

# NEUROSCIENCES WELLNESS NEWSLETTER

## MAY 2023

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## May is Mental Health Awareness Month

Mental Health Awareness Month has been observed in the U.S. since 1949. Every year during the month of May, NAMI joins the national movement to raise awareness about mental health. Together, we fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness. Read below to learn more about how you can get involved.

## See the Person, Not the Condition

1 in 5 Americans live with a mental health condition and each of them has their own story, path and journey that says more about them than their diagnosis does. Whether you are a friend, family member, caregiver or medical professional, getting to know a person and treating them with kindness and empathy means *far more* than just knowing what they are going through. For additional information [click here](#).



## May Is Arthritis Awareness Month

"Arthritis" literally means "joint inflammation" in Greek or Latin. Joint inflammation is a symptom or sign rather than a specific diagnosis, but the term "arthritis" often refers to any disorder that affects the joints.

People with arthritis can feel pain and stiffness in their bodies, sometimes making it hard to move or causing their joints to become swollen. Arthritis Awareness Month is an opportunity to learn about the different types of arthritis and their causes, symptoms, and treatments, and share resources and information with your patients and community members.

For additional resources click below:

- [Living With Arthritis: Health Information Basics for You and Your Family](#)
- [Joint protecting tips](#)

## May – National Women's Health Week



[National Women's Health Week](#) starts each year on Mother's Day to encourage women and girls to make their health a priority.

Many women experience conditions and diseases of the bones, joints, muscles, and skin. [National Women's Health Week](#) is an opportunity to remind women and girls, especially those with underlying health conditions and women age 65 and older, to take care of their health. Take time to learn about these and other conditions that affect women and share resources and information with your patients and community members. NIAMS offers more than [40 Health Topics](#) with information related to symptoms, treatment, and tips for living.

For additional resources use the links below:

- [Living With Lupus: Health Information Basics for You and Your Family](#)
- [Osteoporosis Overview](#)
- [Fibromyalgia Overview](#)



## Health Plus Updates



### Move In May

Keep active and improve well-being in May! Join the Move in May Step Challenge, take the Get Active, Go Gold Challenge, and participate in Know Your Numbers to be entered for gift card prizes!

#### **New for 2023: Get Active, Go Gold Challenge**

How it works: Complete well-being activities during the month of May and gain entry into a prize drawing for \$25 eGift cards & also earn credit for your annual Go for the Gold! **VUMC faculty & staff must complete 3 of 5 Activities:**

- Complete [Nutrition Corner: Fueling Your Workout](#)\*\*
- Register and track activity in the [Move in May Step Challenge](#)\*\*
- Complete a [Mindful Stretch Break](#) (in-person, virtual, or video)\*\*
- Complete one weekly activity with [Health Plus Pacers](#)
- Complete your annual [Health Risk Assessment](#) and post your Fitness Score\*\*

*\*\*Meeting activity requirements for this program can also earn credit in Go for the Gold in 2023*

[Complete this Redcap Survey](#) to document completed activities and gain entry into the prize drawing. The deadline to submit your survey is May 31.

## Move in May Step Challenge

[Register beginning April 27](#)

**Record daily steps May 1-31**

**You are entered for Prize Drawings for number of steps recorded:**

- 1 entry for 100,000 steps (~3,500 steps daily average)
- 2 entries for 150,000 steps
- 3 entries for 200,000 steps

- 4 entries for 250,000 steps (~9,000 steps daily average)

Win one of 20 \$25 eGift cards!

Deadline to log your steps digitally with MyCap, sync with Fitbit, or manually submit your log is June 4. Logs can be attached and submitted via email to Health *Plus*..

## Employee Health & Fitness Day Fair

- Wednesday, May 17, 11am-1pm, Medical Center Plaza
- Participate in Know Your Numbers, stop by the Nutrition to learn how to “Fuel Your Workout”, and receive Health *Plus* Physical Activity program information.
- Health *Plus* Pacers campus lead walk from 12-12:45pm starting at Eskind Biomedical Library.



Corner

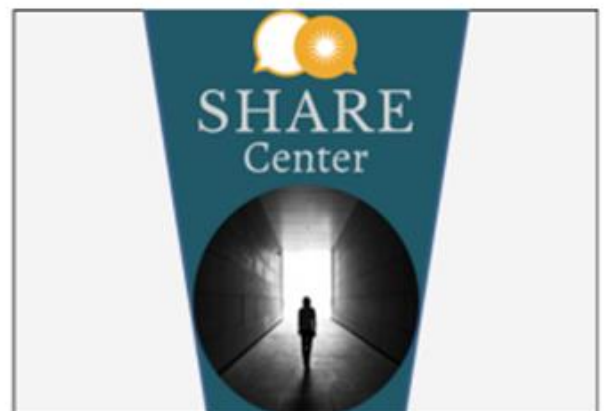


### Know Your Numbers in May

- Measure blood pressure, weight, and body mass index.
- Learn how to participate in-person or digitally.
- Participants during May are entered into a drawing for 10 \$25 eGift cards!

## FOSTER A SAFE WORK ENVIRONMENT

Nobody expects or deserves to be threatened, assaulted, or abused at work. Fostering a safer work environment involves prevention, response, and support. In this short interview, Health *Plus* shares recommendations on how to handle workplace violence and connects you to important resources!



### LEARN MORE

[Click here](#) to watch full interview.

## Sun Safety



Skin cancer is the most common cancer in the U.S. Too much sun can cause skin cancer. This video explains how to protect your skin from the sun.

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

### **How to Protect Your Skin from the Sun**

#### Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

#### Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

#### Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

#### Sunglasses



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

“Sunscreen isn’t an all-protective force field. It is intended to be combined with other sun-safety approaches.” Get [The Truth About Sunscreen](#) in this blog post.

### Sunscreen

Put on broad spectrum [sunscreen](#) that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don’t forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options.

Sunscreen is not recommended for babies who are 6 months old or younger. The [U.S. Food and Drug Administration](#) recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

**SPF.** Sunscreens are assigned a *sun protection factor* (SPF), which is a number that rates how well they filter out UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

**Expiration date.** Check the sunscreen’s expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.



## RECIPES



### Gluten Free Blueberry Buckwheat Pancakes

#### Ingredients:

1 large egg, room temperature  
1 ¼ cups buttermilk  
¼ cup Chobani plain, non-fat yogurt  
2 tablespoons brown sugar  
1 tablespoon olive oil  
½ teaspoon vanilla extract  
1 cup plus 2 tablespoons buckwheat flour  
1 ½ teaspoons baking powder  
¼ teaspoon cinnamon  
½ teaspoon salt  
2 cups blueberries

#### Instructions:

Heat large skillet or griddle on medium heat

In a medium bowl, combine egg, buttermilk, yogurt, brown sugar, olive oil and vanilla extract, whisking until combined. In a separate bowl, whisk together buckwheat flour, baking powder, cinnamon and salt. Incorporate into wet ingredients, stirring only until combined.

Once griddle is hot, grease with oil. Pour ¼ cup of batter per pancake onto surface, then sprinkle with blueberries. Cook on one side until holes form around edges, about 1 minute, then flip and cook on other side for additional minutes. Don't let the pan get too hot-you will want a nice, even heat.

Serve with whipped cream, blueberries and nuts, and a healthy drizzle of maple syrup.



### Kale Pineapple Smoothie

#### Ingredients:

2 cups lightly packed chopped kale leaves (stems removed)  
¾ cup unsweetened vanilla almond milk (or any milk you like)  
1 frozen medium banana cut into chunks  
¼ cup plain non-fat Greek yogurt  
¼ cup frozen pineapple pieces  
2 tablespoons peanut butter (creamy or crunchy)  
1 to 3 tablespoons honey (to taste)

#### Instructions:

Place all ingredients (kale, almond milk, banana, yogurt, pineapple, peanut butter and honey) in a blender in the order listed.

Blend until smooth. Add more milk as needed to reach desired consistency.

Enjoy immediately.

Tastes best right after being blended but can be refrigerated for up to 4 hours (good results) or up to 1 day (less optimal results).