

The Wellstreet Journal

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Los Alamos National Laboratory

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Occupational Medicine, Wellness Center and Positive Health Directions

July is Hemochromatosis Screening Awareness Month

Hereditary hemochromatosis is a disorder of iron metabolism that increases iron absorption and results in excessive iron accumulation. It affects approximately one in three hundred persons in the United States and one in nine persons is a carrier, making it by far the most common genetic disorder in the United States. Hereditary hemochromatosis can cause serious and sometimes fatal health problems as the iron accumulates in the body. Some conditions or diseases caused or exacerbated by hemochromatosis include arthritis, cirrhosis of the liver, diabetes, impotence, heart failure and liver cancer.

Symptoms associated with tissue and organ damage resulting from hereditary hemochromatosis most often appear between 40 and 60 years of age, although some people may develop problems by age 20. Some early clinical signs and symptoms of iron overload are nonspecific and include high concentrations of liver enzymes, impotence in men and amenorrhea in women, joint pain, and fatigue. Individuals can be also be asymptomatic, i.e., without symptoms.

A sensitive and relatively inexpensive screening test for iron overload is currently available: the transferrin saturation test (TS) (serum iron divided by the total iron binding capacity). In adults, two transferrin saturation values greater than 60% for males and 55% for females are suggestive of hemochromatosis. Hematocrit and hemoglobin are not diagnostic tests for iron overload/hemochromatosis.

Early detection of hemochromatosis is essential to prevent the potentially serious complications. Currently, screening is not commonly done as part of routine medical care or check-ups, and many cases remain undetected.

--Excerpt from Centers for Disease Control

For more information,

<http://www.healthfinder.gov/htmlgen/HFKeyword.cfm?Keyword=HEMOCHROMATOSIS>



Christina Montoya of DX-8 shares her experiences and accomplishments from the Wellness Center spring incentive program Weight 4 Me.

I would just like to comment on the Weight 4 Me program. It got me back on my feet again walking and enjoying the energy it brought with it. I also hear my body telling me it's full when I exercise. And the portion control was eye opening. My husband and I always share a meal when we go out and we're very satisfied. Having him as a partner really helps. When we go into the grocery store, we spend a lot of time in the produce section getting our fruits and vegetables. I've given myself a year to get to my desired weight,

allowing myself to lose one pound a week. This way I know I'll keep it off because during the program, I slipped a week or two and ate a little overboard and basically stayed at the same weight. That's never happened before. The exercise is vitally important and I give credit for the consistent weight because of it. I'll never diet again, just watch what I eat and exercise. It's really not that hard, and through this program the pattern has been set. Thank you for offering it. The best part is that next year at this time when I've reached my goal, my husband is going to buy me a new wardrobe, both summer and winter. YES!



The Mayo Clinic "Health ConnectionSM" 24-hour nurse line number is now available from the Benefits main line 667-1806. To access the number please choose the following options:
Quick Benefits Questions (1)
Toll Free Numbers (2)
Active Employees (1)
For additional information please contact Jessica Kisiel, jkisiel@lanl.gov, 665-4368.

Newsletter QUIZ?

Test your knowledge from the April 2000 Welcoa newsletter.

1. To get more done during the work day you should touch paper only _____.
2. To reduce fat in your diet _____ can replace part or all of the oil in salad dressings.
3. The Centers for Disease Control (CDC) estimates that _____% of adults wear helmets when riding a bike or rollerblading.

Stress Buster

A favorite stress buster for me has always been to look out a window or doorway and rest my eyes on the greens of nature. That is difficult to find post-fire in Los Alamos. So, you might try a visualization. Sit comfortably and close your eyes. In your minds eye see your favorite scene - a sunlit stream, a beautiful garden, a sunset over the ocean. Stay there until your body relaxes. Then open your eyes but carry with you the sights, scents, and colors of your special place.
Sally Harvey
Ph.D.
EAP Director, UC Davis

Youth Sports Safety Facts

Fast Facts Relating to Sports Injuries

- There are still unanswered questions about the long term safety and side effects of **Creatine**. Many athletes are using 10-30 times the recommended levels. Consult a sports medicine professional for more information about supplement use.
- The incidence of life-threatening **Skin Cancer** has more than doubled in the last 20 years and the American Cancer Society estimates that more than 1 million Americans will develop skin cancer in the U.S. Sun exposure adding up day after day, sunburns in childhood, and the depletion of the ozone layer, all pose danger to athletes later in life.
- The injury rate in **Female Gymnastics** is double that of any other sport. Gymnastics is an intense, repetitive sport and has been associated with many injuries in young children.
- **In-Line Skating**, one of the hottest sports in the U.S., has been associated with a great many injuries including 52 deaths since 1992. Many of these injuries, according to the Consumer Product Safety Commission, might have been prevented or the severity of the injury lessened if safety equipment had been worn.
- Approximately 30% of **Eye Injuries** among children younger than 16 years of age are sports related, and 90% of these are considered to be preventable.
- **Head Injuries** are one of the most common causes of death in athletes. The recognition of a head injury is vital because if a concussed child is allowed to continue playing and receives another blow to the head, there is a possibility of coma or death.

Risks for Heat Stress Injury in Children

Adequate replenishment with fluids is particularly important for children training in hot and humid conditions. Children have a greater body surface in respect to their body weight and they also sweat less than adults do. Because of these reasons, young athletes may be at higher risk for developing hyperthermia.



August 1-7 is World Breastfeeding Week

La LecheLeague International sponsors this health observance. <http://www.lalecheleague.org/>

The 2000 World Walk for Breastfeeding

Rover Park in White Rock, Thursday August 3rd, 7PM
Walk will be approximately one mile and will end with ice cream sundaes and drawings.

For information on local La Leche Leagues contact the following area leaders:

Los Alamos La Leche League - Kelley Baer, 661-7102

Santa Fe La Leche League - Karolyn 757-2190 or kundu7@pecos-nm.com

Rio Arriba/Espanola La Leche League - Marcy 455-2067 or marcyd@roadrunner.com

Cholesterol and Glucose Screening



September is National Cholesterol Education Month!

- Wednesday September 13, Otowi Cafeteria Side Rooms A, B, C, 8:30-11:30 AM
- ESH-2 staff will conduct the non-fasting, finger stick test with test result interpretation
- Heart-healthy snacks and educational information on cholesterol and diabetes
- Demonstration booth: **10 Quick Food Tips to Lower Cholesterol**

Also Coming in September... *Wellness Online!*

Cholesterol Management Class

Wellstreet Food Court

The following recipe for summer grilling was adapted from the online Weber Cookbook at http://www2.weberbbq.com/Public_Weber/index.asp?section=cookbook

SPICY BEEF SATAY

For the marinade: ½ c. ketchup; ½ c. soy sauce; ¼ c. packed dark brown sugar; ¼ c. lime juice; ¼ c. water; 2 Tbsp. chopped fresh ginger; 2 Tbsp. vegetable oil; 2 green onions, thinly sliced; 1 small red finger chile, crushed and minced; 1 clove garlic, chopped

1 pound beef tenderloin or top round, cut into 1-1/2-inch cubes
Vegetable oil for brushing skewers
¼ c. peanut butter

In medium bowl combine all marinade ingredients. Set aside ½ cup. Skewer beef cubes on four 10-inch skewers, leaving space between cubes. Place beef skewers in a single layer in a shallow pan. Pour remaining marinade over beef; cover and marinate in refrigerator 1 to 2 hours.

Remove beef skewers from marinade. Lightly brush skewers with oil and place in center of cooking grate. Grill 10 to 12 minutes, turning once halfway through grilling time. Meanwhile, in a medium saucepan, whisk together the reserved ½ cup marinade and peanut butter until heated through. Serve warm with beef skewers. Makes 4 servings. Notes: If using wooden skewers, soak in water 30 minutes before using so ends won't burn during grilling. Rice and a lettuce or cabbage salad make tasty side dishes.

The Wellstreet Journal is a quarterly publication of Positive Health Directions (PHD) (HR-1 & ESH-2) and the Wellness Center (ESH-2). Comments can be sent to wsj@lanl.gov or Marta Gentry Munger 667-7166 or Jessica Kiesel 665-4368. PHD <http://www.hr.lanl.gov/GoodHealth/> Wellness Center <http://drambuie.lanl.gov/~wellness>

Newsletter QUIZ

Answers: 1. Once 2. Chicken Broth 3. 19