

Health Shorts

Faking Out Fats

Just as low-calorie sweeteners brought relief to dieters in recent years, the future promises an assortment of fat substitutes to further ease our guilt.

Simplese®, a fat substitute that consists of proteins from egg whites and milk, is expected to be on the market this summer. It will be introduced as an ice cream substitute, reported to have the same creamy taste as premium ice cream with only one third the calories. Simplese does not tolerate heat, and will be used only in uncooked foods.

Olestra, another fat substitute currently being developed, is a virtually calorie-free, heat resistant product suitable for use in frying. The manufacturer claims that Olestra can replace fat in almost any food. FDA approval is still some time off.



Do Vegans Have More Fun?

Do vegetarians face a lesser risk of heart disease than their meat-eating peers? Long-term studies of Seventh Day Adventists show that those who eat vegan diets (no animal foods, eggs or dairy products) have a far lower incidence of heart disease than the general population.

By eliminating meat, eggs and dairy products, vegans eat a diet much lower in fat, and as a result have low cholesterol levels. Researchers also noted that the vegan diet was high in beans, grains and vegetables.

(SOURCE: Bonnie Liebman, "Are Vegetarians Healthier than the Rest of Us?" Nutrition Action, June 1983)



Medically Supervised Weight Control

Obesity is one of the most critical health problems we face today. It is a chronic medical condition that affects millions of Americans and the problem is growing worse each year. Obesity is a killer: It causes or contributes to the development of an array of life-threatening diseases, including hypertension, heart disease and Type II diabetes. It also creates untold physical pain and emotional anguish for those afflicted.

Why are so many people burdened by the problem of obesity? Why can't these individuals simply eat less and lose weight? Unfortunately, the solution to the problem isn't that easy, because obesity is caused by a complex interaction of genetic, social, cultural and emotional factors. Unless all facets of the problem are addressed, it is nearly impossible for most obese people to achieve sustained weight loss.

The OPTIFAST® Program of Humana® Hospital - Brazos Valley offers new hope to the obese. It is a hospital-based obesity treatment program that helps obese patients lose weight safely and maintain the loss. Developed by Sandoz Nutrition, the OPTIFAST® Program is based in the belief that a problem as complex as obesity requires a complex solution—one that deals effectively with the physical, social and emotional aspects of being severely overweight. Sandoz Nutrition, in partnership with Humana® Hospital, has created a multidisciplinary approach to obesity including behavior modification, nutritional training, exercise, psychological support and medical monitoring of the patient's condition.

It's not easy, of course, but if you're willing to make the commitment, Optifast® has the know-how—and an impressive 12-year record with more than a quarter million patients. If you're fifty pounds or more overweight, call the Optifast® Program at 776-5012 and ask about our next orientation session. There's no obligation and it could be the first step to a better way of life.



On Cancer and Diet: We Have the Carrots To Win

The most recent pronouncements from the U.S. Food and Drug Administration read like the sensational headlines in supermarket tabloids. While we've spent the last 10 years worrying about additives and man-made chemicals poisoning our food, we now learn that more than 98 percent of the cancer risk in our diet results from naturally occurring chemicals in common foods.

For those of us who care about the quality of the food we eat, there's a strong temptation to throw in the towel and admit defeat.

Before you throw the salad spinner out with the dish water, let's get a little perspective on this. While the Food and Drug Administration's warning may have been the bad news, there is plenty of good news. These naturally occurring toxins are not new, and cancer rates in this country are relatively stable. The exceptions are stomach cancer, which has declined dramatically over the past 30 years, and lung cancer, which has shown a dramatic increase for a known reason, smoking.

Over the past several years scientists have been able to identify a number of dietary factors that help prevent cancer, and others that promote the disease. Knowing the foods that protect us from cancer and limiting those that are believed to be harmful can help us gain and keep the upper hand in the nutritional battle.

We know that many cancers are diet related. Studies of population groups tell us that. The Japanese, for instance, face a very high risk of stomach cancer, almost eight times that of Americans. Yet when the Japanese leave their homeland to live in the United States, their risk of stomach cancer soon equals the lower risk of Americans.

Diet is thought to be at least partly responsible for some 30 percent of cancers in men and up to 60 percent of cancers in women. Smoking accounts for another 30



Providing for the Special Needs of Older Patients

Humana® cares about the special needs of our senior patients. That's why we have a program designed with your needs in mind. Our Humana® Seniors Association® offers a variety of benefits and services to help you live life to the fullest. The association is available to anyone 55 years or older.

Special meetings and events provide guest speakers and a chance to make new friends. Recent events included a talk with Congressman Joe Barton and a special Seniors Expo. You can become part of a seniors self-help network or attend special screenings to keep you healthy, including blood pressure and other tests. We even have a travel club that provides group trips to interesting places in Texas and surrounding areas. This month members are traveling to Nashville, Tennessee. Upcoming trips include a visit to Washington, D.C.



All Humana® Seniors Association® members receive VIP treatments at Humana® Hospitals. Benefits include private rooms at semi-private rates and an extra bed for a spouse or a friend at no additional charge, both benefits subject



percent. If diet is in fact related to so many cancers, then we have the power to fight back—by modifying eating habits, and, if you're a smoker, by making a determined effort to quit.

The Fight Against Fat

Fat is linked to a number of cancers. Statistics comparing the incidence of cancer in many countries show that where fat consumption is low, so too is the incidence of cancers of the breast, colon and prostate. A high-fat diet also increases the incidence of cancers of the ovary and uterus.

The Japanese traditionally have a low-fat diet and a breast cancer rate one fifth that of American women. After migrating to the U.S., however, Japanese women have breast cancer rates at the same high levels experienced by American women.

The average American consumes some 40 percent of total calories in fat. By lowering fat intake to 30 percent of total calories, Americans would also decrease the risk of cancers associated with high-fat diets.

To lower fat in the diet:

- Use skim and low-fat milk instead of whole milk
- Substitute ice milk and low-fat frozen yogurt for high-fat ice cream
- Use low-fat cheeses and substitute yogurt for sour cream and mayonnaise
- Eat more fish and poultry
- Trim all visible fat from meat

C CENTER FOR HEALTH RESOURCES

COMMUNITY CLASSES

Cardiopulmonary Resuscitation (CPR):

• Course B: Adult & Pediatric Heartsaver

Would you know what to do if a family member, friend or co-worker began choking, stopped breathing or their heart stopped? Learn the skills needed for one-man adult and infant resuscitation as well as how to clear the obstructed airway of an infant or adult in one easy four hour class. American Heart Association Adult and Pediatric Heartsaver certification will be received upon successful completion. Cost: \$10.00
Saturday, May 5, 9 am - 1 pm
Wednesday, May 16, 6 - 10 pm

• Course C: Basic Life Support for Health Care Providers

CPR course for health care professionals and those that want to go on to become instructors. Recertification classes also available. Call for more details.

• Course D: Pediatric Basic Life Support

Parents, day care workers and everyone who has little ones in their life will be interested in this class. Infant and child CPR and obstructed airway will be covered. Cost: \$10.00
Saturday, May 12, 9 am - 1 pm

Standard First Aid

First aid techniques are used to give immediate care to those injured or suddenly ill. Learn what you can do before medical help becomes available. This eight hour course is divided into two evenings and provides fundamental principles and skills in first aid. Those completing the course will receive CPR and First Aid certification from the American Red Cross. Cost: \$20.00 for eight hour course.
Wednesdays, May 2 & 9 (two day course), 6 - 10 pm

Safe Sitter

Training for babysitters!! Safe Sitter is a nationwide medically oriented instructional program that teaches boys and girls ages 11-15 how to handle emergencies when caring for young children. Safe sitters learn basic life-saving techniques, safety precautions, how to summon help and tips on basic child care. Certificate will be received upon successful completion.

Co-sponsored with HCA Greenleaf Hospital.

Cost: \$35.00 for twelve hour course
ALL CLASSES ARE SATURDAYS 9:30 am - 4:30 pm
Students must attend both days.
May 19 & 26 (two day course)

FREE SEMINARS

Over-the-Counter Drugs & You

A licensed pharmacist answers your questions about choosing safe and appropriate over-the-counter medications, avoiding drug and food reactions and safe medication usage. Bring your questions and a list of medications you are taking.
Wednesday, May 30, 7-9 p.m.

NEW

Smoking Cessation Support Group

People who have stopped smoking or who are trying to stop; call 764-5275. We'll help each other.

Call 764-5275 to register.

Advanced registration and payment required for classes. Materials for some classes must be picked up in advance.



Preparing for a Special Delivery

The Humana® Cradle Club® is a program offered through Humana® Hospital for all families planning to add a baby. The program offers first time and repeat parents educational and exercise classes, sibling training, hospital tours and discounts with local merchants as well as special benefits during your hospital stay.

Cradle Club® offers the family many learning opportunities and an opportunity to meet other families expecting to add a new addition. We do this through education courses, specialty lectures, newsletters, hospital tours and special events. We are willing to talk with you about special needs and provide the best possible services to help make this a special delivery.

Joining Cradle Club® is free and is not a commitment to deliver at Humana® Hospital, but it is a valuable opportunity

Educating the Community

Humana® Center for Health Resources is the umbrella used for all community education and screening, professional development and other outreach programs. Our commitment to meeting the community's needs must reach beyond simply assisting to cure the ills. It must also encompass educating and training the community so that people can make educated, health-wise choices. The Center is a gathering place for learning and positive reinforcement of health and wellness principles.

The Center offers regularly scheduled programs for both the general public and for our professional community. The schedule is published on a quarterly basis with an occasional added flyer for new programs that have been added. If you have need for a program or speaker that is not listed we will work with you to create

to find out just how special a delivery at Humana® Hospital can be. We have new deluxe birthing suites providing a warm home-like environment for delivery. Fathers who join the Club receive free meals in our cafeteria. Mothers will enjoy special amenities in the rooms. And the whole family can feel comfortable knowing that quality care is available.

For more information about the Cradle Club® call 764-5211.



the presentation just for your group. The programs offered may be free or may have a nominal charge. Just call 764-5275.

The Center also offers screening to interested groups. We are able to screen for blood glucose, cholesterol, blood pressure, and provide for colon-rectal screening. Screening must be discussed individually as to needs of the group to be screened. Cost for screenings is negotiable. Just call 764-5275.

Please send me more information on:

- Humana® Cradle Club® enrollment *Special caring by special people*
- Center for Health Resources
- Tel-Med hotline
- Optifast®
- Humana® Seniors Association®
- Breast Diagnostic Center®

Humana® Hospital - Brazos Valley
Center for Health Resources
1604 Rock Prairie Road
College Station, Texas 77845
(409)764-5275

NAME _____
ADDRESS _____
CITY, STATE, ZIP _____
NUMBER OF CHILDREN IN FAMILY _____
AGES _____