visit www.myhealthyback.com



KAISER PERMANENTE

Kaiser Member Programs

<https://kphealthylifestyles.org/programs.html>

Advice Nurse Line —

San Jose Medical Center

Family medicine (408) 362-4791

Ob/Gyn, Pediatrics: (408) 362-4740

Santa Clara Medical Center

(408) 554-9800

Campbell Medical Offices

(408) 871-9440

Milpitas Medical Offices

(408) 945-2933

Mountain View Medical Offices

(650) 903-3020

Chinese dialects

1-877-393-2332

Healthy Pregnancy —

To get started learning more about your pregnancy and health go to

<https://members.kaiserpermanente.org/kpweb/healthency.do?hwid=tu6657>

HealthMedia Care for Your Back —

An online program that identifies the cause and amount of back pain you have:

<https://members.kaiserpermanente.org/kpweb/healthency.do?hwid=tr5948>

Tips for Healthy Weight

Tips for weight loss:

- Avoid foods that are high in fat and sugar
- Reduce how much alcohol you drink
- Avoid stress, frustration, boredom.
- If you are depressed, seek medical treatment
- Avoid a sedentary lifestyle by increasing your activity level:
- Perform aerobic exercise for at least 30 minutes a day, 3 times a week.
- Increase physical activity by walking rather than driving.
- Climb stairs rather than using an elevator or escalator.
- Always talk to your health care provider before starting an exercise program

RESOURCES: <https://healthatoz.myuhc.com/portal/bridge/FHDA>
1-877-784-8797

Walking Challenge

It's that time again! The Wellness program is kicking off another

10,000 Steps Walking Challenge!

Program guidelines:

- ◆ 4-week program (November 15—December 10)
- ◆ Participants track their progress online or on manual trackers
- ◆ Trackers are due at the end of the program (December 14)
- ◆ Participants who meet the 10,000 steps daily (or 50,000 steps weekly) goal will be eligible* to receive a \$25 online gift card incentive
- ◆ Pedometers will be available 1st come, 1st served from your campus reps.
- ◆ Stay tuned or visit [http://hr.fhda.edu/benefits/stories/storyReader\\$37](http://hr.fhda.edu/benefits/stories/storyReader$37) for more details!

*Participants **must** ADDITIONALLY complete the Health Assessment (HA) online (in February/March 2011) to receive the \$25 incentive. Those who meet the 10,000 steps walking goals, but fail to complete the HA *will automatically forfeit the \$25 incentive*. Incentives will be sent on May 31, 2011 to those who complete the walking challenge and the HA accordingly.



Why Quit Smoking?

Why should you quit smoking? Every smoker has his or her own personal reasons for quitting. Here are some common reasons, Think about what is most important to you.

For your health! According to the Surgeon General, quitting smoking is the single most important step a smoker can take to improve the length and quality of her or her life. As soon as you quit, your body begins to repair the damage caused by smoking. Of course it's best to quit early in life but even someone who quits later in life will improve their health.

To save money! It's getting more expensive to smoke cigarettes. State and federal cigarette taxes continue to go up and in some places, a pack of cigarettes can cost \$10. Even if a pack costs "only" \$5 where you live, smoking one pack per day adds up to \$1,825.00 each year.

To save the aggravation! It's getting less convenient to smoke. More and more states and cities are passing clean indoor air laws that make it illegal to smoke in bars, restaurants, and other public places. Are you tired of having to go outside many times a day to have a cigarette? Is standing in the cold and rain really worth having that cigarette?

It's good for the people around you! Cigarette smoke is harmful to everyone who inhales it, not just a smoker. Whether you're young or old and in good health or bad, secondhand smoke is dangerous and can make you sick. Children who live with smokers get more chest colds and ear infections. Resources—ALA 2010.

If you're ready to quit call or 1-877-784-8797 or find out more on <https://healthatoz.myuhc.com/portal/bridge/FHDA>

Southwestern Chicken and Bean Soup

This delicious soup can serve as a main meal with a nice green salad. Though hearty (with beans, chicken and veggies), it's surprisingly low in calories and very low in fat. High in protein and rich in fiber, it delivers on taste *and* nutrition.

Makes 8 servings

Ingredients

½ pound (8 oz) uncooked chicken breast, diced
1 tablespoon 40%-less-sodium taco seasoning (such as Old El Paso)
1 T olive or canola oil
1 cup chopped portabella mushrooms
2 cups chopped fresh spinach
2 (14-ounce) cans fat-free, less-sodium chicken broth
3 (16-ounce) can cannellini beans or other white beans, rinsed and drained
1/2 cup green salsa
Light sour cream (optional)
Chopped fresh cilantro (optional)

Combine chicken and taco seasoning in a bowl; toss well to coat. Heat olive oil in a large saucepan over medium-high heat. Add chicken; sauté 3-5 minutes over low-medium heat or until chicken is lightly browned but not cooked all the way through. Add portabella mushrooms and continue to sauté another 2-3 minutes. Add broth, scraping pan to loosen browned bits.

Place one can of beans in a small bowl and mash. Leave remaining two cans whole. Add mashed and whole beans to pan along with the salsa, stirring well. Bring to a boil. Reduce heat. Add spinach and simmer 10 minutes or until slightly thick. Serve with sour cream and cilantro if desired (add another 15 calories per Tbs of light sour cream).

Note: If you want to use leftover cooked chicken, dice it up, mix it with the taco seasoning and add to sauté pan after mushrooms have been cooked (use the olive oil to cook the mushrooms). You can also substitute turkey for the chicken.

Nutrition info per serving (makes 8 servings)

Calories	195
Fat	2 g
Saturated fat	0 g
Cholesterol	16 mg
Protein	17 g
Carbs	28 g
Fiber	9 g
Sodium	383 mg

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