

APRIL 2008 EVENTS

APRIL: CANCER AWARENESS & PREVENTION MONTH

Almost everyone, regardless of their age or social status, has been touched in some way by some form of Cancer. We all know someone who has battled this disease, whether a family member, friend or associate, or yourself. Here at Central State, we have several individuals who are cancer survivors, and we still feel so keenly the loss of our esteemed Provost and Vice President, Dr. Toy Caldwell- Colbert. This month, the Central State University Wellness Committee wishes to promote a greater understanding and awareness of Cancer as well as education on how to prevent this disease.



The April Spotlight on Health will focus on Cancer Awareness.

CANCER AWARENESS AND PREVENTION
Educational Brown Bag Session
Wednesday, April 30
12:30 p.m. - 1:30 p.m.
Stokes Center for Aging

A Representative from Greene Memorial Hospital will present information on General Cancer Awareness and Prevention.

2008 CSU HEALTH & BENEFITS FAIR
Thursday, April 3
9:00 a.m. - 4:00 p.m.
Ward Center Ballroom

Stop by the Ward Center Ballroom to get free health screenings, get information about the many benefits Central State offers, and sign up for this year's Health Challenge!

IN STEP WITH "JAZZY JAN"
Line Dancing Classes
Mondays & Thursdays
12:00 p.m. - 1:00 p.m.
Stokes Center for Aging

Come have fun, release stress and get some exercise line dancing to oldies but goodies, led by Ms. Janice Woodland- Cuff.

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In This Issue:

April 2008 Events	1
Creating a Culture of Health- Pt. 2	1
Spotlight on Health: Cancer Awareness and Prevention	2
Healthy Recipe: Eating Well Fish Sticks	2

APRIL 1-30

Special points of interest:

- * April 3, 2008 is the official start date of this year's Employee Health Challenge! Sign up in Human Resources!
- * Sign up for the Brown Bag Session, "Cancer Awareness and Prevention", to be held Wednesday, April 30, at 12:30 p.m.

FROM THE CSU WELLNESS COMMITTEE: CREATING A CULTURE OF HEALTH PT. 2

In the last issue we looked at the true purpose of the Wellness Committee here at Central State, namely, that our aim and purpose is to "establish a *strong* culture of Health and Wellness on this campus that enables us to experience the benefits of healthier lifestyles on a corporate level."

So what are these "benefits"? Here are just a few for you to consider:

- **Reduced Health Risk**— as

many as 50% of all diseases and premature deaths are related to unhealthy lifestyle practices.

- **Better Control of Healthcare Costs** - Wellness plays a major role in cost-effective use of medical care.

- **Faster Healing from Illnesses and Injuries**

- **Increased Productivity**

- **Enhanced Morale and Team Spirit** - Wellness programs provide a great opportunity for

people to work together. Also, it's well known that Regular exercise and a healthy diet contribute greatly to improved mood.

- **An Improved Public Image**- Supporting employee wellness demonstrates to the community a positive work environment and corporate citizenship.

In the next issue, we will look at the Wellness Committee's plan to bring about these positive changes.

Please visit the URL below to access a wealth of information on cancer prevention!

<http://www.cancer.gov/cancertopics/prevention-genetics-causes/prevention>

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Look for us on the Web...
COMINGSOON!



2008 Wellness Calendar

January
Nutrition

February
Heart Healthy Month

March
Kidney Month

April
Cancer Month

May
Hypertension Awareness Month

June
AIDS Awareness Month

July
Smoking Awareness Month

August
Mental Health Awareness Month

September
Cholesterol Awareness Month

October
Breast and Prostate Cancer Awareness
Month

November
Diabetes Awareness Month

December
Alcohol Awareness Month

SPOTLIGHT ON HEALTH: CANCER AWARENESS AND PREVENTION

CANCER AWARENESS

What is Cancer?

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result in death. Cancer is caused by both external factors (tobacco, chemicals, radiation, and infectious organisms) and internal factors (inherited mutations, hormones, immune conditions, and mutations that occur from metabolism).

Can Cancer Be Prevented?

In a word—yes! All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. The American Cancer Society estimates that in 2008 about 170,000 cancer deaths are expected to be caused by tobacco use. Scientific evidence suggests that about one-third of the 565,650 cancer deaths expected to occur in 2008 will be related to overweight or obesity, physical inactivity, and nutrition and thus could also be prevented. Certain cancers are related to infectious agents, and could be prevented through behavioral changes, vaccines, or antibiotics.

CANCER PREVENTION

1. Don't use tobacco. All types of tobacco put you on a collision course with cancer. Rejecting tobacco, or deciding to stop using it, is one of the most important health decisions you can make, because it reduces your risk of Lung, Esophagus, Mouth, and several other cancers.

2. Eat a variety of healthy foods. About 30 percent of cancers are related to issues of nutrition, including obesity. The American Cancer Society recommends that

you eat an abundance of foods from plant based sources, limit fat, and drink alcohol in moderation, if at all.

3. Stay active and maintain a healthy weight. Maintaining a healthy weight and exercising regularly also may play a role in cancer prevention. Obesity is a risk factor for several kinds of cancer. Physical activity on its own may lower your risk as well.

4. Protect yourself from the sun. Skin cancer is one of the most common and yet preventable kinds of cancer. Sun exposure is by far the most common cause. Use a sunscreen daily that has a SPF of at least 15, and avoid tanning beds, which can damage your skin as much as the sun can.

5. Get immunized. Certain cancers are associated with viral infections that can be prevented with immunizations. Talk to your doctor about immunization against Hepatitis B and HPV.

6. Avoid risky behaviors. Reduce your risk of certain cancers by avoiding risky behaviors. Practice safe sex by using condoms, limiting the number of sexual partners you have or abstaining from sex. Never share needles. Seek help for your addiction of you use drugs.

7. Get screened. Regular screening and self-examination for certain cancers can increase your chances of discovering cancer early—when treatment is more likely to be successful. Screening should include your skin, mouth, colon and rectum. If you're a man, it should also include your prostate and testes. If you're a woman, add cervix and breast cancer screening to your list.

Information obtained from the American Cancer Society:

<http://www.cancer.org/downloads/STY/2008CAFFinalSecured.pdf>



Information obtained from the Mayo Clinic:

<http://www.mayoclinic.com/health/cancer-prevention/CA00024/UPDATEAPP=0>

HEALTHY RECIPE: EATING WELL FISH STICKS



INGREDIENTS:

Canola oil cooking spray
1 cup whole-wheat dry breadcrumbs (see Shopping Tip) or 1/2 cup plain dry breadcrumbs
1 cup whole-grain cereal flakes
1 teaspoon lemon pepper
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon salt
1/2 cup all-purpose flour
2 large egg whites, beaten
1 pound tilapia filets, cut into 1/2-by-3-inch strips

DIRECTIONS:

1. Preheat oven to 450°F. Set a wire rack on a baking sheet; coat with cooking spray.
2. Place breadcrumbs, cereal flakes, lemon pepper, garlic powder, paprika and salt in a food processor or blender and process until finely ground. Transfer to a shallow dish.
3. Place flour in a second shallow dish and egg whites in a third shallow dish. Dredge each strip of fish in the flour, dip it in the egg and then coat all sides with the breadcrumb mixture. Place on the prepared rack. Coat both sides of the breaded fish with cooking spray.
4. Bake until the fish is cooked through and the breading is golden brown and crisp, about 10 minutes.

Visit <http://www.eatingwell.com/> for more delicious (and healthy) recipe ideas!