

# HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF



The Occupational Health Clinic

Health Plus  
Work/Life Connections - EAP

# Connection

Providing programs that support the well-being and productivity of Vanderbilt's most valuable asset... YOU!

Vol. 37 • NO. 4 • Medical Center Edition  
August, September 2017



## Go for the Gold

Complete All 3 Steps by  
October 31 to Earn Up to a  
\$240 Wellness Credit

The third and final step is now available!

**Step 3:** Watch the Game Plan for Your Health Video, *Rest for Success*. See page 4 for highlights from the video.

**You spoke and we listened. Changes have been made to simplify the user experience!**

For more information and to log in to the Health Plus Health Guide to get started, visit [vanderbi.lt/gftg](http://vanderbi.lt/gftg).

### SAVE THE DATE

## Flulapalooza Returns on September 27!

Flulapalooza® is an annual event providing flu vaccination to faculty, staff and students at no charge. This year's event will be held on September 27 from 6:00 a.m. to 6:00 p.m. behind Light Hall. Over 14,000 people were vaccinated at this one-day event last year, so mark your calendars and be sure to drop by to get the fastest and most fun vaccine you'll ever receive!

# Flu lapa looza

## Care Gap Alerts

Vanderbilt Experts on Health

Diabetes



Shubhada Jagasia, MD, MMHC  
Vice Chair for Clinical Affairs  
Professor of Medicine,  
Department of Medicine

**1. What are the risk factors for diabetes?** There are several risk factors for diabetes which differ based on the type of diabetes you have, such as type 1, type 2, etc. Type 1 diabetes generally has a strong genetic predisposition, which is often unmasked by environmental triggers. Risk factors for type 2 diabetes are more numerous, and in addition to a genetic risk, include belonging to a minority ethnicity, being overweight or obese, leading a sedentary lifestyle, smoking, alcohol consumption, poor sleep hygiene, unhealthy dietary composition, having a history of gestational diabetes, and receiving medications such as steroids or antirejection medications after organ transplantation.

**2. What is "pre-diabetes" and why is it important?** Diabetes is a continuum. Patients will usually progress from a state of normal blood glucose levels towards frank diabetes via an intermediate step of pre-diabetes. It is that state in which your blood glucose levels are not low enough to be normal, nor high enough to be labeled diabetes. It is important to diagnose this condition, since initiating a weight loss plan with a combination of a healthy diet and regular physical activity, can result in a normalization of blood glucose values. This stage is important since it gives us a small window of opportunity to truly prevent diabetes.

(continued on page 3)

## Work/Life Connections-EAP

### The Counselor's Corner

Chad A. Buck, PhD  
Clinical Psychologist, WLC-EAP  
Psychological Support Consultant, Health Plus



#### Q: Dear Counselor,

I read from my tablet instead of watching TV before bed, and I limit caffeine daily. I have a small glass of wine in the evenings to help me unwind and fall asleep as well. Why do I still wake up in the night and feel drowsy after sleeping 7 to 9 hours?

*Restless*

#### A: Dear Restless,

You are on the right track with limiting caffeine, but there are possible explanations why your routine is not working.

1. Exposure to bright light from any electronic device before bedtime disrupts sleep. Our bodies interpret the “blue light” emitted from screens as daylight. Light from your tablet can reduce restorative sleep, leaving you drowsy even after getting the recommended 7 to 9 hours of sleep each day. Try turning off all devices for an hour or more before bedtime. If that’s not possible, dim the brightness on your screen or use a circadian screen adjustment app (*e.g., Twilight, Dimly, or f.lux*) that helps change the screen colors from blues to reds and yellows.
2. A glass of wine in the evening is fine, but not right before bedtime. It’s true that alcohol has a sedating effect that might make you fall asleep faster, but that effect wears off during the second half of the night, makes you more likely to toss and turn, and reduces time spent asleep, overall. On the practical side, drinking right before bedtime may also lead to the need to go the bathroom in the middle of the night.

If you have chronic sleep issues, speak with your PCP about having a sleep study. You can also call Work/Life Connections-EAP at 615.936.1327 for assistance with finding information and resources. Finally, watch the great Game Plan for Your Health video, *Rest for Success*, in Step 3 of the Go for the Gold program!



## Passion at Work



Jill Gilbert, MD  
Professor of Medicine  
Division of Hematology and Oncology  
Director, Hematology-Oncology Fellowship

#### How does your team come together and bond?

We laugh together by trying to find humor in every day events. We also order food and go out as a group a few times a year. We take the attitude that we are all in this together and that we can make a patient’s life better by functioning as a team.

#### What strategies do you use to effectively communicate with your team?

The head and neck providers talk to the team members every day. In clinic days, we all spend 8 or more hours together. We talk about patient care issues and allow each other to express feelings about cases that pull on our heart strings.

#### How do you focus on your personal well-being while still managing responsibilities at work?

This is always a challenge. When work gets crazy, I take a brief “time out” and walk outside and sit in the sun. When I get home, I sit in the garden or read a book on the porch. My husband and I share these times of reading and peace almost nightly.

#### How do you encourage your fellows to find well-being during their training years at VUMC?

This year we held a resiliency workshop and series for our first-year fellows that will continue next year as well. This 8-week series provided them with tools to reframe events with a mindset of self-care and wellness. Moreover, I remind them that, just like on an airline, they have to put the oxygen mask on themselves before they can help someone in need.

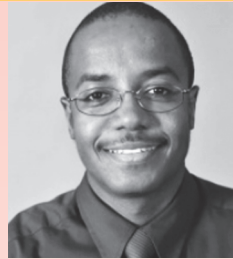
## Care Gap Alerts

### Vanderbilt Experts on Health Diabetes

(continued from page 1)

## Occupational Health Clinic **talk:**

# No Matter Your Age, Stay Engaged With Your Health



**Muktar Aliyu, MD, DrPH**  
Associate Professor of Health Policy & Medicine, VUMC  
Physician, Occupational Health Clinic

September is Healthy Aging Month. A healthy lifestyle is essential to healthy aging. “It’s incredibly important to remain physically and mentally active as you get older,” said Consuelo H. Wilkins, MD, Associate Professor of Medicine in the Division of Geriatrics at Vanderbilt University Medical Center. “Don’t be afraid to try new activities, especially if you need to replace hobbies due to changes in geography, interests or physical abilities.” Here are some other tips to help you stay healthy with each passing year.

**Exercise regularly:** Regular exercise can increase muscle strength, improve sleep and memory, improve balance and decrease the risk of certain diseases like diabetes, hypertension and osteoporosis. The Centers for Disease Control and Prevention (CDC) recommend older adults get at least 150 minutes of moderate intensity aerobic exercise (*brisk walking*) every week.

**Eat healthy:** Eat more fruits, vegetables and whole grains. Cut down on saturated and trans fat intake.

**Get adequate sleep:** Many older adults experience problems with sleep. Older adults need 7 to 9 hours of sleep each night, according to the National Institute on Aging. Adopt a regular sleep schedule. Avoid daytime napping and caffeinated drinks. Shun large meals and vigorous exercise close to bedtime.

**Stay mentally active:** Some researchers suggest stimulating the brain through active learning can slow memory decline. Read books. Try crossword puzzles and memory games. Socialize with family and friends.

**Stay connected:** Build a support network through family, friends and community. Volunteer with groups that work on causes that are important to you.

**Cope with stress:** Stress is common in the elderly. Relieve stress with adequate sleep and exercise, and not-so-common techniques like meditation and yoga.

**Protect yourself from accidents:** Falls are a common cause of injuries in the elderly. To avert a fall, use assistive devices if needed, undergo regular vision checks, install grab bars and handrails where desired and use nonskid footwear.



### **3. How can diabetes be prevented?**

We can attempt to prevent type 2 diabetes by maintaining a healthy body weight via a combination of regular activity and a healthy diet, in addition to trying to prevent all the risk factors mentioned previously. The American Diabetes Association recommends doing this by trying to pursue a modest weight loss of 5 to 10% of body weight, engaging in moderate intensity exercise for at least 30 minutes daily and preventing smoking. In addition, medications such as metformin have also been shown to be effective in type 2 diabetes prevention in clinical studies. There are currently several research clinical trials underway to educate us about methods of preventing type 1 diabetes.

### **4. How is diabetes typically treated and managed?**

There are a variety of treatments that can be used to treat diabetes, based upon whether it can be broadly categorized into type 1 or type 2 diabetes. Type 1 diabetes is currently treated with insulin therapy. Research is underway to see if other medications can be combined with insulin, while maintaining long-term efficacy and safety. Type 2 diabetes in earlier stages can be treated with oral medications. Over time with progression of the disease, patients will frequently need the addition of other types of medication therapy that increase insulin secretion from the pancreas, modulate gastrointestinal hormones that control appetite and blood glucose levels, increase the urinary loss of glucose, etc. Surgical weight loss treatments may be considered in patients who are unable to lose weight to treat obesity, with lifestyle and medication management.



# Go for the Gold

Check out the highlights from *Rest for Success*.

*“A lot of people think sleep is overrated because it cuts into what they think is their productivity. What people do not realize is that if you get sleep, you will actually be far more productive.”*

– Beth Malow, MD, MS

*“Sleep is one of the things that helps us regenerate. It can take us to places internally that we do not visit during the day. So, if we are not sleeping, we are not visiting those deeper places within us.”*

– Phillis Sheppard, PhD

## 4 Ways to Get Your Best Rest

### 1. Reduce Artificial Light at Night

The blue light from screens can cause poor sleep quality. Turn off all screens well before bedtime.

*“There is a wonderful setting on your iPhone called Night Shift. That white-blue light is not still energizing you, and that is turned a pale yellow cool light that is more relaxing. For Android users, we have to download a second app called Twilight.”*

– Margie Gale, RN, MSN, CEAP

### 2. Keep Your Sleep Schedule Consistent

Varying your sleep schedule can throw off your biological clock. Find a schedule that works for you and stick to it.

*“There are some kinds of adaptations we can do to improve the stability and regularity of our biological clock. The main thing is a very regular schedule. That means both regular sleeping and waking cycles so that we go to bed and wake up about the same time every day.”*

– Carl Johnson, PhD

### 3. Have a Proper Transition to Bed

Bringing stress to bed interferes with sleep. Take time before bed for calming activities.

*“I really encourage people not to be reading a work-related report from their bed or sending emails from their bed, but to really have your sleeping area to be a protected space that you go to only as a restful, relaxing haven from the stresses of the day.”*

– David Sacks, PhD

### 4. Get Screened for Sleep Disorders

If poor sleep continues to be an issue, it may be time to seek medical attention for a potential sleep disorder. Sleep disorders can include sleep apnea and insomnia.

*“Some of the common symptoms associated with sleep apnea include poor sleep quality, feeling unrefreshed in the morning, falling asleep at work, falling asleep driving, and so it is really important if you snore and feel tired, you should come in to be evaluated.”*

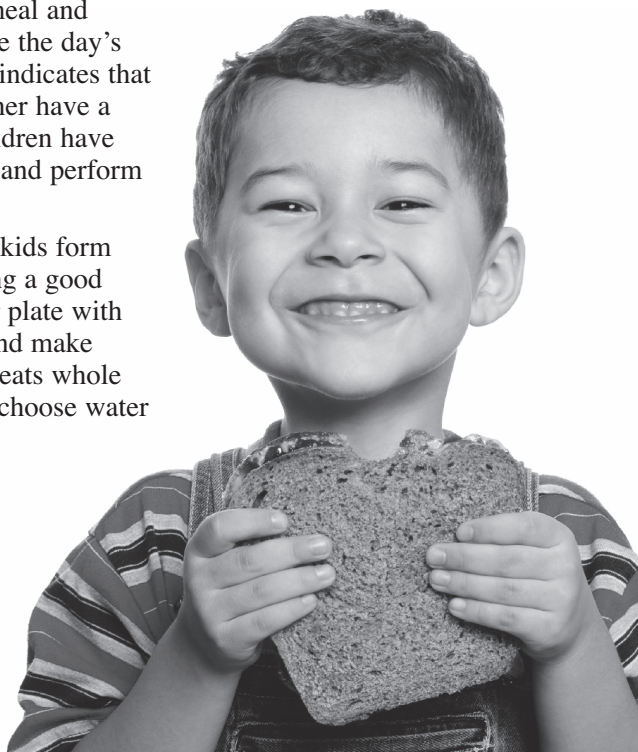
– Raghu Upender, MD



**August is Kids Eat Right Month** and it's a great time for families to focus on the importance of healthful eating. The Academy of Nutrition and Dietetics encourages families to take the following steps:

- **Shop Smart.** To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.
- **Cook Healthy.** Involve your child in the cutting, mixing and preparation of meals. They will learn about food and may even try new foods they helped prepare.
- **Eat Right.** Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences. Research indicates that families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.
- **Healthy Habits.** Help kids form healthy habits by setting a good example. Fill half your plate with fruits and vegetables and make the grains your family eats whole grains. For beverages, choose water over sugary drinks.

Get started making positive, healthful changes for the whole family with the fun recipe below!



## Eating-Well Recipe

### Egg Muffins

- 9 eggs
  - 1 small onion, chopped
  - 1 green pepper, chopped
  - 1/2 cup cherry tomatoes, diced
  - 1/2 teaspoon salt
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon pepper
  - 1/2 cup shredded cheddar cheese
1. In a large bowl, beat eggs. Add onion, green pepper, tomatoes, salt, garlic powder and black pepper. Stir in cheese.
  2. Spoon into muffin cups coated with cooking spray. Bake at 350°F for 20 to 25 minutes or until a knife inserted near the center comes out clean.
- Spinach, mushrooms and broccoli are other great veggie add-ins!
- Makes 6 servings. Nutrition information per serving (serving size 2 egg muffins): 156 calories, 11 g total fat (4 g saturated fat), 475 mg sodium, 3 g carbohydrates, 1 g fiber, 12 g protein



## Vanderbilt Health OnCall

We come to you.

We treat everything from flu, colds and coughs, to minor injuries, wherever you are, seven days a week.

1. Request an appointment through one of these options:
  - Download our easy-to-use app for your phone or device.
  - Visit [VanderbiltHealthOnCall.com](http://VanderbiltHealthOnCall.com).
2. We contact you to determine your needs.
3. A Vanderbilt Health provider arrives at your home, office or hotel within two hours of your request.

You return to your day, no inconvenience and no office visits necessary.

Most insurance plans are accepted.

Private pay visits are \$99. Lab tests and additional treatments are priced separately.

Serving patients 18 years and older in Davidson County.

VANDERBILT  HEALTH

# Relax and enjoy your vacation: we've got you covered

When you're on vacation, the last thing you want to be thinking about are the "what ifs." What do you do when faced with an emergency when traveling away from home? Vanderbilt University Medical Center's healthcare plan provides emergency health coverage to you and your dependents while traveling, whether in the United States or in a foreign country.



### Aetna

If you are traveling outside the United States and are in need of emergency or urgent care, Aetna will cover the cost of that care at the Tier 2, or Aetna in-network level. Non-emergency claims in a foreign country are paid at the Tier 3 level, or out-of-network. You'll need to pay the provider up front and submit a claim form to Aetna for reimbursement. Visit [hr.mc.vanderbilt.edu/benefits/2015AetnaClaimForm.pdf](http://hr.mc.vanderbilt.edu/benefits/2015AetnaClaimForm.pdf) to download a claim form. If you're traveling inside the United States, you can find an in-network physician or facility by visiting the Aetna provider directory.

### MetLife Travel Assistance

If you have at least \$10,000 of AD&D insurance from MetLife, you are eligible for MetLife's Travel Assistance. With travel assistance protection, you have access to worldwide medical, travel, concierge, legal and financial assistance services, including medical referrals and appointments with English speaking doctors, dentists and specialists; emergency evacuation; air and ground ambulance service; and lost document and luggage assistance. Download the MetLife Travel Assistance brochure at [hr.mc.vanderbilt.edu/benefits/MetLifeTravelAssistance.pdf](http://hr.mc.vanderbilt.edu/benefits/MetLifeTravelAssistance.pdf).

### Navitus pharmacy coverage

Whether traveling near or far, filling your prescriptions while on vacation can be a major concern. If you are traveling for an extended period of time and need more than a 90-day supply of your medication, contact Navitus at 1.866.333.2757. Have your itinerary and reason for the prescription handy. If you are traveling overseas and need your prescription filled, Navitus will cover the cost at the out-of-network level, and you will need to file a claim. You can download a claim form at [hr.mc.vanderbilt.edu/forms/documents/NavitusForeignClaimForm.pdf](http://hr.mc.vanderbilt.edu/forms/documents/NavitusForeignClaimForm.pdf).

### Numbers to Know

- Aetna: 1.800.743.0910
- Navitus: 1.866.333.2757
- MetLife Travel Assistance: 1.800.454.3679 (*inside the U.S.*) and 1.312.935.3783 (*collect, outside the U.S.*)



# upcoming events

## August

- AUG 3** **Know Your Numbers & OHC Comes to You**  
1:00 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- AUG 4** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
MCN (3, 4, 5, 6, 7)
- AUG 11** **Vandy Cooks**  
*Herbs to 'Blog About'*  
Noon to 1:00 p.m.  
Presented by Karman Meyer, Registered Dietitian and Nutritionist  
Vanderbilt Recreation and Wellness Center Demo Kitchen
- AUG 16** **Boomers, Elders & More**  
*Family Dynamics When Caregiving*  
Noon to 1:00 p.m.  
Light Hall, Room 431
- AUG 16** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH (10N, 10S, 11N, 11S, ED)
- AUG 17** **Babies & You\***  
*Caring for Your Newborn*  
Noon to 1:00 p.m.  
Presented by Sunny Bell, MD, University Pediatrics  
Light Hall, Room 411
- AUG 18** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
9:00 a.m. to 10:00 a.m.  
Center for Women's Health, 2009 Mallory Ln
- AUG 18** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
10:30 a.m. to 11:30 a.m.  
VMG Orthopedic Clinic, 324 Cool Springs Blvd

Check the OHC flu calendar frequently at <http://healthandwellness.vanderbilt.edu/occupational-health/flu> for a list of upcoming flu on-sites. The calendar is constantly updated during flu season.

\*Babies & You is a prenatal health program offered by Health Plus for VUMC employees, spouses and dependents. The classes are provided monthly with a \$50 incentive for those who register in their first trimester, attend at least 3 monthly classes and go to all prenatal provider appointments. For more information, class location or to register online, visit [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).

If you have questions regarding the Boomers, Elders & More events, contact Stacey Bonner, Family Services Coordinator, at 936.1990, or at [stacey.l.bonner@vanderbilt.edu](mailto:stacey.l.bonner@vanderbilt.edu).

## September

- SEP 1** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
MCJCHV (5 A-B-C, 6 A-B-C)
- SEP 7** **Know Your Numbers & OHC Comes to You**  
1:30 p.m. to 4:00 p.m.  
MCJCHV, Room 2104
- SEP 13** **Boomers, Elders & More**  
*Sundowning — A Symptom of Alzheimer's Disease*  
Noon to 1:00 p.m.  
Light Hall, Room 431
- SEP 14** **Know Your Numbers & OHC Comes to You**  
*Fall Compliance Fair*  
10:00 a.m. to 5:30 p.m.  
MCJCHV Theatre
- SEP 15** **Know Your Numbers & OHC Comes to You**  
*Fall Compliance Fair*  
6:00 a.m. to 1:30 p.m.  
MCJCHV Theatre
- SEP 15** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
9:00 a.m. to 10:00 a.m.  
Vanderbilt Bone & Joint Clinic, 206 Bedford Way
- SEP 15** **Know Your Numbers & OHC Comes to You**  
*Williamson County*  
10:30 a.m. to 11:30 a.m.  
VMG, 2105 Edward Curd Ln, 3rd Floor Conf. Room
- SEP 15** **Vandy Cooks**  
*Quick and Easy Meals*  
Noon to 1:00 p.m.  
Presented by Marilyn Holmes and Marissa Wertheimer, Registered Dietitians  
Vanderbilt Recreation and Wellness Center Demo Kitchen
- SEP 20** **Know Your Numbers & OHC Comes to You**  
*Late Night Cart*  
6:00 p.m. to 10:00 p.m.  
VUH (3, 4, 5 CCT)
- SEP 21** **Babies & You\***  
*Facing the Challenges of Pregnancy*  
Noon to 1:00 p.m.  
Presented by Michelle Collins, PhD, Certified Nurse Midwife, West End Women's Health Center  
Light Hall, Room 411

Every Thursday in August and September:  
**OHC Comes to 100 Oaks**  
8:00 a.m. to 11:30 a.m., VPEC 21100

**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
1211 21st Ave. S.  
Medical Arts Building, Suite 640  
Nashville, TN 37212



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Recipe: Delicious Egg Muffins

Have a topic you want to see covered? Email us at [health.wellness@vanderbilt.edu](mailto:health.wellness@vanderbilt.edu).

*"We are what we repeatedly do. Excellence, then, is not an act, but a habit."* – Aristotle

**Health and Wellness Connection**

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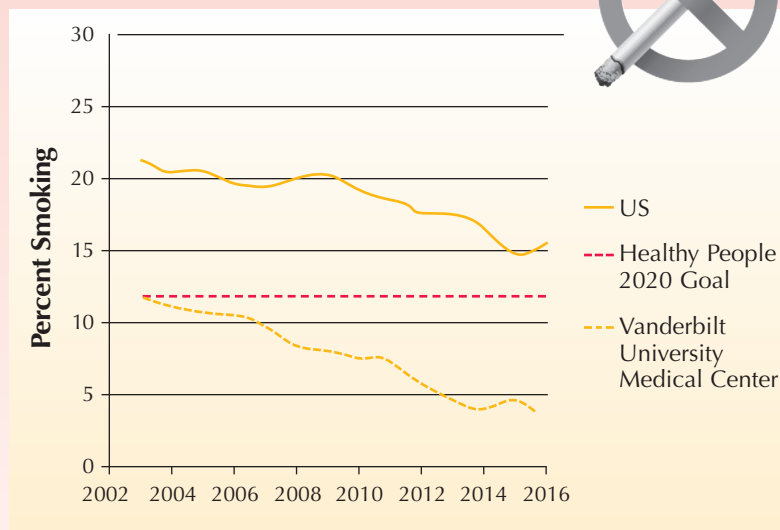
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP

Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration

# The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

## VUMC Kicks Butts



Smoking is on the decline at Vanderbilt University Medical Center. The smoking rate at VUMC decreased from 12.1% in 2003 to 3.5% in 2016. Among the 12,079 employees who participated in Go for the Gold in 2016, only 427 were smokers. The type of tobacco or nicotine products were: 323 cigarettes, 59 e-cigarettes, 24 smokeless, 13 cigars, 2 pipe, 6 other. If you need help quitting smoking, the Occupational Health Clinic's Quit Rx Program is here for you. Visit [healthandwellness.vanderbilt.edu/news/2011/09/quit-rx](http://healthandwellness.vanderbilt.edu/news/2011/09/quit-rx) for details.

**Data sources:**

**Vanderbilt:** Go for the Gold reports

**US:** NCHS, National Health Interview Survey, 1997–2016, Sample Adult Core component. [www.cdc.gov/nchs/nhis](http://www.cdc.gov/nchs/nhis)