

Spring
2009

Still-Well Newsletter

Vocational • Intellectual • Spiritual • Emotional • Physical • Environmental • Social

Spring into Healthy Living

Biggest Loser Competition

ATSU-KCOM DO-2011 Student Casey Lacher and her friends had been talking about motivational ways to get in shape for spring break. Casey and her friends decided to have a Biggest Loser competition, and since it sounded like fun they thought they would invite the masses. The initial weigh-in for the competition was Monday, January 12, and then every Monday between January 12th and Spring break, they submit their weight change over the course of that week (+ or -).



Q: How many are participating in the program?

A: "I think we're right around 40 participants."

Q: What prompted the challenge for you and others?

A: "I had been working on weight loss all last fall, but I hit a wall after Christmas. Originally, I thought it would be fun for a few of my friends and me to just do a little competition to push each other through the post-Christmas doldrums. I went ahead and opened it up to the students and it turns out there was a lot more interest than I thought there would be!"

Q: How are you going about losing the weight and staying healthy?

A: "For me personally, I'm usually in the TCC probably 4-5 times a week. I had another student create a lifting schedule for me so that I would be able to get in and out of the gym efficiently rather than standing around staring at weights wondering what to do next. I've also been trying to add more cardio by attending a few of the fitness classes and getting in some running and racquetball. I've also been working on the dieting aspect by cutting out fast food and trying to cook more at home. It's cheaper and better for you!"

Q: Are there any faculty and staff participating in the competition?

A: "Lynda Konecny is the only person participating who is not a student or spouse."

Q: What are the prizes being given away?

A: "The big prizes are two Polar Heart Rate Monitors that have been donated by Still-Well. One will be given for the most pounds lost and one for the biggest percentage lost."

Q: Will there be a follow up later on to check in to see how everyone is doing a few months after the final deadline?

A: "Several of the participants have also made pledges to the Pound-for-Pound challenge set forth by the actual Biggest Loser. For this program, you pledge your weight loss goal and then check back in early April to submit your actual pounds lost. They will then match your pounds lost in pounds of food donated to a local food pantry. That is probably our way of following up with each other. Otherwise, we don't have a finale show planned." :)



Still-Well
University Student
Wellness Program

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Editorial Board

Wendy Pinkerton
Lynda Crossgrove
Joni Newland
Art Matthews

Achieving Peak Performance

By Thom Van Vleck, MA, LPC
Director of Counseling
Still-Well Spiritual Team Leader



To Achieve Peak Performance...

First,
You need a target.

Second,
You need to
change your
attitude about pain.

Third,
Work towards
controlling your
attention.

Fourth,
Develop your
self-control or
discipline.

Fifth,
Focus on what's
important.

Please feel free to
contact Thom Van
Vleck with
questions (tvanvleck@atsu.edu)

Often people think of athletics when they think of a “peak performance”. However, a peak performance is a universal need. Students working towards graduation are very much like an athlete in training. Instead of an athletic endeavor, you are engaged in an academic endeavor. But I would argue the approach should be one and the same. You are trying to perform at the highest level possible. You will use all of your mental and physical capabilities in the process. All of us have long and short term goals. Some of us want to improve our job performance to get a promotion, some of us continue our education in different ways, and some of us engage in research, academic writing, or other professional achievements that require a peak performance.

First, you need a target. Could you imagine just getting in your car and driving around aimlessly hoping to find where you were going? You need to define a target or goal and make it measurable. It's not enough to say you want to graduate or achieve a certain position at work. You need to break it down into sub goals. We've all heard about that, but you need to look at the goals and decide what is “ideal” and what is achievable. The biggest mistake people make in goal setting is they too often think in absolutes and the problem with that is that one slight deviation along the way is perceived as failure. You need to make your targets achievable and reasonable. Goals should be flexible and not impossibly rigid. One of the reasons that tacticians credit the Allies with victory over the Nazis in WWII was because the Nazis would too rigidly stick to the military objective while the Allies were more than happy to take out “targets of opportunity” and deviate from the goal if it would be more productive to do so. What appeared to be undisciplined was actually being flexible.

Next, you need to change your attitude about pain. When I say pain, I refer to the discomfort created by hard work. Pleasure creates complacency. Pain is the greatest motivator of all. When you face a deadline or test, you are under pressure. It can be perceived as mentally and emotionally painful. You would rather be somewhere else. But you must remember that it is this temporary pain that will cause meaningful change. Achieving your goal will bring about positive changes and will be more lasting and satisfying than the short term pleasure of avoidance.

Third, work towards controlling your attention. Attention is directed consciousness or awareness. If you control your attention you control your consciousness. Attention is singular. You cannot pay attention to more than one thing at a time. Most things that are distracting are actually pleasant stimulus (such as television or the internet) that directs us away from that which is painful (studies or work). Concentration is the key to attention. Keep a stopwatch handy. Time yourself as you begin to focus on an endeavor such as a report or reading. Try to completely focus for as long as possible and as soon as you notice that you waver, stop the watch. Work towards increasing that time and work towards a greater awareness of where your attention is focused.

Fourth, develop your self-control or discipline. This is more important to success than intelligence, creativeness, or any other inherent or learned quality. It is the foundation to solving any problem and the most common trait of the most successful people. It is also more physical than you realize. Think of your mind and body as a horse and rider. A disciplined rider will get the most out of a horse. An undisciplined rider will let the horse take control. An over-disciplined rider will push a horse too far and the horse will eventually rebel. Self-control is all about physical control and concentration will be enhanced by it. The single phenomenon responsible for all external manifestations of cerebral activity is muscular contraction. It translates your thoughts and feelings into action. The more distressed your body is (hunger, pain, exhaustion) the less self-control you will have.

Building self-control is body building of the mind or “mind building”. It is built up through long term, persistent, and planned workouts. You must balance the needs of your mind and your body to achieve maximum control and this “mind building” is achieved by constantly assessing each and attending to the need.

Lastly, focus on what's important. There are two parts of achieving peak performance. There is the goal, such as a big test, and there is the means, or all the things that lead up to the goal. Too often we get too focused on the outcome or the end when that has almost nothing to do with achieving that end. Gandhi once said, “Take care of the means and the end will take care of itself.” Remember, we all have different needs and you must find what works for you. If you have further questions, please feel free to contact me and I will discuss resources to achieving your peak performance (tvanvleck@atsu.edu).

“To insure good health: eat lightly, breathe deeply, live moderately,
cultivate cheerfulness, and maintain an interest in life.”

- William Londen



Emotional Wellness Awareness Week

Lynda Konecny, D.H.Ed.
Still-Well Emotional Team Leader

KCOM students, faculty, and staff enjoyed a week of emotional wellness programming during the January 12 – 16 Emotional Wellness Awareness Week. A variety of diverse events were planned by the Still-Well Emotional Team. Team members include: Laila Al-Duwaisan, Michelle Hill, Todd Jacobs, Rachel Long, Greg Price, Scott Thomas, and Shoshana Wilson.

Each day team members presented pre-class, informative yet entertaining “commercials” providing tips for identifying depression, what to do when feeling stressed, and information on where to go for help. The first scheduled activity was a Yoga/Pilates session led by Heather Martin which was co-sponsored by the Still-Well Physical Team. The Yoga/Pilates session provided an opportunity for individuals to experience the link between emotional and physical wellness and learn some exercises that could benefit both dimensions.

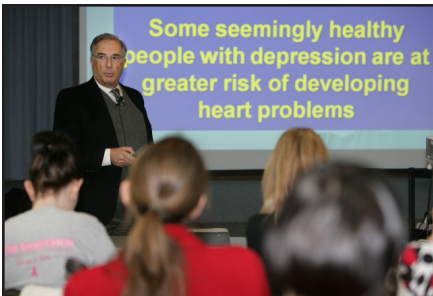
Truman State University’s Professor Sal Costa was on Campus Wednesday, January 14, to do a hypnosis demonstration and address the use of hypnosis for stress reduction as well as increased school and work performance. Presentation attendees were impressed by Professor Costa’s skill at hypnotizing his volunteer, and gained valuable information on possible ways hypnosis can be incorporated into work and school.



Truman State University’s Professor Sal Costa talks with OMS II student Brian Snyders.



OMS II students Jabon Ellis and Todd Jacobs along with Ron Gaber make tie-dyed t-shirts.



Students listen to Dr. Angelos Halaris’ informative presentation.

The Thursday, January 15, event emphasized emotional wellness through play. Students, faculty, and staff were invited to tie-dye and make their own stress ball. Even the novice tie-dyer was able to create a remarkable piece of wearable art. The corn meal and/or rice stress balls were fun to make and will provide tools for stress relief by taking the focus of stress away from the actual source, which will lead to relaxation of body and mind.

On Friday, January 16, the Still-Well Emotional Team and the American College of Neurologists and Psychiatrists were pleased to host Loyola University, Stritch School of Medicine, Professor of Psychiatry, Department Chair of Clinical Research, and distinguished scientific investigator, Dr. Angelos Halaris, M.D., Ph.D. Dr. Halaris’ informative presentation, The Heart of the Matter: Cardiovascular Disease and Depression, addressed the topic of Comorbid Depression and Cardiovascular Disease and the associated underlying inflammatory and endothelial manifestations of sympathetic overdrive.

Thank you to all who participated in the Still-Well Emotional Team’s Emotional Wellness Awareness Week and helped to make it a great success. Remember to balance all dimensions of wellness and embrace the Still-Well motto: “I am my own first patient.”

National Health Observances

March

National Brain Injury Awareness Month
www.biausa.org

National Kidney Month
www.kidney.org/kidneydisease/kidneymonth/index.cfm

National Multiple Sclerosis Education and Awareness Month
www.msfocus.org

National Nutrition Month®
www.eatright.org

Mental Retardation Awareness Month
www.rcomo.org

April

Alcohol Awareness Month
(800) 729-6686

Cesarean Awareness Month
www.ican-online.org

Cancer Control Month
www.cancer.org

Counseling Awareness Month
www.counseling.org

Irritable Bowel Syndrome Awareness Month
www.aboutibs.org

National Child Abuse Prevention Month
www.childwelfare.gov/preventing

Occupational Therapy Month
www.aota.org

Comfort Food: A resident weighs a stressful life

by Zachary D. Jacobs, M.D.
University of Missouri Children's Hospital

Nathan is 18. His mother brought him to the general pediatrics clinic because she is concerned about his weight. The young man looks down at his shoelaces; he doesn't want to talk about it. He played basketball and was relatively fit until last year, when he stopped the sport to focus on his grades. He is feeling the pressure of applying to college, and often stays up into the wee hours of the night writing papers for numerous Advanced Placement courses. His mother can't believe her son's course load and says that she didn't have anything comparable until she was in law school. His parents know the problem is eating: the late-night fast food and early morning microwave meals that keep him going. He's too busy to exercise. There are more important things to do than that.

What can I, a pediatrics resident, say to this young man? Who am I to say anything? History has shown me that I would do no better in his situation.

During my sophomore year of college, I realized I had become a monstrosity, a beast capable of downing a large pepperoni pizza at one sitting, ordering two value meals for one lunch and inhaling a large bag of barbecue potato chips just for fun. I could not walk up stairs without becoming winded. At times I imagined myself a beached whale, attracting gawking crowds as I thrashed about in the sand.

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Annual Fun Run to support Quota International and World Shoe Relief



Heidi Gaston, OMS II and Michelle Gendron, OMS II brave the cold at the 2008 Fun Run.

The A.T. Still University-Kirkville College of Osteopathic Medicine Student Advocate Association (SAA) will host its annual Osteopathic Fun Run/Kid's Run on Saturday, April 4, in Kirksville, Mo. This is the 31st annual osteopathic race held by the SAA. All race proceeds will benefit Quota International of Kirksville.

The 5K/10K runs and one-mile fitness walk/run begin at 8:30 a.m. The Kid's Run begins at 9:30 a.m. Registration begins at 7:30 a.m. at the Thompson Campus Center (TCC) located at 210 S. Osteopathy. Early registration packets are available at the TCC, or participants can register online at www.active.com. The \$14 early registration fee expires April 1 at 5 p.m. Late registration is \$16. The \$1 Kid's Run registration can be completed on race day. Participants who donate a pair of old shoes will receive \$1 off their registration fee. Shoes may be delivered on race day and benefit World Shoe Relief.

The Fun Run starts at the Gutensohn Clinic located at 800 W. Jefferson Street and ends at the TCC. The Kid's Run will be on the TCC's paved pathway.

Participants receive a free long-sleeve T-shirt as well as beverages and snacks. Osteopathic assessments will be provided by ATSU's UAAO.

Trophies will be awarded to top male and female finishers in the 5K/10K races, and medals will be awarded to top division finishers. All participants can enter raffles to win a free night's stay at Cottage Grove Bed & Breakfast, a KCOM hoodie, a gift certificate for The Pear Tree, and more.

For more information contact Dan Martin, TCC Director, at 660.626.2213, Aimee Smith at 801.403.6626, or Gentry Baldwin at 801.635.7742

Questions to the Editorial Board

Q Is integrated resistance and cardiovascular training more effective for weight loss than resistance training or cardiovascular training on their own? (OMSII)

A Most workout experts agree: you cannot separate the two, the best workout for weight loss is the cardiovascular workout along with strength/resistance training. Your diet also is important in the weight loss process. It must include fruits, vegetables and lean protein with limited amounts of fat and sugar.

Q How do I get out of my winter funk? (BMSII)

A Many doctors recommend that patients with Seasonal Affective Disorder try to get outside early in the morning to increase their exposure to natural light. If this is impossible because of the dark winter months, antidepressant medications and/or light therapy (phototherapy) may help.

Q What is light therapy for seasonal affective disorder?

A Light therapy uses a full-spectrum bright light that is shined directly into your eyes. The light is about 20 times brighter than normal room lighting.

Some people with SAD recover within days using light therapy. Others take much longer. Those who respond to light therapy are encouraged to continue until they can be out in the sunshine again in the springtime.

Good Eats and Stress-relieving Treats

*Art Matthews, MA LPC
Assistant Director of Counseling, Arizona Campus*

The Arizona Campus observed Wellness Week 2009 with a creative array of awareness activities, including the perennially popular Wii Fit tournament and Wag-N-Brag, where ATSU's canine contingency showed off by flipping for Frisbees, begging for treats, and demonstrating their agility... or lack thereof!

Two new activities this year included a student-led presentation on "The Psychology of Extreme Beauty" and a panel discussion on Diversity Awareness. The Psychiatry Student Interest Club and Women's Health Student Interest Club jointly researched and presented "The Psychology of Extreme Beauty" covering information on eating disorders, associated socio-cultural issues and risk factors for health sciences students. Sponsored by the Cultural Competency in Education Committee (CCEC), the Diversity Awareness Panel Discussion brought together a panel of faculty and students to discuss their perceptions of individuals from their own cultural backgrounds followed by a Q&A session.

This year's event also included:

- A kick-off Healthy Breakfast sponsored by Lakeview Apartments
- Employee Fitness Assessment
- The Stairway to Health Event (skipping the elevator for the cardio/aerobic benefits of climbing the stairs)
- Lunch-time Recreation with Home made Edible Play-Doh sponsored by Student Services
- The Inflatable Obstacle Course
- Healthy snacks, bake sales and even a Healthy Cookbook published for sale
- The Physical Stress Relief room sponsored by students in the Occupational Therapy Department
- The Osteopathic Manual Manipulation (OMM) Experience
- SOMA Program "Biggest Losers" Weigh-In

This year's attendance exceeded last, especially the Wag-N-Brag which attracted 25% more sniffs, barks and whines.



Tangled tails: dogs and their people greet one another at the Wag-N-Brag



An example of a sculpture created during "Play-Doh with your Food."



Women's Health Student Interest Club President Suzanne Bemis sells Healthy Cookbook, and healthy dog treats at the Wag-N-Brag.

So Fresh and So Glean

by Nicole Chung



Faculty and students from ASDOH joined together on Saturday January 31, 2009 for a day of citrus gleaning. Volunteers picked grapefruit off of 10 trees that filled three large crates! The picked fruit was all donated to the United Food Bank to be distributed to the underserved community.

Comfort Food: A resident weighs a stressful life *Continued from page 4*

One morning, I decided I was tired of all the “glamour” of being overweight, bathed in the attention of the gawkers, and decided to do away with the excess baggage. I began running every day. My first run was really more of a stumbling saunter, and I heard it from the horns of passing cars. Clearly, my pain was their pleasure. But I got stronger, and I got faster. My diet became strictly regimented, consisting mostly of deli turkey and green beans. Over the next nine months I lost 55 pounds. People I had not seen for a while failed to recognize the slim, healthy new me who had replaced the overweight, fatigued sloth.

But college ended up being some of the least stressful years of my life: It’s easy to lose weight and stay healthy when one only has to go to class a few hours a day. With medical school, long sleepless nights of studying for exams the first two years were followed by long sleepless nights as the junior medical student on call. I learned that when sleep is the most precious commodity in one’s life, the quality of one’s diet and the desire to exercise falls drastically in the hierarchy of needs. The ritual became eat what I could when I could, sleep as long as I could when I could. I didn’t fret when I had to wolf down a burger on the way home, as my neurons were devoted to other things at that moment, such as not driving off the road in a call-induced fog. My saving grace was the drawstring on my scrubs, for without that I would have had to look myself in the mirror and acknowledge I no longer had pants that buttoned. My medical school actually offered an evening course in reducing stress, but who would have time for that?

Then came the glorious fourth year of medical school, a year of set clinic hours, free weekends and no exams. I proposed to my girlfriend, Melissa, and life was good. I rediscovered exercise and was running six miles a day by the end of the year. Melissa and I created weekly menus to maximize nutritional value. We would relax and have a glass of wine at the end of a long—but not too long—day. I resolved to continue my new habits throughout my pediatrics residency.

In the first month, however, I found myself in the neonatal intensive care unit, up all night every fourth night. Sleep became a precious commodity again. When I did drift off, I would hear in my dreams the buzzing and dings of continuous monitoring and mechanical ventilation. The emotional range of the year was broad: I saw a baby die of spinal muscular atrophy, and I saw children who were at the brink of death make full recoveries from bacterial meningitis. As my emotions went from one extreme to the other, so did my weight. At the most stressful points, my waistline would swell, and then I would work like mad to get those pants to fit again when assigned to the rare clinic-based rotation.

I know healthy eating and exercise are imperative to health, yet when I am stressed, I still go to what is easy. When I am in the call room in the middle of the night, my body doesn’t tell me to have an apple. It tells me to warm up a burrito.

The relationship between stress and poor dietary choices has been well established by numerous studies. What has not been established is a way to get around it. How can an intern in the intensive care unit reduce stress? Is he to go to a meditation session after a 30-hour call? It’s easy to say, “Reduce stress”; it is much harder to actually accomplish it. As physicians-in-training, we know this, and we should never say to a patient, “All you need to do is cut out stress.” Because for a great number in our profession, we breathe in the very stress we are counseling people to avoid.

I sat down across from Nathan, the young man struggling to balance school and health. I told him frankly that his situation is difficult, and that I have the same problem. It is an excruciating battle with oneself, and it will most likely go on every day for the rest of his, and my, life. When stressed, I make poor eating decisions, I said. I’m keenly aware of this, and despite that knowledge, I still do it. I discussed healthy dietary decisions and exercise with him. I went over ways of reducing stress, if only for a few minutes a day. I shared my setbacks and my triumphs. Be a better man than me, I said. I wished him luck and sent him back into the environment that brought him to me in the first place, struggling for a better solution.

Jacobs, Zachary D., M.D. “Comfort Food: A resident weighs a stressful life.” The New Physician Volume 57, Issue 4 May-June 2008 9-10. 11 Feb 2009. Reprinted with Permission.

It’s easy to say, “Reduce stress”;
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