

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

Volume 4, Issue 5 | May 2011

**COUNTDOWN UNTIL WE MOVE TO THE NEW MTMC CAMPUS
as of May 3rd, 2011**



181
Days Left

MTMC: Seton building on schedule for Nov.

Construction of the Seton Medical Office Building, the second on Middle Tennessee Medical Center's new campus on Medical Center Parkway, began in November 2010 and remains on schedule to open in November of this year, according to MTMC.

The building's core and shell are currently 45 percent complete, with masonry, windows, roofing and interior walls currently under way, states an MTMC news release. Mechanical, electrical and plumbing is nearing completion.

Services remaining on the former MTMC campus near downtown that will relocate to the Seton building are: Bariatric Center at MTMC; Cancer Center at MTMC; Center for Breast Health at MTMC; Tennessee Oncology; The Wellness Center with Cardiac Rehab and Pulmonary Rehab; and the Wound Care Center.

Johnson Development, based in Birmingham, Ala., is the developer for the four-story building, and Turner Universal Construction, based in Brentwood, is the construction manager. The Seton building will connect to the hospital's first and second floors through a two-level walkway connector.

The Seton Medical Office Building is named after St. Elizabeth Ann Seton, a widow with five children, who founded the Sisters of Charity in Emmitsburg, Md., in 1809, later uniting with the Daughters of Charity in Paris, France, in 1850. She is the first American-born saint.

Saint Thomas Health Services is a faith-based ministry with more than 6,500 associates serving Middle Tennessee. Saint Thomas Health Services' regional health system consists of five hospitals — MTMC, Baptist Hospital, Saint Thomas

Hospital and The Center for Spinal Surgery in Nashville and Hickman Community Hospital in Centerville — and a comprehensive network of affiliated joint ventures in diagnostics, cardiac services and ambulatory surgery as well as medical practices clinics and rehabilitation facilities.

Source: Daily News Journal



Site update 4/5/2011

Ground Breaking..... 11.19.10
Steel Erection..... 12.15.10
Building Dry-In..... 05.01.11
Substantial Completion..... 11.01.11

Don't Skip Breakfast to Cut Calories

When you're trying to lose weight, cutting out breakfast may be tempting. You figure you're saving yourself some calories and you get a couple extra minutes to snooze. But research has consistently shown that the people who successfully lose weight are the ones that wake up and eat! Furthermore, people who eat breakfast regularly have better vitamin and mineral status and eat fewer calories from fat. So it seems that breakfast really is the most important meal of the day.

Eat Early, Weigh Less Later

Why does eating breakfast help people lose weight? It defies common sense that eating all those calories in the morning instead of simply skipping them would help.

Many studies, in both adults and children, have shown that breakfast eaters tend to weigh less than breakfast skippers.

Why? One theory suggests that eating a healthy breakfast can reduce hunger throughout the day and help people make better food choices at other meals. While it might seem as though you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of people who skip breakfast, and they eat more at lunch and throughout the day.

Another theory behind the breakfast-weight control link implies that eating breakfast is part of a healthy lifestyle that includes making wise food choices and balancing calories with exercise. For example, consider the successful weight losers followed by the National Weight Control Registry, all of whom have lost at least 30 pounds and kept it off for at least one year. Some 80% of the people in the Registry regularly eat breakfast (and also follow a calorie-controlled, low-fat diet).

It's worth noting that most studies linking breakfast to weight control looked at a healthy breakfast containing protein and/or whole grains—not meals loaded with fat and calories.

Eating breakfast also gives you energy to do more physical activity and be more productive in everything you do, which is also vital to weight control. So make the effort to get up in the morning and fix yourself a healthy meal.

Maintaining Your Diet

Before you get too excited and go out for a Denny's™ Grand Slam Breakfast, keep in mind that your breakfast should consist of healthy items that are in line with your current dietary weight-loss goals. Members of the National Weight Control

Registry report eating cereal and fruit for breakfast. While these are certainly healthy options, eggs have also been shown to offer several benefits.

Eggs have a greater satiety value than cereal and white bread. This means that they are more satisfying in giving you that feeling of fullness, while you may actually be eating less. One of the reasons for this is that eggs are high in protein, which is known to increase satiety. Proteins also have a higher thermic effect, meaning that it takes more calories to digest them. Studies have compared an egg breakfast to a bagel breakfast of the same caloric value and weight. Researchers at Louisiana State University's Pennington Biomedical Research Center discovered that people who ate the eggs for breakfast ate less at lunch and less throughout the rest of the day compared to people who ate the bagels, even though they had the same amount of calories for breakfast.

In the past, eggs have had a bad rap because of their high cholesterol content. However, eggs today have lower cholesterol counts than in the past due to the healthier feeds given to chickens. Additionally, research has shown that moderate egg consumption of about 1 per day does not increase the risk of coronary heart disease in healthy individuals. If the cholesterol count is a concern, then egg whites, which are free of cholesterol yet rich in protein, are a good alternative. Eggs are also a good source of essential nutrients riboflavin, vitamin B12, phosphorus, selenium and protein.

If you aren't too keen on eggs, try low-fat or non-fat dairy products like yogurt, which are also high in protein. High-fiber complex carbohydrates like whole-grain breads and cereals will keep you satisfied. Fiber also increases that sensation of fullness. Overall, whether you choose eggs, cereal or fruit, your breakfast should fall in line with your dietary weight-loss goals. Choose foods that fit your lifestyle and that you will enjoy.

Source: Fit Facts: American Council on Exercise®



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Savvy Salads - Create a healthy meal

If you're looking for tasty ways to get more essential nutrients, mix it up with healthy salads.

One of the keys to building a better salad is to explore new or unfamiliar produce items. Consider the options in the produce section of your grocery store. You might also check out nearby farmers markets, which typically feature a variety of in-season, local produce.

Including a variety of toppings and other nutrients additions can turn a salad into a meal while boosting your daily intake of fruits and vegetables.

Build a better salad

The chart below can be your guide to creating a full-meal salad that's low in calories, but filling and high in flavor and nutrition.

Pile your plate with leafy green vegetables – dark greens

pack the most nutrients. To make a meal-sized salad for one, use 2 cups or more. If possible, choose several types of greens.

Adding other vegetables and fresh fruits provides the satisfaction of crunch, texture and flavor along with more nutrients and fiber. You need only a little protein in the mix. Choose lean or low-fat protein sources. And don't forget the whole grains. Whole grains help you feel fuller longer. For added flavor, use as many herbs as you please.

As for those extras – salty items such as pickles and olives, and calorie-packed nuts and dried fruits – be sparing. Perhaps skip the creamy dressings altogether and instead squeeze on some lemon juice or drizzle a little red wine vinegar or olive oil over your salad instead. Another option is spritz-style vinaigrette dressing. Each spritz adds just a calorie or two.



Your salad should look like this

Extras – Choose any one or no more than two: No more than 1 tablespoon (T) mayonnaise, *2 T salad dressings*, 3 T sour cream* or 1 teaspoon oil; 1/4 avocado; about six nuts; about eight olives; 2 T chopped pickles; 2 T dried fruit or 1/4 cup salsa.

Herbs – As desired: Basil, chives, dill, fennel, mint, oregano, parsley, cilantro or tarragon.

Carbohydrates and whole grains – Choose any one: Whole grains: 1/2 cup barley, bulgar, couscous, kasha, millet, quinoa, pasta, brown rice or wild rice. Whole-grain breads and such: 1 small bagel, a slice of bread, a roll, naan or pita. One serving, according to the label, of whole-wheat crackers, crisp whole-wheat bread, matzo, melba, pretzels, rice cakes or 1/2 cup croutons.

Protein – Choose any one: Meatless: 1/2 cup lentils, peas, tofu, beans such as soy, black, pinto, garbanzo, white or kidney, or one egg. Lean meats, fish and seafood: Up to 2 ounces beef, lamb, pork, poultry, tuna, salmon, trout, sardines, scallops, shrimp, clams or crab. Low-fat dairy: Up to 1 ounce of cheeses, such as cheddar, cottage, goat, feta or Swiss.

Vegetables and fruits – Choose two or more totaling 2 cups: Artichoke, asparagus, beets, broccoli, carrots, cauliflower, cucumber, green onions, jicama, pea pods, peppers, radishes, squash, apples, apricots, berries, citrus sections, grapes, mango, melon, peaches, pears, pineapple, pomegranate or watermelon.

Leafy greens – Choose 2 cups or more: Among the varieties are arugula, watercress, cabbage, Belgian or red endive, escarole, collards, bok choy, cabbage, chard, mustard greens, turnip greens, kale, green or red lettuce, bibb lettuce, iceberg lettuce, mesclun, radicchio, watercress, mache, romaine and spinach.

*fat-free or low-calorie

Source: Mayo Clinic Health Letter

Brain Health Linked to Heart Health

What's good for your heart may also be good for your brain—and prevent Alzheimer's disease.

If fear of heart attack doesn't motivate you to watch your cholesterol, maybe increased risk of Alzheimer's disease (AD) will. A study published in a late 2010 issue of *Archives of Neurology* found that people with low levels of beneficial HDL cholesterol were 60 percent more likely to develop late-onset AD than people with higher HDL levels.

The study included 1,130 Medicare recipients in New York City who were screened and found to be free of cognitive impairment. During the 10-year study, 101 participants developed probable or possible AD at a mean age of 83. An examination found these participants had lower HDL levels than those who did not develop the degenerative brain disease. They also had higher LDL ("bad") and total cholesterol levels, but after adjusting for age, sex, ethnic group, vascular risk factors, lipid-lowering treatment and other factors, only HDL remained important.

it for elimination. The National Cholesterol Education Program recommends that HDL levels meet or exceed 40 mg/dL in men and 50 mg/dL in women.

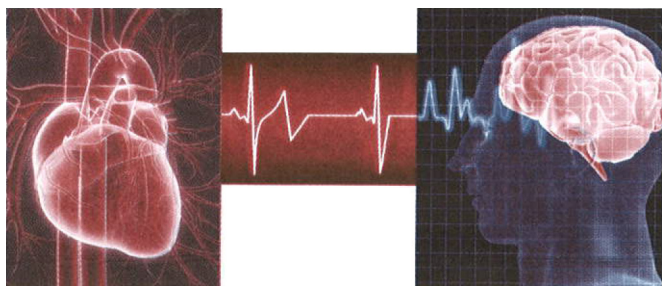
In the *Archives of Neurology* study, higher levels of HDL were associated with a decreased risk of both probable and possible AD.

It is difficult to raise HDL dramatically. Small advances can be made by losing weight, quitting smoking, exercising, and eating a heart-healthy diet. Drinking alcohol in moderation, eliminating trans fat and increasing consumption of mono-unsaturated fats can also help, as can taking statins, fibrates or niacin.

Those needing a big HDL boost have had few options to date. Clinical trials of a promising drug called torcetrapib were suddenly halted in 2007, when it was discovered that there were 60 percent more deaths in patients who took the drug in tandem with the LDL-lowering drug atorvastatin (Lipitor) than in patients who took Lipitor alone.

Fortunately, hope lies in an investigational medication called anacetrapib. Now in phase III clinical trials, anacetrapib has been shown to double HDL levels safely. If the studies continue to show favorable results, the FDA review process may begin in 2015.

Source: Duke Medicine Health News



What's the Connection?

Research has shown that having multiple cardiovascular risk factors such as high cholesterol, diabetes, hypertension, smoking, sedentary lifestyle, and aging, increases the risk of AD. A common feature of these risk factors is depletion of nitric oxide in cells lining the blood vessels—a condition called endothelial dysfunction. Nitric oxide helps vessels expand and contract to improve blood flow.

A study published in the December 2010 issue of *Circulation Research: Journal of the American Heart Association* found that endothelial dysfunction triggers a cascade of events that increase the brain's production of precursor cells to amyloid plaques. Increased growth of these plaques is a key characteristic of AD.

Raising HDL

HDL cholesterol is called "good" because it ferries fat from the bloodstream to the liver, where the body prepares

