



HCOP NEWSLETTER

Rio Grande Campus Rm. A118 · 831-4144 · shajjar@epcc.edu · www.epcc.edu/health



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March 2009

Quote of the Month

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens"

Gibran Khalil Gibran

Accomplishment!

Congratulations to the graduates and faculty of the Radiology program. The 2008 graduates had a 100% pass rate on their national registry exam. (15 graduates sat for the ARRT exam, 100% pass rate.) This the 13th straight year of the 100% pass rate for this program! Additionally, our test average was almost 5 points more than the average of Texas examinees. Our test average was higher than the average of 45 of the states. For more information contact Christl Thompson, program coordinator.



Alarming Health Care Workforce Shortages Data

“Between 2000 and 2020, the U.S. population is projected to increase by 18 percent while medical school capacity is scheduled to increase by only about 4 percent...the number of medical students per capita (is) well below the 1980 level.”

Council on Graduate Medical Education (COGME); 16th Report; January 2005

“More than a third of U.S. physicians in practice are age 55 or older and likely to retire in the next 10 to 15 years...the aging of the physician workforce will be a key factor limiting future growth” of the health care system”

International Medical Workforce Collaborative; September 2008

“Latinos are now the fastest growing segment of the American population. So not only do we urgently need more physicians and nurses, we need a lot more who are bilingual.”

Dr. Tanya Pagan Raggio-Ashley, director, HRSA Office of Minority Health and Health Disparities; NIH Summit; December 2008

“Studies have now found nationwide shortages in at least 10 clinical sub-specialties – in addition to the six that were previously known – including Emergency, Family and Geriatric Medicine... The good news is that we have the programs in place to fix this; we know they work; all that’s required is the national will to do so.”

Elizabeth Duke, HRSA administrator; speech to the Council on Graduate Medical Education; November 2008

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Study

Men's brains fight food urges better, however, when there is a will, there is a way...so Women, do not get discouraged!

When presented with a juicy cheeseburger, cinnamon bun, or other tempting treat, women may have a tougher time reining in their desire to eat when they are on a diet than their equally hungry male counterparts.

In a new brain-scan study, researchers flashed tasty food in front of men and women who hadn't eaten anything in at least 17 hours. Both were told to fight their hunger, but only men showed a drop in activity in brain regions involved in emotion and motivation.

Men may have better tools for appetite control, which may help explain why women are more likely to be obese than men and have a tougher time dieting, according to the study published in the journal *Proceedings of the National Academy of Sciences*.

"Something happens in the brains of men which does not happen in the brains of women. It's quite amazing," said Paul A.M. Smeets, of the Image Sciences Institute at the University Medical Center Utrecht, in the Netherlands.

"Findings suggest that in real life there might be a difference in how good men and women are at suppressing this kind of desire," said Smeets, who studies hunger and satiety using brain imaging, but was not involved with the current research.

Volunteers were asked to choose their favorite food from a list that included fried chicken, lasagna, barbecues, ribs, ice cream, or pizza.

Then, 17 to 19 hours after their last meal, the volunteers had a brain scan while they looked at one of their favorites. Participants could smell the food as well as see it, and were also given a taste with a cotton swab placed on their tongue.

Volunteers had three brain scans: once with no instruction on how to react to the food, once after being told to suppress their desire for the food, and once with no food in front of them.

For women, brain activity was about the same whether or not they had been asked to suppress their desire. Men, on the other hand, showed a distinctively different brain activity when they tried to suppress their urge. They showed less activation in amygdale, hippocampus, insula, orbitofrontal cortex and striatum.

The findings may seem discouraging for women who are trying to lose weight. But, they also offer some clues that may help them succeed.

"If women have difficulty ignoring food cues, maybe a key to dieting for them is to minimize those cues or to minimize the association between those cues and eating. Don't leave food out on the counter, don't go by the Dunkin' Donuts, but also, another view is to practice ignoring the cues so that you break that automatic association, and that's a common behavior modification technique, said Pelchat."

Before differences between men and women can be established in studies like this one, several factors must be taken into account. For example, as a team member pointed out, the study did not investigate where the women were in their menstrual cycle; the menstrual phase is known to influence how the brain responds to food.

Source: -unknown-



Healthy Recipe - Delicious

Buffalo Chicken Salad

Cook time: 6 min.- Level: Easy - Yield: 4 servings

Ingredients:

2 (8-ounce) boneless, skinless chicken breast halves
2 tablespoons cayenne pepper hot sauce (or other hot sauce), plus more to taste
2 teaspoons olive oil
2 hearts Romaine, cut into 1-inch strips (about 8 cups)
4 celery stalks, thinly sliced
2 carrots, coarsely grated
2 scallions, green part only, sliced
½ cup Blue Cheese Dressing

Directions:

Preheat the broiler. Put the chicken between 2 sheets of waxed paper and pound with a mallet or hammer so the chicken is an even thickness of about ¾ -inch, then cut the chicken crosswise into ½-inch strips. In a large bowl, combine the hot sauce and the oil, add chicken and toss until the chicken is well coated. Arrange the chicken on the baking sheet and broil until it is cooked through, about 4 to 6 minutes, turning once.

In large bowl combine the Romaine, celery, shredded carrots and scallions. Toss with the dressing. Divide the greens between 4 plates, top with the chicken. Serve with extra hot sauce.

Blue Cheese Dressing:

2 tablespoons mayonnaise
¼ cup low fat buttermilk
¼ cup plain fat-free yogurt
1 tablespoon white vinegar
½ teaspoon sugar
1/3 cup crumbled blue cheese
Salt and freshly ground pepper

Fold a full sheet of paper towel into quarters and put it into a small bowl. Spoon the yogurt onto the paper towel and place in the refrigerator for 20 minutes to drain and thicken. In a medium bowl, whisk the buttermilk and thickened yogurt into the mayonnaise until smooth. Add the vinegar and sugar and continue to whisk until all the ingredients are well combined. Stir in the blue cheese and season, to taste, with salt and pepper.

Yield: ¾ cup

Highly Sought Jobs!

Wanted: You! 10 Jobs Where Employers Come Looking For You

Within the next few years, jobs will outstrip demand in some professions. Some employers may even woo you with incentive bonuses, well-paid salaries, and good benefits packages. So, instead of preparing for a career where the job search process is long and grueling, why not find a career where prospective employers practically come knocking on the door?

Accountants

With an array of new businesses and ever-changing laws, accountants will be needed to assist clients with their record keeping and tax needs. A bachelor's degree in accounting can get you started in the rapidly growing profession, which paid an annual average salary of \$63,180 in 2007, according to The Bureau of Labor and Statistics.

Computer Software Engineer

We may not even realize it, but software plays an increasing role in our lives. Don't believe it? Your last trip to the grocery store or even the fast food joint down the street was made quicker with computer software. If you enjoy math and computer science, you can earn your bachelor's degree in computer science or in computer engineering and become a computer software engineer. Yearly average wage is \$85,660.

Dental Hygienist

As the need for dental care increases, dentists continue to rely heavily on their hygienists for cleaning, X-rays, and preventative care. Many dental hygienists work part-time and enjoy flexible hours. An AA degree from a dental hygiene program can help prepare you for this lucrative career, which is expected to grow 30 percent by 2016. Annual avg. salary is \$64,910.

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Highly Sought Jobs! (cont.)

Elementary Teacher

Want to contribute to the future? With many teachers nearing retirement, the need continues to grow for new elementary teachers who enjoy kids and want to see them reach their potential. You'll need a bachelor's degree in education of another related field. Certification requirements vary by state, but in 2007 elementary teachers earned \$50,040 on average, with the added bonus of time off during the year.

Environmental Science and Protection

Technician

As more companies, businesses, and governments need to go green, the number of people who can monitor pollutants and wastes will increase dramatically as an environmental science technician, you'll help find new ways to alleviate environmental stress on the planet. As associate's degree in applied science may be all you need in some instances for this quickly growing profession, which paid an average of \$42,190 in 2007.

Physical Therapist Assistant

The baby boomers may be aging but they still love to play. After an injury or for a complaint such as arthritis, patients need treatment, and physical therapists need qualified assistants. An associate's degree from an accredited physical therapist assistant program can prepare you for this career. In 2007, physical therapist assistants made \$44,340 a year.

Skin Care Specialists

With an increasing population that is also interested in skin care, the need for skin care specialists or estheticians is on the rise. In 2007, skin care specialists earned an average annual wage of \$30,600. A program in skin care will give you the career training you need to provide facials, body treatments, and make-up advice to keep you clients looking gorgeous.

Substance Abuse and Behavioral Disorder Counselor

Substance abuse and behavior disorder counselors assist clients with their recovery from addiction. Whether their clients are facing problems with alcohol, drugs, gambling, or eating disorders, counselors help them get on with their lives. A bachelor's degree in counseling and career training can prepare you for this worthwhile but emotionally demanding job, which paid an average yearly wage of \$37,630.

Veterinary Technologist and Technician

Veterinary technologists and technicians serve as nurses to pooches and felines. You may also work in an aquarium or a zoo. A two-or four-year program in veterinary technology can provide you with career training in this quickly growing profession, which paid \$28,920 on average in 2007.

Online associate's degrees and bachelor's degrees have never been so accessible. With many schools and program to choose from, you can begin the career training you need for a profession whose employer must may be looking for.

Source: -unknown-



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