

New Options for Wellness news



Stanford Linear Accelerator Center

Published by the SLAC Medical Department **April/May 2005**

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Wellness Activities

- **Volley Ball:** Nicolas Berger sets up the volleyball net on front lawn Tues. & Wed. 12-1:00 PM & Thurs. 5-6:00 PM. Call Nicolas Ext.3434 for more info.
- **Healthy Back Cross Training:** Taught by HIP instructor on site. 3/30-6/3/05 Wed. & Fri. 11-11:55 AM in Bldg. 27. STAP fund: Yes
- **Smoking Cessation:** A free consult by P. L. Sachs, M.D. Questions? Dr. Gherman Ext. 4382.
- **Body Sculpting & Step Aerobics:** Taught by Ziba Mahdavi, this stretching class is offered on Tues. & Thurs. 12-1PM in Bldg. 27. Questions? Please call Ext.4458 or 2281.
- **Pilates:** Taught by Kerry Spear & Mary O'Connell Mon. & Wed. 5:15-6:15PM in Bldg. 27 at SLAC. Classes run 3/28 – 6/15/05 Register at: <http://hip.stanford.edu>
- **Yoga:** Taught by Kim Tanzer Friday 12-1:00PM in Bldg. 27 at SLAC. Classes 4/17 – 6/17/05. <http://hip.stanford.edu>
- **Ballet/Lyrical Jazz:** Taught by Vicky Brey, Friday 5:15-6:30 PM in Bldg. 27. Questions? olga@SLAC.Stanford.EDU
- **Aerobics:** Taught by Cecilia Glower, Mon. & Wed. 12-1PM, Tues. & Thurs. 5-6 PM in Bldg. 27. Questions? Michelle Steger @ x.3011 or Bette Ferandin @ x 2601.
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281 for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.

- **Soccer:** On the front lawn Mon. & Thurs. at noon
Call Rafael Miranda x 4471 or Tu Ly x 4442.



Laugh and the World Laughs with you....

We have long known that the ability to laugh is helpful to those coping with major illness and the stress of life's problems.

But researchers are now linking laughter to healthy function of blood vessels. Researchers at the University of Maryland School of Medicine have shown that laughter appears to cause the tissue that forms the inner lining of blood vessels, the endothelium, to dilate or expand in order to increase blood flow.

When the group of study volunteers was shown a movie that produced mental stress, their blood vessel lining developed a potentially unhealthy response called vasoconstriction, reducing blood flow. That finding confirms previous studies, which suggest there was a link between mental stress and the narrowing of blood vessels.

Each volunteer was shown 15 minutes of two movies at the extreme ends of the emotional spectrum. The results were measured at the brachial artery (in the upper arm) precisely and objectively before and after the laughter/mental stress phases of the study.

Overall average blood flow **increased 22% during laughter** and decreased 35% during mental stress. Michael Miller M.D. director of preventive cardiology at the University of Maryland Medical Center and associate professor of medicine at the University of Maryland School of Medicine stated "The magnitude of change we saw in the endothelium is similar to the benefit we might see with aerobic activity, but without the aches, pains and muscle tension associated with exercise". He doesn't recommend that you laugh and not exercise, but he does recommend that you try to laugh on a regular basis. So bottom line try thirty minutes of exercise 3-5 days a week, and 15 minutes of laughter on a daily basis as good medicine for the heart.

JOKE: *Thirty-four years ago a Tennessee Mountain man was drafted by the Army.*

On his first day of boot camp, the Army issued him a toothbrush. That afternoon, an Army dentist yanked several of his teeth.

On his second day, the Army issued him a comb. That afternoon, an Army barber sheared his head.

On his third day, he was issued a jock strap. The Army is still looking for him! HAAAHAAAHAAA.....



Six Super Foods

Dutch scientists have designed a recommended meal by studying much available research regarding healthy nutrition that can protect your **heart**. Data from the Framingham heart study and the Framingham offspring study were used to build life table to model the benefits of the [Polymeal](#) in the general population from age 50.



Almonds



Fish



Dark Chocolate



Garlic



Fruits &
Vegetables



Wine

Their study was to define a safe, non-pharmacological, and tastier alternative to reduce cardiovascular morbidity and increase life expectancy. Many other institutions have also contributed to these findings including University of Toronto, Tulane University, [British Medical Journal](#) and [Circulation](#) journal.

What health gains and quantities to achieve benefits?

Almonds: a handful per day reduces LDL—bad cholesterol by 5 %. (avoid salted, flavored or sugar coated)

Fish: 4- 4 oz servings per week can reduce heart disease by 14 %. Species such as salmon, tuna & sardines which are full of omega -3 fatty acids. Caution: More than 4- 4oz servings can raise levels of mercury in the blood.

Dark Chocolate: 1.6 oz per day can reduce blood pressure due to the flavonoids effect on blood cell stickiness in dark chocolate.

Garlic: one fresh clove of garlic/day or 600 -900 mg can reduce total cholesterol levels by 17 points.

Produce: About 400 grams (14 oz) per day can cut heart disease risk by 25%. Produce provides dietary fiber and antioxidants that fight cellular damage that contribute to atherosclerosis.

Wine: a daily glass of wine can lower you heart disease risk by 33%. It's abundance in polyphenols also help prevent oxidation.

As with anything in life that we participate in ---self-control and moderation is key !!!



Male Andropause

Last month Dr. Bartnof, the founder and director of the [California Longevity & Vitality Medical Institute](#) presented a lecture here at SLAC that was very well attended with 50 participants. The topic andropause is relatively new to the general population and even the medical community, so a bit of education is in order.

What is andropause?

A state of lowered “androgen” (male-type) hormone levels in men, particularly testosterone. The bodily changes occur very gradually in men and may be accompanied by changes in attitudes and moods, fatigue, osteoporosis, a loss of energy, sex drive, muscle mass and physical agility.

How is andropause diagnosed?

Just as in any other medical condition, a diagnosis is made based upon a patient’s history (symptoms), physical examination, laboratory tests and possibly other additional tests.

How to treat andropause?

Testosterone replacement therapy is the standard for treating men with declining levels of testosterone and is "not a benign treatment". It can set off symptoms ranging from depression and fatigue to sexual dysfunction—some experts advocate a more holistic approach to andropause, including diet and exercise.

FYI.... SLAC Medical Department will be offering testosterone laboratory testing soon. For more information please link to the above web site.



May is National Bike Month

May 16-20, 2005 is Bike-to-Work Week and May 20 is Bike-to-Work

Day. Join the movement and the benefits of bike commuting. When was the last time you smelled the honeysuckle in the springtime during your morning commute? Or pulled into the parking lot with a big smile plastered across your face, pumped with endorphins and ideas? According to the latest census figures, we Americans spend almost an hour a day on our daily commute. Add onto that the 30 hours a year we spend in snarled traffic; then figure in our daily errand-driving miles that have more than doubled since 1969 and we practically live in our bucket seats. A big bonus of bike commuting is all the calories you'll burn. An average 150 pound person will burn about 500 calories riding a leisurely paced 30 minutes to work and 30 minutes home. Check out the local [bike-to-work](#) information and join in having a better body, more money and promoting clean air!

As always to your health

New Options for Wellness (NOW) News is published bimonthly by the SLAC Medical Department to give you recent medical and wellness information, health-related seminars, workshops, and events. We continuously strive to improve and deliver pertinent programs to the SLAC community. *Your feedback and suggestions on our newsletter are welcome at MS 25 or email rmbcycle@slac.stanford.edu.* Written and edited: M. Gherman M.D, MPH; R. Blandino PA-C; S. Aguilar M.A.; V. Valencia M.A.