March 2012

March 17th is St. Patrick’s Day and as the tradition goes, people go out and celebrate it by drinking - Please drink sensibly and be careful on the streets coming back home.

EPCC Health Career and Technical Education News

DMSO Site Visit - EPCC has just been informed that the accreditation site visit for the Diagnostic Medical Sonography program has been scheduled by the accrediting agency. It will occur on Monday and Tuesday, April 16-17, 2012.

The names for the site visitors are:

Team Chair:
Lynne Schreiber, MS, RDMS, FSDMS, RT(R)
Team Member:
Marie DeLange, RDMS, RDCS, RT(R)

RADT Site Visit - EPCC has just been informed that the accreditation site visit for the Radiologic Technology program has been scheduled by the accrediting agency. It will occur on Monday and Tuesday, April 23-24, 2012.

The names for the site visitors are:

Team Chair:
Rachel T. Clanton, M.A., R.T.(R)
Member:
Audrey Harris, M.A.Ed., R.T.(R)(CT)(M)(QM)

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Omega - 3 Fatty Acids
Did you know that diet rich in omega-3 Fatty Acids may help prevent memory problems, and slow the effects of aging in the brains. A new study shows that people with low levels of Omega-3 Fatty Acids particularly those found in fish are more likely to have memory problems. In addition, Brains low with Omega-3 FA age way faster than Brains with high Omega doses. “Foods high with Omega -3 are Salmon, Tuna, Flaxseed Oil, Nuts, Basil, Grape Leaves, Spices, Broccoli, etc.”

Aging and Memory problems are also caused by Dementia, Senile Dementia, Alzheimer’s, Parkinson’s, Stroke, etc. and of course overeating.

Source: WebMD Health News
Health

Health is the overall well-being of a person. It’s not merely the absence of a disease but really a plethora of paradigms, mainly, physical, mental, emotional, spiritual, environmental and psychological. Health is a holistic approach to all of these paradigms. A survey questionnaire designed by Gallup- Healthways, provided Well-Being index that assessed the physical, mental and emotional health of Americans placed Hawaii on top as being the state with the highest Well – Being scores. Apparently, it was due to the nice weather, scenic views, laughing people, and low depressive status. The other four top states were North Dakota, Minnesota, Alaska and Utah. The Top five large metropolitan areas for Well-Being scores were: San Jose, Sunnyvale and Santa Clara, CA, Washington, Arrington, Alexandria, DC, VA, MD, San Francisco, Oakland, Fremont Ca, Minneapolis, St.Paul, Bloomington Minnesota, Wisconsin, Charlotte, Gastonia, Concord, North and South Carolina.

The top worst states for well – being scores are:
- West Virginia
- Kentucky
- Mississippi
- Delaware
- Ohio

Apparently, southern states had lower scores whereas Western and Midwestern states fared well in health scores taking into consideration diet, exercise, stress, depression, work-related activities etc.

Source: CNN Health.com

5 Steps To A Healthy Heart

- Eat plants and fish, rich in Anti-Oxidants Mangos, Bananas, Omega -3 FA (Lowers blood pressure)
- Cut off the fatty acids - butter, margarine, Pastries
- Know your risk, know your numbers of  ◦ Cholesterol  ◦ Blood Pressure  ◦ Blood Glucose
- Exercise – Thirty minutes, five days a week is a minimum
- Stop Smoking – Smokers are 2 to 4 more likely to die of heart disease

Source: CNN Health.com
Did you know that?

1. Orange, Grapefruits lower women’s stroke risk; women who ate the most citrus fruit had a 19% percent lower risk of having an Ischemic stroke than women who ate the least. Dark chocolate and red wine are also helpful in decreasing that risk (Journal of the American Heart Association, 2012)

2. The rate of food poisoning outbreaks caused by unpasteurized or raw milk and dairy products is 150 times greater than outbreaks linked to pasteurized milk according to a study conducted by CDC.

3. Rich people are more likely to cheat and behave badly (University of Blakely, CA) than poor people.

4. Autism is not easily or readily early diagnosed in minorities as in whites. Mainly, this delay is caused by cultural differences, interaction with doctors, and of course, lack of access (Associated Press, 2012).

5. Obesity is linked to older adults’ risk of falls. Obese older adults may be more likely than their thinner peers to suffer a potentially disabling fall (Journal of American Geriatrics, 2012).

Happiness maybe related to eleven mood boosting foods!

Nutritional Prescription for a sharp brain, balanced mood and lean, energized body

1. Mussels - High in vitamin B-12, it preserves the myelin sheath that insulates our brain cells.

2. Swiss Chard - this leafy green is packed with Magnesium that boosts your energy levels.

3. Blue potatoes - High in anthocyanins, powerful antioxidants that provide Neuro-Protective benefits and high in Iodine that is usually a master mood regulator.

4. Grass-fed Lamb - High in Linoleic acid that usually suppresses stress hormones and High in Iron (Fe) that is vital for mood stability.

5. Dark Chocolate

6. Greek Yogurt - High in Calcium that alerts the body to release feel–good neuron transmitters.

7. Asparagus - High in Tryptophan that creates Serotonin, and more importantly, the enzymes in Asparagus break down Alcohol preventing a hangover.


9. Cherry Tomatoes - High in Lycopene and provides a fighting agent against Brain Inflammation.


11. Lemon Macaroons - the combination of coconut and lemons provides strong feel good emotions.

Source: CNN Health.com
**Separating Facts from Myths**

**Myth #1: Raw Foods Are Always More Nutritious than Cooked Ones**

*Fact:* While followers of raw-food diets claim that eating uncooked food preserves all of the nutrients, research shows that this idea is half-baked. It’s true that heat destroys certain water-soluble vitamins, such as vitamin C, but cooking boosts levels of other nutrients. For example, ketchup and tomato sauce contain up to six times more lycopene than raw tomatoes. Several studies show that this powerful antioxidant reduces risk for prostate and colon cancer, as well as heart disease. And since lycopene is fat-soluble, you need to eat cooked tomatoes with some fat (such as olive oil) to help absorption.

**Myth #2. Skipping a Meal Slows Your Metabolism**

*Fact:* Missing a single meal does not put your body into “starvation mode,” but may cause you to eat more at the next meal, because you’re hungrier. Research shows that it actually takes about two to three weeks of consistently low-calorie intake or at least 24 hours of eating absolutely nothing before there’s any significant change in your metabolic rate.

**Myth #3: High-fructose Corn Syrup is Worse than Sugar**

*Fact:* The idea of that high-fructose corn syrup (HFCS) is particularly harmful is “one of those urban myths that sounds right, but is basically wrong,” says the Center for Science in the Public Interest, a health advocacy group. In reality, both table sugar and HFCS are almost identical, nutritionally, with similar effects on the body’s levels of insulin, blood glucose, triglycerides, and hunger hormones.

**Myth #4: Fruit Juice is Healthy**

*Fact:* While an apple a day may keep the doctor away, that’s not true of apple juice or other fruit beverages. While many people consider fruit juice a healthier option than soda, data from the Harvard Nurses’ Study found that women who drink one or more glasses of fruit juice a day are more likely to develop type 2 diabetes.

**Myth #5: You Need a High-Protein Diet to Build Muscle Mass**

*Fact:* To bulk up, you need weight training plus extra calories. However, there’s no need to gulp down high-protein shakes and meat galore—a myth that’s been circulating since the 6th century BC, with an ancient Greek strongman claiming that the secret of his athletic prowess was eating 20 pounds of beef a day.