

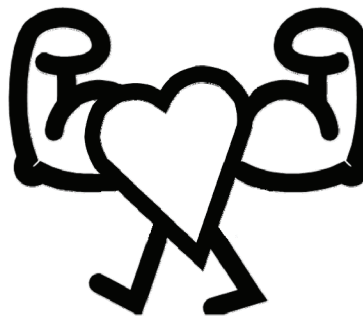
The Monthly InStAllment

UHS Health Promotion Office
110 Anderson Tower
www.rochester.edu/uhs



February 2008

Wear Your Heart On Your Sleeves



StairMaster®
Challenge
Sponsored by
Colleges Against
Cancer

Wilson Commons
Wednesday
Heart-Healthy Lunch
11:30am -1:30pm

UR Wear Red Day 2008
Wednesday, February 13

Eating for a Healthy Heart On Campus

Danforth

- Don't just stuff yourself because you can. Portion control is key!
- Limit yourself to just one plate, plus a salad or healthy side dish.
- Choose only one dessert. One scoop is healthier than 2, 3, or.....
- Check out the *Asian Station* for a dish your heart will love!

Douglass

- **Salad Bar:** Choose light or fat-free dressings; limit potato salad and other sides containing mayonnaise.
- **Pasta Bar:** Multigrain pasta with marinara sauce is a tasty and healthy choice.
- **Tortilla Fresca:** Try the chicken or portabella. Watch portions with the cheese and sour cream!
- **Kosher Deli:** Choose leaner meats; substitute mustard for mayo.

The Pit

- Ask for whole wheat (buns, wraps, pizza crust).
- Try the sweet potato fries or a baked potato instead of fries.
- Select healthy sides: fresh fruit, baked chips, yogurt, fruit cups.
- Choose broth-based instead of cream-based soups.
- Drink soda out of smaller cups (16 or 20 oz.) or drink water.

Hillside & Starbucks

- Try not to eat your main meals at a coffee shop.
- Pick fresh fruit, biscotti, or a whole wheat bagel with peanut butter or light cream cheese.
- Ask for sugar-free syrup and skim or soy milk in your coffee.



“Heart Health: What You Need To Know Now”

James Eichelberger, MD
Associate Professor of Cardiology, UR Medical Center
Thursday, February 7, 6:00 pm
Stackel Room (202), Wilson Commons

February 13th is **UR Wear Red Day**, to promote cardiac health. Come to the heart-healthy **Wilson Commons Wednesday** lunch wearing red. Win prizes, learn ways to keep your heart healthy, have your blood pressure read, and enjoy a tasty lunch. Buy a **UR Wear Red Day** t-shirt for \$8, with some proceeds donated to the American Heart Association. *Sponsors: UR Student Health Advisory Committee, Alpha Phi Sorority, and the UHS Health Promotion Office.*

Blood Pressure Basics

Classification	Systolic (mmHg)	Diastolic (mmHg)
Normal	<120	<80
Pre-hypertension	120-139	80-89
High Stage I	140-159	90-99
High Stage II	≥ 160	≥100

Hypertension (high blood pressure) means an increased force of blood flowing through the blood vessels. This condition dangerously overworks the heart muscle, leading to an increased risk of cardiovascular disease and heart attack. Some risk factors for hypertension include:

- Family history of high blood pressure, heart disease, or diabetes
- Overweight or Obesity
- Tobacco Use
- Frequent drinking to intoxication
- Sedentary lifestyle
- Oral contraceptive (birth control pill) use
- African-American heritage



Be a Quitter! Did You Know...



Nicotine therapy can be a safe and effective way to take the edge off cravings and withdrawal. The other ingredients of tobacco (such as tar and carbon monoxide) are associated with cancer, not the nicotine. If behavioral changes alone have not worked for you, these options might be worth a try.

Without a Prescription:

- **Nicotine Patch:** Worn on the arm like a small bandage, releases a steady level of nicotine.
- **Nicotine Gum:** Chewed slowly, nicotine is absorbed via the mouth, throat, and stomach.
- **Nicotine Lozenge:** Occasionally moved around the mouth, dissolves in 20-30 minutes.

Prescription Only:

- **Nicotine Inhalers:** Nicotine is breathed in through the mouthpiece through shallow puffs.
- **Nicotine Spray:** Sprayed into the nose, nicotine enters the system very quickly.
- **Non-Nicotine Medications**— Zyan and Chantix come in pill form, taken by mouth.

Talk to your UHS Primary Care Provider for more information.
275-2662 • www.rochester.edu/uhs

The NYS Smokers' Quitsite offers FREE Starter Kits:
www.nysmokefree.com
1-866-NY-QUITS

BOOST your fitness level for a stronger heart at Goergen's Fitness Center. **FREE** unlimited use (including group classes) is available to all full time UR students.

The Goergen Fitness Center Offers:

- 28 pieces of Cybex strength equipment
- 10 Life Fitness Treadmills
- 12 Precor Cross Trainers
- 5 Precor Recumbent & 5 Upright Bikes
- 4 Espresso Virtual Reality Bikes
- 4 StairMaster Steppers
- 4 Cybex Arc Trainers
- 1 Gravitron
- 5 flat screen TVs; Cardio Theatre
- 200m indoor track; 8 lane indoor pool
- Free Weight Area
- Aerobic & Conditioning classes which include Hi-Lo, Body Conditioning, Yoga, and Pilates.

