






What's Inside...

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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
- **Bharata Natyam:** Exercise your body, mind and spirit through Indian Classical Dance. Contact 650 926 4157 for more information.
- **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.
- **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.2281for 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

Giving Germs the Slip

Soap and Shots Can Protect Your Health

With schools back in session and cooler weather on the way, many of us will be spending more time indoors. It's a time to make holiday plans. It's a time for togetherness. And it's a time when we share a lot of disease-causing germs. Fortunately, you can take simple steps to dodge germs and boost your chances of staying healthy.

Each year, from late fall through winter, the number of cold

and flu cases in the U.S.

climbs dramatically.

When you're sick, each cough or sneeze can propel droplets laden with microbes into the surrounding air. These droplets can travel as far as 3 feet. Anyone in their



path may be at risk for infection. That's why covering your mouth and nose—with a tissue, the crook of your elbow or even your hand—is the considerate thing to do.

Microbes can survive outside the body, too. Some can live for 2 hours or more on doorknobs, faucets, keyboards and other surfaces. If you touch a germ-covered surface and then touch your eyes, nose or mouth, you increase your chance of getting infected and getting sick.

By far the easiest and most effective way to prevent the spread of germs is to wash your hands often and well. Health care experts recommend scrubbing your hands vigorously with soap and water for at least 15 seconds—about as long as it takes to recite the alphabet.

Antibacterial soaps are popular and plentiful on store shelves. They contain a chemical called triclosan, which can kill bacteria. But are they better than regular soaps?

In one recent study, researchers reviewed all the scientific papers published between 1980 and 2006 that compared regular and antibacterial soaps in everyday use. They found that regular soaps were as effective as antibacterial soaps, both in blocking germ-related disease symptoms and in reducing the amount of bacteria measured on hands.

When soap and water are not available, you can use an alcohol-based gel—usually called a “hand sanitizer”—to clean your hands. These alcohol-based hand rubs significantly reduce the number of germs on skin.

Another great way to stay healthy during the cooler months is vaccination. Getting a flu vaccine each fall is the single best way to prevent the flu. Flu vaccines can be given as a shot or a nasal spray. Both provide protection against the strains of flu that experts predict are going to be the most common this winter.

Talk to your health care provider about flu vaccines and other strategies to help you beat back germs. Taking some simple steps will help you and your family stay healthy and enjoy the festivities this fall and winter.

Preventing the Spread of Germs

- Wash your hands often and well. If soap and water are not available, some health officials recommend rubbing your hands with alcohol-based gels.
- Cover your nose and mouth when you sneeze or cough.
- Avoid touching your eyes, nose or mouth.
- Keep doctor-recommended vaccinations—for you and your children—up to date.
- Stay home when you are sick and check with a health care provider when needed.
- Eat right, get enough sleep and exercise regularly to help strengthen your immune system and fight sicknesses.

Source: *NIH News in Health* (<http://newsinhealth.nih.gov/>)

Mourning the Death of a Spouse

After a spouse dies, you may feel your entire world has changed. When you are in mourning, you may feel shock, sorrow, anger, fear and even guilt. You may have trouble doing everyday activities like sleeping and eating. These feelings are normal. There is no right or wrong way to mourn.

To help older people cope with grief, NIH's National Institute on Aging has issued a new publication called *Mourning the Death of a Spouse*. This easy-to-read brochure provides a list of resources and offers useful and practical information, including the symptoms of grieving, tips for taking charge of your life and a summary of important legal and business matters. For free copies, call 1-800-222-2225 toll-free or visit www.nia.nih.gov/HealthInformation/Publications/spouse.htm.

Coping with Grief After a Spouse Dies

- Take care of yourself. Eat right, exercise and get enough sleep.
- Don't think you have to handle your grief alone. Talk to friends and family, join a grief support group or consider short-term talk therapy.
- Try not to make any major changes—like moving or changing jobs—right away.
- See your doctor if you're having trouble taking care of everyday activities.
- Remember that mourning takes time. It's common to have rollercoaster emotions for a while.

Source: *NIH News in Health* (<http://newsinhealth.nih.gov/>)

New Options for Wellness (NOW) News is published by the SLAC Medical Department with articles from *NIH News in Health*. For more great health information, please visit the *NIH News in Health* website (<http://newsinhealth.nih.gov/>). *NIH News in Health* is a free monthly newsletter bringing you practical health information based on research from the National Institutes of Health (NIH), the nation's medical research agency. SLAC Medical Dept: M. Gherman, M.D, MPH; Manuel Hipol, PA-C; S. Aguilar M.A.; N. Iniguez, M.A.