



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

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Six Healthy Habits You Can Start TODAY!

by
Dr. Tina Marcantel

Everybody wants to be healthy, right? Although there are some things we cannot control about our health, there are many things we can. By developing healthy habits that we practice on a daily basis, we can tip the odds in our favor for living a long and vibrant life.

1. Drink more water. Most people don't drink nearly enough water to properly hydrate their bodies. If you simply consider the fact that the human body is about 75% water, it helps to understand the importance of drinking the recommended daily amount of 8 to 10 eight-ounce glasses. The problems associated with improper hydration and the benefits of proper hydration are too many to list here, but consider this one: Inadequate fluid intake and dehydration increases the risk of developing kidney stones. If you've ever suffered the pain of a kidney stone, that knowledge alone could be enough to prompt you to drink up.

2. Eat less food more often. Many people believe that the best way to lose weight is by skipping meals and eating less often. The truth is that when you skip meals, the metabolism slows down and you burn less calories and fat. It's better to eat five or six small meals and snacks (eat every three hours throughout the day) to keep the metabolism going. Include a protein (cheese, fish, lean meats, nuts, eggs, milk, etc.) with each meal or snack to help prevent glycemic (blood sugar) spikes that can lead to weight gain.

3. If it's white, don't bite. White bread, white rice, white sugar – these are all processed (refined) carbohydrates that have been stripped of their natural vitamins, minerals, and fiber. Stick with more natural foods like whole wheat bread, brown rice, and stevia (a natural sweetener). Processed foods that contain limited amounts of natural fibers and nutrients may fill you up, but they can still leave your body malnourished. Natural foods contain the fibers and minerals your body needs to function properly.

4. Give your liver a daily cleansing. For most of us, our livers are working overtime to filter toxins from the air we breathe, the foods we eat, and the things we drink. Like any filtering system, the liver needs to be cleaned occasionally to help it operate properly, so another good healthy habit to develop is periodic detoxification. For a good natural detoxification, squeeze half a lemon in 8 ounces of water and add stevia to taste first thing every

morning. The lemon juice helps clean out the liver and also balance blood sugars naturally.



5. Get moving. There's no way around it—if you really want to get and stay healthy, exercise is a key factor. Research has proven that consistent aerobic exercise prevents obesity and insulin resistance that can lead to Type 2 diabetes. Exercise has proven to be just as effective as a particular oral diabetic medication in sensitizing the insulin receptor sites to allow glucose into the cells—and you don't need a prescription! Of course, the benefits of exercise reach much farther, including cardiovascular health, stress reduction, muscle toning, and sleep enhancement.

6. Get your sleep. Sleep rejuvenates cells and helps in the healing process and also helps to maintain and boost the immune system (e.g., the chances of catching a cold increase if you haven't had a sufficient amount of sleep). Lack of sleep also leads to stress, which leads to increased cortisol release, which leads to weight gain. How much is enough? For most adults, approximately 7-8 hours of sleep a night is about right.

As we all know, there's no time like the present to start on the road to better health. Start these healthy habits today and in no time they will be a natural part of your daily routine!

Article contents adapted from empowher.com Women's Health Online web site at <http://www.empowher.com/news/herarticle/2009/07/11/six-healthy-habits-you-can-start-today?page=0.0>. Dr. Tina Marcantel is a naturopathic doctor practicing in Gilbert, Arizona. For more information about her practice and to read many more articles by Dr. Marcantel, please visit her Web site at <http://www.drmarcantel.com>.



Women's Health Series - January & February 2010

Women's Health Series seminars scheduled for January and February 2010 include presentations by local and regional professionals on urinary incontinence, pertinent questions to ask your healthcare providers, and heart health for women. If you are looking for information on any of these women-related health topics, then join us for one of the following seminars.

Millions of women experience involuntary loss of urine called urinary incontinence (UI). UI can be slightly bothersome or totally debilitating. For some women, the risk of public embarrassment keeps them from enjoying many activities with their family and friends. Oftentimes considered an uncomfortable subject to discuss with medical professionals, family members, or friends, we know that women experience UI twice as often as men. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference.

On Tuesday, January 26, 2010, **R. Keith Huffaker, M.D.**, assistant professor in the ETSU Department of Obstetrics and Gynecology – Quillen College of Medicine, is guest speaker for **“Urinary Incontinence and Pelvic Organ Prolapse.”** Location is the East Tennessee Room, D.P. Culp University Center, at noon.

The **Huffaker** lunch break seminar focuses on the types of UI affecting women – overactive bladder, stress UI – along with related options for UI repair including some controversies regarding mesh use. Also, Huffaker’s discussion addresses pelvic prolapse and the steps recommended for repair.

When it comes to our health, and the problems or concerns we are experiencing, questions are key. “Most patients simply don’t ask enough questions,” says Carolyn Clancy, M.D., director of the Agency for Healthcare Research and Quality (AHRQ) in Rockville, Maryland. “But the enlightened minority who do ask questions. . . have a greater sense of control over their health – and they just do better.” So often we leave a healthcare provider’s office and think, “why didn’t I ask that question.” If this has happened to you, then join us for the following women’s health seminar.

Jean Croce Hemphill, Ph.D., F.N.P.-B.C., nurse practitioner with the James H. Quillen VA Medical Center, will present **“Questions and Tips on What to Ask Your Healthcare Provider.”** In her hour-long seminar Hemphill will discuss many of the overlooked questions that patients need to ask their healthcare providers.

The **Hemphill Women’s Health Series** seminar is scheduled for Wednesday, February 3, 2010, at noon. Location is the East Tennessee Room in the D.P. Culp University Center.



When healthcare providers are trying to determine if a patient has a significant heart arrhythmia a cardiac Holter monitor often has been the device of choice. However, with today’s technology-driven medical advances implantable cardiac monitors now allow healthcare providers to diagnose a heart arrhythmia through comprehensive remote monitoring. On Thursday, February 11, 2010, **Phyllis Eldridge, R.N., N.A.S.P.E.**, clinical specialist with Medtronic, Inc., is guest speaker for **“Monitoring Life’s Heart Rhythms.”** Location for the Eldridge seminar is the East Tennessee Room, D.P. Culp University Center, at noon.

Eldridge will discuss implantable cardiac monitors at length, along with providing an overview of the medical procedure a patient experiences during the implant process. While enabling physicians to diagnose and get to the real cause of the arrhythmia-related problem, implantable cardiac monitors are being redesigned and upgraded as you read this article. Eldridge will discuss what is on the horizon for cardiac monitors.

For more information on the **Huffaker, Hemphill, or Eldridge Women’s Health Series** seminars, contact the Women’s Resource Center at 423-439-7847.

Some article contents adapted from the National Kidney and Urologic Diseases Information Clearinghouse web site, a service of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health at <http://kidney.niddk.nih.gov/kudiseases/pubs/uiwomen/>; WebMD web site at <http://www.webmd.com>; and **WellSphere** web site at <http://stanford.wellsphere.com/healthcare-industry-policy-article/implanted-heart-monitor-inserted-with-minor-outpatient-procedure-medtronic-reveal-dx/608721>.



Murray to conduct “power of play” series

“The Power of PLAY in Your Life!” is scheduled for February 9, 16, and 23, 2010. **Pam Murray, B.A., M.B.A.**, local artist and creative coach, will conduct this three-part series during Spring Semester 2010.

A seriously and thoroughly researched topic, Murray’s three-session series will look at finding your personal definition of play, why we need to play, what kind of play is truly from your heart (starting by looking back at our childhood play), and giving yourself permission to put true play into your adult lives and finding ways to do so. PLAY is as uniquely individual as we all are. It focuses you on who you really are.

When we truly are playing we are not thinking about anything else in our lives. It happens in what has been called a “special mental place.” It is fundamental to our development as humans, as natural and important as eating, breathing, working, and sleeping. Our brains love to use play as a way to learn, to create, to cope, and to deal with all the issues that come in our lives. The largest common element of play is complete and total joy. **What if at the end of your life on earth the question was, did I have joy?**

All sessions will be held at the Women’s Resource Center, Ross Hall (formerly Panhellenic Hall), basement suite 2, at noon. **Reservations are required.** To reserve a space or should you need additional information regarding **Murray’s Women’s Personal Enrichment Lunch Break Series**, contact the Women’s Resource Center at 423-439-7847.

Women's Resource Center NEWSLETTER

The ETSU Women’s Resource Center Newsletter is published quarterly at East Tennessee State University, Johnson City, Tenn.
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7th Annual "HEAD 2 TOE"

Since the inception of the annual "HEAD 2 TOE" project, more than 800 young women from the upper-east Tennessee and southwest Virginia region have been provided with the opportunity to purchasing prom- and formal-wear at "rock-bottom" prices. An annual project that offers alternatives to high-ticket attire for prom-goers, "HEAD 2 TOE" makes a large selection of fashionable, like-new gowns available for young women to purchase at a price of \$25 each and oftentimes accessories can be purchased for just a few additional dollars. All proceeds from the sales of the items will benefit local charities in the Johnson City/Washington County area.

Serving as a drop-off site for "HEAD 2 TOE" donations, the Women's Resource Center is accepting donations through February 24, 2010. Items requested include prom or formal dresses, shoes, and/or accessories. The annual "HEAD 2 TOE" sale is scheduled for March 6, 2010, at the Holiday Inn, 101 West Springbrook Drive, Johnson City, 9:00 a.m. - 1:00 p.m. So go through your closets at home and locate that like-new prom and formal-wear clothing taking up your valuable closet space and donate those items to a great community-based project.

Saluting the Women of ETSU



Dr. Patricia Vanhook receives TNA's Runyan Community Nursing Award

In October 2009 Dr. Patricia Vanhook, an associate dean in East Tennessee State University's College of Nursing, received a prestigious award at the Tennessee Nurses Association (TNA) Convention in recognition of her commitment to promoting health throughout the region.

Vanhook, who is the associate dean for practice and community partnerships for the College of Nursing, received the John William Runyan Jr. Community Nursing Award, given annually by the University of Tennessee Health Science Center's College of Nursing. The award is presented each year to a nurse who makes outstanding contributions to the development and promotion of health in the community.

Dr. Wendy Nehring, dean of Nursing at ETSU, named Vanhook associate dean in July of this year after she had been appointed director of practice in 2008. Vanhook has been pivotal in the growth of the College of Nursing's nurse-managed clinics since joining the ETSU faculty. The clinics include the Johnson City Downtown Clinic (JCDC) and two school-based health clinics in Hancock County.

These clinics are among the few nurse-managed community health centers in the nation to receive the Federally Qualified Health Center designation.

The award is also a tribute to Vanhook's work to improve treatment for stroke victims. Vanhook chaired the Stroke Registry Sub-Committee of the Tennessee Stroke Systems of Care Task Force, which advocated for a new stroke registry created as part of the Tennessee Stroke Registry Act that became law in 2008. That same year, Vanhook spearheaded a research study at the College of Nursing comparing the experiences of men and women who were recovering from strokes. Vanhook noted at the time that Northeast Tennessee has one of the lowest rates of discharge to home after hospitalization for a stroke.

Article contents adapted from the East Tennessee State University web site at http://www.etsu.edu/calendar/EventList.aspx?fromdate=1/1/2002&todate=12/3/2009&display=Month&type=public&eventidn=2272&view=EventDetails&information_id=11642.



Cajka receives Patricia E. Robertson Diversity Leadership Award for 2009

Dr. Karen Cajka received the 2009 Patricia E. Robertson Diversity Leadership Award at East Tennessee State University on November 19, 2009. Recipients of the Robertson Award must be currently employed faculty or staff or currently enrolled students who have demonstrated a sustained commitment to diversity, education, or social justice efforts and be outspoken advocates in the effort to combat bigotry, discrimination and oppression.

According to her nomination, Cajka has been instrumental in the development and implementation of ETSU's Women's Studies major, and has designed and taught several of its courses. She was selected by the ETSU President's Council on Diversity to participate in the Diversity Infusion Conference on Curriculum in January 2008 in recognition of her "commitment to diversity awareness and attentiveness to issues of race/ethnicity, class, gender, sexuality, and other forms of difference in her course offerings."

"Social justice, tolerance, and diversity are not merely causes for which Cajka brandishes a flag on dedicated special days and at highly visible social marches but are the ideals that frame the way she lives her everyday life," her nomination continues. "It is in the small, maybe even overlooked, daily acts that Dr. Cajka provides a role model for us all. (She) promotes not just causes but people."

Cajka, an associate professor in the ETSU Department of English, specializes in 18th and 19th century literature with emphasis on women's and educational writing, the novel, and children's literature. She holds a B.A. from the University of Pennsylvania, an M.A. from Northeastern University and a Ph.D. from the University of Connecticut.

Article contents adapted from the East Tennessee State University web site at http://www.etsu.edu/calendar/EventList.aspx?fromdate=1/1/2002&todate=12/3/2009&display=Month&type=public&eventidn=2308&view=EventDetails&information_id=11720.

ETSU Women's Resource Center
Program Schedule

For more information on the events listed contact the *WRC* at 423-439-7847.

DECEMBER 2009 – FEBRUARY 2010

Main Campus Programs

Wednesday, December 16

Book Review Group. Participants will meet to discuss *a mercy* by Toni Morrison. New readers welcome.

LOCATION & TIME: Women's Resource Center, Ross Hall (formerly Panhellenic Hall), Basement Suite 2, noon.

Wednesday, January 20

Book Review Group. Participants will meet to discuss *The Bean Trees: A Novel* by Barbara Kingsolver. New readers welcome.

LOCATION & TIME: Women's Resource Center, Ross Hall (formerly Panhellenic Hall), Basement Suite 2, noon.

Tuesday, January 26

***"Urinary Incontinence and Pelvic Organ Prolapse" – A Women's Health Series Lunch Break Seminar.* R. Keith Huffaker, M.D., assistant professor in the ETSU Department of Obstetrics and Gynecology – Quillen College of Medicine, is guest speaker. Huffaker's lunch break seminar focuses on the types of UI affecting women – overactive bladder, stress UI – along with related options for UI repair including some controversies regarding mesh use. See article pages 1-2.**

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, February 3

***"Questions and Tips on What to Ask Your Healthcare Provider" – A Women's Health Series Lunch Break Seminar.* Jean Croce Hemphill, Ph.D., F.N.P.-B.C., nurse practitioner with the James H. Quillen VA Medical Center, is guest speaker. In her hour-long seminar Hemphill will discuss many of the overlooked questions that patients need to ask their healthcare providers. See article pages 1-2.**

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Tuesday, February 9

Tuesday, February 16

Tuesday, February 23

***"The Power of PLAY in Your Life!" – A Women's Personal Enrichment Lunch Break Series.* Pam Murray, B.A., M.B.A., local artist and creative coach, is conducting this three-part series. A seriously and thoroughly researched topic, Murray's three-session series will look at finding your personal definition of play, why we need to play, what kind of play is truly from your heart, and giving yourself permission to put true play into your adult lives and finding ways to do so. **Reservations are required.** See article page 2.**

LOCATION & TIME: Women's Resource Center, Ross Hall (formerly Panhellenic Hall), Basement Suite 2, noon.

Thursday, February 11

***"Monitoring Life's Heart Rhythms" – A Women's Health Series Lunch Break Seminar.* Phyllis Eldridge, R.N., N.A.S.P.E., clinical specialist with Medtronic, Inc., is guest speaker. Eldridge will discuss implantable cardiac monitors at length, along with providing an overview of the medical procedure a patient experiences during the implant process. Also, Eldridge will discuss what is on the horizon for cardiac monitors. See article pages 1-2.**

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, February 17

Book Review Group. Participants will meet to discuss *Finding Kylie* by Kimberly McKay. New readers welcome.

LOCATION & TIME: Women's Resource Center, Ross Hall (formerly Panhellenic Hall), Basement Suite 2, noon.

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE NEWS and UPDATES

Women's History Month March 2010

Theme:

“Writing Women Back into History”

In 2010 the National Women's History Project will celebrate its 30th anniversary. The goal of the NWHP is to recognize the diverse accomplishments of women throughout history.



“HEAD 2 TOE”

Campus drop-off site:
Women's Resource Center,
Ross Hall (formerly Panhellenic Hall), Basement Suite 2
Office Phone: 423-439-7487

DONATIONS of prom or formal dresses, shoes, and/or accessories will be accepted through February 24, 2010. See article page 3.



HOLIDAY CLOSINGS

ETSU will be closed December 25, 2009, through January 1, 2010.

The university will be closed on January 18, 2010, in observance of *Martin Luther King, Jr. Day*.

Spring Semester 2010

Classes begin January 14, 2010.

East Tennessee State University is a Tennessee Board of Regents institution and is fully in accord with the belief that educational and employment opportunities should be available to all eligible persons without regard to age, gender, color, race, religion, national origin, disability, veteran status, or sexual orientation.