

Sizzling Summer News

Fourteenth Annual Still-Well Banquet

The 14th annual Still-Well Recognition Banquet took place on March 26, 2009. Approximately 175 attended with honored guests including Brian Degenhardt, D.O., Director, Research, Grants, and Information Systems and Julia McNabb, D.O. Both served as past Co-medical directors and members of the Still-Well Steering committee.

The 2009 recipients of the Distinguished Achievement and Advocacy awards were Brian Degenhardt, D.O., Julia McNabb, D.O. and Lynda Crossgrove, Still-Well Assistant Coordinator. The Still-Well Distinguished Achievement and Advocacy Award was established in 2007 to recognize past and current Still-Well Committee members and others who have demonstrated long-term, significant commitment to promoting, nurturing and implementing wellness opportunities for A.T. Still University students.



(front row) Dr. Julia McNabb, Dr. Brian Degenhardt and Lynda Crossgrove with their Distinguished Achievement and Advocacy awards along with (back row) Dr. Jack Magruder, ATSU President; Dan Martin, Still-Well Co-Coordinator; and Ron Gaber, Still-Well Project Director.

ATSU is an equal opportunity/affirmative action employer.

Recipients have been active in planning activities, engaging students, conducting research, implementing best practices, conducting assessment, influencing policy and creating a co-curricular model of comprehensive wellness. The recipients have been judged by their peers as past and current student advocates worthy of distinguished recognition.



Still-Well
University Student
Wellness Program

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Editorial Board

Wendy Pinkerton
Lynda Crossgrove
Joni Newland
Art Matthews

Still-Well Fair

The 2nd annual Well Fair for the Missouri Campus was held on March 24. The Well Fair was designed to increase wellness awareness. Additionally, prizes were awarded during the event. Each of the seven areas of Wellness teams sponsored a booth while students participated and were offered a chance to win a \$25 gift card to Ruby Tuesday. A grand prize winner of an iPod Nano was selected from those who interacted at all the wellness booths.

The **Emotional** team and the Undergraduate American Academy of Osteopathy (UAAO) organization provided soft-tissue treatments. Stress balls were also made out of balloons and cornmeal.

The **Social** team had students play the game “Scene-It” as an activity at their booth.

The **Vocational** team assisted with questions on becoming more familiar with “Careers in Medicine.”

Taking a short walk and guessing the total number of steps was just one of the activities the **Environmental** team had at their booth. The team also instructed students about camping, canoeing, nature trails, campus clean up, and Earth Day.

Many students took a survey to see how much they were using the spirit in Mind, Body, Spirit at the **Spiritual** team’s booth.

Students had to prepare for a challenge and sign up for the “Test Taking Improvement Seminar” to get a chance to win the Ruby Tuesday gift card at the **Intellectual** team’s booth.

The **Physical** team held a variety of challenges for each student which included a nutrition quiz, equipment exploration, playing a game of skill and signing up for golf instructions.



OMS II students Michelle Gendron and Kristen Anderlite participate in the Still-Well Fair at the Physical teams booth.



Tim Ochoa, OMS II and wife Amber play a game at the Spiritual team booth.

“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.”

~Herm Albright, quoted in Reader’s Digest, June 1995



Derby Pie

by Beth Poppre

Assistant Vice President for Student and Alumni Services

The 135th running of the Kentucky Derby was held on May 2, and SOMA celebrated by having their first Derby Pie contest.

Derby Pie is a pastry created in the Melrose Inn of Prospect, Kentucky, by George Kern with the help of his parents. It is often associated with the Kentucky Derby. The pie is a chocolate and walnut tart in a pie shell usually with a pastry dough crust. It is also commonly made with pecans, chocolate chips, and Kentucky bourbon.

The judges for the event included Ken Pavlicek, Mike Kronenfeld, and Michael Poppre. They judged the pies on presentation, servability, taste and originality or variation of the original recipe.

There were three Derby Pie contestants who entered this year; Darcy Derickson, PA student, Annie Halsey, SOMA student, and Cecelia Sartor-Glittenberg, PT faculty. Darcy took first place and went home with the Winner's Cup and a dozen red roses. Cecelia took 1st runner-up and received a trophy and six red roses. Annie took 2nd runner-up and received a trophy and one red rose.



*Darcy Derickson
with her first place
Derby Pie roses.*

Biggest Loser Competition

by Casey Lacher

ATSU-KCOM, OMS III

ATSU-KCOM students Alli Schuessler and Jared Engles were named the Biggest Losers for a competition that was held on the Kirksville Campus from January 12 until spring break. Alli and Jared both won Polar Heart Rate monitors to wear as they continue their health pursuits.

Thanks to everyone who participated in the Biggest Loser challenge. Alli and Jared's dedication should encourage everyone to continue to make time to be healthy even in the midst of medical school. Exercise can give you a better mood and outlook on life, not to mention the study benefits, sleeping benefits and general good-looking benefits! What better time to start working out in the gym than when you need a mood boost anyway? So make the effort to find someone to play racquetball against, run with, lift with or shoot hoops with!

Congratulations to our Biggest Loser Competition winners: Alli Schuessler and Jared Engles!



*OMS I student Alli
Schuessler was
named a winner of
the Biggest Loser
competition.*

Questions to the Editorial Board

Q Are the prick allergy tests accurate? (OMS I)
A The skin prick test is the most common allergy skin test. Tiny drops of allergens are dropped on your skin, usually the back or forearms. A "needle" is then pricked through the skin into each extract. Multi-test devices are now available and facilitate speed and reproducibility, and testing with multiple antigens can be accomplished within minutes. Later, within a period of less than 15 minutes, a hive will appear at the specific site if you have IgE antibodies to the particular allergen. Your doctor may also want to confirm that you have an allergic response to the allergen from your patient history or do a challenge and see if symptoms develop upon exposure to the allergen.

Q Are asthma and GERD symptoms connected? (OMS II)
A Chronic heartburn may alter the immune system and raise the risk of asthma, according to a new study that helps explain why so many people with asthma also suffer from gastroesophageal reflux disease (GERD). Previous studies have shown that 50-90 percent of people with asthma also suffer from gastric reflux. Inhaling small amounts of stomach acid back up into the esophagus and lungs, a hallmark of GERD, may increase airway responsiveness which MAY increase asthma symptoms. People who already have GERD can minimize gastric reflux and reduce their risk of developing asthma by following these tips: eat smaller meals, eat several hours before going to bed, raise the head of the bed a few inches, maintain a healthy weight, limit fatty foods, coffee, tea, caffeine, and alcohol because they can relax the esophageal sphincter and make reflux more likely. There are also benign, well-tolerated medicines which may help alleviate the heartburn altogether which MAY help improve asthma symptoms.

*Edited by Lary Ciesemier, D.O.
Assistant Professor*

Warm Weather & Summer Health Tips

by Moss Greene

Warm weather is fun. But fun in the sun can be overdone. To make sure your warm weather enjoyment doesn't turn into dehydration, sunburn, heat exhaustion or worse, here are some vacation and summer health tips to keep you safe and healthy while you're working, playing or vacationing in a hot climate.

7 SUMMER HEALTH TIPS

1. Drink plenty of water. When heat and humidity are high, you can quickly become dehydrated. Your body's thirst mechanism isn't very accurate and becomes more unreliable with age. By the time most of us feel thirsty, we're already slightly dehydrated. It's especially important during warm weather to drink 8 glasses of water a day.

2. Protect your eyes and skin. Wear sunglasses and sunscreen to protect your eyes and skin from the sun's dangerous UV rays. Sunburn abuse can lead to skin cancer. So wear protective clothing and sunscreen with at least a sun protection factor (SPF) of 15. For sunburn relief, aloe vera gel or cool white vinegar can help ease the pain.

3. Beat the heat. As temperatures rise, your body works overtime to stay cool. Any outdoor activity in high heat is physically stressful and can lead to heat exhaustion or even heat stroke. Wear light, loose fitting clothing and don't overdo it. A complete nutritional profile that includes vitamin B, Zinc and antioxidants like C, E and carotenoids will boost your immune system and help fight stress, airborne allergens and toxins.

4. Balance activity with rest. Sunshine and warm weather offer a whole smorgasbord of activities. But don't push yourself beyond your physical limits or let overexertion squash your energy. Schedule time to rest, relax and take a nap when necessary.

5. Don't sweat it. One fact of heat is sweat. Even walking to your car in extreme heat can cause those little salty beads to pop out under your arms and on your face. Since sweating causes you to lose precious minerals, keep your electrolytes in balance by getting plenty of minerals from fresh fruit, vegetables and health supplements.

6. Overcome grill overkill. Nothing says, "fire up the grill" quite like warm weather. However, the chemistry of carcinogens produced by grilling can increase cancer risks. Studies suggest that following grilled meat with antioxidants such as vitamins C, E and carotenoids may offer protection against harmful grilling carcinogens.

7. Eat smart and healthy. Vacations and summer picnics can be a huge temptation to pig out. Don't fall for it. Too much junk food could destroy your summer fun. Keep your energy up by limiting sweets and fatty foods and focusing on fresh summer fruits and vegetables, whole grains and healthy lean protein.

Greene, Moss. "Warm Weather & Summer Health Tips." *BellaOnline The Voice of Women*. 19 June 2009. Reprinted with permission.

National Health Observances

July

Hemochromatosis Awareness Month
info@irondisorders.org
www.irondisorders.org

International Group B Strep Awareness Month
info@gbs-intl.org
www.groupbstrepinternational.org

July 20 - 24
National Youth Sports Week
dvaira@nrpa.org
www.nrpa.org

August

Children's Eye Health and Safety Month
info@preventblindness.org
www.preventblindness.org

National Immunization Awareness Month
www.cdc.gov/vaccines

Psoriasis Awareness Month
getinfo@psoriasis.org
www.psoriasis.org

August 1 - 7
World Breastfeeding Week
rmagalhaes@l1li.org
www.l1li.org

Still-Well Steering Committee: Ron Gaber, Dan Martin, Fred Peterson, Margaret Wilson, Eric Snider, Jeff Suzewits, Lynda Crossgrove, Wendy Pinkerton, Lynda Konecny, Thom Van Vleck, Tim Tucker, Mary Greer, Jeff Alexander, Beth Poppre, Tonya Watson, Art Matthews, Jabon Ellis, Courtney Michel, Helen Ewing, Dustin Smith, and Jonathon Kirsch.