Novant Health Breast Center mobile unit
11:00 am-4:00 pm Monday, April 20, 2015
Benefits:
State-of-the-art digital mammography
Expert team of female technologists
On-site convenience with the luxury & privacy of a traditional imaging

Do I need an appointment?
Please reserve a time slot in advance by calling 704-384-7226 or toll free 1-855-273-7226.

Is this covered by insurance?
Mammograms are covered as a preventive screening every 366 days starting at age 40 for most insurance plans. For your convenience, we will file a claim with your insurance provider on your behalf. Please bring your insurance card.

Are you interested in join a Weight Watchers at Work meeting here at Wofford? Meeting is from 12-1 on Wednesday in the Papadopoulos room.
The new meeting will be starting on March 25 and run for 12 or 17 weeks depending on interest.
Cost is $156 for 12 weeks and $186 for 17 weeks.

Registered Dietician
Tuesday March 3rd, 11:30 –12:30
in the Gray-Jones Dining Room

James Smith, MS, RD, LDN
Director of Wellness Consulting
Benefit Controls of the Carolinas, INC.

James will to talk with faculty and staff about dietary issues relating to weight, blood pressure and cholesterol.

Heart Disease Happy Hour
Wednesday March 18th at 4:30
Rm 113 MSBVC

Tammy Gilliam, DNP
Family Nurse Practitioner
Find out why wine and chocolate are good for your heart.
Dietician or Nutritionist?
Every Registered Dietitian is a Nutritionist, but not every Nutritionist is a Registered Dietitian.

Next time someone gives you nutrition “advice” ask yourself “what are the credentials of this person giving me this advice?” A nutritionist is typically someone who completes an undergraduate or graduate degree in nutrition. They may be working as a research scientist, health and wellness educator, professor at a university etc. But be aware that there are individuals who market themselves as “nutritionists” with very little or no training whatsoever in nutrition. They may be selling “nutrition products” at a health or fitness center. Before you take “nutrition advice,” be sure to check out the professional background and training of the individual giving it.

A Registered Dietitian Nutritionist (or RDN) is a nutritionist accredited by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association or ADA). A Registered Dietitian Nutritionist has completed an undergraduate program in nutrition that includes biochemistry, pathophysiology and other relevant classes, as well as a one year clinical internship program. Registered Dietitian Nutritionists must pass a national exam administered by the Academy of Nutrition and Dietetics. They must also maintain their registered status through continuing education and advanced degrees/certifications in certain areas of specialization. Examples might be certification as a pediatric dietitian, or nutritional support, sports nutritionist, or a certification for diabetes education. Registered Dietitian Nutritionists are experts in areas of food and nutrition. If you need nutrition advice, seek the advice of a registered dietitian nutritionist.

“Bite Into A Healthy Lifestyle”
An eating pattern that meets people’s nutrient needs within calorie limits is vital to maintaining good health and quality of life. That’s why the Academy of Nutrition and Dietetics is encouraging everyone to “Bite into a Healthy Lifestyle” with informed food choices during National Nutrition Month® 2015 and throughout the year.

"A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it’s also essential to make informed food choices based on your individual health and nutrient needs," says Registered Dietitian Nutritionist and Academy Spokesperson Marjorie Nolan Cohn. "Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are all part of making smart choices."

Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month®. This year’s theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Learn Your Needs
Age, gender, body type, family history, existing health conditions and daily routines all play a factor in determining which foods we should eat more of and which we should avoid when trying to optimize our health.

"A consultation with a Registered Dietitian Nutritionist is the best tool for learning what your body needs to achieve peak health and prevent disease," Cohn says. "An RDN will review your health history, and then work with your preferences and routine to put together a comprehensive and achievable lifestyle-based eating plan."

Find Your Foods
Understanding what is in food is essential to making informed food choices while building an eating plan that meets your tastes. "This may sound simple, but knowing which foods contain the nutrients you need is the next step in biting into a healthy lifestyle," Cohn says. “For instance, most people know that oranges are a good source of vitamin C, but so are tomatoes and potatoes. Dairy foods like milk are a good source of calcium, but so is broccoli. Fruits and vegetables provide fiber, but so do whole grains and beans. A Registered Dietitian Nutritionist can guide your food choices while keeping your tastes and preferences in mind."

Know The Facts
When food selections go beyond whole foods and into packaged foods, understanding what fits and what doesn’t may not be as clear. "Front-of-package nutrition claims, ingredient lists and Nutrition Facts Panels can make any food choice dizzying, but with a few tips from an RDN, that task will be less daunting," Cohn says.

"The higher an ingredient is on the list, the more of that ingredient is included compared to the others. This is a good way to determine if a particular food product is made with whole grains or has a lot of added sugar,” Cohn says. "Often when an ingredient like salt or fat is reduced, more of another ingredient is added to help keep taste consistent," Cohn says. "So, no matter what the claim is on the front of the package, it’s important to always read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the package."

Making the right food and nutrition choices is a necessary part of biting into a healthy lifestyle. A Registered Dietitian Nutritionist can help. To learn more and to find an RDN in your area visit www.eatright.org.
Do you want to lose or gain weight? Are you pregnant, looking to become pregnant or just had a child? Are you looking for ways to maintain your health in your older years? Are you an athlete looking to boost performance? These are just a few of the reasons people seek the expert, science-based advice of a Registered Dietitian Nutritionist. Here are 10 common reasons to you should consult with a RDN:

1. **You have diabetes, cardiovascular problems or high blood pressure.** An RDN serves as an integral part of your healthcare team by helping you safely change your eating plan without compromising taste or nutrition.
2. **You are thinking of having or have had gastric bypass surgery.** Since your stomach can only manage small servings, it’s a challenge to get the right amount of nutrients in your body. An RDN will work with you and your physician to develop an eating plan for your new needs.
3. **You have digestive problems.** A Registered Dietitian Nutritionist will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.
4. **You’re pregnant or trying to get pregnant.** A Registered Dietitian Nutritionist can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn’s risk for neural tube or spinal cord defects.
5. **You need guidance and confidence for breast-feeding your baby.** A RDN can help make sure you’re getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.
6. **Your teenager has issues with food and eating healthfully.** A Registered Dietitian Nutritionist can assist with eating disorders like anorexia, bulimia and overweight issues.
7. **You need to gain or lose weight.** An RDN can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while still eating most of your favorite foods.
8. **You’re caring for an aging parent.** A Registered Dietitian Nutritionist can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.
9. **You want to eat smarter.** A RDN can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.
10. **You want to improve your performance in sports.** A Registered Dietitian Nutritionist can help you set goals to achieve results — whether you’re running a marathon, skiing or jogging with your dog.

When you see an RD or RDN, the last thing you’ll get is one-size-fits-all diet advice. A RDN gives you the best chance to be successful!

http://www.eatright.org/resource/food/resources/learn-more-about-rdns/10-reasons-to-visit-an-rdn

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**This Month’s Q&A: Ask the Expert**

**Q: What should I expect if I meet with a Dietitian?**

Expect an RDN to use an “individualized approach,” rather than launch right into facts and figures. Don’t expect to play a passive role in the relationship with your RDN. Leading up to your first appointment, log what you eat and drink for a few days, instead of sharing, “I guess I eat salads sometimes.” During your first session with the Dietitian, both of you will ask a lot of questions. If you have a particular dietary need — such as if you’re a vegetarian or have celiac disease — ask the Dietitian if he has experience in that area. You need a Dietitian who works within your needs. The Dietitian will ask you what types of foods you like to eat, how often you eat and what specific concerns you or your doctor have about your current diet plan. If a physician has referred you for a medical condition, the Dietitian will look at your lab results, medications and any conditions that could affect your digestion or ability to absorb nutrients. Not everyone will make a follow-up appointment with a Dietitian, but more appointments allow the Dietitian to review how well you’ve been following your meal plan or nutritional goals, whether the plan is working well for your lifestyle and if it is making a difference in your medical diagnosis. The Dietitian will continue to work with you on proper nutrition until you are confident and able to make the best dietary choices on your own.
Hydration for Fitness

Water is the most essential component of the human body.

Michael R. Simpson, D.O., M.S., and Tom Howard, M.D. ACSM.

Water is the most essential component of the human body as it provides an important role in the function of cells. Important functions of water include transportation of nutrients, elimination of waste products, regulation and maintenance of body temperature through sweating, maintenance of blood circulation and pressure, lubrication of joints and body tissues, and facilitation of digestion. More than half of the human body is composed of water, and it is impossible to sustain life without it.

WATER LOSS
Exercise produces an elevation in body temperature, which depends on the intensity and duration of exercise, environmental conditions, clothing worn, and metabolic rate. In order to get rid of the excess heat, your body secretes sweat, which is primarily composed of water and electrolytes such as sodium. The evaporation of sweat is the primary mechanism of heat loss during exercise. Exercise can lead to substantial water and electrolyte loss from sweat leading to dehydration and, in cases of excessive fluid intake, hyponatremia (low sodium in the blood). However, considerable variability exists from person to person with regard to sweat loss. Therefore, the fluid and electrolyte requirements needed for the athlete are variable from person to person as well. If water and electrolytes are not replaced from these losses, the athlete will have a decrease in performance and perhaps an adverse effect on his or her overall health.

FLUID BALANCE
Thirst is a signal that your body is headed toward dehydration. Therefore, it is important to drink before you feel thirsty and to drink throughout the day. Thirst is not a good indicator of hydration and should not be used to monitor hydration status. One way to check your hydration status is to weigh yourself before and after exercise. The before-exercise measurement is best as a nude weight first thing in the morning after urinating. Comparing your body weight before and after exercise can be used to estimate your sweat loss and your fluid requirements. Any weight loss is likely from fluid loss, so drinking enough to replenish these losses will maintain hydration. Below shows us that over a one percent loss in body weight indicates dehydration and over five percent indicates serious dehydration. These fluid losses need to be replaced.

<table>
<thead>
<tr>
<th>% Body Weight Change</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Well Hydrated</td>
<td>-1 to +1%</td>
</tr>
<tr>
<td>Minimal Dehydration</td>
<td>-1 to -3%</td>
</tr>
<tr>
<td>Significant Dehydration</td>
<td>-3 to -5%</td>
</tr>
<tr>
<td>Serious Dehydration</td>
<td>&gt; -5%</td>
</tr>
</tbody>
</table>

Another way to check hydration status is the urine color test. A large amount of light-colored urine means you are well hydrated. The darker the color, the more dehydrated you are.

DEHYDRATION
Dehydration is the loss of fluids and salts essential to maintain normal body function. Dehydration occurs when the body loses more fluids than it takes in. Dehydration can lead to:

- Muscle fatigue
- Loss of coordination
- Inability to regulate body temperature
- Heat illness (e.g., cramps, heat exhaustion, heat stroke)
- Decreased energy and athletic performance

HYDRATION BEFORE EXERCISE
Check your hydration status before exercise because there is a wide variability in fluid needs for each person.

- Drink 16-20 fluid ounces of water or sports beverage at least four hours before exercise.
- Drink 8-12 fluid ounces of water 10-15 minutes before exercise.

Consuming a beverage with sodium (salt) and/or small meal helps to stimulate thirst and retain fluids.

HYDRATION DURING EXERCISE

- Drink 3-8 fluid ounces of water every 15-20 minutes when exercising for less than 60 minutes.
- Drink 3-8 fluid ounces of a sports beverage (5-8 percent carbohydrate with electrolytes) every 15-20 minutes when exercising greater than 60 minutes.
- Do not drink more than one quart/hour during exercise.

HYDRATION AFTER EXERCISE

- Obtain your body weight and check your urine to estimate your fluid losses. The goal is to correct your losses within two hours after exercise.
- Drink 20-24 fluid ounces of water or sports beverage for every one pound lost.

OVERHYDRATION
Overhydration, also called water intoxication, is a condition where the body contains too much water. This can result in behavioral changes, confusion, drowsiness, nausea/vomiting, weight gain, muscle cramps, weakness/paralysis and risk of death.

In general, overhydration is treated by limiting your fluid intake and increasing the salt (sodium) that you consume. You should not consume more than one liter per hour of fluid.

**EXERCISE TIP**
Dehydration can occur in virtually every physical activity scenario. It doesn’t have to be hot. You don’t have to have visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day. Dehydration results when athletes fail to adequately replace fluid lost through sweating. Since dehydration that exceeds 2 percent body weight loss harms exercise performance, athletes are advised to begin exercise well hydrated, minimize dehydration during exercise and replace fluid losses after exercise.

Know the signs of dehydration. Early signs are:

- Thirst
- Flushed skin
- Premature fatigue
- Increased body temperature
- Faster breathing and pulse rate
- Increased perception of effort
- Decreased exercise capacity

Later signs include:

- Dizziness
- Increased weakness
- Labored breathing with exercise

**Upcoming Events**
7 March — Wilmington, NC Azalea Triathlon
12 March — Mount Pleasant, SC Catch the Leprechaun 5K
21 March — Charlotte, NC Run the Creek 5K
4 April — Columbia, SC Columbia Downtown Triathlon

**WEBHEALTH**
Use the following resources to learn more about March’s topics.
www.acsm.org
www.eatright.org
Recipe Corner

Breakfast Blueberry Oatmeal Cakes

This oatmeal-meets-muffin-tin cake recipe is perfect for having a healthy breakfast available on busy weekdays. Make a batch on the weekend and keep them in your freezer. For a grab-and-go breakfast, reheat the oatmeal cakes in the microwave for about 40 seconds. View more oatmeal recipes at eatingwell.com.

Ingredients

- 2 1/2 cups old-fashioned rolled oats
- 1 1/2 cups low-fat milk
- 1 large egg, lightly beaten
- 1/3 cup pure maple syrup
- 2 tablespoons canola oil
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup blueberries, fresh or frozen

Directions

1. Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed at least 8 hours and up to 12 hours.
2. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
3. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about 1/4 cup each). Top each with 1 tablespoon blueberries.
4. Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for a 10 minutes. Loosen and remove with a paring knife. Serve warm.

Nutrition Information

Serving per recipe: 6

<table>
<thead>
<tr>
<th>Amount Per Serving (2 Cakes)</th>
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<tbody>
<tr>
<td>Calories: 264</td>
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<tr>
<td>Total Fat: 9g</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
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<tr>
<td>Protein: 7g</td>
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<tr>
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<tr>
<td>1 1/2 Starch</td>
</tr>
<tr>
<td>1 Fat</td>
</tr>
<tr>
<td>1 Other Carbohydrate</td>
</tr>
</tbody>
</table>

KYLIE ADAMS THOMAS, MS earned a Masters Degree in Exercise Physiology and is an American College of Sports Medicine Certified Clinical Exercise Specialist, a National Academy of Sports Medicine Certified Personal Trainer and Fitness Nutrition Specialist. She is also a CrossFit Level 1 (CF-L1) Trainer. She has worked as a wellness coordinator, personal trainer, and currently works as a Corporate Wellness Specialist for Benefit Controls where she helps create strategic wellness plans for corporate clients across the southeast.