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The Occupational Health Clinic
Health Plus
Work/Life Connections - EAP

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 papilloma-virus 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.

(Continued on page 3)
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 Doom 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.

Going There

We ask you how you foster a culture of caring and focus on your mental well-being

Velma McBride Murry, PhD
Lois Autrey Betts Chair of Education and Human Development,
Joe B. Wyatt Distinguished University Professor (2016),
Professor of Human & Organizational Development

How do you recharge after a stressful day at work?
I take a walk in my neighborhood, listen to music and sometimes cook an intriguing meal.

Who do you lean on when you need someone to talk to?
I lean on my spouse, who is a great listener, and also my sisters, Charlee and Barbara, whom I talk with almost every day.

What does your department do to bond?
A few semesters ago, we started a book club, which often included a meal. This activity allowed us to spend time outside of departmental activities to engage and socialize.

What do you value most about your co-workers?
I value that there is an authentic sense of respect for each other and a willingness to assist when needed.

“In today’s rush, we all think too much, seek too much, want too much and forget about the joy of just being.”
— Eckhart Tolle
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+.

Hold the Stuffing
Enjoy good health this holiday season

Enjoy holiday foods in moderation, with appropriate portion size and engage in regular physical activity.

Final Weigh-In January 10 – 24
For more information, visit vanderbilt.hts

3 Ways to Love the Exercise Experience

*Hint: Savor the Moments!*

1 **Build confidence — and pride — by giving yourself goals.** Start with small goals. Maybe it’s walking for 5 or 10 minutes at a time without stopping. When you accomplish that goal, sit back and think about it, take pride in it and then set another goal, realizing that you can do more than you may think.

2 **Find a friend to make fitness a social event.** Ask what that person might enjoy doing and see if it’s something that you can do together regularly. Walks, bike rides and group classes are a few options.

3 **Combine physical activity with something you already enjoy.** You can add exercise to many hobbies and daily experiences. Like photography? Why not combine taking pictures with a walk or hike to find scenes that you’ve never seen before? Do you appreciate a good bath because you like being in water? Consider taking a water aerobics class.
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 afterthought. 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!

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

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, 31 g carbohydrate, 8 g fiber, 0 g added sugar, 18 g protein

Source: Brooke Butterworth, 2016–2017 Vanderbilt Dietetic Intern
Become a healthier you in 2018

Every year we plan to achieve new goals and oftentimes those goals get out of reach due to the bustling day-to-day responsibilities we have. Being healthy takes commitment, but it doesn’t have to be time consuming. There are many ways you can pursue a healthier life that only take a few of the 1,440 minutes we have each day. Change it up this year and implement a few healthy habits that can help you become a healthier person that takes so little time, you’ll wonder why you haven’t been doing them all along. Below are some tips that take less than 5 minutes that can help improve health:

1 MINUTE OR LESS

• Wash hands
  Wash hands to lower the risk of spreading germs and getting sick. It is best to wash hands with soap and clean running water for 20 seconds.

• Buckle up
  Lower the risk for motor vehicle-related injuries. Make sure everyone is properly restrained in safety seats or safety belts. Children ages 12 and younger should always be buckled up and seated in the rear seat of vehicles. Placing children in age- and size-appropriate restraint systems lowers the risk of serious and fatal injuries by more than half.

• Read food labels
  See how much fat, cholesterol, sodium, sugars, protein and other ingredients are in the product. Note what the serving size is to make sure you don’t eat more calories than you think you’re getting.

5 MINUTES OR LESS

• Know your numbers
  Keep track of your numbers for blood pressure, blood sugar, cholesterol, body mass index (BMI) and others. These numbers can provide a glimpse of your health status and risk for certain diseases and conditions, including heart disease, diabetes, obesity and more. Be sure to ask your health care provider what tests you need and how often. If your numbers are too high or too low, he/she can make recommendations to help you get them to a healthier range.

• Eat healthy
  Take the extra time to make better food choices. Eat more fruits and vegetables as a meal, less saturated fat and healthy grab-and-go snacks. There are many quick and easy ways to add healthier choices to your day.

• Take a break
  If you think you’re getting sick, feel yourself losing control or are dealing with stress, take a break. Just taking a few minutes can give you the opportunity to clear your head so you can make better decisions about your and your family’s health and safety.

Content provided by Centers for Disease Control and Prevention
upcoming events

**December**

- **Dec 5**
  - **Know Your Numbers**
  - 11:00 a.m. to 1:00 p.m.
  - Kirkland Hall, Room 201

- **Dec 8**
  - **Vandy Cooks**
  - *Healthy Holiday Desserts*
  - Noon to 1:00 p.m.
  - Vanderbilt Recreation and Wellness Center
  - Demo Kitchen

- **Dec 12**
  - **Know Your Numbers**
  - 11:00 a.m. to 1:00 p.m.
  - Human Resources, Baker Building, Training Room

- **Dec 14**
  - **Babies & You**
  - *Getting Back in Shape after Baby*
  - Noon to 1:00 p.m.
  - Presented by Nicole Motzny, Physical Therapist
  - Light Hall, Room 407

*Babies & You is a prenatal health program offered by Health Plus for VU 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).*

**January**

- **Jan 12**
  - **Hold the Stuffing Final Weigh-In**
  - 11:00 a.m. to 1:00 p.m.
  - Kirkland Hall, Room 201

- **Jan 15**
  - **Hold the Stuffing Final Weigh-In**
  - 11:00 a.m. to 1:00 p.m.
  - Peabody Campus, Hill Center, Room 221

- **Jan 18**
  - **Babies & 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

- **Jan 26**
  - **Vandy Cooks**
  - *Knife Skills & Soups*
  - Noon to 1:00 p.m.
  - Presented by Chef Bill Claypool
  - Vanderbilt Recreation and Wellness Center
  - Demo Kitchen

Looking to get your flu shot? 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.
Our health, well-being and productivity depend on our ability to manage our energy. Eighty-three percent of the Vanderbilt University 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: VU Go for the Gold 2016