

LSU HEALTH SCIENCES
CENTER WELLNESS
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SPECIAL POINTS
OF INTEREST:

- What is healthy food?
- Steps to a healthier you
- Your brain on stress
- Exam Study Guides available through the Library

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The Healthy Balance

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Welcome to Summer 2016!

Welcome everyone to the spring of 2016 and with that, *The Healthy Balance* is pleased to bring you another issue.

Congratulations and best of luck to all the new graduates who have successfully graduated and are ready to embark on the next adventure.

In this issue of *The Healthy Balance*, we try to look at three day dinner to cover your appetite.

Further in the issue, we explore the definition of healthy food and the reaction of brain during stress. We also take a look back at Project TND designed to intervene drug and alcohol abuse in New Orleans Youth. Furthermore, we also have a



story from Jacques about his personal journey to live a healthier life in the article, "Steps to a healthier you."

I will be stepping down from my position of the editor of the healthy balance and would like to introduce the new

editor of the magazine, Rishi Trivedi. I would also like to thank everyone for making healthy balance a great success and hope this trend continues in future.

I will forever cherish the time spent with my fellow Student Government members. Under the leadership of John Maxi, we were able to accomplish many projects like The Healthy Balance, Recycling project, graduation picnic, Nepal earthquake fundraiser, and much more.

With that being said, remember to be fit, be healthy, and be balanced!

-Swornim M Shrestha, Editor

Don't get burned by sunny weather By John Maxi



Sunscreen. **Now you're likely** thinking of going to the pool as a kid and not being able to get in the water until your mom got done slathering you up. Unfortunately, **if you're like me, those** memories might be hindering you

from thinking about sunscreen like a grown up. Sunscreen has several proven benefits. It protects against painful sunburns and developing skin cancer; the most common cancer in America, with an estimated 1 in 5 Americans

developing skin cancer in their lifetime. Furthermore, a recent Australian study showed sunscreen slows skin aging. So, how can you choose the right sunscreen to protect yourself this summer? Look for sunscreen that has broad-spectrum protection – meaning it blocks UVA and UVB rays. WebMD suggests using at least SPF 15. Next, check the ingredients for zinc oxide or titanium dioxide. These ingredients block UVA rays and are easy on the skin. Usually baby or kid-friendly sunscreen will have these ingredients. **If the label says "water resistant" it will only last about 40 minutes before needing to be reapplied.** Be safe, be smart – wear sunscreen!

Too busy to cook? Think again

by Alexandra Bourgeois

"Not planning ahead can lead to unhealthy eating habits and extra credit card debt."

Whether you are a student swamped with coursework or a busy parent, it can be a challenge to find the time to take a bathroom break, nonetheless plan a meal. More often than not you find yourself starving and heading to the nearest drive-thru. Not planning ahead can lead to unhealthy eating habits and extra credit card debt. Here is a three day dinner meal plan that reinvents your leftovers. Cheers to your health and your wallet!

Day 1: Flank steak with new potatoes and green beans

Whisk 1/3 cup low-sodium soy sauce, 1 minced garlic clove, 1/4 cup orange juice, 1 tbsp. lime juice, and 1/2 tsp kosher salt. Place the mixture in zip lock bag with 1 lb flank steak and refrigerate overnight. Grill or cook at 350 degrees for 20-25 minutes. Serve with roasted new potatoes and blanched green beans.

Day 2: Steak Salad or Mock Salade Niçoise

Add leftover potatoes, green beans, and thinly sliced flank steak to lettuce with hard cooked eggs and cherry tomatoes. Top with your favorite vinaigrette.

Day 3: Fajitas

Sauté sliced onion and bell pepper in oil until browned, add leftover flank steak. Season with cumin, salt and pepper. Serve with tortillas, salsa, sour cream and guacamole!



What is healthy food? by Lauri Byerley, PhD

I bet you have looked at a package, seen the word “healthy” on it and decided to purchase that item. I’ve done that. The inclusion of this word on a food label is a powerful marketing tool.

Recently, the definition of the word “healthy” was put to the test. The FDA told the makers of Kind bars, they could not use this term on their products because the fruit and nut bars contain too much saturated fat according to the definition of “healthy.” The manufacturer of the Kind bars asked for a reevaluation because the fat was from nuts. Good news! This has prompted the FDA to consider re-evaluating its definition of “healthy.” Products like avocados and salmon do not meet the FDA’s definition of “healthy” either. Currently, the term refers to limited fat, choles-

terol, and sodium. A recent, rigorous review of the scientific literature by the Food and Nutrition Board for the US Dietary Guidelines found that the type of fat is more important than the amount of fat. Of course, a modest fat diet is still recommended, and the fat you eat should come from plant products and animal products that are rich in mono and poly-unsaturated fatty acids. So the fat in avocados, nuts and salmon are good for us, and we should eat these foods even though they currently cannot put the word “healthy” on the label. For now, Kind bars can continue using the word “healthy” on their product labels.

What a quandary! Who can you believe? There are many excellent sources of nutrition information available on the web when you are uncertain about a product. Here are a few: www.choosemyplate.gov/,

www.heart.org, www.cancer.org, www.aicr.org, www.diabetes.org.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	Calories <big>230</big>
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

“Good news! This has prompted FDA to consider re-evaluating its definition of healthy.”

Steps to a healthier you by Jacques Mayeux

"In the end there's no magic bullet for weight loss and a healthier lifestyle. It takes a little bit of hard work, but if you're determined you can make it happen."

I've always liked taking pictures, especially around the holidays. I remember almost a year ago looking at the pictures my family had taken over Christmas and not being happy with what I saw in myself. I had gained weight over the previous year and it showed. When the stresses of school and work reach a head, it might be easy to let something like your healthy eating and exercise habits slip. It's easy to let weight gain snowball and become a lifelong habit. My family has a history of obesity and heart problems, so I was determined to not go down the same path. That's when I sat down and decided to make a plan to get back in shape.

I wanted to do something that was effective – both time effective and results effective. I found out the saying "abs are made in the kitchen" is surprisingly true. This means the only way to lose weight and keep it off is by eating healthy and reducing food intake.

You'll never lose weight by eating whatever you want and trying to burn it off at the gym later. One of the biggest things I learned was the best way to control food and calorie intake was by preparing food at home and limiting times going out to eat. It is much easier to control portions when you prepare the food yourself, and you can decide to leave out high calorie additions like butter or cheese on your vegetables. I found out that it's also important to avoid eating processed foods. Once I made the effort to avoid buying these types of food and decided to keep them out of the house, it was a surprisingly easy thing to do. Overall the focus for me became eating "real" food in reasonable portions. It took a while to retrain my brain to enjoy these kinds of food, but after a year it has become habit and is much easier to stick with now.

Even though I didn't lose the weight by becoming a gym rat, that doesn't mean I eschewed physical activity completely. I actually became a big proponent of

the AHA's recommended
10,000 steps a day guideline (and 30 minutes of activity per day). I found out at the pace I walk, 10,000 steps can be completed in about 100 minutes. During a typical work day I get about 5,000 steps, so it takes about a 45 minute to an hour walk every night after dinner to get my step goal. So every night after dinner I grab my fiancée and our black lab and we walk all throughout our neighborhood in the river bend area. Not only does it help me reach my steps and activity goal, but it's great quality time too.

In the end there's no magic bullet for weight loss and a healthier lifestyle. It takes a little bit of hard work, but if you're determined you can make it happen. I'm here a year later looking at our holiday pictures from this Christmas and seeing myself 30 pounds lighter, and I couldn't be happier.



Running to stay fit this summer By Alexis deZayas



"Local running stores such as Varsity Sports will evaluate your gait and form to help you find the perfect shoe to support your running needs."

Looking for an inexpensive way to stay healthy and get outdoors this summer? Running is a remarkable outlet to relieve stress from all areas of life and a great way to get fit! Whether you are just starting out or have been a runner for years, running is an activity that can accommodate all fitness levels. If you are trying running for the first time or getting back into it after some time off, it is important to slowly

build up mileage and speed in order to prevent injury. It is also important to have a supportive pair of shoes to wear. Local running stores such as Varsity Sports will evaluate your gait and form to help you find the perfect shoe to support your running needs. The Varsity Sports website also has links to local running clubs if you are looking for a group of people to help keep you moti-

vated and to socialize with while running. Interested in participating in some races this summer? Here are some upcoming races in the New Orleans Area: The Allstate Sugar Bowl Crescent City Levee Run on June 4th (4 miles), the Father's Day Race on June 19th (2 miles), and the Color Buzz 5K on June 25th (3.1 miles). Happy running!

Your BRAIN on STRESS By Lauren Garnier

"These brain responses can be life-saving when actual danger exists but remaining in this state can leave us more vulnerable."



Have you ever experienced difficulty concentrating or remembering information when you were feeling stressed? What about paralyzing anxiety? Or unhealthy impulses like overeating or excessive alcohol use? According to a 2012 article in Scientific American magazine, scientists have discovered why it may be so difficult to function normally during challenging times. Our brains respond to

stress by releasing arousal chemicals, such as norepinephrine, dopamine and cortisol, which weakens the **prefrontal cortex's normal activities**, including concentration, planning, decision-making, insight, judgment, and the ability to retrieve memories. Lesser evolved parts of our brains, like the amygdala and hypothalamus, then take over, preparing us for potential danger and strengthening memories related to fear and anxiety. These brain responses can be life-saving when actual danger exists, but remaining in this state can leave us more vulnerable to future stressors and contribute to other mental health issues like depression, addiction, and anxiety disorders, including post-traumatic stress. Further research may lead to new treatments,

but many studies already show that self-help strategies such as deep breathing exercises and meditation can help **control the brain's stress response**. Additional cognitive-behavioral strategies, such as being mindful about real versus perceived danger, can help our brains develop resilience. **Read the full article "This is Your Brain in Meltdown"** at <http://tinyurl.com/ce9vrk5>. LSUHSC students, staff, faculty and residents can contact the Campus Assistance Program for more information on managing stress. Call (504) 568-8888 to schedule an assessment.

Exam Study Guides available through the Library

Board Exams are an intimidating challenge: you've studied and completed your coursework, but now you have to face a national exam that will determine your future.

The Library offers several board exam reviews available to LSU-HSC-NO students for free. These exam aids cover a wide range of health professions. You may access them on campus immediately or off campus by using your library barcode and PIN. Most require some sort of additional registration in order to save and customize your practice exams.

BoardVitals by Stat!Ref is the newest exam prep resource offered by the library. BoardVitals has extensive test banks for the NDBE pt. 1, NDBE pt. 2, NCLEX-

PN, NCLEX-RN, USMLE Step 1, USMLE-Step 1 part 2, USMLE Step 2, and USMLE Step 3.

ExamMaster includes USMLE and NDBE exams, medical subject review, physician assistant, and family nurse practitioner modules.

Learning Express offers a wide range of review modules. For nurses, it offers NCLEX reviews, CNE, and Spanish for Nurses modules. It also offers a Physician Assistant National Certifying Exam. What makes the resource different, however, is the other exam reviews offered. Learning Express offers GED, TOEFL, US Citizenship exams along with skills improvement modules in math, writing, and grammar. Learning Express is only available on campus.

There are also exam study aids in several other databases offered by

the library. AccessEmergency Medicine, AccessMedicine, AccessSurgery, and PsychiatryOnline have review questions under the "Self-Assessment" tabs.

You can find more information about these exam review tools on the library homepage under Databases then choosing the tool you want to use. You may also access them and a list of books available for check out from the library Practice Exams LibGuide.

Most importantly, the librarians and library staff are available to help you with any of our resources. Just ask – we are here to help.

BoardVitals - <http://www.lsuhsc.edu/library/databases/boardvitals.aspx>

ExamMaster - <http://www.lsuhsc.edu/library/databases/exammaster.aspx>

Learning Express - <http://www.lsuhsc.edu/library/databases/learningexpress.aspx>

Project TND in New Orleans Youth By Karina Villalba

Youth alcohol and drug abuse in the United States is increasing despite efforts done to mitigate or reverse the trend. Furthermore, alcohol and drug abuse may directly or indirectly influence health problems which in turn may increase risky behaviors and poor school performance. Alcohol and drug abuse, as well as tobacco use among youth in New Orleans, is higher than in the rest of the nation. The Comprehensive Alcohol Research (CARC) at LSU Health run by Dr. Patricia Molina has taken the lead in the dissemination of evidence-based interventions to mitigate substance abuse among youth in the community. The LSU Health in collaboration with the Youth Empowerment Project (YEP) have already

began the implementation of the first pilot which will measure the efficacy and feasibility of Towards no Drug Abuse (TND) an evidence-based intervention aimed at decreasing alcohol, drug, and tobacco use for at-risk youth with histories of school expulsion, low educational attainment, detention and/or incarceration in juvenile/adult facilities. TND is an evidence-based intervention program based on the Motivation-Skills-Decision Making model and social cognitive theory with the objective to decrease drug, alcohol and tobacco use among youth. The curriculum is comprised of 12 sessions, utilizing interactive teaching techniques that provide cognitive motivation, skills

building techniques, knowledge, correction of drug and alcohol misperceptions, communication and coping skills, and enhancement, and tobacco cessation techniques.





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LIKE US ON FACEBOOK!

Be healthy, be fit, be balanced!

The Healthy Balance is a student run newsletter with the goal of providing information intended to promote health and wellness to students and employees of LSUHSC as well as throughout the New Orleans area. We are comprised of graduate and medical students, as well staff from the Wellness Center and the Campus Assistance Program who are passionate about good health.

If you are interested in submitting an article for publication, have an idea of something you would like to see covered in an upcoming issue or just want to give some feedback please contact Rishi Trivedi (rtrive@lsuhsc.edu).



REST DAYS

By Nijel Baron

If you love to workout and train hard, you know that the two ugliest words you could ever hear are “rest days”. I know! I do not like those words either. Personally, I feel as if I am being a slacker if I take a day off or rest from my workout regime.

Contrary to our resistance to the ominous rest day; it is needed. There are many reasons to rest. Resting aids in restoration of glycogen stores that give you the energy to train. Taking a day off benefits your immune system. That break will also help your mental attitude for your next big training sessions.

Just a few tip to remember: eat well and hydrate on your day off, sleep well, do not take off more than 3 days, and enjoy it! If you

have questions or you would like schedule a fitness consultation, please email or call us!

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