



The Wellness Program  
WVUHealthcare

October 2011

# The Wellness Newsletter

## Benefit Re-enrollment Screenings Begin October 17th

### Inside This Issue

- Smoking Ban Update.....1
- Wellness & Benefit Guide.....2
- Breast Cancer Awareness.....3
- Depression Screening Month...4
- Meet Your Muscles.....5
- Wellness News.....6
- Screening Dates.....7
- Wellness Advertisements.....8

Benefit Re-enrollment gives employees the opportunity to make significant saving on their insurance premiums. No matter what your current state of health, The Wellness Program offers a way for all benefit eligible employees insured by WVUH to save money. This months newsletter contains all the information you need to get started. Check out page 2 for Benefits FAQs, and turn to page 7 to find when and where to go to have your screenings done. Plan ahead to make sure you do not miss out substantial annual savings.



**Get \$100 For Participating**

**Remember that The Wellness Program's fitness classes cost employees only \$3 for the entire fall semester when you use your Wellness Points!**

To view our complete fall calendar and register for classes, visit our website at [www.hsc.wvu.edu/wellness](http://www.hsc.wvu.edu/wellness).

Questions? Call The Wellness Program at 293-2520!

### **Update:** **Clean Indoor Air regulations for Morgantown**

The Morgantown City Council voted in late September to delay the implementation of the clean indoor air act to January 1, 2012. The ordinance was originally planned to take effect on the 1st of October. The decision was made to allow the Monongalia County Board of Health a chance to review a proposed countywide smoking ban. The ban that has been recently proposed does offer exemptions for businesses which mainly profit from the sale of tobacco, such as Morgantown's hookah lounge.

City Manager, Terrence Moore has asked that the Board of health vote on the ban at it's next meeting on November 16th. Before the Board of health reconvenes they will hold two different open forums for public comment. The implementation of a countywide regulation would give the Morgantown area a more uniform clean indoor air ordinance, as some bars do fall just outside of city limits.

# WEST VIRGINIA UNIVERSITY HOSPITALS EMPLOYEE **Wellness & Benefit Guide** **\* For Plan Year 2012 \***

This is your chance to save \$\$\$ on your health insurance! Beginning on October 17 the Wellness health screenings begin as part of Benefit Re-enrollment in the John Jones conference area of the Health Sciences Center. Screenings will take place from October 17 and end on October 31.

## FREQUENTLY ASKED QUESTIONS

### **What if I recently had a lipid panel with glucose drawn and or blood pressure?**

If they are within the last 3 months (July 17 or more recent) simply bring these results to the staff during the health screenings. You will still need to complete the registration form and have your BMI recorded. Employees can access this information from MyWVUChart. Sign up for MyWVUChart at [www.mywvuchart.com](http://www.mywvuchart.com) or call the HIM department for assistance at 598-4109. Blood Pressure will be part of the After Visit Summary (AVS), also available on MyWVUChart.

### **What are the benefits for participating?**

You may receive a lower premium on your health insurance if you fully participate. If all measured values are within normal limits you get the most savings, Premium Rate 2. If a measured value is out of the normal limits, you may still qualify for substantial savings on your health insurance premium, Premium Rate 1.

### **What are considered normal measured values?**

Definitions established by American Medical Association:

#### **Normal Levels**

- Blood Pressure is less than 140/90 both systolic and diastolic
- Cholesterol (LDL) is less than 130
- Glucose is less than 126
- Body Mass Index <26 (this is a more liberal goal than <25) or percent body fat <18% male and <25% female
- Non-tobacco use

### **When are the screenings and will they travel offsite?**

A complete schedule with times and locations will be available on the 2012 Re-enrollment website, located on Rubyonline.

All health Insurance rates offered by WVUH are market competitive regardless of benefits

# Breast Cancer Awareness Month

How much do you know about reducing your risk?

## Second-Hand Smoke Exposure and Breast Cancer

By: Heather Bonaparte

Breast Cancer is the most common cancer diagnosed among women in the United States, other than skin cancer. It is also the second leading cause of cancer death in women, after lung cancer. It has been estimated that in the year of 2010, the number of new cases of breast cancer affected at least 207,090 women, with 39,840 deaths within the United States alone<sup>1</sup>.

Although there are many risk factors that have been found to be related to the cause of breast cancer, most of them revolve around personal lifestyle behaviors. Some of the lifestyle behaviors which have been found to relate to breast cancer include: Lack of exercise, obesity, use of birth control, alcohol consumption, high fat diets, and tobacco smoking/secondhand smoking.

Whether you were aware of it or not, many studies have been recently conducted with focus on the relationship between second-hand smoking (also known as ETS: environmental tobacco smoke) and the development of breast cancer in younger women (less than the age of 50). As we all know, breast cancer predominately is diagnosed in women over

the age of 50. In recent research and studies, a rare occasion has been found where breast cancer was diagnosed in women under the age of 50, which tend to be fatal. One of the reasons behind this is because during child-bearing years, the breast tissue is very dense and is always changing. With the dense tissue, it makes it harder to find lumps or any other abnormalities. So when a young woman does find a lump in her breast, by this point the cancer has already metastasized and advanced throughout the body making it more difficult to control. Based on these recent studies, it is shown that women who started smoking at an early age had a 20% increase in breast cancer risk and those women who were exposed to ETS, in either a home or work setting, had a 60-70% increased risk<sup>2</sup>.

According to a report developed by the California Environmental Protection Agency in 2005, they concluded that “the evidence regarding second-hand smoke and breast cancer is consistent with a causal association” in younger women. This means that the secondhand smoke appears like it could be a cause of breast cancer in these women. The 2006 US Surgeon General’s report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, found that there is “suggestive but not sufficient” evidence of a link at this point. In any case, women should be told that this possible link to breast cancer is yet another reason to avoid being around second-hand smoke exposure<sup>3</sup>.

## Breast Cancer Resources

Betty Puskar Breast Care Center

[www.hsc.wvu.edu/mbrcc/bpbcc/](http://www.hsc.wvu.edu/mbrcc/bpbcc/)

American Cancer Society

[www.cancer.org](http://www.cancer.org)

National Cancer Institute

[www.cancer.gov](http://www.cancer.gov)

National Breast Cancer Foundation

[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

Medline Plus: Breast Cancer

[www.nlm.nih.gov/medlineplus/breastcancer.html](http://www.nlm.nih.gov/medlineplus/breastcancer.html)

Information provided by:

- (1) [www.cancer.gov/cancertopics/types/breast](http://www.cancer.gov/cancertopics/types/breast)
- (2) [http://www.breastcancer.org/risk/new\\_research/20090424b.jsp?gclid=CIKau77LhKQCFQo65QodEiOcLA](http://www.breastcancer.org/risk/new_research/20090424b.jsp?gclid=CIKau77LhKQCFQo65QodEiOcLA)
- (3) <http://wheezing.com/conditions/sechandsmoke/sechandsmoke.html>

# October is Depression Screening Month

## What is a depressive disorder?

A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely “pull themselves together” and get better. Without treatment, symptoms can last for weeks, months, or years. Most people with a depressive illness do not seek treatment, although the great majority (even those whose depression is extremely severe) can be helped. Thanks to years of fruitful research, there are now medications and psychosocial therapies such as cognitive/behavioral, “talk,” or interpersonal that ease the pain of depression. Unfortunately, most people do not realize that depression is a treatable illness. If you feel that you or someone you care about is one of the many undiagnosed depressed people in this country, please contact your physician today for an evaluation!

## What are the symptoms of a depressive disorder?

People with depressive illnesses do not all experience the same symptoms. The severity, frequency and duration of symptoms will vary depending on the individual and his or her particular illness. Symptoms include:

- Persistent sad, anxious or “empty” feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease with treatment

Information on this page provided courtesy of the National Institute of Mental Health.

## What causes depression?

There is no single known cause of depression. Rather, it likely results from a combination of genetic, biochemical, environmental, and psychological factors.

Research indicates that depressive illnesses are disorders of the brain. Brain-imaging technologies, such as magnetic resonance imaging (MRI), have shown that the brains of people who have depression look different than those of people without depression. The parts of the brain responsible for regulating mood, thinking, sleep, appetite and behavior appear to function abnormally. In addition, important neurotransmitters-chemicals that brain cells use to communicate-appear to be out of balance. But these images do not reveal why the depression has occurred.

Some types of depression tend to run in families, suggesting a genetic link. However, depression can occur in people without family histories of depression as well. Genetics research indicates that risk for depression results from the influence of multiple genes acting together with environmental or other factors. In addition, trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode. Subsequent depressive episodes may occur with or without an obvious trigger.

## DEPRESSION RESOURCES

Depression and Bipolar Support Alliance  
[www.dbsalliance.org](http://www.dbsalliance.org)

National Mental Health Association  
[www.nmha.org](http://www.nmha.org)

Int. Foundation for Research and Education on Depression  
[www.ifred.org](http://www.ifred.org)

CMHS Mental Health Services Locator  
[mentalhealth.samhsa.gov/databases](http://mentalhealth.samhsa.gov/databases)

### EMPLOYEE ASSISTANCE PROGRAM

This is a confidential resource available to individuals and departments university-wide for help with problem solving. WVU Healthcare employees call (800) 865-3200. WVU employees call (304) 293-5590.

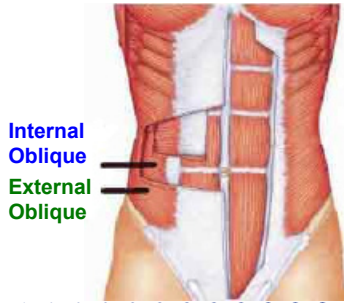
### If you are in crisis and need immediate assistance:

- Call your doctor's office.
- Call 911 for emergency services.
- Go to the nearest hospital emergency room.
- Call the 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK to be connected to a trained counselor at a suicide crisis center near you.

**HELLO**  
my name is

# Obliques

# Meet Your Muscles!



The obliques work to flex, rotate, and side bend your spine. Each side of your trunk has an internal and an external oblique muscle. The internal oblique muscle is deep (closer to your spine), while the external oblique muscle is more superficial. The obliques work with another abdominal muscle, the transverse abdominis, to help keep your core tight by increasing the intra-abdominal pressure, which is important in supporting your spine. Exercising your obliques also helps in keeping your waist tight and slim. Try the following exercises to work your obliques, and remember to keep your core drawn in while performing the exercises!

## Side Plank

- Lie on right side, legs together, feet stacked. Place left hand on left hip. Keep head and neck aligned with spine.
- Prop upper body on bent right forearm (be sure elbow is directly below shoulder). Press hips toward ceiling, using abs to stabilize torso.
- For an extra challenge, extend your left arm (as shown).
- Hold for 30 seconds and work up to 1-3 minutes.
- Be sure not to hold your breath.
- Exercise will be easier if feet are staggered instead of stacked.



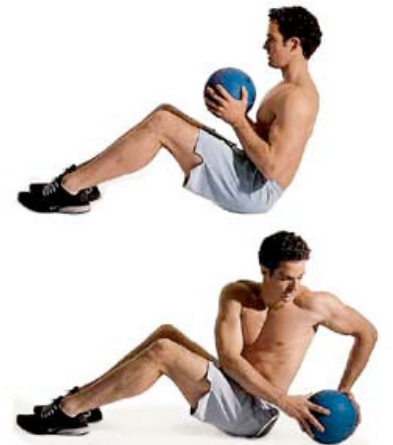
## Bicycle Crunch



- Begin by lying on your back, placing your hands behind your ears.
- Lift your legs in the air and bend your knees so that your legs form a 90 degree angle.
- Move your legs in a bicycle motion. When your left knee is closer to your body, reach your right elbow to it. When your right knee is closer to your body, reach your left elbow to it.
- Try performing the exercise for 60 seconds in 2 sets.

## Seated Torso Twists

- Sit on the floor while holding a medicine ball (or dumbbell) in both hands with shoulders relaxed, elbows bent, and arms pulled close to the sides of the body. Place your knees and feet about hip-width apart, heels on the floor, knees bent and back straight. Pull your abs in tight and with a straight back, lean back from the hips until you feel your abs engage (pictured).
- INHALE: Keeping heels on the floor, abs engaged, and arms close to your body, twist from the waist to the left side.
- EXHALE: Twist back to the center (starting position).
- INHALE: Twist to the opposite (right) side.
- EXHALE: Return to the starting position to complete one rep.
- Try doing 2 sets of 15 reps.



**Join the Fitness  
Center today!**

The cost for employees to join is only \$3 when you use your Wellness Points! Simply call The Wellness Program at 293-2520 to schedule a brief orientation.



## Big Tobacco Sues Feds Over Graphic Warnings on Cigarette Labels

Tobacco companies want a judge to put a stop to new graphic cigarette labels that include the sewn-up corpse of a smoker and pictures of diseased lungs, saying they unfairly urge adults to shun their legal products and will cost millions to produce.

Four of the five largest U.S. tobacco companies sued the federal government Tuesday, saying the warnings violate their free speech rights.

“Never before in the United States have producers of a lawful product been required to use their own packaging and advertising to convey an emotionally-charged government message urging adult consumers to shun their products,” the companies wrote in the lawsuit filed in federal court in Washington.

The companies, led by R.J. Reynolds Tobacco Co., Lorillard Tobacco Co., said the warnings no longer simply convey facts to allow people to make a decision on whether to smoke. They instead force them to put government anti-smoking advocacy more prominently on their packs than their own brands, the companies say. They want a judge to stop the labels.

The FDA refused to comment, saying the agency does not discuss pending litigation. But when she announced the new labels in June, Health and Human Services Secretary Kathleen Sebelius called them frank and honest warnings about the dangers of smoking.

The FDA approved nine new warnings to rotate on cigarette packs. They will be printed on the entire

top half, front and back, of the packaging. The new warnings also must constitute 20 percent of any cigarette advertising. They also all include a number for a stop-smoking hotline.

One warning label is a picture of a corpse with its chest sewed up and the words: “Smoking can kill you.” Another label has a picture of a healthy pair of lungs beside a yellow and black pair with a warning that smoking causes fatal lung disease.

The lawsuit said the images were manipulated to be especially emotional.

The tobacco companies said the corpse photo is actually an actor with a fake scar, while the healthy lungs were sanitized to make the diseased organ look worse.

The companies also said the new labels will cost them millions of dollars for new equipment so they can frequently change from warning to warning and designers to make sure the labels meet federal requirements while maintaining some distinction among brands.

Joining R.J. Reynolds and Lorillard in the suit are Commonwealth Brands Inc., Liggett Group LLC and Santa Fe Natural Tobacco Company Inc.

Altria Group Inc., parent company of the nation’s largest cigarette maker, Philip Morris USA, is not a part of the lawsuit.

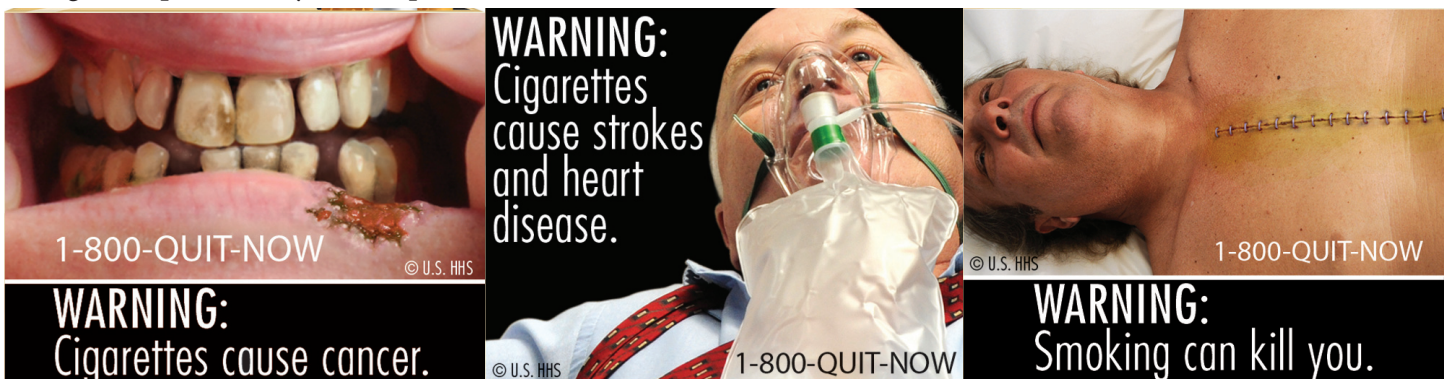
The free speech lawsuit is a different action than a suit by several of the same companies over the Family Smoking Prevention and Tobacco Control Act.

The law, which took affect two years ago, cleared the way for the more graphic warning labels, but also allowed the FDA to limit nicotine.

The law also banned tobacco companies from sponsoring athletic or social events and prevented them from giving away free samples or branded merchandise.

A federal judge upheld many parts of the law, but the companies are appealing.

ARTICLE COURTESY OF THE ASSOCIATED PRESS



# Attention ALL WVU Healthcare employees of WVU Hospitals:

Here is a complete schedule with times, dates, and locations for the 2012 WVUH employee benefit re-enrollment screenings

DAY	TIME	ROOM CONFIRMED
Monday 10/17/11	6:30-10:00 am	JJ 1,2,3
	2:30-5:00pm	JJ 1,2,3
Tuesday 10/18/11	6:30-10:00am	JJ 1,2,3
	2:30-5:00pm	JJ 1,2,3
Wednesday 10/19/11	6:30-10:00am	JJ 1,2,3
	2:30-5:00pm	Ruby Conference Room 7/8
Thursday 10/20/11	6:30-10:00am	JJ 1,2,3
	2:30-5:00pm	JJ 1,2,3
Friday 10/21/11	6:30-10:00am	JJ 1,2,3
	2:30-5:00pm	JJ 1,2,3
Saturday 10/22/11	6:30-10:00am	JJ 1,2,3
	2:30-5:00pm	JJ 1,2,3
Sunday 10/23/11	6:30-10:00am	JJ 1,2,3
	2:30-5:00pm	JJ 1,2,3
Monday 10/24/11	6:30am-5:00pm	JJ 1,2,3
Tuesday 10/25/11	6:30am-5:00pm	JJ 1,2,3
Wednesday 10/26/11	6:30am-3:00pm	J 1,2,3
	3:00-5:00pm	Ruby Conference Room 7/8
Thursday 10/27/11	6:30am-5:00pm	JJ 1,2,3
Friday 10/28/11	6:30am-5:00pm	JJ 1,2,3
Saturday 10/29/11	6:30am-5:00pm	JJ 1,2,3
Sunday 10/30/11	6:30am-10:00am	JJ 1,2,3
	2:30-5:00pm	JJ 1,2,3
Monday 10/31/11	6:30am-5:00pm	JJ 1,2,3

*JJ 1,2,3 - John Jones Conference Rooms 1,2,3 are located on the Ground Floor of the HSC building  
Ruby Conference Room 7/8 are located on the 4th floor of Ruby near the cafeteria*

**Benefit screenings will also take place at these Offsite & Satellite location screenings:**

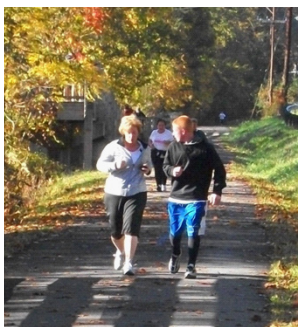
**ROC  
Scott Ave  
Heart Institute  
WesMon**

**Linen  
Fairmont System office  
White Birch Tower**

## SECOND ANNUAL FALL TRAIL 5K

5K will be held on October 22nd at Marilla Park in Morgantown.

For registration form and more information, please email [powerpumpwvu@gmail.com](mailto:powerpumpwvu@gmail.com).



## DEAN ORNISH SPECTRUM PROGRAM

This program combines the tenets of the Ornish Program with the tenets of Dr. Dean Ornish's book, *The Spectrum*. It is geared towards the person who wants to prevent future disease processes, or to help control a disease in its early stages. The program is also a good introduction to the full Ornish Program.

Depending on an individual's health care coverage, The Spectrum may be covered or a nominal fee to participate may apply.

**Program begins November 22nd!  
Make sure to register for your spot today!**

For more information on either program, please call 304-293-2520 to speak to the Wellness Program or 304-598-4000 ext. 72795 to speak to Heidi Lewis, Nurse Clinician for The Ornish Program.



## FALL PROGRAM HIGHLIGHTS

### PILATES

Pilates is a safe and sensible exercise routine that helps you feel and look great. It helps to improve both mental and physical well-being, increase flexibility, and strengthen muscles through controlled movements that will help tone and strengthen the body.



### HiP HOP HUSTLE

Hip Hop Hustle blends hip hop and dance moves that help you to burn up the dance floor and burn calories too! This workout feels more like a night on the town than exercise. So come drop the pounds and get rapid results while you dance, dance, dance!



### HOOPLA

Hooping is a fun and exciting way to get an aerobic exercise by using hula hoops to firm, tone and burn body fat. The hoops used aren't the standard toy you played with as a child; instead, these large hoops are customized for the active adult.



**There is still time to register for these, and other, Fall fitness classes! The cost is only \$3 when you use 12 Wellness points for the entire semester!**

**QUESTIONS? CALL THE WELLNESS PROGRAM AT 304-293-2520!**