

# TOP HEALTH<sup>®</sup>

The Health Promotion and Wellness Newsletter

UNIVERSITY OF  
**Nebraska** | UNIVERSITY-WIDE  
BENEFITS COMMITTEE

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## 5 Advantages of Eating Fruit

1. Fruit contains sugar, mostly in the form of fructose. This gets converted into blood glucose, which is the primary energy for the body.
2. Many fruits contain a good amount of fiber that slows down the absorption of fructose, helping us feel fuller longer and possibly lose weight. It also helps lower cholesterol and improve bowel function.
3. Fruits provide beneficial antioxidants and other nutrients that supplements don't have.
4. There is mounting evidence that eating more fruit (and vegetables) may prevent serious health conditions such as heart disease and cancer.
5. Eating potassium-rich fruits (bananas, melons) might help lower your blood pressure and reduce your risk for kidney stones and bone loss.

**Are you counting carbohydrates?** One small fruit (or half-cup chopped) has about 15 grams of carbohydrates. Melons, pineapples and dried fruits, such as dates or raisins, contain even more carbs. You can find more insight at [choosemyplate.gov](http://choosemyplate.gov).

## Keep Your KNEES in Top Shape



Athletes and couch potatoes alike need to know how to protect their knees.

**DO** stay at a healthy weight. Every pound puts 5 pounds of force on the knee. Did you know that extra weight increases your osteoarthritis risk?

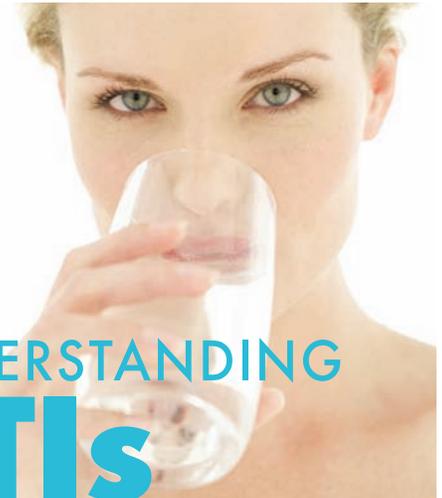
**DON'T** overtrain. Ease into fitness instead. If your activities require twisting and turning (such as racket sports, skiing, soccer or basketball), don't assume your knees are fit enough.

**DO** strengthen and stretch muscles that support the knee (hamstrings, quadriceps and core muscles).

**DON'T** ignore knee pain. Get it checked out. Early treatment is key to recovery.

**DO** rehab and rest when injured. Pushing those mending knees may derail healing and cause relapse.

It's more FUN to be fit!



## UNDERSTANDING UTIs

Urinary tract infections (UTIs) occur when a part of the urinary tract becomes overrun by bacteria, viruses or fungi. UTIs can range from minor annoyances to life-threatening infections.

### Who is at risk for a UTI?

Women are most commonly afflicted, but anyone can get them. Risk factors include sexually transmitted diseases, lowered immunity, any condition that impedes urine flow (an enlarged prostate, kidney stones), use of catheters and possibly some forms of birth control.

### How are UTIs diagnosed?

Your health care provider will take a history of symptoms and order a urine test. If the test is positive, additional tests may help define the cause or extent of the infection.

### What treatments are used?

Treatments vary based on the severity and cause of the infection. Some patients need antibiotics administered in a hospital; others can take medication at home. Pregnant women and children may require specific antibiotics.

### What about prevention?

Some strategies may help, such as drinking enough water (six to eight 8-ounce glasses for a healthy person), urinating often, wearing cotton underwear, avoiding overly tight pants, maintaining good hygiene or switching birth control methods.

➔ Turn the page for a quick guide to symptoms.

## UTI Symptom Quick Guide

### Group: Symptoms:

<b>Infants</b>	Fever, poor feeding, jaundice, vomiting and diarrhea
<b>Children</b>	Blood in urine, abdominal pain, fever, vomiting, urinary pain and urgency
<b>Women</b>	Cloudy, reddish or odorous urine; lower abdominal discomfort; full bladder sensations; vaginal discharge
<b>Men</b>	Painful, frequent or urgent urination; frequency, urgency, pain in the rectum, testicles, penis or abdomen; penile discharge
<b>Seniors</b>	May have no symptoms, then become lethargic, weak or confused

## LONGEVITY CORNER



### ALCOHOL AND BREAST CANCER

A recent study of more than 100,000 women adds support to the notion that drinking alcohol can raise the odds of getting breast cancer. Consuming three to six drinks per week corresponded with a 15 percent risk increase, and additional drinks raised the risk even further. Though modest consumption of alcohol may sometimes benefit your heart, overall risk for all diseases (heart disease, cancer, liver disease, etc.) needs to be considered on an individual basis.

- Zorba Paster, MD



### Prevent Bug Bites, Naturally

Dispose of standing water — a place where mosquito levels are high (at dusk, for example). Wear socks, long pants and long-sleeved shirts made of heavy material. To avoid ticks, wear light-colored clothing and tuck your pants into your socks.

### CHECK OUT OUR MAY ISSUE: FUN FITNESS FACTS



Smart moves for your personal wellness program are at [www.personalbest.com/extras/apr12tools](http://www.personalbest.com/extras/apr12tools).

## Beat the Monday Morning Blues



Do you get the Monday morning blues? Make the start of your week more pleasant:

- Prepare for your work week on Saturday, then do something fun on Sunday night — but don't stay up too late or drink too much.
- If Mondays mean more drudgery, make a change. Ask for a new task at work that you'll enjoy or start a project that you care about (walking group, recycling program, etc.).
- Plan and look forward to your own "TGIM" (Thank Goodness It's Monday!) activity.



## Sharing Wellness

We recently asked our readers to send us a wellness strategy — something they love and that they would want to share with others. We chuckled at the following from reader Angie R. of Somerset, Wisconsin:

*Get a dog — they make you exercise them and then beg for all the food you eat!*

Feel free to send a wellness strategy you love to [editor@personalbest.com](mailto:editor@personalbest.com).

We'd love to share it with the entire wellness community.