

# Health Traxx

Special Edition

For Teachers by Teachers

A PUBLICATION FOR TEACHERS HEALTH TRUST PARTICIPANTS

FALL 2007  VOLUME 6, ISSUE 3

## 2007 Health Festival:

Say **ALOHA** to Health and Happiness

And sign up for your chance to win a vacation voucher  
in the amount of \$1,500, courtesy of AAA Travel

p. 13-15

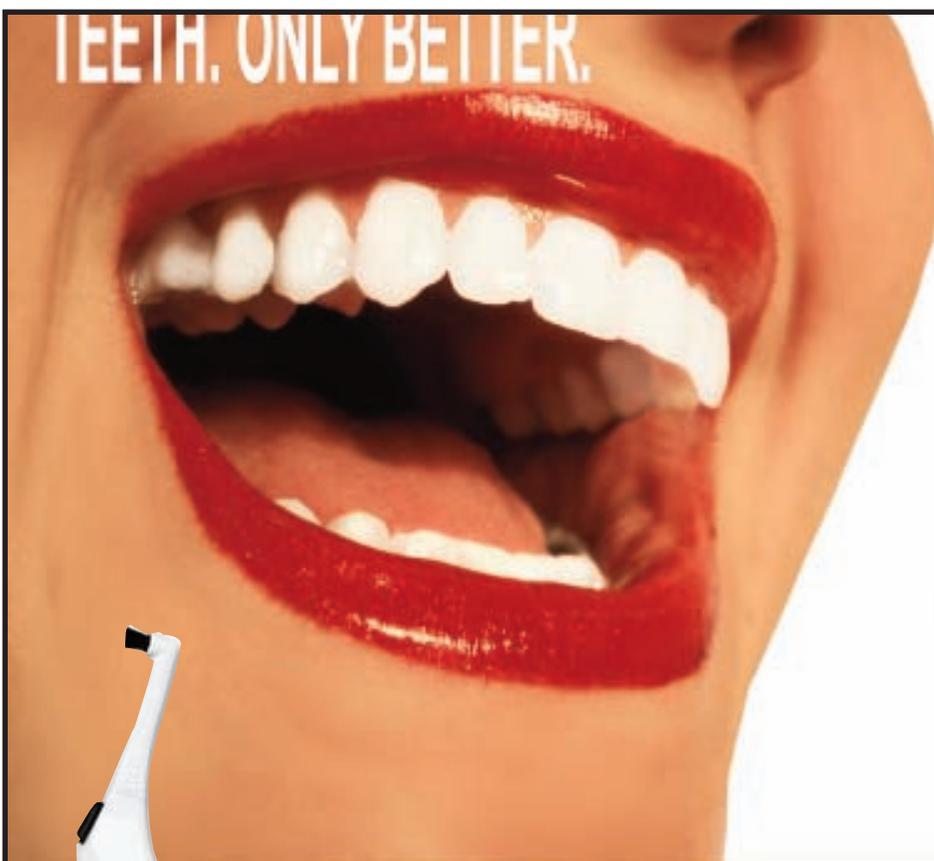
**Plus: WellFit for Life**  
and **Best Weigh to Go** Results

p. 8-11



2007 Breast Cancer and <sup>new</sup> Prostate Cancer Campaigns p. 24-25

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for **TEACHERS HEALTH TRUST**  
participants and their dependents

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**HEALTH TRAXX**

*The Teachers Health Trust  
Quarterly News Publication*

*Health Traxx* is published quarterly by the Teachers Health Trust to help participants make life-saving choices when making health care decisions. Although editorial content is based on sound medical information, we ask that you consult a health care professional for all matters of concern. We encourage you to keep copies of this news publication to build a handy home-medical reference or recycle issues to friends and family.

Any opinions expressed by an author/source whose article appears in this publication are solely the opinions of the author/source and do not necessarily reflect the views of the Teachers Health Trust. If you have questions or comments regarding this issue, email the Trust at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org) or write to:

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• **ADVERTISEMENTS** •

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## A MESSAGE FROM THE CEO

As the summer comes and goes, the Health Trust gears up for the annual Health Festival. This year it will be held on October 13<sup>th</sup> at the Cox Pavilion, and it will be bigger and better than ever before. We have listened to your comments (both favorable and otherwise), and we will address those areas where you felt we could improve. Your comments are always welcome as we are here to furnish you with the best health benefits possible, and the manner in which those benefits are administered is of great concern to me.

This edition of *Health Traxx* has information about two diseases which are prevalent in our society but which can be minimized by taking control of your own body and making sure that you get the appropriate available testing for the early detection of breast and prostate cancer. The Health Trust has annual education campaigns to inform you about these diseases and to encourage you to make a concerted effort to take the necessary steps to detect these diseases in their early stages. I strongly urge you to look at the information inside this issue and to act promptly to reduce your risk of serious medical consequences later.

The Health Trust is also getting ready for the orientation for new teachers in August and for the task of enrolling all of them for health benefits. On September 1, 2007, the number of participants enrolled in the Health Trust will be close to 36,000. We are growing with Las Vegas, and we will continue to work hard to provide you with the best possible health benefits with the money that is available to us to accomplish this goal.

Sincerely,

Peter Alpert  
Chief Executive Officer  
August 2007



## Welcome New Teachers!

The Trust would like to welcome all licensed employees new to the Clark County School District. It is the Trust's mission to bring you the best medical, dental, and vision benefits available while helping you achieve healthy lifestyles. Welcome to the Teachers Health Trust!

## Don't miss these important Trust deadlines and events:

 **New Hours.** The Trust has extended its hours to better serve you. Beginning in July, the Trust offices will be open 7 a.m. to 5:45 p.m. Monday through Thursday and 8 a.m. to 11:45 a.m. Friday.

 The Clark County School District's Annual **New Hire Teacher Orientation** will be held August 15 through 17, 2007, at Cox Pavilion, University of Nevada, Las Vegas. The Trust offices will be closed for this event.

 The **2007 Summary Plan Document (SPD) CD** was mailed in late May. If you have not received your copy, please log on to the Trust's Web site at [www.teachershealthtrust.org](http://www.teachershealthtrust.org) to view plan changes for this year.

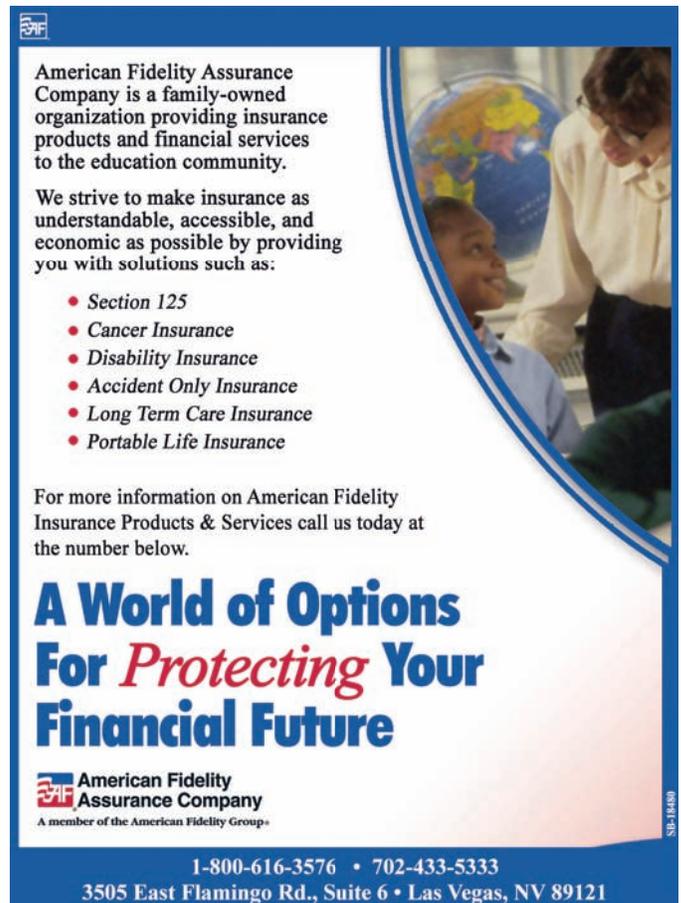
 **Fall Student Status Verification** forms will be mailed in **September**. Required documents include a signed Affidavit of your dependent's support and proof of full-time student status from the school or authorized agent of the school your dependent attends. Forms are due **October 9, 2007**.

 Annual **Open Enrollment** packets will be mailed to all participants in **November**. With this packet, you may change plans, add/delete coverage for your dependent(s), change your primary or contingent beneficiary or enroll in the Section 125 Premium-Only Plan (if you are not currently enrolled). Changes to your plans will be due to the Trust by **December 4, 2007**. All changes will be effective January 1, 2008.

## Trust Office Closings

The Teachers Health Trust offices will be closed for the following holidays and events:

New Hire Orientation	August 15-17
Labor Day	September 3
Nevada Day	October 26
Veteran's Day	November 9
Thanksgiving	November 22-23
Winter Break	December 24-26, 31 January 1



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# Virtual Exercise?

## Video Game Designers Making Fitness The

Hide and Seek, Kick the Can and Capture the Flag kept kids out into the wee hours of the morning during the 1950s and 60s. After school let out in the 70s and 80s, Red Rover, hopscotch, and tag were played on playgrounds throughout the country.

But over the course of the past two decades, the evolution of gaming systems such as Sony's PlayStation and Microsoft's Xbox coupled with the development of computer games such as Zuma and Bejeweled have resulted in a generation that prefers a cushioned couch over a narrow bike seat.

In recent years, however, the gaming industry has looked to change its association with the rise of childhood obesity and the sedentary lifestyles of today's youth. And hats are off to those taking the initiative to get our kids up and moving.

**Dance Dance Revolution.** If you have ever seen a long line of kids and adults alike stretching out the arcade door, you probably have witnessed the public's addiction to the dance game Dance Dance Revolution or DDR. Introduced in 1998, DDR took North America, Europe, and Japan by storm. Originally an arcade game and now available for various home gaming systems as well, the system consists of a platform with four arrows, one pointing north, south, east, and west. The gamer stands in the center and, to the rhythm of music, taps her feet on the arrows in the pattern shown on the screen. The songs range in difficulty from light to heavy, and dancers are scored on their ability to keep up with the arrows and the song. Schools have even begun to reap the benefits of DDR, adding the systems to their physical education courses at school. And, according to a story published by USA Today, weight loss is just one of the benefits of the system. Individuals have actually lost significant amounts of weight, anywhere from 25 to 60 pounds, from simply dancing the evening away. Prices range from \$80 for a new bundle pack to a little under \$30 for a used game.



Gamers play tennis on the Nintendo Wii.

**Nintendo Wii.** The latest gaming craze to sweep the nation, the Nintendo Wii is operated by gamers who wave their controllers or wands at a motion sensor. The system comes with the factory game Wii Sports, which includes interactive tennis, baseball, golf, bowling, and boxing games that encourage the gamer to get up off the couch and practice his serve, hit a homer, sink a putt, or even go a few rounds with a punching bag. Up to four gamers compete against one another to out score, out drive, and even knock out their opponents using real swinging and punching movements. According to Bob Keefe of Cox News Services, the folks at Nintendo have decided to promote the benefits of their system even further by introducing a new component, Wii Fit, that brings physical fitness in the form of yoga, calisthenics, and step aerobics to the gamer's living room. The system is available for approximately \$250, with games

## Our Priority



ranging from \$50 to \$60. But start looking now for Christmas. The Nintendo Wii is hard to find in Las Vegas.

**EyetoY<sup>®</sup> Kinetic.** A gaming/fitness experience designed for the PlayStation 2, EyeToy<sup>®</sup> Kinetic brings a personal trainer directly to the comfort of your home through the television. The program teaches aerobics and martial arts as well as techniques to improve your mental health while changing the shape of your body. In addition to the PlayStation 2 and the game itself, you will need the EyeToy<sup>®</sup> camera. Plug it directly into your television and monitor your technique on screen as you follow the moves with your trainer. The Web site [www.eyetoykinetic.com](http://www.eyetoykinetic.com) also offers eating and exercising tips to correspond with your workout. The game and camera are available for \$50 new to \$30 used, depending on the store.

**Yourself! Fitness.** Staying true to its motto—"games that are good for you"—responDESIGN created a gem with its 2004 release of Yourself! Fitness. Available for the PC, original XBox or PlayStation 2, Yourself! Fitness brings virtual personal trainer Maya into your home with customized workouts designed to fit your exact workout needs. Maya assesses your fitness level at the beginning of the program through a series of strength and flexibility tests. After entering your goals (weight loss, for example) and choosing your workout (cardio, weight training, yoga, etc.), you are on your way to a healthier you. And Maya even assesses your exertion level and adjusts your workout accordingly through a series of questions she asks periodically throughout your custom workout session. Available for \$34.99 for the gaming systems and \$29.99 for the PC, Yourself! Fitness even works with the XBox 360 when a compatibility upgrade is used.

*Misti R. Brock, Publications Specialist  
Teachers Health Trust*

## Paralympic Athlete Scheduled for Meet and Greet at Health Festival



Sandy Dukat had competed against able-bodied athletes her whole life even though she only has one leg. But a whole new world opened up for her when she discovered disabled sports.

In 1996 she joined the swim team at the Rehabilitation Institute of Chicago and before long was swimming with the US Disabled Swim Team. She set an American record in the 800-meter freestyle at the 1998 Disabled Swimming World Championships and was elected co-captain of the U.S. Team.

Today, she competes as a world-class skier and member of the U.S. Paralympic Ski Team. It was a 1997 trip to The Hartford Ski Spectacular, the nation's largest ski event for people with disabilities, which sparked Sandy's interest in winter sports. "Making the U.S. Paralympic Ski Team was a dream come true, especially since I only started skiing in 1997," she said.

Before devoting her efforts to full-time training, Sandy worked as an Information Specialist at the Rehabilitation Institute of Chicago. She helped to coordinate a national database related to physical activity and disability.

"I have a disability, but I have no limits," Sandy explained. "That's the message I want to share with others."

At the 2002 Paralympic Games of Salt Lake City, Sandy captured two bronze medals while competing in four Alpine events. She had an excellent World Cup season in 2003-2004, finishing with 12 podium appearances and fifth in the overall World Cup Points race. At the 2004 World Championships in Austria Sandy skied her way to three bronze medals. Last year, Dukat's skiing was the best of her career—earning one win and three other top-five finishes in six races. She took the season's end by storm, finishing second in all four title races at The Hartford U.S. Disabled Alpine Championships in Vail, Colo. Finally, Sandy won the bronze in slalom at the 2006 Torino Paralympic Games.

A powerful public speaker with a passion for promoting individual abilities, Sandy also works closely with The Hartford, founding sponsor of U.S. Paralympics<sup>®</sup>, helping to positively change attitudes and perceptions about disability.

Sandy will be signing autographs and greeting guests on behalf of the U.S. Paralympic team at the Health Festival on Saturday, October 13, 2007. Be sure to stop by The Hartford's booth to meet Sandy and find out more about the Paralympic Games.



# WellFit

## 2007 Individuals



*Elementary Category*

**EXTREME**

**Barbara Naftal**  
Hummel ES



*Elementary Category*

**EXTREME**

**Andrew Wright**  
Decker ES



*Elementary Category*

**EXTREME**

**Joshua Brimhall**  
Walker ES



*Elementary Category*

**EXTREME**

**Steven Greve**  
Connors ES



*Elementary Category*

**ADVANCED**

**Sherry Meineke**  
Alamo ES



*Elementary Category*

**ADVANCED**

**Carol Spitzer-Hanisch**  
Connors ES



*Elementary Category*

**ADVANCED**

**Kathy Richter**  
Connors ES



*Elementary Category*

**ADVANCED**

**Christa Everhart**  
Cambeiro ES



*Elementary Category*

**INTERMEDIATE**

**Caroline Northrup**  
Frias ES



*Elementary Category*

**INTERMEDIATE**

**Becky Petrimoulx**  
Bunker ES



*Elementary Category*

**INTERMEDIATE**

**Jason Lillebo**  
Batterman ES



*Elementary Category*

**INTERMEDIATE**

**Greg Manzi**  
Decker ES



*Elementary Category*

**NOVICE**

**Valerie Huenniger**  
Simmons ES



*Elementary Category*

**NOVICE**

**Shawn Aizman**  
Bunker ES



*Elementary Category*

**NOVICE**

**Leslie Brinks**  
Walker ES



*Elementary Category*

**NOVICE**

**Michelle Wood**  
Wolfe ES



*Middle School Category*

**EXTREME**

**Michelle Bakalas**  
Mannion MS



*Middle School Category*

**EXTREME**

**Kimberly Jefferson**  
White JHS

# For Life Annual Winners



*Middle School Category*

**EXTREME**

**Dawn Borjas**

Sawyer MS



*Middle School Category*

**ADVANCED**

**Darla Johnson**

Cram MS



*Middle School Category*

**ADVANCED**

**Kevin Ferre**

Cram MS



*Middle School Category*

**ADVANCED**

**David Pauwelyn**

Bridger MS



*Middle School Category*

**INTERMEDIATE**

**Don Carlin**

Bailey MS



*Middle School Category*

**INTERMEDIATE**

**Karen Geiger**

Greenspun MS



*Middle School Category*

**INTERMEDIATE**

**Tara Evans**

Mannion MS



*Middle School Category*

**NOVICE**

**Jennifer Hall**

Robinson MS



*Middle School Category*

**NOVICE**

**Andrea Wilder**

Cram MS



*Middle School Category*

**NOVICE**

**Ana Thomann**

White JHS



*High School Category*

**EXTREME**

**Alicia Boland**

Durango HS



*High School Category*

**ADVANCED**

**Mark Thome**

Palo Verde HS



*photo  
not  
available*

*High School Category*

**ADVANCED**

**Marita Lohmeyer**

Foothill HS



*High School Category*

**INTERMEDIATE**

**Tracy Morris**

Palo Verde HS



*High School Category*

**INTERMEDIATE**

**Don Johnson**

Bonanza HS



*High School Category*

**NOVICE**

**Karen Azlyn**

Basic HS



*High School Category*

**NOVICE**

**Roger Ewan**

Durango HS



*Special School Category*

**EXTREME**

**Bob Swift**

Variety HS



*Special School Division*

**ADVANCED**

**Susanne Ferris-Repp**  
Washington Continuation



*Special School Division*

**INTERMEDIATE**

**Dee Lyon**  
Helen J. Stewart



*photo  
not  
available*

*Rural School Division*

**ADVANCED**

**Eric Ridley**  
Laughlin HS



*Rural School Division*

**INTERMEDIATE**

**Debbie Nagy**  
Laughlin HS



*Rural School Division*

**NOVICE**

**Sheree Crawford**  
Bennett



*Licensed Department*

**ADVANCED**

**Dee Arting**  
Northeast Region



*Licensed Department*

**INTERMEDIATE**

**David Miller**  
Dev. & Educ. Improv.



*Licensed Department*

**NOVICE**

**Terri Buhecker**  
Northeast Region



*Trust/CCEA Division*

**EXTREME**

**Candy Smith**  
Trust



*Trust/CCEA Division*

**ADVANCED**

**Misti Brock**  
Trust



*Trust/CCEA Division*

**INTERMEDIATE**

**Peter Alpert**  
Trust



*Trust/CCEA Division*

**NOVICE**

**Sue Kanduth**  
Trust

## Best Weigh to Go Winners



**\$1,000**

**Gazelles II**

Sandy Lathrop  
Cassandra Pawling  
*Durango HS*  
Lost 13.19% body weight



**\$500**

**Snake Pit**

J. Scott Carlton  
Lee Maggie Carlton  
Shelly Marshall  
*Mojave HS*  
Lost 9.59% body weight



**\$250**

**Chammoli's**

Raymond Affleje  
Dena Trees  
*Cashman MS*  
*Las Vegas HS*  
Lost 8.94% body weight



# **WellFit for Life** **Division Winners**

## **Elementary Division**

**M.J. Christensen Elementary School**

**Eileen Connors Elementary School**

**C.H. Decker Elementary School**

**Sandy Searles Miller Elementary School**

## **Middle School Division**

**Brian & Teri Gram Middle School**

**Thurman White Junior High School**

**Ernest Becker Middle School**

## **High School Division**

**Durango High School**

**Palo Verde High School**

## **Special School Division**

**Helen J. Stewart**

## **Rural School Division**

**Virgin Valley Junior/Senior High School**

## **Licensed Department Division**

**Northeast Region**

## **Worksite Breakfast Winner**

**Durango High School**

with 44 participants  
completing the program

## **Lifetime Achievement Award Winner**



**SPECIAL AWARD**

**Jan Tilden**

*Mojave HS*

**Congratulations to all WellFit for Life Participants!**

# YOUR HEALTH

**FluMist®**

## *Your Flu Vaccine Alternative*

This year, the Trust is offering an alternative to the traditional influenza vaccine by shot at the 2007 Health Festival. The Trust has teamed up with MedImmune, Inc. to offer its participants the choice between the traditional shot and the nasal mist version, FluMist®.

### *What Is FluMist®?*

FluMist® is a nasal spray which contains live, weakened versions of the flu virus that cause your body to form antibodies when administered. FluMist® is not injected like the traditional shot. Instead, it is sprayed into the nostrils, similar to a saline or prescription nose spray. According to MedImmune, Inc., the company that manufactures FluMist®, the vaccine is thimerosal free, contains no preservatives, and the fact that it enters the body through the nostrils allows it to stimulate the body's natural defense pathways without causing disease.



### *Are There Side Effects?*

FluMist® side effects are mild and similar to those symptoms that accompany the flu, including runny nose, headache, cough, sore throat, tiredness/weakness, irritability, and muscle aches. According to MedImmune, Inc., more than two million doses of FluMist have been distributed over the last two influenza seasons, indicating it is an effective alternative to the traditional flu shot.

### *Can Anyone Receive the FluMist® Vaccine?*

According to the FluMist® information sheet, "FluMist® should only be administered to healthy children, adolescents, and adults ages five (5) to forty-nine (49) who are not pregnant. FluMist® should not be used, under any circumstances, in anyone with an allergy to any part of the vaccine, including eggs; in children and adolescents receiving aspirin therapy; in people who have a history of Guillain-Barré syndrome; and in people with known or suspected immune system problems.

Pregnant women and people with certain medical conditions, asthma, or reactive airways disease should not use FluMist®.

"There are risks associated with all vaccines, including FluMist®. Like any vaccine, FluMist® does not protect 100 percent of individuals vaccinated and may not protect against viral strains not represented in the vaccine."

If you are considering FluMist® for yourself or your loved ones, talk to your health care provider or stop by MedImmune, Inc.'s booth at the Health Festival for more information.

Angiography  
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 Fluoroscopy  
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 Mammography  
 (MRI) Magnetic Resonance Imaging  
 Nuclear Medicine  
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*Pack your Bags, Don your Leis,  
and Get Ready to Say*



*to the following Sponsors of the*

# 2007 HEALTH FESTIVAL

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Wigwam Dental**



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## SILVER



## BRONZE



*Turn the page for festival details!*

Say

# ALO

**SATURDAY, OCTOBER 13,  
COX PAVILLION, U**

## HEALTH AND WELLNESS

**Free Flu Vaccines.** All active CCSD employees eligible to enroll in a Teachers Health Trust plan are entitled to a free flu shot. You must show a valid school picture ID and/or paystub and photo ID at time of registration in order to qualify.

- Dependents and friends can obtain flu shots for **\$25.\***
- \*Discount coupons will be available to all dependents registered by an active CCSD employee eligible for a Trust plan at designated pre-registration sites. See **Pre-Registration** for more information.

**Glucose and Cholesterol Screenings.** All active CCSD employees eligible to enroll in a Teachers Health Trust plan are entitled to free glucose and cholesterol screenings. You must show a valid school picture ID and/or paystub and photo ID at time of registration in order to qualify.

- Dependents and friends can obtain glucose and cholesterol screenings for **\$10** per test.
- For more accurate results, consider fasting for twelve (12) hours prior to the test. Remember, lines can become long at the festival. Please consider this when deciding whether or not to fast.

**Other Screenings.** Sponsors and vendors will be conducting free screenings at their booths. Available screenings include depression, vision, and blood pressure screenings, body fat analyses and nutritional testing, information on self-breast exams, spinal, dexta, and oral cancer screenings, and much more.

**Reflexology and Massage Therapy.** Therapists from Full Spectrum Massage and Body Arts will be on hand providing massage and reflexology sessions. Additionally, chair massages are being offered by several vendors.

**CPR/First Aid Training.** CPR Connections will offer a CPR/First Aid Training session from 10 a.m. to noon. The cost is **\$20 per person**. Log on to the Trust Web site ([www.teachershealthtrust.org](http://www.teachershealthtrust.org)) to RSVP.

## ENTERTAINMENT

**Family Fun.** There will be fun **face painting, fortune telling, b**



**and live entertainment** provided.

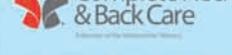
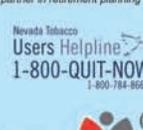
**Free Lunch.** A free lunch of burgers with an assortment of toppings available.

**Free T-Shirts.** The first 2,000 Festival t-shirts, courtesy of the Trust.

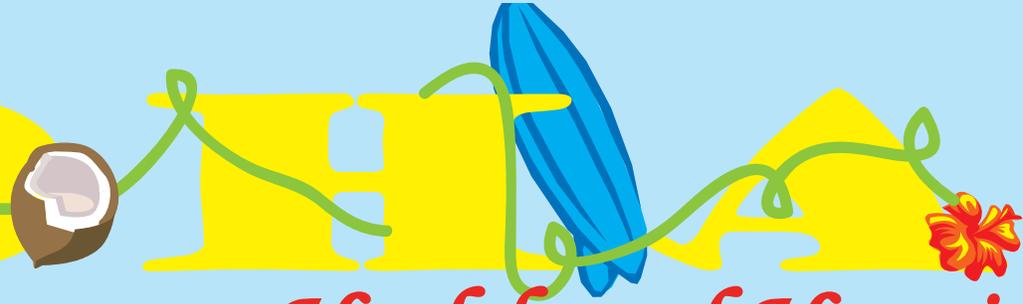
**Raffle Prizes.** All active CCSD employees benefit from the Teachers Health Trust. Available raffle prizes include

- Gift certificates to Joe's Coffee
- Free salon services by Illusions
- A wine tasting tour in Napa
- Show tickets of your choice
- Admission tickets to District
- One to three night stays at Eureka Casino and Eureka Casino

**Grand Prize: \$1,500 travel voucher choice, courtesy of AAA Travel.**



# 2007 HEALTH



# to Health and Happiness!

2007 \* 9 A.M. TO 2 P.M.

UNLV CAMPUS

## NT

for the whole family, including balloon art, caricatures, cake walk,



led by SinCo and other area talents.

amburgers, turkey burgers, and veggie toppings, potato chips, and drinks will be

attendees will receive free 2007 Health Trust.

D employees eligible to receive health Trust will be able to enter the raffle.

Crab Shack, Red Robin, and Fleming's; Luminations Salon & Spa; Spa or Sonoma, California; and the Venetian;

neyland; at Sunset Station, Atlantis Casino in Reno, and Mesquite; and

oucher for the vacation of your level

## PRE-REGISTRATION

\* **Pre-registering** for the festival affords you many benefits, including discounted flu shots for your family and early access to all the forms needed to obtain the free shots and screenings during the festival. Also, this year, the Trust would like to reward those who pre-register by allowing you to enter a flu shot line designed specifically to accommodate and thank you for taking the time to visit a pre-registration location.

In order to pre-register, you will need to bring the following to a site listed below:

Valid CCSD Picture ID **or** driver's license **and**

Teachers Health Trust Diamond or Platinum ID card **or** recent paycheck stub.

The following pre-registration dates and times will be held at the Trust offices, 2950 E. Rochelle, Las Vegas, NV 89121.

Monday through Thursday, September 17-20	3 to 5 p.m.
Monday through Thursday, September 24-27	3 to 5 p.m.

**Additional pre-registration dates, times, and locations will be scheduled during the first week of October. Please log on to the Trust Web site ([www.teachershealthtrust.org](http://www.teachershealthtrust.org)) periodically as these events are scheduled.**

## MORE INFORMATION

For more information regarding the festival or the pre-registration process, log on to the Trust Web site at [www.teachershealthtrust.org](http://www.teachershealthtrust.org) or contact the Wellness Division via email at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org).



# FESTIVAL

# NEWS & NOTES

## Changes to the Trust Web Site Make Provider Search, Navigation Easier

Over the past year, the Trust's Information Technology Department has made a number of changes to the Trust Web site, all with the goal of making it easier for Trust participants to get the information they need in a timely manner.



The Provider Search, for instance, has undergone significant updates, making the process of finding a dental or medical practitioner of a certain specialty in your area easier than ever. The search process offers several options, including search by address, zip code, and specialty, and the results of your search are returned faster than ever before.

Likewise, a breakdown of your benefits is offered on the Web site in several locations. You can find a PDF version of your Summary Plan Document on the homepage by clicking on the link near the picture of the green CD. You can also find a breakdown of your benefits on the menu at the left of the page under "Plan Benefits." These features make finding and reviewing the benefits available to you quick and convenient.

Finally, the Trust has made its forms, its publications, and information regarding its various programs available at the click of your mouse. Flip through past issues of *Health Traxx* or nominate a HEROS candidate using the *Health Traxx* link, download the forms needed for verifying student status or requesting prescriptions from Medco via mail, and find out more information about the Health Festival, Lifestyle Decisions™, or any other Trust-sponsored program.

Log on to the Trust's Web site today at [www.teachershealthtrust.org](http://www.teachershealthtrust.org) and take advantage of the benefits the site has to offer.



## THE TRUST WANTS YOU TO JOIN THE WELLNESS TEAM

The Teachers Health Trust relies greatly on the input of its participants in order to achieve excellence in terms of wellness programs and benefits.

One of the primary sources the Trust has to assist in the development of wellness programs and benefits is the Wellness Team, not to be confused with educators who are coordinators of the Trust's WellFit for Life program in the spring.

The Wellness Team meets on the first Thursday of every month during the nine-month school year to ensure that the wellness programs and activities of the Trust meet the needs of all Trust participants. Your participation in this group is vital to the success of the Trust and its programs.

The Trust is currently recruiting new Wellness Team members for the 2007-08 school year. To learn more about the Wellness Team, to find out if a team member exists at your worksite, or to volunteer for the Wellness Team, contact the Wellness Division at [702-794-0272](tel:702-794-0272) or via email at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org).

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# NEWS & NOTES

## *Early Detection, Treatment Key to Surviving Prostate Cancer*

It's the most common non-skin cancer in America. It affects one in every six men. It's prostate cancer, and, when caught and treated early, it has a cure rate of over ninety percent<sup>1</sup>.

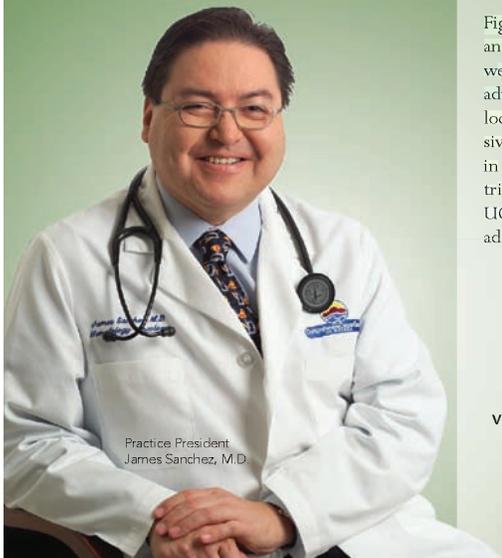
According to the Prostate Cancer Foundation, more than 218,000 American men will be diagnosed with prostate cancer this year. And though this number is alarmingly high, as the American Cancer Society (ACS) notes, only one in every thirty-five men will die from this disease. In fact, the majority of men who have been diagnosed with the disease in the past are living full, healthy lives today.

Because a person in the early stages of prostate cancer often exhibits no or few symptoms, the key to the disease's survival rate lies in education and prevention techniques. Understanding the risk factors and scheduling regular preventative exams increases one's chance of identifying prostate cancer in its most curable stage.

The ACS states that age is the strongest risk factor for prostate cancer, followed by race or ethnicity. While prostate cancer is rare in men under the age of 40, chances of developing the disease rise greatly as men approach 50 and two-thirds of men diagnosed each year are 65 or older. Likewise, African American men are at greater risk for prostate cancer and are twice as likely to die from the disease when compared to Caucasian, Hispanic, or Asian-American men. Further, a man with a family history of prostate cancer—specifically, a man whose father or brother suffered from the disease—is twice as likely to develop prostate cancer as he ages.

The survivability of this disease makes it important that more men take an active approach toward ensuring their health by scheduling prostate exams appropriately. The ACS suggests that healthy men have their first prostate-specific antigen (PSA) and digital rectal exam (DRE) at age 50. African American men or men with a family history of prostate cancer should begin testing at age 45, and those with two or more risk factors should have their first test performed at age 40. These two tests allow doctors to identify cancerous cells in the prostate through a blood test and by feeling for abnormalities on the prostate.

### *Compassionate Physician Care.*



Practice President  
James Sanchez, M.D.

Fighting cancer takes strength, determination and the support of family and friends. That's why we're here, providing Las Vegas with the latest advancements in cancer treatment in seven locations throughout the valley. Comprehensive Cancer Centers of Nevada provides patients in the Las Vegas area access to cancer research trials through affiliations with US Oncology and UCLA. Visit us online at [www.ccnvada.com](http://www.ccnvada.com) for additional information or call us at (702) 952-3400.



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OF NEVADA**  
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952-2140  
CENTRAL VALLEY  
952-3400

SOUTHWEST  
952-1251  
SUMMERLIN  
233-2200  
BOULDER CITY  
293-0357  
PEDIATRIC CARE  
688-6180

The Trust believes firmly in the importance of taking preventative methods to ensure your quality of life. Early detection and treatment are the keys to surviving this disease. For this reason, the Trust is sponsoring the first annual Prostate Cancer Awareness Campaign during the months of September, October, and November. Turn to page 25 for more information.

*Misti R. Brock, Publications Specialist  
Teachers Health Trust*

<sup>1</sup>Statistics courtesy of Prostate Cancer Foundation online at [www.prostatecancerfoundation.org](http://www.prostatecancerfoundation.org)

# NUTRITION

## Winning the Eating Game: Understand the Food Fundamentals



Many of us say we are watching what we eat—whether we are trying to lose weight, maintain our current physique, or establish an all around healthier lifestyle. But, amazingly, watching what we eat may not be an as effective tool as many think it is. From restaurant salads to reduced-fat grocery store items, the foods we buy in an attempt to be healthy are often jam-packed full of calories, sugar, and sodium, all of which can be doing more harm than good when it comes to living healthily.

Take a salad from your average fast-food joint, for instance. The Roasted Chicken with Honey Mustard Salad from Quizno's packs a whopping 918 calories and 48 grams of fat, according to CalorieKing.com. So, you'll cut out the dressing and cut half the calories and fat, right? Wrong. Without the dressing, CalorieKing.com lists the same salad as having 743 calories and 33 grams of fat. Incredibly, eating what you thought was a "healthy" salad for an on-the-go lunch just amounted to almost half the recommended caloric intake of a 30 year old, 150 pound woman.

When it comes to "reduced fat" items, we tend to think that because it is reduced fat, it must be good for us. But this is also untrue. In fact, contrary to what many believe, "reduced fat" is not synonymous with "low fat." The term "reduced fat" simply means that there is not as much fat, be it five or thirty percent less fat, in the labeled item as compared to the regular item. And just as "reduced fat" does not mean low fat, it also does not mean low calorie.

As you can probably imagine, individuals often are unknowingly sabotaging their own weight-loss or maintenance efforts simply because they are not reading the labels on the food they ingest. A well-balanced, healthy diet should consist of a variety of fruits and vegetables, whole grains, lean proteins, and calcium-rich foods, but it is also important to watch the amount of calories and fats you are putting into your body. That chicken salad may sound healthy and includes both protein and vegetables, but it can be loaded with more calories than you care to know.

In short, maintaining a healthy weight is all about reading labels, being conscious of what you are putting into your body, and learning to balance healthy eating with physical activity. Pay attention to not only the amount of calories in that bag of potato chips but also the amount of servings per bag. The number may surprise you. Likewise, try to limit the amount of animal fats you ingest and replace them with healthy fats and oils from nuts and seeds. And finally, try eating small, frequent meals that consist of both lean protein and whole grains to stay fuller longer and to keep you from overeating later in the day.

*Misti R. Brock, Publications Specialist  
Teachers Health Trust*

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# YOUR SAFETY

## Protect Your Identity

The Federal Trade Commission (FTC) estimates that an alarming nine million Americans will fall victim to identity theft this year alone. A variety of different types of identity theft exist—from stolen credit card numbers obtained online to accounts opened from credit applications casually thrown in the trash. Read on for ways the FTC suggests you can protect yourself from ruined credit and years of financial insecurity as a result of identity theft.

**Deter.** Keeping yourself from being an easy target is the first line of defense the FTC suggests. Protect your personal information to keep thieves at bay:

- Shred financial documents containing personal information (bank and credit card statements, credit card applications) before tossing them.
- Protect your Social Security number by storing your Social Security card in a safe place. Do not carry it in your purse or wallet and do not write your Social Security number on your checks.
- Don't give out your personal information over the phone, through the mail, or on the Internet unless you know the person with whom you are conferring.
- Never click on links sent in emails. Use only links you know and use firewalls, anti-spyware, anti-virus software and other means to keep your computer protected.
- Use unique passwords. Avoid using your birthdate, Social Security number, or mother's maiden name as a password.
- Keep your personal information protected at home in a safe place, especially if you have roommates or individuals that may be entering your home for repair or housekeeping services.



**Detect.** Keeping a close eye on your financial statements and monitoring your credit reports periodically will help you identify any strange activity as soon as it occurs:

- Review your credit report regularly. By law, you are allowed to view your credit report for free once a year. The three major consumer reporting companies—Equifax, Experian, and TransUnion—have created a Web site ([www.annualcreditreport.com](http://www.annualcreditreport.com)) through which you can gain access to your report from all three companies.
- Review your financial statements closely, looking for any charges you did not make. And do not dismiss a small charge as insignificant. Any charges that you have not made should be reported immediately.
- Watch for signs that your identity may have been compromised. These signs include late bills or bills that do not arrive at all; credit cards for which you did not apply; credit denials for no apparent reason; letters of denial for credit for which you did not apply; calls or letters about purchases you did not make.



**Defend.** Once you have reason to suspect fraud or identity theft, take the steps necessary to defend against it:

- Place a "Fraud Alert" on your credit reports and review your reports carefully for signs that reflect unauthorized use of your credit. The alerts inform creditors that special steps should be taken to ensure that the person applying for credit is really you. It also grants you free access to your credit report.
- Close any accounts that seem to have been involved in the suspected fraud, including those that have been established fraudulently in your name. Call to close the accounts and follow up in writing.
- File a police report. Identity theft is a crime. Filing a police report is necessary for those creditors who may request proof of the crime.
- Report the fraud to the Federal Trade Commission (FTC) by logging on to [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) or calling 1-877-ID-THEFT.



For more information regarding the growing problem of identity theft and how to protect yourself from becoming a victim, log on to the FTC Web site at [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft).

*information courtesy of Federal Trade Commission  
[www.ftc.gov/idtheft](http://www.ftc.gov/idtheft)*

# PREGNANCY RESOURCES

## Pregnancy and Preterm Delivery Support Groups



March of Dimes  
www.marchofdimes.com

Center for the Study of Multiple Birth  
www.multiplebirth.com

Sidelines National Support Network  
www.sidelines.org

American Pregnancy Association  
www.americanpregnancy.org

Mothers of Supertwins  
www.mostonline.org

Mommy Cast  
www.mommymcast.com

The Teachers Health Trust provides Case Management Services for Diamond and Platinum plan participants who may experience a difficult pregnancy. Services are provided at no charge and are coordinated by a registered nurse (RN), who is also a certified case manager (CCM).

The Case Management Department is available to assist you during those challenging times and to help you achieve the best possible outcome for you and your new family member(s). For more information, please contact the Trust at 866-585-2273 between 7 a.m. and 5:45 p.m. Monday through Thursday and 8 a.m. to noon Friday or email the Case Management Department at [casemanager@teachershealthtrust.org](mailto:casemanager@teachershealthtrust.org).

Adventures By Disney goes way beyond the typical vacation - to places such as Wyoming, Costa Rica, London, Spain, Paris & Italy. Local travel, activities and meals are all planned. Luggage is also handled for you and hotel check-ins are pre-arranged. Adventures By Disney allows you to truly enjoy the magic of the destinations, while creating memories with family & friends that will last forever.

**Bring in this ad to one of the AAA locations listed below and RECEIVE \$50 OFF AN ADVENTURES BY DISNEY PACKAGE**

AAA Green Valley 727-7884 (near Smith's Grocery) | AAA So. Las Vegas 837-5240 (next to Food4Less) | AAA Warm Springs 242-6222 (behind Sunset Station)

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# IN THE COMMUNITY

## Navigating the Health Care System: *Education and Advocacy through GovCHA*



Do you know about the **Governor's Office for Consumer Health Assistance** (GovCHA) and what it can do for you?

GovCHA was established out of the 1999 Legislature with its mission to assist Nevadans in navigating the health care system by providing them the information they need to uphold their **Patient Rights and Responsibilities**. GovCHA does this by means of information, education, and advocacy.

This organization covers all aspects of health issues, including hospital/provider billing disputes, quality of care complaints, access to care for under or uninsured, denial of benefits/appeals, and **Worker's Compensation**. The staff consists of highly qualified Quality Assurance Specialists who are trained to address the health issues listed above and many more.

Need prescription assistance? GovCHA is responsible for Pharmacy Programs, **RxHelp4NV.org** and **Canadian Pharmacies**. They've also helped hundreds of Medicare beneficiaries in choosing a Pharmacy Program that best works for them under the Medicare D program.

Need help understanding your policy and/or hospital or provider bill? Dispute charges? **INJURED** on the job and want to know what to do next? GovCHA can help!

For those Nevadans who have contacted the Governor's Office of Consumer Health Assistance, GovCHA has saved \$24 million since 2000. This amount is comprised of expenses that consumers would have paid out of pocket if not for GovCHA's assistance.

If you have a question or concern related to the health care system, please contact GovCHA. While not all issues can be resolved, GovCHA thoroughly addresses each question and concern in an attempt to find resolution. Log on to <http://govecha.state.nv.us> or email the organization at [cha@govecha.state.nv.us](mailto:cha@govecha.state.nv.us) for more information or call 702-486-3587 or 1-888-333-1597.

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# HIGHLIGHTS

## *Ask the Editor*

Dear Editor:

I have been attending the Health Festival every fall for several years now and have been very pleased overall with the experience. However, I have to admit that after the first few years, I decided that I would have to choose between getting a flu shot and my blood glucose testing and seeing the event vendors. This year, I would like to be able to get my shot and my screenings and still have time to see what the vendors have to offer. Do you have any suggestions on how to maximize my experience at the festival without having to stay all day?

Aggravated Attendee, Las Vegas

Dear Aggravated,

To begin, I am glad you have enjoyed the festivals in the past. The Trust's annual Health Festival is the perfect opportunity for us to help participants learn to live healthier lives through a hands-on approach. We bring together providers and area merchants that promote healthy living from various locations and specialties across the Valley and offer our participants a chance to talk with them one-on-one. In addition, we provide free flu shots for our participants and discounted shots to their dependents as well as a number of screenings, entertainment, and food, and the entire day is free.\* This is a one-of-a-kind event, and there is not a better way to learn more about what this area has to offer in regard to one's health.

One of the most important avenues by which we make changes in regard to the festival from year to year is through the comment cards that participants fill out as they leave the festival. Believe it or not, your concern is a rather common one. From issues regarding long flu shot lines to the desire for a speedier registration process, our participants provide valuable feedback that helps us make decisions as to how we can better the festival in the years to come.

The following is a list of steps you can take to ensure that you are able to see and do all you can at the festival and leave feeling satisfied rather than disappointed:

**Pre-register.** Beginning in mid-September, the Trust will host pre-registration dates at the Trust offices and at area schools throughout the Valley. The pre-registration process offers even more incentives this year—from gaining access to the pre-registered flu shot line to coupon discounts for screenings and shots for dependents. Watch for the posting of the pre-registration dates and locations on the Trust's Web site and on your school's Trust bulletin board at the start of the new school year.

**Come Prepared.** At pre-registration, you will receive the majority of the forms you will need to complete for your flu shots and glucose screenings as well as instructions on what you will need the day of the event. Please complete these forms at home and bring them with you and have your wristband on to make the entrance process as smooth as possible. The Trust staff will keep the lines moving as efficiently as possible, but just one individual who has to pause to fill out his or her paperwork could hold up the line unnecessarily.

**Island Hop.** In staying true to the theme "Say ALOHA to Health and Happiness," the Trust will provide an "itinerary" at the Wellness table as you enter the festival. Move through the aisles, hopping from one designated "island" to another and receive stamps in your "itinerary." Not only will this ensure you see all the booths at the festival, but you will also be entered for your chance to win a suitcase full of fun in the sun travel goodies when you return your completed "itinerary" to the Wellness table.

**Have Fun.** Above all else, the Health Festival is supposed to be a fun experience through which you gain information and tools to help you lead a healthier life. Remember that lines may seem long at times and mother nature may play tricks with the wind, sun, and storm clouds, but the Trust staff in bright yellow t-shirts will be available to assist you at all times and the vendors have volunteered their time for you. Take this opportunity to get your flu shot, enjoy some live music, and grab a turkey burger as you "Say ALOHA to Health and Happiness."

\*Shots and tests for dependents/guests are not free. Please see pp. 14-15 for more information.

Ask the Editor is a recurring feature of *Health Traxx* that allows participants to write in with health and wellness related questions. For each issue, the editorial staff will choose two to three questions to respond to and print. In addition to questions, your comments are also appreciated. Let us know what articles you truly

enjoyed or what types of articles you would like to see more often. Questions and comments can be sent by mail to the Teachers Health Trust, c/o Misti Brock, P.O. Box 96238, Las Vegas, NV 89193-6238 or via email to [mbrock@teachershealthtrust.org](mailto:mbrock@teachershealthtrust.org).

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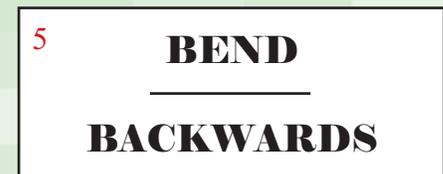
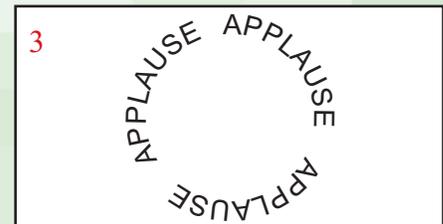
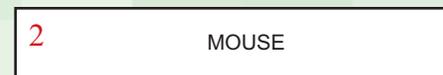
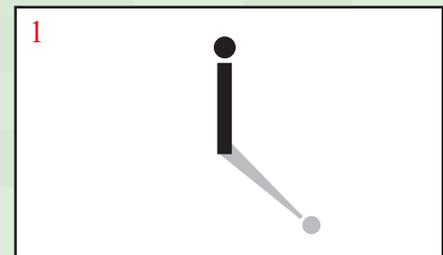


# Mental Muscle Express

Boost your brain power by solving these puzzles. See if you can uncover the meaning in these words, letters, symbols and their positions. Each puzzle represents a common word, phrase, expression, person or place.

The example below is “uptown.”

N  
W  
O  
T



Answers on page 28.

# Teachers Health Trust Diamond and Platinum Plan Annual Breast Cancer Awareness Campaign September, October, and November 2007

The Teachers Health Trust in conjunction with Steinberg Diagnostic Medical Imaging, Nevada Imaging Center, The Breast Center at Sunrise, Pueblo Medical Imaging, Compassionate Care for Women, and Deseret Women's Health Care is once again proud to sponsor the thirteenth annual Breast Cancer Awareness Campaign.

The campaign is open to all Diamond and Platinum Medical Plan Participants and encourages Participants to take preventative measures in regard to breast health by obtaining a **free** breast exam and mammogram during the months of September, October, and November, courtesy of the Trust. **You do not need to have a referral during the designated times below.**

To receive your free exam, follow the simple steps below:

## Step One: Call to Schedule your Appointment

Contact one of the sites below to schedule your appointment for a breast exam and mammogram at no charge to you. A physician will be available to provide you with a referral on site. You do not need a referral before this appointment.

### The Breast Center at Sunrise 702-784-7870

3006 South Maryland Pkwy., Ste. 250  
Las Vegas, NV 89109  
Saturday, September 8 8 a.m. to 4 p.m.  
Thursday, September 20 8 a.m. to noon  
Thursday, September 27 8 a.m. to noon  
Saturday, November 3 8 a.m. to 4 p.m.  
Thursday, November 8 8 a.m. to noon  
Thursday, November 15 noon to 4 p.m.

### Pueblo Medical Imaging 702-228-0031

8551 W. Lake Mead Blvd., Ste. 150  
Las Vegas, NV 89128  
Saturday, October 6, 2007  
8 a.m. to 3 p.m.  
Wednesday, October 24, 2007  
4 to 7 p.m.

### Steinberg Diagnostic Medical Imaging Centers 702-732-6000

Appointment times available 3 to 5 p.m.

4 Sunset Way #D Henderson, NV 89014	2767 North Tenaya Way Las Vegas, NV 89128	2950 South Maryland Pkwy. Las Vegas, NV 89109
Tuesday, September 11	Wednesday, October 3	Tuesday, October 23
Tuesday, September 25	Wednesday, October 10	Tuesday, October 30
	Tuesday, November 6	

### Nevada Imaging Centers 702-891-9729

9499 W. Charleston Blvd., Ste. 100  
Las Vegas, NV 89117

Wednesday, September 12 2 to 5 p.m.	Thursday, October 4 2 to 5 p.m.
Thursday, September 13 2 to 5 p.m.	Thursday, October 18 2 to 5 p.m.
Wednesday, September 19 3 to 5 p.m.	Wednesday, November 7 2 to 5 p.m.
Wednesday, September 26 2 to 5 p.m.	Tuesday, November 13 2 to 5 p.m.
Tuesday, October 2 3 to 6 p.m.	

715 Mall Ring Circle  
Henderson, NV 89014

Tuesday, September 18 3 to 6 p.m.  
Saturday, November 10 8:30 a.m. to 1:30 p.m.

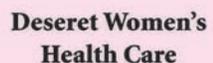
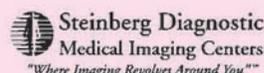
\*The dates and times above are provided for your convenience. You can still obtain a mammogram with a referral at the above facilities on dates not listed.

Participants who are at least 35 and older or who have a known family history of breast cancer should obtain an annual mammogram and breast exam. Those who are ages 20 to 34 should have a physician examine their breasts every three years and should conduct self-exams regularly. Regardless of age, all Participants should check their breasts for changes in appearance and sensitivity monthly, preferably seven to 10 days after menstruation. Participants who no longer menstruate should check their breasts the first day of each month.

## Step Two: Review your Test Results

The results of your mammogram will be forwarded to your regular doctor. If your results are normal, a notice will be sent to you regarding your test results within two to three weeks from the time your test was performed.

For more information about the Breast Cancer Awareness Campaign, contact the Teachers Health Trust Wellness Division at 702-794-0272 or via email at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org). For more information regarding mammograms or breast exams, log on to the Trust Web site at [www.teachershealthtrust.org](http://www.teachershealthtrust.org), click on the Health Links, and select the American Cancer Society icon.



# TEACHERS HEALTH TRUST **FIRST ANNUAL** PROSTATE CANCER AWARENESS CAMPAIGN SEPTEMBER, OCTOBER, NOVEMBER 2007

The Teachers Health Trust is proud to announce the kick off of its first annual Prostate Cancer Awareness Campaign designed to help heighten awareness and encourage prevention of Prostate Cancer. During the months of September, October, and November, all Participants enrolled in either the Diamond or Platinum plan are eligible for a free prostate exam, including a Prostate-Specific Antigen (PSA) and Digital Rectal Exam (DRE). Simply follow the steps below to obtain your **free** exam:

## **STEP 1: SCHEDULE AN APPOINTMENT WITH YOUR PHYSICIAN**

Contact your in-network physician and schedule an appointment during the months of September, October, or November.

## **STEP 2: CUT OUT AND COMPLETE THE COUPON BELOW**

Cut out the following coupon and complete your information, including your Trust ID number.

## **STEP 3: TAKE THE COUPON TO YOUR APPOINTMENT**

Take the coupon with you to your doctor's appointment and ask your doctor to complete the information below, including the type of testing you had, his signature, and the date.

## **STEP 4: RETURN THE COUPON TO THE TRUST FOR REIMBURSEMENT**

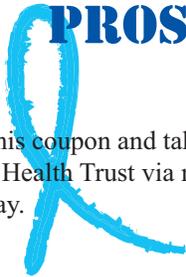
With the information complete, return the coupon to the Trust offices, Attention: Wellness Division, P.O. Box 96238, Las Vegas, NV 89193-6238, for reimbursement of your copay.

For your convenience, the Trust has teamed up with Sunrise Hospital & Medical Center to offer you a Saturday on which a doctor will be available to perform exams at no cost to you. From **8 a.m. to 4 p.m.** on **Saturday, September 8, 2007**, physicians will be on hand at Sunrise Hospital & Medical Center, 3006 South Maryland Pkwy., Las Vegas, NV 89109, to perform PSAs and DREs. Additionally, purchase an at-home Colorectal Screening Kit for only \$2. Call 702-233-3500 to schedule your appointment. **\*\*Please note, the coupon below is not required on September 8 because the tests are being provided absolutely free of charge.**



## **PROSTATE CANCER AWARENESS CAMPAIGN REIMBURSEMENT COUPON**

Cut out this coupon and take it to the doctor's office with you. Have your doctor complete the information below. Return to the Teachers Health Trust via mail Attention: Wellness Division at P.O. Box 96238, Las Vegas, NV 89193-6238 for reimbursement of your copay.



Member ID #: 0000 \_\_\_\_\_

\_\_\_\_\_ had the following examination(s) on \_\_\_\_\_  
Participant's Name Date of Exam

Prostate Specific Antigen (PSA)

Digital Rectal Exam (DRE)

\_\_\_\_\_  
Physician's Name (Please Print)



\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date

# H.E.R.O.S.

## HEALTHY EMPLOYEES REPRESENTING OUR SCHOOLS



Jan Tilden has never considered herself an athlete. In fact, she argues that anyone who knows her knows that she is “athletically challenged,” which is why initially she was surprised to receive the WellFit for Life Lifetime Achievement Award for 2007 for completing the ten week program while suffering from a chronic condition.

An English teacher at Mojave High School, Tilden has been living with the chronic condition fibromyalgia since 1994 when severe pain in her shoulders that spread to her back and hips left her almost incapacitated.

“I had to take a month of sick leave while they tried to figure out what was wrong,” she explained. “Finally after multiple tests, and a CAT scan, and an MRI, and my research on the Internet, the doctor identified my condition as fibromyalgia.”

As Tilden explains, “fibromyalgia is a chronic condition in which muscle pain, sleeplessness, extreme fatigue, and depression are all linked—often brought about by severe stress.”

As the 2007 WellFit for Life program began, Tilden found herself suffering greatly from stress in her personal life—her husband, Michael, had recently been stationed hours away in Oklahoma and she was in the process of selling her house.

“My fibromyalgia was really trying to kick me in the derriere and my pain levels were rising tremendously,” she remembered. “An increase in exercise—anything that would keep me moving and stretching—would help calm down the pain and help me maintain my mobility.”

And after ten weeks and sixty-one miles logged for the WellFit for Life program, Tilden proved that maintaining a positive outlook is one of the most important steps toward achieving a goal.

“People with chronic conditions have a choice—to let the condition of pain control their lives... or not,” she said. “Most days I have pain, but I ignore it the majority of the time and try to keep a positive attitude. [. . .] There are some things I cannot do, [. . . but] if you are busy looking for all the good things in life, the bad stuff—including the pain—just doesn’t seem to get in the way so much.”

Tilden admits that her ten weeks on the program were not perfect, as she remembers days when she got up, went to school to teach, and came home to rest on the couch. But she was determined not to let those moments shadow the positive effects of activity and exercise on her condition.

“The more I hurt, the more I knew I needed to at least walk around some,” she said. “[. . .] Knowing I would only limit my own mobility if I didn’t stay active helped to keep me going.”

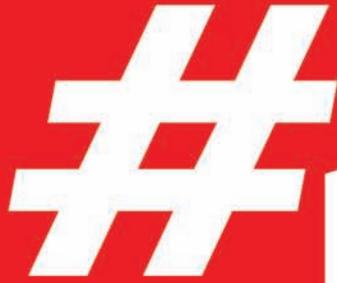
For others suffering from chronic conditions, other diseases or even difficult times in their lives, Tilden offers this advice: “I’m no expert. I just get on with my life. I am no poster child for fitness. [. . .] I have found over the years that two things make a difference. The first is to set goals—large and small. The small ones are making it through the next moment, or hour, or day, or week. The large ones are starting a hobby, spending time with friends, having some big project to focus on for the year. The second bit of advice is to look on the bright side.”

And it is apparent through the enthusiasm with which Tilden refers to teaching that she has experienced many bright moments throughout her twenty-seven year career in education.

“I would have to say that my \$300 dollar moments—you know, the ones that you REALLY teach for—are the times when students arrive at that ‘A-ha’ moment, especially when they do it all as a group and you hear that ‘Ohh.’”

And after the questions, after delving into the text numerous times for answers, after turning her students back to the text with a smile to find more answers, “[t]hen comes that moment of enlightenment—that moment of ‘Ohh’ for which I must stop class and breathe in the delight of discovery. Ah yes—this is why I choose to teach!”

HEROS is a section of *Health Traxx* that highlights outstanding CCSD licensed employees or employee groups who have achieved excellence by being healthy educators. The fall HEROS honoree is the 2007 WellFit for Life Lifetime Achievement Award winner. For more information on what constitutes a “healthy educator” or to nominate a licensed employee or group for HEROS, please log on to the Trust Web site at [www.teachershealthtrust.org](http://www.teachershealthtrust.org) and submit a nomination form or contact Misti R. Brock, Publications Specialist, at [mbrock@teachershealthtrust.org](mailto:mbrock@teachershealthtrust.org).



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## Mental Muscle

### Express

### Answers:

5. bend over backwards
4. tune in tomorrow
3. a round of applause
2. Minnie Mouse
1. eye shadow

## Critics' Corner

Read on as the Wellness Division reviews the content of a Web site focused on “food awareness”:

**Brenda:** “You are what you eat.” CalorieKing.com brings new meaning to that phrase. Often, if we knew exactly what was in the food that we ate, I am sure we would opt for healthier alternatives. And this is exactly what CalorieKing.com provides: the facts. Whether you are counting calories, watching your carbs, cutting down on your sugar intake, monitoring your cholesterol, looking for foods with fiber, or requiring additional protein in your diet, CalorieKing.com makes it easy to access this information by giving you a complete breakdown of food nutritional facts. I like the fact that it provides you with nutritional facts on many single food items and a multitude of restaurant food as well, including such restaurants as Burger King, Olive Garden, Outback, Red Lobster, and so many more. I am sure everyone agrees that knowing the nutritional facts of the foods you intake can assist you in maintaining good eating habits, which is exactly what CalorieKing.com does, making the food selection process easier and smarter. Even if you are on the go and fast food seems to be your only alternative, CalorieKing.com helps you make a sensible choice. It also gives you the amount of exercise required to burn the calories in the food you have selected. What a wonderful concept! Further, CalorieKing.com offers great recipe ideas and helpful resources and tools about fitness, food, and fun. This Web site is truly worth seeing! **A+**



**Robin:** The Wellness Division of the Trust is always on the lookout for health and fitness ideas, so I was immediately drawn to the complete weight management program that CalorieKing.com offers for employers to use to encourage their employees. Though the site doesn't offer much insight into this program, it provides an email address through which to request more information. I think it is excellent that the Web site updates its food list daily, and I thought the interactive tools (target heart rates, body mass index breakdown, weight maintenance tips) were worth checking out. The amount of foods CalorieKing.com boasts is amazing, and there are so many different options available depending on what your needs are. One down side is that not all the information is accessible. The site does encourage visitors to join the CalorieKing Club for \$7 a month to gain access to everything. Overall, I wasn't that impressed with the Web site's presentation, but I did really like the calorie counter feature. **B-**

**Mary:** My favorite part about the Web site would have to be the articles. It offers a vast variety, catering to anything you are looking for, wanting to avoid, or just wanting to learn more about. The site also caters to children as well, which is great. All in all, CalorieKing.com is easy to navigate and very user-friendly. I would recommend the site to anyone who needs more information regarding not only food but health, wellness, and fitness as well. **A**

**Misti:** I first stumbled across CalorieKing.com when I was looking for a Web site that would provide a breakdown of the calories and fat in various foods. From the homepage, you can simply type in the food you are looking for, be it chicken kiev or a value meal at McDonald's, and you will more than likely find the exact calorie and fat content for that food or a similar food. Granted, some of the listings are more thorough than others, especially when you are searching for meals at various restaurants. Beyond the calorie counter, though, CalorieKing.com offers many services, all based closely on the company's mission: to spread food awareness. From health-related articles and recipes to message boards and quizzes to test your food knowledge, the Web site offers a number of avenues by which you can obtain facts to help you make informed decisions about food. There are several downsides to the Web site in my opinion, though, including many restaurant lists that are incomplete or do not exist at all in the calorie counting section and the Web site's homepage is very busy, making it easy to forget exactly what you needed in the first place. Without a doubt, I will continue to use the Web site for the calorie breakdown because it is a wonderful tool which reveals the truth about the foods we ingest, regardless of how “healthy” they seem. **B+**



**November 2007**

Get ready for a fun 5K run/walk to benefit the physical education and athletic programs of Clark County schools. More details are available at [www.niketown5k.com](http://www.niketown5k.com).

**See you at the starting line!**