

Living Well

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INSIDE THIS ISSUE

Know your numbers	1
Save on summer day camps through Duke Fitness Club	2
Spring into action with Run/Walk Club	2
Fitin15 is back	2
You can quit: Duke's tobacco cessation programs	3
Pregnant? Consult with your doctor before taking any medication	4
Cultivating happiness: Using S.M.A.R.T. goals to increase your emotional resilience	6
Quick tips for combatting seasonal allergies	7
New nutrition label is big win for healthy eating	7
Enjoy spring to the fullest with Duke Farmers Market	8

Know your numbers

By V. Lee Jackson Carter, Pharm.D, BCACP, Senior Clinical Account Executive, Express Scripts

There are several “numbers” that can help you and your doctor identify if you’re at a higher risk for diabetes, heart disease or other chronic diseases that may not have any early symptoms. If your numbers are outside of the ideal range, you can often make lifestyle changes that will help prevent the onset of chronic health conditions. Reference the chart below and compare your most recent readings to the ranges included:

A1C – average sugar level in your blood over past 3 months

Normal	Pre-diabetes	Diabetes
<5.7%	5.7–6.4%	6.5% or greater

Fasting Blood Glucose – blood sugar level at the time of the test

Normal	Pre-diabetes	Diabetes
<100mg/dL	100–125mg/dL	126mg/dL or greater

Blood Pressure – amount of strain on your heart while doing its job

Normal	Pre-hypertension	Hypertension
<120/80mmHg	120–139mmHg and 80–89mmHg	≥140mmHg and ≥90mmHg

Total Cholesterol – total of good and bad cholesterol

Normal
<200mg/dL

HDL (good cholesterol) – helps to remove excess bad cholesterol

Normal for men
>40mg/dL

Normal for women
>50mg/dL

LDL (bad cholesterol) – can build up on the walls of your arteries

<100mg/dL is best
(If you have diabetes or heart disease, you may need to be on statin therapy if above 70mg/dL.)

Triglycerides – can cause plaque to build up in your arteries

Normal
<150mg/dL

Body Mass Index (BMI) – a measure of body fat based on height and weight

Normal
18.6–24.9

Win a Fitbit®!



Congratulations to Helena Winfield who won a Fitbit for finding the pumpkin on page 7 of the last issue. You can win too!

Click <https://tinyurl.com/z2xfob> and tell us where you found the strawberry in this issue of the newsletter for your chance to win.

Spring into action with Run/Walk Club

Run/Walk Club started March 13, and you can still join us for the spring program! Running and walking are effective ways to manage stress, as well as your weight. All fitness levels are welcome, and many people find that accountability to their coworkers is a great incentive for exercising regularly. Other benefits of Run/Walk Club include an in-person or virtual coach, weekly email newsletters, educational seminars and (optional) fitness testing. The program is free, runs for 12 weeks and is open to all Duke faculty and staff. If you can't attend group meetings, you can use the self-reporting option and record your run/walk sessions online. To register or get more info, visit hr.duke.edu/wellness/runwalk-club.

Fitin15 is back



Fitin15 returns this spring! Challenge yourself to meet the minimum fitness recommendations for maintaining your health. With improved activity tracking, you can keep track of your progress online throughout the challenge. Keep your eyes open for details from the LIVE FOR LIFE website and **Duke Today**.



Save on summer day camps through Duke Fitness Club

Looking for exceptional summer day camp options for your kids? Check out Life Time Fitness and the YMCA of the Triangle. In addition to camps, both offer great programs for childcare and kids' activities throughout the year. As a Duke employee, you can take advantage of extra discounts or benefits by joining through Duke Fitness Club. Remember to check out O2 Fitness, as well. They have 10 locations around the Triangle and offer childcare at most locations while you exercise.

Whether you have kids or not, you can access many workout facilities through Duke Fitness Club. Choose the one with the hours, classes and equipment that suit you. All offer a month-to-month commitment after you've been a member for at least three months. When joining through LIVE FOR LIFE, you'll receive discounts and incentives to become a member at gym facilities participating in the Club. You can conveniently enroll, update and cancel your membership online at hr.duke.edu/fitness.



You can quit: Duke's tobacco cessation programs

Everyone knows that tobacco use is linked to many types of cancer and often leads to chronic health problems. Smokers also incur a health plan premium surcharge of \$50 per month. LIVE FOR LIFE, Duke's employee wellness program, offers many FREE options to help you kick the habit for good:

- **Steps to Health Tobacco Cessation Program:** This 12-month coaching program includes an initial consultation to develop a quit plan, as well as follow-up calls at one, three and six months, and one year. Coaches provide additional resources and motivation to help you quit. Enrollment includes access to three months of low-cost treatment at participating Duke Hospital outpatient pharmacies.
- **NC QuitNow:** Tobacco cessation telephone counseling services are staffed by trained quitting specialists. If you're ready to quit within 30 days, LIVE FOR LIFE can refer you to this service, which is available from 8 a.m. to 3 a.m., 7 days a week. English, Spanish and additional languages are accommodated. Services for the deaf/hard-of-hearing are also available.
- **Nicotine Replacement Therapy (NRT):** Used to gradually wean tobacco users from nicotine dependence, NRT reduces withdrawal symptoms and helps you resist

the urge to use tobacco. NRT is available in the form of a patch, gum or lozenge (all are over-the-counter medications) at Duke South pharmacy and must be used in conjunction with one of the other LIVE FOR LIFE tobacco cessation programs. If you are enrolled in a LIVE FOR LIFE Tobacco Cessation Program and are covered by the Duke Health Plan, you pay only \$10 per month (for up to three months) for NRT.

- **Stop-smoking pharmaceuticals:** CHANTIX[®] and bupropion are prescription smoking cessation medications that are available FREE in a three-month supply to covered employees who have joined a LIVE FOR LIFE Tobacco Cessation Program. If your doctor recommends additional treatment cycles, you can get subsequent refills at a discount.

Quitting can be tough, but it's a goal worth pursuing — and not just to save \$600 per year on your health insurance coverage. The U.S. Surgeon General says that quitting tobacco is the single most important thing you can do to increase your longevity and enhance the quality of your life. Eligibility requirements vary. Visit hr.duke.edu/wellness/tobacco-cessation-resources or call **919-684-3136**, option 1, for more about how you can get started today.



Pregnant? Consult with your doctor before taking any medication

Non-medication alternatives exist for common ailments

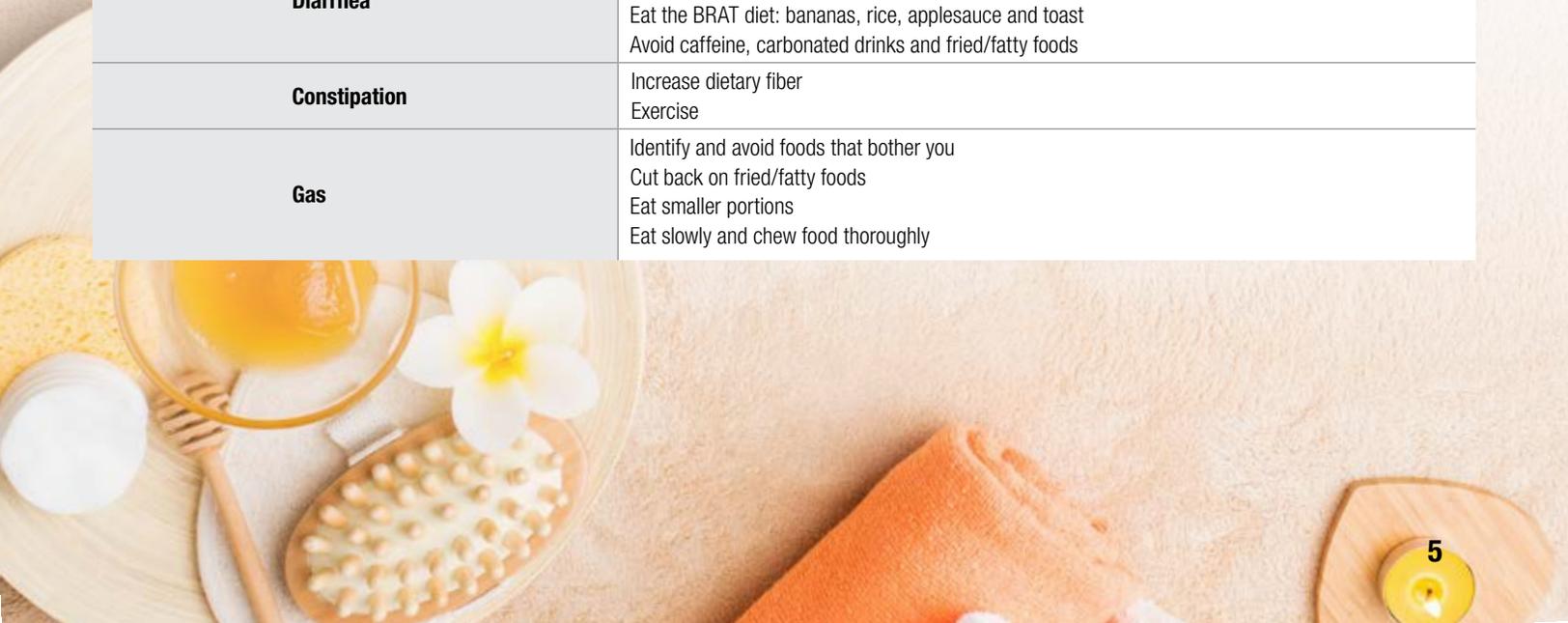
Like everyone else, expectant moms experience common health issues like colds, allergies and indigestion. You may even suffer from a problem such as regular heartburn for the first time once becoming pregnant. According to an article published in the *American Family Physician Journal*, more than 90% of pregnant women take a prescription or over-the-counter (OTC) medication. Before starting or stopping any medication while pregnant, talk with your doctor. This includes OTC, prescription, herbal or supplement medication. Your doctor can advise you regarding the best choice for an OTC or prescription medication to treat problems that may arise. He or she can help you determine if the benefits outweigh the risks to you and your baby.

Would you prefer to have a drug-free pregnancy or at least minimize the number of medications you use? You can try non-medication alternatives for many common ailments and see if they bring relief. See the table on page 5 for a list of some of the health issues pregnant woman encounter most frequently, along with possible alternative treatments.



Non-medication Alternatives for Common Ailments

Pain Relief	Acupuncture Chiropractic treatment Massage
Allergy Relief	Reduce allergens in home (see p. 7) Nasal irrigation HEPA filters
Decongestant	Saline nasal sprays and nasal strips
Expectorant	Vaporizer Hot shower
Cough Suppressant	Teaspoon of honey Stay hydrated with water and clear broth
Acid Reflux	Avoid foods that may trigger Tilt head of bed
Diarrhea	Probiotics Take small, frequent sips of water (or a rehydration drink) Eat the BRAT diet: bananas, rice, applesauce and toast Avoid caffeine, carbonated drinks and fried/fatty foods
Constipation	Increase dietary fiber Exercise
Gas	Identify and avoid foods that bother you Cut back on fried/fatty foods Eat smaller portions Eat slowly and chew food thoroughly



Cultivating happiness: Using S.M.A.R.T. goals to increase your emotional resilience

We all experience losses and challenges. Why is it that some people can find the positives even when they're faced with major stressors, while others are derailed by relatively minor inconveniences? Many factors, including genetics and life experiences, contribute to why some folks are more emotionally resilient than others. All of us, however, can proactively increase our emotional resilience—and therefore our happiness—with strategies like these:

1. Make connecting regularly with other people in meaningful ways a priority.
2. Give and accept help and support.
3. When you can't change a situation, find new ways to think about it and respond to it.
4. Accept that change and periods of difficulty are part of everyone's life.
5. Cultivate a positive view of yourself with supportive self-talk. Speak to yourself as you would your partner or your best friend.
6. Take care of yourself. Nutritious food, adequate rest and regular physical activity are essential. So are having time to yourself and doing things that you enjoy. You may need to set limits with friends and family and “put on your own oxygen mask first.”



Your S.M.A.R.T. goal for resilience strategy #1 above, for example, could be to sit down for a meal with people you care about at least four times a week. This goal is:

Specific — Unlike, for example, a vague goal to “spend more quality time with friends/family,” it's easy to recognize when you have shared a meal.

Measurable — Post a small calendar on the refrigerator and check off days that you eat together.

Action-oriented — Determine what steps you will take to reach your goal.

Realistic — If you travel Monday through Friday for work, you might choose a different goal, such as spending three out of four Saturdays with your partner doing something you both enjoy.

Timed — Each week, you can track your progress toward the goal of sharing a meal four times with loved ones.

Remember to write down a “mini plan” for each goal and post your goals and plans where you can see them daily. A mini plan for the goal of eating together might involve items such as: Each Sunday, put on your calendar which four meals you plan to share in the coming week. If preparing food at home, choose these meals in advance and make sure you have all ingredients on hand. Make at least one meal easy to make, such as a salad, bread and spaghetti. Give yourself permission to eat a frozen meal or take-out for one of the shared meals. Program your phone with reminders as needed.

If you need additional support dealing with life changes or everyday stress, Personal Assistance Service (PAS) offers free and confidential consultations, short-term counseling and referrals to Duke faculty and staff and their immediate family members. Call **919-416-1727** or visit www.hr.duke.edu/pas. Duke Raleigh employees should dial **800-327-2251**.

Be **S.M.A.R.T.!** Set your goals for strengthening your emotional resilience using these guidelines:

Specific	What exactly do you want to achieve? Be precise.
Measurable	How will you measure your goals? Include amounts, times, days and other milestones for gauging success.
Action-oriented	Are the steps you're taking moving you closer to your goals?
Realistic	Use common sense. Achieving realistic goals will keep you motivated.
Timed	Set a target date to keep yourself on track.

Extensive research demonstrates you are significantly more likely to achieve your goals when you write them down, have a plan for reaching them and refer to them often.



Quick tips for combatting seasonal allergies

Most of us are glad to see warmer weather return, but if you suffer from spring allergies, you may feel like continuing to hibernate. A runny nose, sneezing and itchiness can make life miserable. Tip #1 is to check the pollen count before planning outside activities. Then try these simple steps to reduce seasonal allergy symptoms when indoors:

- Change the filters in your HVAC system as recommended.
- Close your windows, especially when the pollen count is high.
- Remove your shoes when you come home to avoid tracking in pollen.
- Wipe down pets before they come inside.
- Shower and wash your hair before bed.
- Aim for a humidity level of less than 60% inside your home if you're allergic to mold. For as little as \$10, you can purchase a digital thermometer with a humidity gauge. The cost of a dehumidifier typically ranges from \$20 to \$300, depending on size and other features.
- Keep the windows up in your car and recirculate the inside air rather than using the vents.

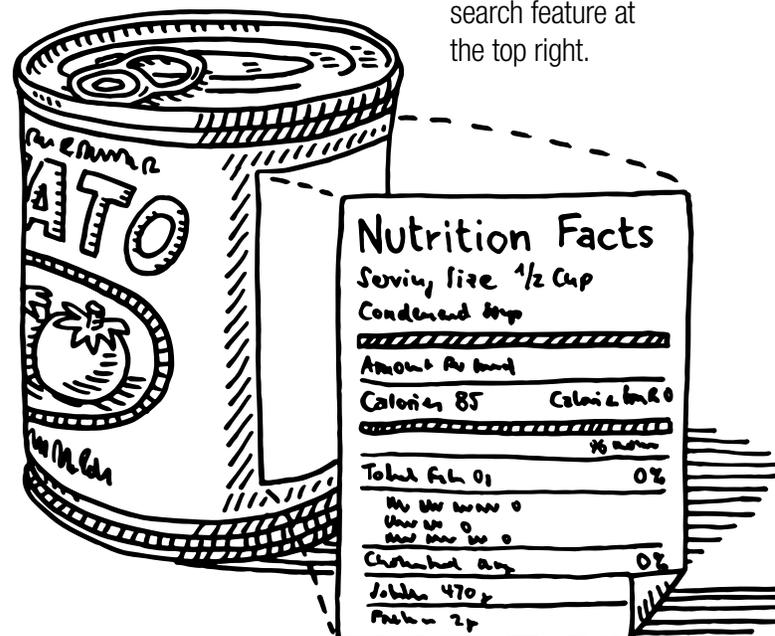
New nutrition label is big win for healthy eating

Are you a label reader? Checking the labels on packaged foods before you buy is key to making healthy choices. Starting in July 2018, the FDA will require food manufacturers to include the amount of added sugars in each of their products. This line item for “Added Sugars” will be distinct from the “Total Sugars,” making it easier for you to determine how much sugar is naturally occurring—and how much the manufacturer has added. The new and improved nutrition label will include sugar amounts in grams and as a daily percentage value.

If you usually skip dessert, you may think your daily sugar consumption is low. But added sugars lurk in many unlikely places, including frozen meals, canned soup, multi-grain bread and

cereal, flavored yogurt, snack bars, pasta sauce, condiments like ketchup and even deli meat. Without touching candy, baked goods or frozen treats, you can easily surpass the recommendation of the CDC (Centers for Disease Control and Prevention). The CDC advises keeping your intake of added sugars to less than 10% of your total daily calories. For example, in a 2,000 calories per day diet, no more than 200 calories (50 grams or 12 teaspoons) should come from added sugars.

For detailed information about all the changes to the nutrition label that will take place in July 2018, visit fda.gov and type “new nutrition label” into the search feature at the top right.



Enjoy spring to the fullest with Duke Farmers Market

Mark your calendars now for the return of the Duke Farmers Market on Friday, April 28, from 11 a.m. to 2 p.m. Our new Duke Hospital location is on the Duke Medicine Pavilion Greenway, outside the Trent Semans Center. Don't miss your opportunity to connect with local farmers and food-crafters and purchase fresh, delicious local products. LIVE FOR LIFE partners with a wide variety of North Carolina vendors to bring an assortment of fruits, vegetables, bread, granola, cheeses, meat and eggs to campus every Friday from April through September. Many products are organic. Each week, special guests from the community will also provide information about wellness and sustainable food systems.

In addition, Duke's Mobile Market CSA (Community-Supported Agriculture) Program runs throughout the year and offers delivery. You can have produce boxes delivered weekly to your home or workplace. Contact Cassandra Callas at **919-681-0547** or **cassandra.callas@duke.edu** if you are interested in establishing customized CSA delivery onsite for your department.



For more information about the markets, visit hr.duke.edu/wellness/mobile-farmers-market.

Duke Medical Center Farmers Market

Time: Every Friday from 11 a.m. to 2 p.m.

Dates: April 28 through September 29

New Location: On the Duke Medicine Pavilion Greenway, outside the Trent Semans Center

Duke Regional Hospital Farmers Market

Time: Every Tuesday from 3 p.m. to 6 p.m.

Dates: May 2 through September 26

Location: Employee Entrance

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