

SPECIAL POINTS
OF INTEREST:

- Preventing Gum disease
- Replace stress with resilience
- Dealing with pain
- Wellness Center Services information

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The Healthy Balance

VOLUME IV, ISSUE I

FEBRUARY, 2016

Welcome to Spring 2016!

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

First, I would like to welcome all of the new students, staff and faculty who are joining the LSUHSC family.

In this issue of *The Healthy Balance*, we explore weight loss diets since many people's New Year resolution might have been to lose weight. We also have your appetite covered with delicious and healthy recipe!

Further in the issue, we learn about

preventing gum disease, dealing with stress, and coping with pain! Also, we look at new research showing a link between gut bacteria and the brain. Then, we round out the issue by looking at different variations of pushups that focus on different body regions.

Thank you to all the students and faculty who made the Graduate Research Day 2015 such a successful event. Students and post-docs from the School of Graduate Studies and School of Public

Health presented lots of exciting research happening at LSUHSC.

Furthermore, we encourage everyone to participate in the PAL resource fair which is going to be held on the 18th of February. This event will feature several resources like Rehabilitation counseling, Wellness Center and many more.

Remember to be fit, be healthy, and be balanced!

-Swornim M Shrestha, Editor

Fighting Gum Disease By Jack W Daigrepoint

Periodontal disease, or "gum disease," is a condition where the gums and bone that surround the teeth undergo an inflammatory response, leading to loss of hard and soft tissue attachment to the tooth over time. This process begins when bacteria attach to the teeth and gums forming colonies which in turn metabolize food and produce by-products. These by-products activate the surrounding immune cells, causing inflammation. Over time, this battle between bacteria and immune cells leads to destruction of the bone surrounding the teeth. This process can ultimately lead to tooth loss if enough bone is destroyed. Calculus, or "tartar," is a hard deposit that is difficult to remove and accumulates on teeth over time. It is composed of various inorganic compounds, ions, bacterial plaque, and other debris. Bacteria colonize these hard deposits, contrib-



uting to inflammation and bone loss. Due to the accumulation of this difficult to remove calculus, the American Dental Association (ADA) recommends that patients see a dentist at least once a year for a cleaning. Your dentist will determine if you need more frequent cleanings. Although cleanings are necessary to prevent gum disease, home care is vital to maintaining healthy gums and teeth.

The ADA recommends brushing twice a day, especially before bed, and flossing once a day. Using a mouth rinse can help kill bacteria that contribute to gum disease. Have your hygienist review the proper technique for brushing and flossing. By investing some time and effort into your oral hygiene, an improvement in oral and overall health can be achieved.

The Diet Zone: Losing weight By Maggie Coleman

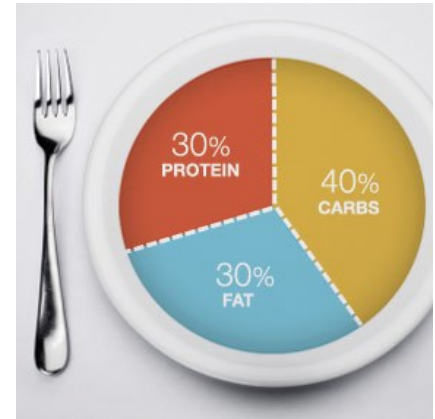
"A realistic healthy weight loss of 1-1.5 pounds per week"



The goal of this column is to educate healthcare providers and healthcare consumers about possible nutritional choices. The goal is not to get the reader to adopt any given diet, but simply to help the reader be better informed. The term "diet" is not only defined as eating to lose weight. Merriam-Webster defines diet as "food or nourishment regularly provided or consumed." So, tech-

nically, all of us are on a diet. This issue features the Zone Diet that suggests a realistic healthy weight loss of 1-1.5 pounds per week. It promotes eating five times, three meals and two snacks, a day with no more than five hours between meals. The macronutrients of carbohydrates, protein, and fat are to be eaten in a ratio of 40:30:30. The carbohydrates consumed should have a low glycemic index, making vegetables such as asparagus and broccoli the best options. Other low glycemic index foods are tomatoes, apples, and berries. Lean protein such as chicken or fish is preferred over beef and pork. Good sources of fats include nuts, olive oil, and avocado. Total daily caloric intake is limited depending on your gender and build. Women and men are typically allowed 1200 and 1500 calories, respectively. The Zone Diet claims to keep you satiated for five hours after a meal

because blood sugar is stabilized. Certain websites also tout benefits such as increased mental acuity and decreased systemic inflammation, although it remains to be seen if these claims can be scientifically-proven. For more information visit: <http://www.webmd.com/diet/a-z/zone-what-it-is>



Weighing the Diet by Lauri Byerley, PhD



Happy 2016! Did you make a resolution to lose weight or improve your diet this year? If you did, you are not alone. Many New Orleanians also took the same pledge. To lose weight or eat a healthier diet, you need guidance. So, what will be your source of information? There are many resources available that may or may not recommend a nutritionally adequate diet. There are reputable resources available that provide a scientifically-based evaluation of diets. Since most people have access to the internet on many different devices, I will focus on the web. Here are two

suggestions. First, you should determine if the diet has any of the following red flags.

1. Promises a quick fix
2. Claims that sound too good to be true
3. Dramatic statements that are not backed up by a source
4. Dramatic statements that are refuted by reputable scientific organizations
5. Lists of "good" and "bad" foods
6. Requires purchase of their product for success

If the diet throws a red flag, it may not be nutritionally adequate. I suggest you move on and find a different diet. My second suggestion, pick a diet from one of the lists below. These websites provide reputable diet evaluations based on scientific facts. The list below will get you started.

US News and World Reports (<http://health.usnews.com/best-diet/best-weight-loss-diets>; <http://health.usnews.com/best-diet>)

Other resources:

<http://www.niddk.nih.gov/health-information/health-topics/weight-control/choosing-safe-successful-weight-loss-program/Pages/choosing-safe-successful-weight-loss-program.aspx>

<http://www.nutrition.gov/weight-management/strategies-success/interested-losing-weight>

<http://www.helpguide.org/harvard/weight-loss-programs.htm>

Now that you have a few tools to help evaluate and select a diet, remember pick one that will help you keep the weight off. It is hard work losing weight and even harder keeping the weight off!

"There are many resources available that may or may not recommend a nutritionally adequate diet"

Disclaimer: All the diets featured in *The Healthy Balance* are for informational purposes only. We do not endorse or claim responsibility for any diet plan. Please consult with your physician before starting a new diet.

Veggie and Turkey Meatloaf By Rebecca Crawford



This starts as a pretty average meatloaf, but the extra veggies and little bit of fish sauce, really make it something special. Enjoy with some roasted potatoes and green veggies for an all-around delicious and healthy meal for lunch or dinner! Or you can even just grab a

slice for a protein-rich snack before hitting the gym! Macronutrient profile per serving: 140cal, 13g protein, 4g carbs, 8g fat

Serves 8

What you need:

2tbspn coconut oil (or other cooking oil)

1.25lb ground turkey

1 small zucchini, grated

1 small carrot, grated

1 stalk celery, chopped finely

½ yellow onion, chopped finely

2 cloves garlic, minced

1 pinch thyme

1 pinch tarragon

1 pinch rosemary

1 pinch red paper flake

salt and pepper to taste

½ tsp fish sauce

How to make it:

First up, grease a glass 8X8 pan with ~1tbspn coconut oil and pre-heat the oven to 375F. In a frying pan, heat up the rest of the coconut oil and sweat the veggies (zucchini through garlic) for about 5-7 minutes, set aside and allow to cool. Once cooled, add veggies, spices, and fish sauce to ground turkey and mix until just incorporated, don't overwork it! Press into pan, and bake for 20 minutes, or until cooked through. Enjoy!!

Adapted from Performance Paleo

Replace STRESS with RESILIENCE By Lauren Garnier

The New Year is often associated with opportunity, growth and renewal. For some, it can also mean new or ongoing stressors associated with work, school, family, health or other issues. The term "stress," originally an engineering term referring to pressure exerted on a material object, was first utilized less than 100 years ago to also describe mental or emotional strain resulting from demanding circumstances. More recently, "resilience" has become an increasingly popular term to describe the ability to adapt to persistent life stressors or traumatic events like Hurricane Katrina. According to the American Psychological Association, resilience is not a personal trait that you have or do not have, but rather a set of thoughts, behaviors and actions that can be cultivated by anyone. Factors that contribute to an individual's level of resilience include: supportive personal relationships, strong communication and problem-solving skills, and confidence in your own strengths and abilities. Many individuals already have a set of skills that foster resilient responses, since stressful situations often cannot be avoided or eliminated. Cultivating resilience takes time, practice and commitment. Available resources include support groups, self-help books and other publications, online resources, and professional counseling. For LSUHSC students, staff, and faculty, counselors within the Campus Assistance Program (CAP) are available to provide assessment and short-term counseling services,

and discuss strategies to build your own level of resilience. Read more about resilience at <http://www.apa.org/helpcenter/road-resilience.aspx>, or contact CAP staff at (504) 568-8888 or cap@lsuhsc.edu for an assessment.

Free, confidential help is available for faculty, staff & students:

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**CAMPUS
ASSISTANCE
PROGRAM**

(504) 568-8888
cap@lsuhsc.edu

Dealing with Pain By Kelly Bernard, PT, DPT, MTC

“If pain repeatedly occurs with specific movements, it could be associated with joints, muscles, or tendons.”

Pain is a universal experience; because we are human, we will all encounter aches and pains at some point in life. The challenge is knowing what to do about it and when to seek help. Pain is subjective, so what seems like a “10” to one person on a pain scale of 0-10 may feel like a “3” to another person. Many factors contribute to the individual pain experience, such as duration of time (acute vs. chronic), quality (dull vs. sharp), and pattern (morning or evening).

In general, acute pain that arises from a sudden injury can be managed in the short-term by following the acronym RICE: rest, ice, compression, and elevation. In recent years, researchers have found controversial results with RICE, theorizing that ice may impede the body’s natural healing process of inflammation. One new suggestion to minimize acute pain is MEAT: movement and exercise (resume light activity when pain allows), with analgesics and treatment. If you are wondering

which protocol to follow, it is best to rely on guidance from a healthcare provider who is knowledgeable about musculoskeletal injuries.

If pain repeatedly occurs with specific movements, it could be associated with the joints, muscles, or tendons. When it persists for more than 7 to 10 days, it is best to have it checked out. Physical Therapists are licensed “movement specialists” who can evaluate a patient’s signs and symptoms to determine whether the pain is musculoskeletal in nature and how to treat it most effectively. They can also address chronic pain that lasts for more than 3 months. Physical Therapists are trained to refer patients to a physician if further medical evaluation is necessary to rule out abnormal findings or red flags.

LSUHSC has a highly qualified and skillful group of Physical Therapists in the PT Department ready to serve your needs in the PT clinic, which is located on the 7th Floor of the Allied

Health Building. Specialists within their field, they use one-on-one evaluation and evidence-based treatment to help people of all ages and conditions to achieve optimum motion, free from pain.

If you are interested in a physical therapy evaluation or a free consultation, please contact the PT Clinic at (504) 568-4288 or email the PT clinic at kbern4@lsuhsc.edu.

References: <http://www.ncbi.nlm.nih.gov/pubmed/17038433>

<http://www.drmirkin.com/fitness/why-ice-delays-recovery.html>



Gut Bacteria and the Brain By Elena Khoutorova

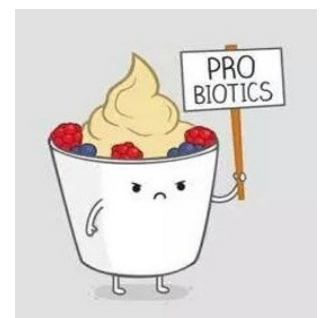
“UCLA researchers show that bacteria ingested in these foods can play a role in affecting brain function.”

It has been known for a long time that probiotic rich foods are beneficial for health. A study by UCLA researchers shows new evidence that bacteria ingested in these foods can play a role in affecting brain function. They have discovered that probiotics actually can change the way brain responds to its environment. The study included three groups of women: one group who ate yogurt with specific probiotics, another group consumed a dairy product that appeared like yogurt but without probiotics, and third group ate nothing at all. After 4 weeks, functional MRI scans revealed that women who did not consume probiotic yogurt had decreased activity in insula and

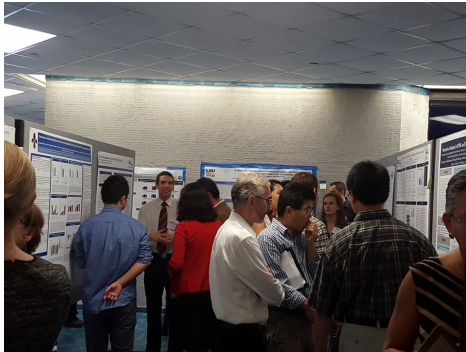
somatosensory cortex which are responsible for integrating internal body sensations and emotional reactivity tasks. In addition, there was an increase in connection between brainstem region (periaqueductal grey) and cognition associated areas of prefrontal cortex. These findings have expanded on research that is focused on treating digestive, mental, and neurological disorders such as anxiety, Alzheimer’s and autism through change in diet. The research also raises the suspicion on effects of antibiotics used in Neonatal Intensive Care Unite (NICU) and childhood, treating respiratory and ear infections has on brain development in long term. Experts recommend making probiotic rich foods as part of your diet every day, and there are

many options available besides yogurt, such as sauerkraut, pickles, kefir, and miso soup. Reference: <http://newsroom.ucla.edu/releases/changing-gut-bacteria-through-245617>

<http://www.webmd.com/digestive-disorders/probiotics-l5/slideshow-probiotics>

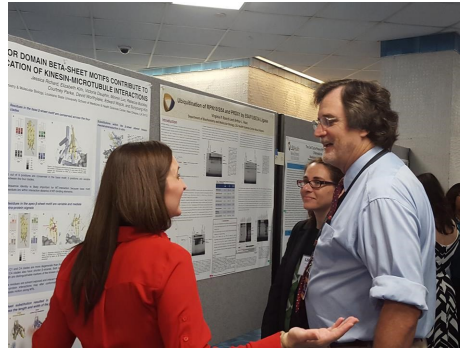


Recap on Graduate Research Day By David Polhemus

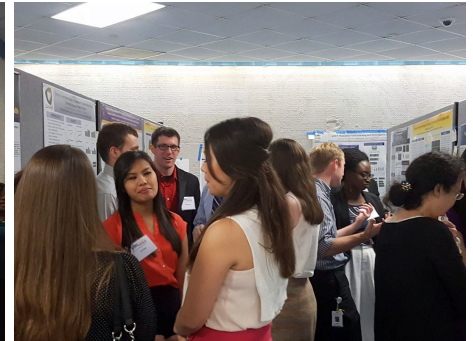


Picture Courtesy: Gina LaBorde

On November 6th the School of Graduate Studies hosted its annual Graduate Research Day on the LSUHSC New Orleans campus. The event was extremely successful and gained widespread participation from students and faculty across the University. Over 50 abstracts were submitted by students and post-doctoral fellows from the Schools of Graduate



Studies and Public Health. This year's new format was comprised of four 10-minute presentations and ten 3-minute talks that were selected from the abstract and poster competitions. The morning poster presentations were in the Medical Education Building first floor atrium and the oral presentations were held in the Human Development Center auditorium. 30 faculty members across all departments judged the poster presentations and 16 judged the oral competi-



tion. The top presenter for the 10-minute talk was John Maxi (Physiology) and the winners of the 3-minute presentations were Minmin Luo (Biochemistry), Jessica Richard (Biochemistry), Jacques Mayeux (Physiology) and Russell Amato (Neuroscience). Many thanks to the Graduate Research Day Committee, including Drs. Joy Sturtevant, Diptasri Mandal, Shyamal Desai, Hamilton Farries, and Arnold Zea whose exceptional planning made this event such a success.

Five Variations on Pushups By John Maxi

Body weight training is one of the most popular workout routines. It requires no equipment and can be done just about anywhere. Squats, lunges, pullups and pushups are the classic body weight exercises. However, doing the same routine everyday gets boring! Inject some fun into bodyweight routines to help meet New Year's fitness resolutions with these fun twists on one of the classics: pushups.

Wide-grip pushup – spread your hands wider than normal to focus on building pectoral muscle



Picture Courtesy: John Maxi

T-pushup – from a normal pushup position, lift one hand off the ground and put it straight above your body, to make your body into a T. This variation works out your whole body.

Single-leg pushup – Lift one leg of the ground to work on the core.

Single-arm medicine ball pushup – place a medicine ball under one hand while doing pushups to work out the stabilizing muscles in the chest, arm, and shoulder.

Pike pushups – form a triangle with your body, the hands, hips, and feet make the points. This raises the angle of the pushup to focus on the shoulders.

Source: <http://www.mensfitness.com/training/workout-routines/top-15-pushup-variations?page=1>

Student Resource Fair



Have a
“Heart to Heart”
with your PAL

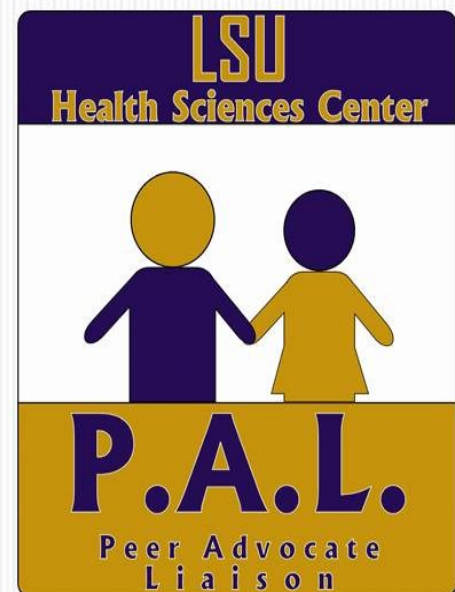


Thursday, February 18, 2016

11:30am – 1:00pm ♥ MEB Seminar Room 4

Learn about on-campus
& community resources
available to students.

Sponsored by:
Campus Assistance Program (CAP)
& Peer Advocate Liaison (PAL) Program





LSU Health Sciences Center Wellness Center

Stanislaus Hall – Floors 3 and 4

Direct Line – 504-568-3700

Fax – 504-568-3720

Email – wellness@lsuhsc.edu

Web – www.lsuhscc.edu

Manager – Nijel Baron, nbaron@lsuhsc.edu
or via text 504-234-4800

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 Swornim Shrestha (sshre3@lsuhsc.edu).

Looking for some indoor cycling class? By Nijel Baron

Indoor cycling has become popular over the past few years. Many people think it is futile to get on a bike that does not go anywhere, but indoor cycling has some great benefits. One of the most sought after benefits for any workout is high calorie expenditure. During an average 45 – 50 minute indoor cycling class, your resistance is easily tunable to achieve high calorie burn. When you vary your resistance, a calorie burn of up to 600 is attainable. Going to an indoor cycling class with friends also inspires comradery and healthy competition. Also simply put indoor cycling is just fun. “Indoor cycling is a great class because it gets your endorphins going and you feel great after class.” says Emily Attenhoffer,

indoor cycling and boot camp instructor. Special clothing and shoes are not necessary. “Wear comfortable clothing and shoes.” says Whitney Wilcox, indoor cycling instructor and personal trainer. We hope that you can join us for a class! Try something new. This is a great class. For more information or bike set up, contact us below.

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