

# A Higher Degree of Wellness

Wellness Warriors Monthly Newsletter

JULY 2014 WOMEN'S HEALTH ISSUE



## Women's Health Awareness | Prevention | Education | Family

Source: [Womenshealth.gov](http://Womenshealth.gov)

### What does it mean to be a well woman?

It's a state of mind. It's being as healthy as you can be. And, most importantly, it's about taking steps to improve your physical and mental health:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

For information on specific health topics that are of a common interest to women see [Womenshealth.gov](http://Womenshealth.gov): [A-Z Health Topics](#).



## What's Going On!

- > Readiness to Change Seminar July 24th. Check out [flyer](#)
- > July—August Fitness classes with MHRFC instructors are posted! Sign up today through TSW on Pipeline.
- > July Lifestyle Nutrition and Individual Plan with Debra Cavender. Register for your one on one session through TSW on Pipeline! Check periodically for cancellations. New sessions for AUG TBD.
- > Wellness Warriors Walking Club will meet every Tuesday until August 26th from 12:15 to 12:45 PM at the Lowell Blanchard Track. Interested in a Walking Club at an office campus location contact us at [wellness@wayne.edu](mailto:wellness@wayne.edu).

## Healthy Aging

Source: [Womenshealth.gov](http://Womenshealth.gov)

When it comes to our skin, many of us are more concerned with wrinkles, sun spots (also called liver spots), and other signs of aging than skin cancer. But skin cancer is a serious concern. It is the most common form of cancer in the United States. Research indicates that 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Luckily, it's easy to manage concerns about signs of aging and skin cancer at the same time. The best way to prevent signs of aging is also the best way to prevent skin cancer: Protect yourself from the sun.

But what about promises of instant youth in a jar? Experts say that over-the-counter creams and lotions can help ease dry skin — which is more common as you age — but they can't turn back time.

Prescription creams, chemical peels, laser treatments, Botox, and other cosmetic procedures are being used to treat sun spots, wrinkles, and other signs of aging. But results vary and some treatments remain unproven. These treatments also don't prevent further damage. So for now, to ward off future signs of aging and lower your risk of skin cancer:

- Avoid the sun when its rays are strongest — between 10 a.m. and 3 p.m.
- Use sunscreen that has a high SPF number (15 or higher). It should also protect your skin from **both** UVA and UVB rays. Experts recommend using sunscreen daily, year-round — especially on your face.
- If you're out in the sun for a long time, protect your ears and scalp with a hat. For extra body protection, wear lightweight long-sleeved shirts and pants.

Checking your skin regularly is a good idea. Tell your doctor right away about skin changes, such as new growths, sores that don't heal, or changes in the size, shape, color, or feel of an existing mole. Skin changes are not always cancer. But you should have a doctor check out a skin change to be sure. Many types of skin cancer can be cured if found and treated early.

### More information on Aging Skin from [womenshealth.gov](http://womenshealth.gov)

[Varicose Veins and Spider Veins Fact Sheet](#)—This fact sheet provides information about varicose and spider veins, including the causes, potential dangers, and treatments.



## Inside this issue:

What's Going On!	1
Women's Health Awareness	1
Healthy Aging	1
Women's Health Checklist	2
A Rainbow of Super Foods	3
Upcoming Events	3
Success!	3

Editor:

Lea R. Madjoff  
Wellness Coordinator  
Wellness Warriors



# Women's Health Checklist!

## A schedule of Checkups and Age-appropriate Screenings for Women

Regular checkups and age-appropriate screenings can improve your health and extend your life. Members of high risk groups, or those with a family history of a disease, should consult their health care provider about the need for earlier screening. The check list below is a general outline and does not take in consideration individual health concerns and needs.

Source: Checkup and screening guidelines. For Men and Women: Get It Checked!. Men's Health Network. [www.menshealthnetwork.org](http://www.menshealthnetwork.org).

### WOMEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>PHYSICAL EXAM:</b> Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>BLOOD PRESSURE:</b> High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
<b>TB SKIN TEST:</b> Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
<b>BLOOD TESTS &amp; URINALYSIS:</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>EKG:</b> Electrocardiogram screens for heart abnormalities.	Baseline Every 4 years Every 3 years	Age 30	✓	✓
<b>TETANUS BOOSTER:</b> Prevents lockjaw.	Every 10 years	✓	✓	✓
<b>RECTAL EXAM:</b> Screens for hemorrhoids, lower rectal problems, and colon cancer.	Every year	✓	✓	✓
<b>BREAST HEALTH:</b> Clinical exam by health provider. <b>Mammography:</b> X-ray of breast.	Every year Every 1-2 years Every year	✓	✓	✓
<b>REPRODUCTIVE HEALTH:</b> PAP test / Pelvic exam.	Every 1-3 years after 3 consecutive normal tests. Discuss with your physician.	Age 18	✓	✓

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>HEMOCCULT:</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
<b>COLORECTAL HEALTH:</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years		✓	✓
<b>CHEST X-RAY:</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
<b>SELF-EXAMS: Breast:</b> To find abnormal lumps in their earliest stages. <b>Skin:</b> To look for signs of changing moles, freckles, or early skin cancer. <b>Oral:</b> To look for signs of cancerous lesions in the mouth.	Monthly by self	✓	✓	✓
<b>BONE HEALTH:</b> Bone mineral density test. Should be considered in all postmenopausal females. Discuss with your physician.	Postmenopausal			✓
<b>ESTROGEN:</b> Peri-menopausal women should consider screening for FSH (follicle stimulating hormone) and LH (leutenizing hormone) to determine supplemental estrogen therapy need.	Discuss with a physician			✓
<b>SEXUALLY TRANSMITTED DISEASES (STDs):</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.	Under physician supervision	✓	Discuss	

# Phytonutrients: A Rainbow of Super Foods

Blueberries still a Super Food even after baking.....

Phytonutrients in fruits and vegetables can be grouped according to color. Each group has its own set of unique antioxidant properties. It's important to consume all colors (red, purple, orange, yellow, green, and white) to receive those health benefits.

Blueberries, blackberries, and hawthorn berries contain a powerful polyphenol (phytonutrient) called anthocyanidin, which contains approximately fifty times the antioxidant activity of vitamin C and twenty times more powerful than vitamin E.

The best way to eat these berries is when they are fresh and raw, as nature intended. But some people don't like the taste and prefer to cook berries, put them through a juicer or eat in a muffin. What happens to the polyphenols when you do this?

Juicing or canning the berries reduces their polyphenol levels by 20%, but only around 10% is lost when they are baked or eaten in a muffin. Researchers (*JAgricFoodChem*, 2013) aren't sure why, but they think the yeast acts as a stabilizing agent and protects the polyphenols.



Provided by Debra Cavender, RDN

## Success!

A testimonial from **Dana Miesel**

**I wish I would have joined the Wellness Warriors Program sooner!** I thought I was pretty knowledgeable about health and fitness, but I have learned so much since joining in January.

I can't say enough about **Debbie Cavender**, her one on one **nutritional consults** are invaluable, not to mention her very informative lectures. I've learned more from her these past few months than I ever have from any of my health care providers! I have already noticed positive changes in my body from implementing only a few of the changes she has recommended.

**Zonya Foco** was also a wealth of knowledge, and a very energetic speaker! [she had a lot of great ideas that I think, for me, were too soon into the program that I was overwhelmed and unable to implement. I would love to see her again (and again) just for motivation]

I also joined the **diabetes prevention program** with **Maria Young**, not because I am disposed to the disease, but because I am trying to obtain as much information to making health changes/choices.

**WHAT AN EYE OPENER!** Don't let the title turn you away, this class is a must for EVERYONE!

I have also taken advantage of many of the classes offered at the **Mort Harris Recreation and Fitness Center (MHRFC)**. I'm not quite at the 'adding exercise to my daily routine' yet, but I have found myself incorporating little bits of advice/tips that I have learned from the various classes – it isn't so difficult to add some activity into your day (baby steps).

**Lea Madjoff** has done such a great job in the short amount of time after becoming the new **Wellness Coordinator** for the Wellness Warriors Program; I look forward to each newsletter.

I have taken the information from my Wellness Warrior experience and, not only feel that I am making an improvement in my own health, but I am sharing it with my family and friends.

I encourage everyone to join. There is nothing to lose but a few pounds and unhealthy habits! Thank you Wayne State for offering such a wonderful program and the extra cash is nice too!

**Share your success story by submitting your testimonial to [wellness@wayne.edu](mailto:wellness@wayne.edu).**

Wayne State University's  
Employee Wellness

Engagement,  
Encouragement, Education

Total Compensation and  
Wellness  
5700 Cass Ave, Suite 3638  
Detroit, MI 48202

WELLNESS  
WARRIORS

A Higher Degree of Wellness

Phone: 313-577-3717

Fax: 313-577-0637

E-mail: [wellness@wayne.edu](mailto:wellness@wayne.edu)

### Work Life Balance

A training service from our  
Employee Assistance Program

Presented by Richard Sands,  
Ulliance Speaker

Thursday, July 10, 2014  
12:00—1:00 PM  
FAB RM 1339  
or  
2:00—3:00 PM  
Scott Hall, RM 1358

Balancing work & home life is a top priority today. By attending this event you will learn the steps to take that will help gain skills to manage both. **Limited Registration**

Sign up on TSW through [pipeline](#) under "Employee Development"

### Dealing with Work Place Stress

A training service from our  
Employee Assistance Program

Presented by Richard Sands,  
Ulliance Speaker

Monday, July 14th, 2014  
12:00—1:00 PM  
Scott Hall, RM 1358  
or  
2:00—3:00 PM  
FAB, RM 1339

By attending this event you will learn how to deal with workplace stress. For us to be productive, effective & efficient, as employees it's important for us to be able to overcome key workplace stressors.

**Limited Registration**

Sign up on TSW through [pipeline](#) under "Employee Development"