

Wellness @ GSU

Healthy Inspirations from Advocate at Work

Advocate Health Center at Governors State University

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From the Health Center of
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Do you know your BMI? Or even what a BMI is? BMI, or Body Mass Index, is an easy and inexpensive screening tool that involves measuring your weight and height. Although not diagnostic, it is correlated to metabolic and disease outcomes including diabetes and hy-

pertension (high blood pressure). According to the American Diabetes Association, If you're overweight, it impacts more than your risk of developing type 2 diabetes. It leads to unhealthy cholesterol, high blood pressure, heart disease, high blood sugar, and even stroke. The good news? Losing just 10-15 pounds can make a big difference. Taking such preventative steps are important factors with your health, schedule your appointment to find out your BMI!

Fall is upon us, have you received your flu vaccine yet? Influenza is a serious disease that can lead to hospitalization and potentially death (CDC, 2018). Please schedule your appointment with the Wellness Center to receive!

GSU Campus Event
 "Teach me to turn up!"
 Monday, November 4th from 12:30-4pm in the Hall of Honors.
 Hosted by the Counseling and Wellness Center. Fun and learning event that will have interactive tables/games including table stations of pixie stick "marijuana", an "alcohol" drinking station, and a "beer" google obstacle course. Educational handouts will also be provided.

Diabetes Risk

Did you know that diabetes affects more than 29 million people in the United States and of those 29 million more than 8 million are underdiagnosed.

The good news is you can prevent or delay type 2 diabetes. All you have to do is decide. Decide to stay at a healthy weight. Decide to eat well. Decide to be active. If you're at-risk, paying attention to living a healthy lifestyle or getting early treatment can, for some, actually return blood sugar levels to a normal range. Your chances of having prediabetes go up if you:

- Are 45 or older
- Are Black, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- Have a parent, brother or sister with diabetes
- Are overweight
- Are physically inactive
- Have high blood pressure or take medicine for high blood pressure
- Have low HDL cholesterol and/or high triglycerides
- Had diabetes during pregnancy
- Have been diagnosed with Polycystic Ovary Syndrome

It's important to recognize the signs of diabetes. Below are 4 signs to be aware of.

1. A family history of diabetes
2. Increase in hunger, thirst and urination can be sign of high

3. Overweight
4. Darkening of the skin on the back of your neck. This may mean you are insulin resistant.

If you're looking for ideas on how to get started—or reverse the course of what's already underway—The American Diabetes Association has everything you need. Their risk test can help you assess your risk level. They have a full slate of fitness ideas, nutritional plans, and tips to help you move forward. To access their tools go to: <https://www.diabetes.org/diabetes-risk>

But no matter what you do, do something, because the power to live the life you want to is entirely in your hands.

Prevention Tips
Lead an active lifestyle
 According to best practices you should be taking part in 150 minutes of cardio a week
Portion Control
 Manage your waist size with a low carbohydrate, high protein diet. Your muscle mass weighs more than fat so measure progress by the circumference of your waist because that will translate to your A1C going down.

What You Need to Know About E-Cigarettes (Vaping)

Electronic cigarettes, or e-cigarettes, are tobacco products that have been sold in the U.S. for about a decade. They include e-pens, e-pipes, e-hookah, and e-cigars, known collectively as ENDS—electronic nicotine delivery systems. They're also sometimes called JUULs, "vapes" and "vape pens." E-cigarettes are the most commonly used tobacco products among kids—and it's become an epidemic. While much remains to be determined about the lasting health consequences of e-cigarettes, there's evolving evidence about the health risks of e-cigarettes on the lungs—including irreversible lung damage and lung disease.

What's in an E-Cigarette?

E-cigarettes, aka JUULs and vape pens, use a battery to heat up a special liquid into an aerosol that users inhale. It's not just harmless water vapor. The "e-juice" that fills the cartridges usually contains nicotine (which is extracted from tobacco), propylene glycol, flavorings and other chemicals. Studies have found that even e-cigarettes claiming to be nicotine-free contain trace amounts of nicotine. Additionally, when the e-liquid heats up, more toxic chemicals are formed.

Because the Food and Drug Administration (FDA) has not begun its review of any e-cigarette or its ingredients, nor has FDA issued any standards on the products, e-cigarette composition

and effects vary. What researchers do know is that these toxic chemicals and metals have all been found in e-cigarettes:

- Nicotine – a highly addictive substance that negatively affects adolescent brain development
- Propylene glycol – a common additive in food; also used to make things like antifreeze, paint solvent, and artificial smoke in fog machines
- Carcinogens- chemicals known to cause cancer, including acetaldehyde and formaldehyde
- Acrolein – a herbicide primarily used to kill weeds, can cause irreversible lung damage
- Diacetyl – a chemical linked to a lung disease called bronchiolitis obliterans aka "popcorn lung"
- Diethylene glycol – a toxic chemical used in antifreeze that is linked to lung disease
- Heavy metals such as nickel, tin, lead
- Cadmium – a toxic metal found in traditional cigarettes that causes breathing problems and disease
- Benzene – a volatile organic compound (VOC) found in car exhaust
- Ultrafine particles that can be inhaled deep into the lungs

What Could Give You Lung Cancer If You Don't Smoke?



About 155,000 Americans die from lung cancer each year, according to the American Lung Association. Using tobacco products has a well-known connection to the disease. But thousands of those people did not smoke or use any form of tobacco.

Why does this happen?

Not using tobacco products greatly reduces the risk of lung cancer, but according to the American Cancer Society, we still have other risks to our lungs.

Air pollution

Radon gas: The Environmental Protection Agency says radon is the leading cause of lung cancer in nonsmokers. Radon is a colorless, odorless radioactive gas. It occurs naturally outdoors, but sometimes becomes concentrated in homes built on soil with natural uranium deposits.

Secondhand smoke: It contains the same harmful chemicals smokers inhale. If you're near a smoker, you'll inhale the chemicals, too.

Pollutants at work

Asbestos: A natural mineral found in some rocks. It was a common building material in the past. Because of its link to cancer, its use is now controlled to reduce exposure.

Diesel exhaust: This comes from a variety of trucks, buses, farm implements and other engines.

Gene mutations

Researchers are learning more about what causes cells to become cancerous. The information is helping scientists develop drugs that target mutations.

How can you reduce your risks?

- Being a nonsmoker is the best thing you can do to reduce your risk of lung cancer, but you can also:
- Test your home for radon: A home radon test kit will let you know if you have an issue.
- Avoid second-hand smoke: Smoking bans in public places have helped reduce this risk.
- Limit your exposure to pollutants at work.
- Eat a healthy diet including lots of fruits and vegetables: They can help reduce your risks.

Counseling and Wellness Center - A1120

Need an appointment?

Enjoy fast and easy online
scheduling!

<https://myadvocateaurora.org/chart/SignupAndSchedule/EmbeddedSchedule?id=159103&vt=3962>

Appointments through online scheduling only

