

NOVEMBER 2008

CHOLESTEROL AWARENESS MONTH

"Oh, the weather outside is frightful..."

Ahh, November. The month of leftover Halloween candy, Thanksgiving, Black Friday, after Thanksgiving leftovers, corn mazes, fall festivals, did I mention after Thanksgiving leftovers? All this fun stuff is enough to make me forget about the cold!

One thing that is important to *not* forget about, however, is health. Every January 2nd, people everywhere throw their bodies onto treadmills and elliptical machines in a desperate attempt to rid themselves of extra pounds gained at this time of year, not to mention the other health risks that accompany weight gain— Heart Disease, Diabetes, High Cholesterol, etc.

This month, the Wellness Committee is offering some new programs to get us all more active, and in motion toward prevention of those health risks. Look on page 2 for more information about what Cholesterol is, and how to keep yours at a healthy level. Come visit our new **Yoga Classes**, or take a walk on your own. Check out the **Medical Mutual Healthy Living Programs** (see below for more information) to get you started on the path to better health. Then, when January 2nd rolls around, your resolutions can revolve around finally getting rid of all your leftover Halloween candy.



The November Spotlight on Health will focus on Cholesterol Awareness.

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November 2008 Events:

- * **Free Yoga Classes** are being offered at CSU! Classes are held **Mondays & Wednesdays** from 12:00- 1:00 p.m. in the Stokes Center. **Bring Comfortable Clothing!**
- * **Flu Shots** are being offered at the Student Health Center **November 3 & 5, 10:30 a.m. - 12:00 p.m. November 4 & 7 1:00 p.m. - 2:30 p.m.**
- * **Belly Dancing Classes** (yes, you read that correctly) coming soon!

FROM THE CSU WELLNESS COMMITTEE: MEDICAL MUTUAL HEALTHY LIVING PROGRAMS

Do you want to lose weight ,reduce stress, eat better or shape up? Medical Mutual of Ohio offers Web-Based Healthy Living Programs to help.

Whatever your goal, Healthy living programs can help you change your lifestyle in just six weeks! Personalized weekly action plans assist you in making small changes that can yield big results a healthier, happier you.

Healthy Living Programs

- **Easy Start-** Eases you into getting healthier, one step at a time.
- **Weight Loss-** Offers you the basics of weight loss and nutrition, and provides tools

for lifetime weight maintenance.

- **Get in Shape-** Includes personalized fitness plans and menus to help you meet your goals.
- **Stress Relief-** Shows the dangers of stress on your health, and teaches nutrition and fitness strategies to fight stress.
- **Healthier Diet-** Offers long range plans for healthier eating.
- **Disease Fighting-** Gives you 3 programs to help prevent chronic disease: **Cancer Fighting, Diabetes Fighting and Healthy Heart programs.**
- **Smoke Free-** Helps you quit

smoking and provides you with tools to improve your overall lifestyle.

- **Healthy Aging-** Shows how to look good, feel younger and stronger, and prevent disease.
- **Custom-** You receive an interactive program tailored to fit your needs.

How to sign up:

1. **Go to:** *MedMutual.com* and register or sign on to the Members section.
2. **Select:** *Healthy Living Programs.*
3. **Pick a Program:** Find information about each Web based program.
4. **Set Your Goals:** *Establish a starting point, set your program goals and start Week 1*

For more information regarding Cholesterol and related issues, go to:
<http://www.mayoclinic.com/health/cholesterol/CL99999>

SPOTLIGHT ON HEALTH: CHOLESTEROL: THE GOOD, THE BAD, AND THE DEADLY

The body needs some cholesterol in order to function properly. Its cell walls, or membranes, need cholesterol in order to produce hormones, vitamin D and the bile acids that help to digest fat. But, the body needs only a small amount of cholesterol to meet its needs.

When too much cholesterol is present, plaque (a thick, hard deposit) may form in the body's arteries narrowing the space for blood to flow to the heart. Over time, this buildup causes atherosclerosis (hardening of the arteries) which can lead to heart disease.

TYPES OF CHOLESTEROL

Cholesterol travels through the blood attached to a protein – this cholesterol-protein package is called a lipoprotein. Lipoproteins are classified as high density, low density, or very low density, depending on how much protein there is in relation to fat.

- **Low density lipoproteins (LDL):** LDL, also called "bad" cholesterol, can cause buildup of plaque on the walls of arteries. The more LDL there is in the blood, the greater the risk of heart disease.
- **High density lipoproteins (HDL):** HDL, also called "good" cholesterol, helps the body get rid of bad cholesterol in the blood. The higher the level of HDL cholesterol, the better. If your levels of HDL are low, your risk of heart disease increases.
- **Very low density lipoproteins (VLDL):** VLDL is similar to LDL cholesterol in that it contains mostly fat and not much protein.
- **Triglycerides:** Triglycerides are another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.

HOW MUCH IS TOO MUCH?

Everyone over the age of 20 should get their cholesterol levels measured at least once every 5 years. Doctors recommend your cholesterol stay below 200. Here is the breakdown:

Total Cholesterol	Category
Less than 200	Desirable
200–239	Borderline High
240 and above	High

HOW CAN I LOWER MY CHOLESTEROL AND REDUCE MY RISK OF HEART DISEASE?

A few simple changes can help lower your cholesterol:

- **Eat low cholesterol foods.** Limit your average daily cholesterol intake to less than 300 milligrams. If you have heart disease, limit your daily intake to less than 200 milligrams. Keep your dietary intake of saturated fats low and by avoid foods that are high in saturated fat and that contain substantial amounts of dietary cholesterol.
- **Quit smoking.** Smoking lowers HDL ("good") cholesterol levels. This trend can be reversed if you quit smoking.
- **Exercise.** Exercise increases HDL cholesterol in some people. Even moderate-intensity activities, if done daily, can help control weight, diabetes, and high blood pressure – all risk factors for heart disease.
- **Take medication as prescribed by your doctor.** Sometimes making changes to your diet and increasing exercise is not enough to bring your cholesterol down. You may also need to take a cholesterol lowering drug.

*Information obtained from:
<http://www.webmd.com/cholesterol-management/guide/cholesterol-basics>*



WHAT'S FOR DINNER?: LOW CHOLESTEROL FOODS

Along with Exercise, Not Smoking, and appropriate Medication, what we Eat has a huge effect on whether we have high cholesterol. Here are some examples of some of the foods you need to eat if you're trying to lower your cholesterol.

Use **whole grain foods** instead of foods containing white flour.



Eat plenty of **fruits and vegetables**—they are low in calories and fat.



Use **low fat or skim dairy** products instead of regular, full-fat ones.



Cook with **lean meats** (turkey, chicken, or fish) instead of red meat.

When cooking with oils, use **olive and canola oils**.



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Look for us on the Web...
COMING SOON!

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**
Alcohol Awareness Month
- OCTOBER**
Breast and Prostate Cancer Awareness Month
- NOVEMBER**
Cholesterol Awareness Month
- DECEMBER**
Diabetes Awareness Month