

See Patricia's workshop article on page 3!

Health Watch News

Volume 10 No. 2

TEMPE CAMPUS ISSUE

Nov. – Dec. 2005

LIVING WELL FOR LIFE – AN EXERCISE PROGRAM THAT WORKS!

A sedentary life is more harmful than smoking. Studies show that 30 minutes of aerobic activity three days a week will strengthen the heart muscle. In



addition, you should concern yourself with retaining the muscle mass you had in your youth with a lifestyle of weight resistance. The motivation for working out isn't to look like a body builder, but to increase your metabolism, which will enable you to maintain proper weight and retain muscle mass. This will enable you to LIVE WELL for life with a healthier body and a healthier heart. Learn about exercising that works! The program will be presented by Dr. Lynn Genet. Dr. Genet, co-owner of American Chiropractic Center in Scottsdale, earned her Doctor of Chiropractic degree from the National College of Chiropractic in Chicago. She has been a popular speaker for ASU's Health Watch program and speaks regularly to several area businesses on spinal care and wellness. She specializes in several aspects of spinal care with a focus on upper extremity disorders including head, neck, shoulder, arm, and hand pain. Tuesday, November 1, 12:00 noon to 1:00 p.m., Administration Building, A Wing, Room 111. Registration is required.*

OSTEOPOROSIS SCREENING

Osteoporosis is a condition in which bones become fragile and weakened. Consider these facts: 1) A woman's risk of suffering an osteoporosis-related fracture is greater than her risk for cervical, breast and uterine cancer combined! 2) In 1995, the estimated cost of osteoporosis-related fractures exceeded \$13.8 billion in the U.S. This figure is expected to exceed \$60 billion by the year 2030. 3) Osteoporosis

is responsible for 1.5 million fractures annually. While osteoporosis is often thought of as an older person's disease, bone loss begins in the 30's. Low bone mass is the single best predictor of future fracture. Treatment options are now available for osteoporosis, so it is more important than ever to identify people at risk for fracture. The screening is useful in helping your physician diagnose osteoporosis, particularly in the early stages, before broken bones occur. Health Watch is offering an osteoporosis screening for a **\$10.00 co-pay**. Thursday, October 27, 7:30 a.m. to 1:00 p.m., Administration Building, A Wing, Room 111. By appointment only. For further information or to schedule an appointment, call Dorothy McAden at 480.965.9386.

ASU EMPLOYEE FLU SHOTS

Influenza, or flu, is a respiratory infection caused by a variety of flu viruses. The most familiar aspect of the flu is the way it can "knock you off your feet" as it sweeps through entire communities. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 20 to 26 percent of Americans come down with the flu during each flu season, which typically lasts from November to March. The flu differs in several ways from the common cold, a respiratory infection also caused by viruses. For example, people with colds rarely get fevers or headaches or suffer from the extreme exhaustion that flu viruses cause. The flu almost never causes symptoms in the stomach and intestines. The illness that some people often call "stomach flu" is not influenza. Flu vaccine is the best way to prevent infection from the flu virus and the complications associated with flu. But everyone must be re-vaccinated each year because the flu viruses change each year. The Employee Wellness Program is pleased to announce that flu shots will be provided at no charge to employees who present both their valid State-of Arizona issued employee insurance card and their valid ASU Sun Card. Benefits-eligible ASU employees who have chosen not to take insurance coverage provided by the State of Arizona, and non-benefits-eligible employees may receive a flu shot for a fee of \$15.00. Employees' family members, retirees, student employees, graduate assistants, and other students are not eligible to receive a flu shot through this program—no exceptions. No appointment is needed.



Wednesday, November 2, 7:00 a.m. to 11:00 a.m., at the USB 1202

Thursday, November 3, 7:00 a.m. to 3:00 p.m., at the MU 219

Tuesday, November 8, 8:00 a.m. to 12:00 p.m., in the MU 221

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PSA SCREENING



Prostate cancer is the second leading cause of cancer death in men, but this cancer does not have to be life

threatening. With early detection, the chances for recovery are high. The most effective way of detecting prostate cancer at its most curable stage is through screening with the prostate specific antigen (PSA) blood test and the an annual physical exam. In families where there is a history of prostate cancer, men should begin the screening process as part of their annual health checkups at age 40. When no family history exists it is recommended that men who are 50 and older be tested every year. Health Watch has contracted with Sonora Labs to do a blood draw for a PSA screening. The results will be mailed to your home. This test requires a **\$10.00 co-pay**. Fasting is not required. Wednesday, October 26, 7:00 a.m. to 9:00 a.m., Administration Building, A Wing, Room 111. By appointment only. Please call Dorothy McAden at 480.965.9386 to schedule an appointment.

C-REACTIVE PROTEIN SCREENING

C-reactive protein (CRP) is a protein found in the blood. It is a marker for inflammation, meaning its presence indicates a heightened state of inflammation in the body. Inflammation is a normal response to many physical states including fever, injury and infection. Inflammation is now believed to play a role in the initiation and progression of cardiovascular disease. In studies involving large numbers of patients, CRP levels seem to be correlated with levels of cardiac risk. Most studies show that the higher the CRP levels, the higher the risk of developing a heart attack. It's been suggested that testing CRP levels in the blood may be a new way to assess cardiovascular disease risk. Health Watch has contracted with Sonora Quest Labs to do a blood draw for the C-Reactive Protein screening. The results will be mailed to your home. This test requires a **\$10.00 co-pay**. Fasting is not required. Wednesday, October 26, 7:00 a.m. to 9:00 a.m., Administration Building, A Wing, Room 111. By appointment only. Please call Dorothy McAden at 480.965.9386 to schedule an appointment.

NO-COST DIABETES SCREENING

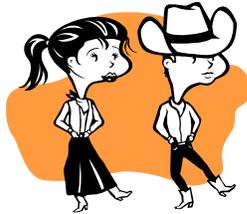
Seventeen million Americans have diabetes, but one out of three does not know it! Diabetes is a serious disease that can lead to blindness, heart attack, stroke, kidney failure and amputations. Many people have no symptoms. They learn they have diabetes when they seek help for one of its complications. Diabetes kills more than 182,000 Americans each year; do not let it happen to you. You are at higher risk if:

- You are overweight
- You are age 45 and older
- You have a family history of diabetes
- Member of a high-risk ethnic group (African American, Hispanic, American Indian, Asian American, Pacific Islander)
- You have a history of diabetes during pregnancy
- You have high blood pressure (at or above 140/90)

It is recommended that everyone age 45 years and older should be tested for the disease every three years; however, people at high risk should consider being tested at a younger age. Health Watch is offering a no-cost diabetes screening to all benefits-eligible employees. **Fasting is required**—that is, nothing to eat or drink other than water, for at least eight-hours before testing. Tuesday, October 25, 7:00 a.m. to 8:30 a.m., Administration Building, A Wing, Room 111, by appointment only. To schedule an appointment call Marcia Fears at 480.727.6517.

LINE DANCING

Are you tired of the same old workout? Line dancing is a simple way of adding variety to your exercise program, and one more line dancing class is scheduled before the holiday break. It's easy and enjoyable for everyone. Even if you have never line danced before, you will enjoy lively music, an informal atmosphere and great fun. Join us and get your feet "a movin'"! The instructor, Fran DeWar, teaches line dancing throughout the Valley, and directs a dance team that competes world wide in team dance competition. Wednesday, November 2, 12:00 noon to 1:00 p.m., Student Recreation Complex (SRC), Small Gym B. SRC membership is not required for this class; tell the reception area staff that you are there for the line dancing class and you **must show your valid Sun Card**. Registration is required.*



THYROID SCREENING

The thyroid is a butterfly shaped gland just below the Adam's apple. It produces hormones which influence essentially every organ, every tissue and every cell in the body. Thyroid hormones regulate the body's metabolism and organ function affecting heart rate, cholesterol level, body weight, energy level, muscle strength, skin condition, menstrual regularity, memory and many other conditions. According to a study published in February of 2000 in the Archives of Internal Medicine, thyroid disease is far more prevalent than previously thought; and among the 20 million people in the United States who are thought to have thyroid disease, as many as 13 million may be undiagnosed. According to the American Thyroid Association, if you are 35 or older, you should be screened for thyroid disease with a TSH test every five years. Screening is cost-effective for both men and women, because early diagnosis can avoid more costly and debilitating conditions that result from untreated thyroid disease. Health Watch has contracted with Sonora Quest Labs to provide a thyroid screening. The results will be mailed to your home. This test requires a **\$10.00 co-pay**. Fasting is not required. Wednesday, October 26, 7:00 a.m. to 9:00 a.m., Administration Building, A Wing, Room 111. By appointment only. To schedule an appointment call Dorothy McAden at 480.965.9386.

CHOLESTEROL AND BLOOD PRESSURE SCREENING

Know Your Numbers! Knowing your blood pressure and cholesterol is an important first step in maintaining good heart health. Understanding what you can do and working to reduce risks associated with high blood pressure and high cholesterol is essential to your overall health and well-being. Total cholesterol, HDL (good) cholesterol, and blood pressure will be measured. Recommendations will be discussed; and if indicated, a referral to your health care provider will be made. Fasting is not required. Thursday, November 17, 9:00 a.m. to 3:00 p.m., Administration Building, A Wing, Room 111. To schedule an appointment or for more information contact Marcia Fears at 480.727.6517.



FIT & FAST HEALTHY COOKING

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By putting together techniques and recipes that can be prepared in minutes, Ted Rogers of Inspired Living Systems can give you more time and opportunities to further your cooking and culinary skills and to create exciting and flavorful meals. Ted studied classical cuisine in Europe for three years, where he developed his best-selling lifestyle cookbook Fit & Fast Food—Delicious and Exciting Meals in Minutes—with foods that are actually good for you. In addition to being a best selling author, he is an international speaker and business owner who has been a health and wellness advocate for more than 25 years.

Semi-Homemade Cooking Everyone loves a home-cooked meal, but who has the time? Semi-Homemade Cooking is perfect for anyone who wants homemade meals without spending hours in the kitchen. Ted will share his techniques for combining fresh ingredients with specially selected store-bought items to create a worry-free, timesaving new approach to home cooking. The results? Mouthwatering meals prepared in minutes that taste like they were made from scratch. Monday, November 14, 12:00 noon to 1:00 p.m., Student Recreation Complex (SRC) in the Learning Center. SRC membership is not required for this class; tell the reception area staff that you are there for the healthy cooking class and you must show your valid Sun Card. There is a \$2.00 fee for this class payable at the time of the class. Registration is required.*



WEIGHT WATCHERS AT WORK—HOLIDAY SERIES

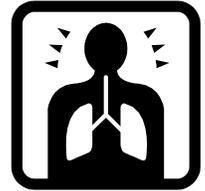


Are you dreading that five to seven pound weight gain over the holidays? Why not join Weight Watchers now? A supportive network and a structured format for weight loss is right here on campus, so getting started is easy. Weight Watchers and the ASU Employee Wellness Program continues the lunchtime program for ASU employees. Each week you have a confidential weigh-in to help you track your progress. Every week you will get new tips and program material that will teach you how to make wise choices, eat healthy, and enjoy food and exercise. Classes are held each

Tuesday at the Student Health Center, Room 223 from 11:45 a.m. to 12:30 p.m. The cost for the ten-week series is \$100 for new participants and \$90 for those continuing. The ten-week session will start on October 18 and end on January 3. (Class will not meet on December 20 and 27.) The January ten-week session will begin on the 10th. For information and to register, you may attend *any* Tuesday session.

LUNG HEALTH SCREENING

The American Lung Association will be offering a Lung Health Screening to ASU employees who are in the age group of 44 to 60 and are current smokers, or former smokers who smoked half a pack or more daily for 10 or more years. The lung screening includes a simple questionnaire and a pulmonary function test called spirometry. A device called a Spirometer is used to measure how much air the lungs can hold and how well the respiratory system is able to move air into and out of the lungs. A single use disposable mouth piece is attached to the machine and a simple breathing maneuver is performed, with direction and instructions provided by a trained lung-function coach. A printout which indicates your individual lung function as compared to normal is provided to you to share with your healthcare provider. The screening takes only five minutes and is a terrific opportunity to check your lung health. Wednesday, November 16, 10:00 a.m. to 12:00 noon.



Administration Building, A wing, Room 111. For an appointment, please call Dorothy McAden at 480.965.9386.

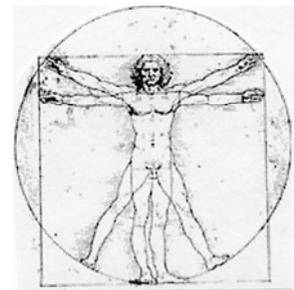


THE JOURNEY FROM GRIEF TO GRATITUDE

In an encouraging and insightful presentation, Patricia Brooks will share with you the unique stages of grief and her own experiences with them. She will answer such questions as: How do I search for and find meaning in this loss? How do I use a Reflective Journal and writing as part of my healing? How do I establish a place for me to be in from now on? Patricia L. Brooks is a "sibling survivor" of the #1 killer of women today – cancer. Yet, she has rejoiced in her sister's memory with this portrait of her sister's courageous battle with cancer and preserved her even more important legacy. Through emotional healing for her and her family, Patricia takes us on a journey of love and friendship to a time of grief and pain followed by acceptance. Her first book—*Gifts of Sisterhood*—is a celebration of her sister's life. An inspirational speaker, Patricia L. Brooks has presented seminars on featured topics in Human Relations and Marketing. In 2005, she has added Grief Support, Anti-Smoking and Writing Workshops. She has been a university faculty associate for over ten years and is currently teaching Marketing at Arizona State University at the Polytechnic campus. Tuesday, November 29, 12:00 noon to 1:00 p.m., Memorial Union, Room 213. Registration is required.*

FELDENKRAIS

If you would like to free your back and shoulders of pain and tension, Feldenkrais Awareness Through Movement® classes can be helpful. The class consists of gentle, intriguing movements done while lying on the floor. It is recognized for its demonstrated ability to improve posture, flexibility, coordination and to alleviate muscular tension and pain. Many people find it helps them to feel more relaxed and energetic, and more balanced. Our presenter will be Katie Underwood. She has taught Feldenkrais Awareness Through Movement for six years. She has a Masters degree in Engineering and has worked as a teacher, engineer and manager. Katie has taught Feldenkrais at the State of Arizona, Glendale Community College, the Phoenixian, Los Olivos and Paradise Valley Community College. She also works privately with children who have disabilities and with people experiencing pain. This is a learn-by-experience exercise class, so please come dressed comfortably. You may wish to bring a towel or mat for floor exercises. Thursday, December 1, 12:00 noon to 1:00 p.m., Memorial Union, Room 222. Registration is required.*



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BOTANICAL MEDICINE



Do you constantly catch every cold and flu bug that passes by? Are you tired of feeling sick and sick of being tired? Maybe Botanical

Medicine can help you. Come to this informative talk to learn more about herbal therapies and how to stay healthy the natural way! Our speaker will be Yolanda Rodriguez. She is an alumna of ASU with a Bachelor of Science degree in Psychology. She also has an Associate Degree in Applied Science for Sign Language Interpreting awarded from Phoenix College. Dr. Rodriguez graduated from the Southwest College of Naturopathic Medicine in Tempe and is in private practice in Mesa specializing in weight loss programs, acupuncture, women's health, botanical medicine and pain management. Tuesday, November 15, 12:00 noon to 1:00 p.m., Memorial Union, Room 222. Registration is required.*

INSTANT CALM



Delays, disturbances and deadlines create tension.

Our speaker, Anna Marie Prassa, explains how to change self-defeating thought patterns into positive life/work

affirmations. The calming techniques taught in this workshop transform the individual from a tense victim to someone who is virtually impervious to stress. The session's easy-to-learn techniques relax the mind and body. The sense of calm learned here can be used any place, anytime. Ms. Prassa worked more than 15 years on the "front lines" of corporate America, and knows the dramatic negative effects the work-place environment has on employee health and productivity. She provides empowering tools and seasoned concepts. Her innovative trend-setting concepts are featured in national magazines and newspapers, and she has hosted her own live television segment on an NBC affiliate. Tuesday, November 22, 12:00 noon to 1:00 p.m., Memorial Union, Room 224. Registration is required.*



WORK/LIFE BALANCE—PERKS FOR ASU EMPLOYEES!

ASU Work/Life Balance Programs has discounts galore! You will find all of them on the Internet at: www.asu.edu/hr/worklife/index.html. In addition to the discounts listed under Attractions and Goods and Services, please take a look at Employee Network and Passport Unlimited. Under Attractions (in California) be sure to check out Tickets2Fun. This service allows you to purchase tickets on line to many attractions. The discounts for purchasing tickets ahead of time are usually a greater savings than the discount coupons. This is also the only way to save on Disneyland admissions. A large variety of discount coupons, flyers, and brochures are available at the Employee Resource Center, University Services Building—across from the Human Resources Employee Service Center. Other perks for ASU employees are: credit counseling, housing assistance, a lawyer referral service, and a pre-paid legal program. Questions? Call Janet Russell at 480.965.9540.



WORK/LIFE BALANCE TOPICS AVAILABLE THROUGH E-LEARNING

As part of ASU's current e-Learning agreement, several Work/Life Balance courses are currently being made available at no cost to ASU employees by the Office of Human Resources and ASU Information Technology. All e-Learning courses are accessible "24x7" from most internet-ready computers through March 31, 2006. Macromedia Flash Player is required to utilize these courses, so please contact your area's IT professional to download this free program. To learn more about e-Learning and to retrieve your ID and password, please go to www.asu.edu/hr/training. For questions, please contact April Geffre: 480.965.4983 or April.Geffre@asu.edu.

Balancing Work and Family (3 hr 28 min)

Learn how to find the right balance for you. Coordinate with family and employer, and understand the need for balance.

Conflict Intervention (3 hr 3 min)

Explore how to intervene when others are in conflict. You will examine how to assess the climate of a conflict, understand the issues, gather information, neutralize the situation, and define the conflict. You will explore techniques for brokering a win/win situation, gaining commitment from all parties, and following through for complete resolution.

Managing Stress (3 hr 28 min)

This program, developed by Prime Learning and endorsed by the American Management Association presents easily adopted techniques to increase productivity by eliminating common barriers to success such as stress.

Personal and Financial Planning (3 hr 28 min)

Explore how to formulate and carry out a financial plan.

Recognizing and Avoiding Burnout (1 hr 38 min)

Explore how to recognize and avoid burnout, exhaustion, fatigue, and apathy so you can achieve a balance and stay on track!

Recognizing and Managing Anger (3 hr 28 min)

Explore how to recognize and manage your anger before it goes out of control and creates a whole whirlwind of frustration and agony for you and those around you.

Time Management (1 hr 44 min)

In this course you will explore how to plan your activities more effectively.

The Staff of the ASU Employee Wellness Program
Wishes all of the ASU community a joyous holiday season
And a peaceful, happy, healthy New Year!

Janet Russell, H.R. Program Manager

Marcia Fears, Program Nurse, S.r.

Dorothy McAden, H.R. Specialist, S.r.

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