How common is cervical cancer?
Although cervical cancer is the second leading cause of death from cancer in women worldwide, in the United States, widespread Pap smear screening and the identification of precancerous cervical changes (called “cervical dysplasia” or “CIN”) has greatly reduced the incidence and death rate from cervical cancer in our country. It is estimated that 12,400 U.S. women will be diagnosed with cervical cancer in 2017. Cervical cancer is most commonly diagnosed in women between age 30 and 45, and black and Hispanic women have the highest risk.

What is HPV and what does it have to do with cervical cancer?
HPV stands for human papillomavirus and HPV causes cervical cancer. HPV is a common sexually transmitted infection, and studies show that about one-third of young women between 21 and 30 will test positive for an HPV infection on any given day. However, most women will clear an HPV infection on their own with their normal immune response. Only women with a persistent HPV infection develop CIN or cancer. Development of cervical cancer is a slow process progressing from HPV infection through CIN to cancer over a period of 5 to 10 years. At the present time, there is a vaccine which can immunize young women and men against most common types of HPV infection, but we do not yet have a vaccine or any other way to treat an HPV infection once it is present.
Q: Dear Counselor,
I’ve been struggling recently with staying focused. I lose motivation quickly and tend to jump around between tasks. In fact, I’m writing you right now instead of working on an upcoming deadline. Help!

Doomed to Distraction

A: Dear Doomed to Distraction,
You are not alone. The tendency toward distraction is common and can be even more difficult when returning from holiday breaks. With over-stimulation from emails, texts and the Internet, it is becoming more and more difficult to stay focused and productive throughout the day.

Here are a few tools to keep you on track:

Drowning Out Noise:
Workplace distractions can decrease one’s focus. White noise machines, earplugs or headphones with classical music can provide great relief when trying to focus in a busy environment.

Pomodoro Technique:
The idea of staying focused for 5 hours can seem daunting. The Pomodoro technique (originating from a tomato-shaped kitchen timer) helps to break this chore into manageable increments.
1. Remove all distractions: close emails, silence phones and shut office door if applicable.
2. Set a timer for 25 minutes (1 “Pomodoro”).
3. Work solely on 1 task, completely uninterrupted, for 25 minutes.
4. Once the timer goes off, take a short break (chat with colleagues, walk around or meditate).
5. After completing 4 “Pomodoros,” take a longer break of 15 or 20 minutes to rest your brain before the next round.

Staying Active:
Take active breaks during the day by walking around or climbing stairs. Exercise releases dopamine which can “wake up your brain” and allow you to regain focus (Tartakovsky, 2016).

Finally, if you feel as if your distractibility is to the point of concern or you’d like additional resources, give your EAP a call. The Work/Life Connections team can be reached at 615.936.1327.

Passion at Work

Vikkie Elliott
Manager, Radiology Administration

How do you bond and build community with your team?
My administrative team gets together at least once a week to share wins and issues. I find unique ways to keep the team engaged and involved. We have team lunches and recently invited the other Radiology administrative teams to join us for fellowship, to share ideas, etc. We also “buddy up” with a different teammate each month, which can be anything from working on a project or going to lunch together.

How do you recognize others on your team for a job well done?
We do many things throughout the year to recognize staff. To name a few, we hold an annual awards ceremony, we use the Spotted! cards, and we host a “Rock Star Luncheon” quarterly.

How do you model Credo behaviors to your team?
I am very proud of my team and I have a tremendous amount of respect for each of them. I think of them as team members but treat them as individuals — each with their own special qualities. I encourage them to learn new skills so they can provide excellent service.

What keeps you connected to and passionate about your work?
I truly love working at Vanderbilt! I enjoy my job and I work with the most incredible people! When I think of all of the innovative and life-changing care that our patients receive here, it makes me proud to know that I am part of the Vanderbilt team.
Care Gap Alerts
Vanderbilt Experts on Health
Cervical Cancer

(continued from page 1)

What is a Pap test and how is it done?
The Pap test, or Pap smear, was introduced for cervical cancer screening over 70 years ago. For this test, a clinician collects cells from the surface of the cervix with a plastic or wooden spatula and examines them under a microscope to look for precancerous or cancerous cells.

What is an HPV test and how is that used in cervical cancer screening?
The HPV virus can be detected in the Pap test specimen, and thus, no additional samples are required. HPV testing is more sensitive than a Pap test, but because most women who test positive for HPV will clear this infection on their own and will never develop CIN or cervical cancer, HPV testing is usually done together with the less sensitive but more specific Pap test ("co-testing"). Women with a positive HPV test but a negative Pap smear should be tested again in 1 year, and if they test positive for HPV again, further evaluation is recommended.

What are the current recommendations for cervical cancer screening?
In normal women with no gynecologic symptoms or past cervical abnormalities, current guidelines are:

• No Pap smear screening before age 21.
• Age 21 to 30: Pap tests every 3 years.
• Age 30 to 65: Co-testing (Pap plus HPV testing) every 5 years.
• If no abnormalities, stop screening at age 65.

Women who have had a hysterectomy for benign conditions do not require further cervical cancer screening. Consult your gynecologist if you have additional questions or symptoms.

Occupational Health Clinic talk:
Let’s Toast to Safe and Responsible Drinking During the Holidays
Shaina Farfel, APRN, FNP-C

The winter season is upon us, bringing mugs of eggnog, flutes of champagne and tumblers of peppermint schnapps. Opportunities to imbibe come frequently during the holidays as we gather to celebrate. For holiday revelers, alcohol creates a festive mood, but drinking can quickly become risky. Here are some tips for safe drinking this season:

Pace and space yourself. If choosing to drink, recommendations advise no more than 2 drinks daily for men and 1 for women. If more is consumed, then limit to 1 or fewer drinks per hour and make every other drink non-alcoholic. Try to avoid more than 4 drinks on a single occasion for men and 3 for women, as this is considered binge drinking.

Alcohol’s effects don’t stop when the drinking does. Alcohol absorbs into the bloodstream long after finishing your last drink. Cognitive and motor impairments may last for hours after a night of drinking.

Caffeine isn’t a quick fix. Coffee is not the antidote to alcohol intoxication. While caffeine may provide a jolt of energy, it doesn’t counter alcohol’s dangerous effects or make it okay to resume activities like driving.

Don’t drink and drive. Always have a designated driver. This is someone who agrees not to drink during an event. If you’re hosting, don’t let any guests get behind the wheel when intoxicated; removing keys and calling a ride can save lives.

Look out for those in need. “The holiday season can be a period of great sadness for those who suffered losses throughout the previous year or who suffer from certain mental illness such as depression and addiction. This can make them particularly vulnerable to the effects of alcohol,” notes Dr. Peter Martin, Director of the Vanderbilt Addiction Center.

Be safe with these tips and enjoy the holiday season!
Holiday Gifts
to Get People Moving with You!

Do you have fitness fanatics on your holiday gift-buying list, or people who need an introduction to more physical activity? Think about getting them:

- **Workout clothes.**
- **Home gym equipment.** No need to buy an expensive treadmill or stationary bike. Think basics, such as dumbbells, resistance bands, workout DVDs, a yoga mat or a jump rope.
- **Foam roller.** This inexpensive tool can help a person warm up for a workout or rehab tight or sore muscles. Rolling over the sturdy foam cylinders can break up lumps in the soft tissue and increase blood flow to tight or sore muscles.
- **Gift certificates.** If you’re just not sure what to get, opt for the often appreciated gift card that lets people find their own perfect fitness gifts.

Use Wellness Codes to purchase many of these gifts! Faculty and staff can use Code: EFIT40 at shop.wellnesscodes.com for discounts up to 40% on health and wellness products. Receive free shipping on orders $50+.

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To enjoy good health this holiday season, enjoy holiday foods in moderation, with appropriate portion sizes, and engage in regular physical activity.

**Final Weigh-In January 10 – 24**

For more information, visit vanderbi.lt/hts

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**From MS Diagnosis to 41 Marathons and Counting**

**One Employee’s Remarkable Journey to Wellness**

Jonathan Davidson is a Senior QA Test Lead in the Program Management Office of HealthIT at VUMC, and although he battles MS (multiple sclerosis), he still pursues a healthy lifestyle. He made a goal to run a marathon (26.2 miles) in all 50 states despite this condition, and to date he has run marathons in 41. We asked him about his pursuit of wellness and his motivation to lead a healthy lifestyle.

**Congratulations Jonathan, only 9 states to go! Why this goal?**

My running journey started after the birth of my 1st child. Holding her in the hospital, thinking about her future, caused me to examine what my future might look like. I decided to become intentional at taking care of myself so I could best handle whatever challenges this disease caused, so I started running. Pursuing all 50 states began before my 7th marathon in New York City when I realized the previous six were in different states.

**What was the most important step you took to get started in your pursuit of a healthy lifestyle?**

Committing to run a local 5K was my first step. Having paid and wanting to enjoy the experience of the race motivated me to put in the training necessary.

**What are some of the rewards of this journey to health and wellness?**

I feel extremely blessed to be 16 years living with MS and not have any major issues. I have MS but MS doesn’t have me!

**What were your most recent marathons, and what does 2018 have in store for you?**

I ran six marathons over three weekends during September/October (WA, OR, NH, ME, DE, NJ). I plan to complete state number 50 in 2018.
Less Time to Cook as the Holidays Approach?

‘Finger Food’ to the Rescue!

As holiday to-do lists start to grow, everyday lunches may become an after-thought. But a healthy midday meal will boost your nutrition and give you the energy to tackle those to-do lists! In less than 10 minutes you can be packed and ready to get on to your day with finger food lunches!

5 EASY LUNCHES
Packed & Ready in Under 10 Minutes!

- Turkey • String Cheese • Carrots • Whole Wheat Crackers
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- Tuna • Garbanzo Beans • Cucumber • Whole Wheat Bread

Freezable Slow Cooker Enchilada Soup

Ingredients
- 1 lb. boneless chicken breasts
- 2 cups low-sodium chicken broth
- 1 (10-oz.) can red enchilada sauce
- 1 (16-oz.) bag of frozen corn
- 1 (14-oz.) can fire-roasted tomatoes, with juice
- 1 medium white onion, peeled and chopped
- 2 tsp. cumin
- 1/2 tsp. black pepper

Directions
1. Add all ingredients into slow cooker.
2. Stir to combine.
3. Cook on low for 6 to 8 hours or high 3 to 4 hours.
4. Use 2 forks to shred chicken.
5. If desired, top with cheese, avocado, jalapeño, Greek yogurt (in place of sour cream), and/or fresh cilantro.
6. If freezing, let cool completely and store in a freezer-safe container. Avoid filling container to the top because liquid will expand during freezing.

Serves 6. Nutrition per serving: 223 calories, 3 g total fat (1 g saturated fat), 417 mg sodium, 34 g carbohydrate, 8 g fiber, 0 g added sugar, 18 g protein

Source: Brooke Butterworth, 2016–2017 Vanderbilt Dietetic Intern

How to pack a finger food lunch

For a balanced diet, choose at least 4 options from below.
1. Start with a lean protein.
2. Vary your veggies.
3. Add whole fruit.
4. Think whole grain.
5. Choose low-fat dairy.
6. Consider a small, healthy fat.

Eating-Well Recipe

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Did you know . . .

100

the signs and symptoms of over diseases can be detected during a dental exam?

The condition of your teeth and gums can often provide important clues about the health of other parts of your body, such as your heart and kidneys. Just think of your dentist as your own personal disease detective.

The American Dental Association recommends regular dental visits — at intervals determined by your provider — to maintain optimal oral health. Regular dental visits can also be your first line of defense against other diseases and health issues.

Cigna Dental Care, BlueCross BlueShield Dental and Delta Dental TN allow plan participants to schedule dental cleanings every six months. Delta Dental and BlueCross BlueShield are accepted at the Vanderbilt Dental Center.

More than Cavities

Regular dental visits can help detect and prevent other health conditions including these:

**DIABETES**
Research has found a strong connection between diabetes and gum disease. Patients with diabetes are more likely to suffer from periodontal or gum disease. At the same time, symptoms of gum disease, such as bleeding and receding gums, dry mouth and loose teeth can also be signs of diabetes. More than 7 million Americans with diabetes are unaware of their condition. Regular dental visits can help detect the symptoms.

**STRESS**
A dental visit can reveal unusual wear and chipping of your tooth enamel due to bruxism, otherwise known as teeth grinding, during sleep. Bruxism can be caused by sleep disorders, such as sleep apnea, but it is often caused by stress and anxiety.

**GERD**
The erosion of tooth enamel, particularly on the back molars, as well as lesions in the back of the mouth can be a sign of gastroesophageal reflux disease, or GERD. Most people with GERD will experience symptoms, such as heartburn, but some won’t have any symptoms of the disease. Regular dental visits may alert your dentist to problems caused by excess stomach acid.
**upcoming events**

**December**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEC 1</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>6:00 p.m. to 10:00 p.m. MCJCHV (ED, Radiology)</td>
</tr>
<tr>
<td>DEC 7</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>1:30 p.m. to 4:00 p.m. MCJCHV, Room 2104</td>
</tr>
<tr>
<td>DEC 8</td>
<td>Vandy Cooks</td>
<td>Noon to 1:00 p.m. Vanderbilt Recreation and Wellness Center Demo Kitchen</td>
</tr>
<tr>
<td>DEC 14</td>
<td>Babies &amp; You*</td>
<td>Noon to 1:00 p.m. Presented by Nicole Motzny, Physical Therapist Light Hall, Room 407</td>
</tr>
<tr>
<td>DEC 15</td>
<td>Know Your Numbers &amp; OHC Comes to You Williamson County</td>
<td>9:00 a.m. to 10:00 a.m. Brentwood Primary Care, 343 Franklin Rd</td>
</tr>
<tr>
<td>DEC 15</td>
<td>Know Your Numbers &amp; OHC Comes to You Williamson County</td>
<td>10:30 a.m. to 11:30 a.m. 2105 Edward Curd Lane, 3rd Floor Conference Room</td>
</tr>
<tr>
<td>DEC 20</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>6:00 p.m. to 10:00 p.m. MCN Round Wing (3, 4, 5, 6, 7)</td>
</tr>
</tbody>
</table>

Every Thursday in December and January: **OHC Comes to 100 Oaks**
8:00 a.m. to 11:30 a.m., VPEC 21100

*Babies & You is a prenatal health program offered by Health Plus for VUMC employees, spouses and dependents. The classes are provided monthly with a $50 incentive for those who register in their first trimester, attend at least 3 monthly classes and go to all prenatal provider appointments. For more information, class location or to register online, visit [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).

Check the OHC flu calendar frequently at [healthandwellness.vanderbilt.edu/occupational-health/flu](http://healthandwellness.vanderbilt.edu/occupational-health/flu) for a list of upcoming flu on-sites. The calendar is constantly updated during flu season.

**January**

<table>
<thead>
<tr>
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</tr>
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<tbody>
<tr>
<td>JAN 4</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>1:30 p.m. to 4:00 p.m. MCJCHV, Room 2104</td>
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<tr>
<td>JAN 5</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>6:00 p.m. to 10:00 p.m. VUH 3, 4N (L+D), 4S, 5N, 5S</td>
</tr>
<tr>
<td>JAN 11</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>Competency Assessment Validation Expo 10:00 a.m. to 5:30 p.m. MCJCHV, Theatre</td>
</tr>
<tr>
<td>JAN 12</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>Competency Assessment Validation Expo 6:00 a.m. to 1:30 p.m. MCJCHV, Theatre</td>
</tr>
<tr>
<td>JAN 17</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>Late Night Cart 6:00 p.m. to 10:00 p.m. VUH (3 OR, 4)</td>
</tr>
<tr>
<td>JAN 18</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>Babies &amp; You* Breastfeeding: A Positive Choice Noon to 1:00 p.m. Presented by Carol Huber, RN, BS, IBCLC, Lactation Consultant, NICU Light Hall, Room 411</td>
</tr>
<tr>
<td>JAN 19</td>
<td>Know Your Numbers &amp; OHC Comes to You Williamson County</td>
<td>9:00 a.m. to 10:00 a.m. 2105 Edward Curd Lane, 3rd Floor Conference Room</td>
</tr>
<tr>
<td>JAN 19</td>
<td>Know Your Numbers &amp; OHC Comes to You Williamson County</td>
<td>Noon to 1:00 p.m. Brentwood Shoppes, 782 Old Hickory Blvd., Suite 203</td>
</tr>
<tr>
<td>JAN 26</td>
<td>Vandy Cooks</td>
<td>Knife Skills &amp; Soups Noon to 1:00 p.m. Presented by Chef Bill Claypool Stanford Recreation and Wellness Center Demo Kitchen</td>
</tr>
<tr>
<td>JAN 31</td>
<td>Know Your Numbers &amp; OHC Comes to You</td>
<td>Hands On: Clinical Safety 7:00 a.m. to 6:00 p.m. Langford Auditorium, Lobby</td>
</tr>
</tbody>
</table>
In This Issue:

Quick, Convenient Health Care Options

Care Gap Alerts with Howard W. Jones III, MD

Passion at Work with Vikkie Elliott

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From MS Diagnosis to 41 Marathons and Counting: One Employee’s Remarkable Journey to Wellness

Less Time to Cook as the Holidays Approach? ‘Finger Food’ to the Rescue!

Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

“\textit{It is not enough to be busy. So are the ants. The question is: What are we busy about?}”

– Henry David Thoreau

Our health, well-being and productivity depend on our ability to manage our energy. Eighty percent of the Vanderbilt University Medical Center faculty and staff report that on a normal day, they are somewhat or fully energized. Activities and expectations can deplete our usual energy levels.

During the holidays, with increased gatherings and obligations, pay special attention to managing your stress, getting sufficient sleep, being physically active and finding some quiet time to recharge.

Source: VUMC Go for the Gold 2016