

Health Watch News

Hearing Screening

Experiencing the sounds of life is something we all take for granted. It is only when hearing slowly diminishes that we realize how important good hearing is.



Hearing loss develops slowly and painlessly. Temporary hearing loss can sometimes be treated; permanent hearing loss often is treatable with the use of hearing aids.

Some symptoms of hearing loss are:

- straining to hear conversations
- a feeling you can hear but cannot understand
- asking people to repeat themselves, even in a quiet setting
- confusing people's words
- increasing the volume of the radio or television to the point it irritates others
- chronic ear infections, "ringing" in the ears, or dizziness

It is recommended that adults be screened at least every decade through age 50 and at 3-year intervals thereafter. Hearing screenings provide a quick and cost-effective way to separate people into two groups: those who pass and those who fail. Those who fail are in need of an in-depth audiological evaluation by an audiologist and may also need follow-up care from other professionals.

**MON, February 23
9am-Noon**

Coor Hall, 2nd Floor

Sign in and get a free 15-minute hearing screening from by the ASU Speech and Hearing Clinic. Recommendations for follow-up and referrals will be available.

MAKE AN APPOINTMENT

Liz Badalamenti
480.727.6517

DEADLINE: February 19

Minimum of 15 participants

The cost is \$120 for an initial 10-week session. A minimum of 18 participants is required to hold these Weight Watchers' classes.

WEIGHT WATCHERS DETAILS

February 17-April 21

11:45 am-12:30pm for 10-week

Attend any session for info and registration. Fees are prorated if you join in mid-session. Campus Recreation (SRC) Classroom, 2nd floor. Campus Recreation requires an ASU ID for entrance.

Mini Health Screening

This 30-minute health screening is open to all ASU benefits-eligible employees who have a State of Arizona insurance card.



The screening includes:

- Blood Glucose
- Blood Pressure
- Full Lipid Panel
- Body Composition (% body fat & weight)

Fasting is not required—and you will get immediate results. Don't forget to bring your State of Arizona health insurance card.

TUES, February 24

7:30am-3pm
Memorial Union
Room 241 (Ventura)

WED, April 22

7:30am-3pm
Memorial Union
Room 207 (Gold)

Minimum of 20
participants each
session

REGISTER

for Feb. 24 class:

www.pickatime.com/client?ven=11602212&event=210191

REGISTER

for April 22 class:

www.pickatime.com/client?ven=11602212&event=210896

Skin Cancer:

Prevention and Early Detection

Skin cancer is the most common cancer diagnosed in the U.S. and Arizona has the second highest skin cancer rates in the world. Prevention and early detection can help decrease the amount of illness and death associated with skin cancer. Learn about the different types of skin cancer, signs and symptoms and sun-safety tips.

Weight Watchers at Work

The holidays are over. You step on the scale and realize you are one of the millions of people who gained 7 to 10 pounds! Why not give Weight Watchers a try!





SKIN CANCER CLASS

TUES, April 7

Noon-1pm

Memorial Union, Room 085
(lower level).

REGISTER ONLINE

www.asu.edu/hr/training

DEADLINE: March 24

QUESTIONS?

480.965.4751

Minimum 15 participants

diagnosis of cancer, available treatments and how to manage related symptoms.

Sally Kazilek RN, MSN, OCN is an oncology nurse who works as the Cancer Care Coordinator for Scottsdale Healthcare at the Virginia G. Piper Cancer Center. She received her BS in nursing from ASU in 2000 and completed her master's degree in nursing at the University of Phoenix in 2007. Ms. Kazilek teaches patients and their families about the

COMMUNITY GARDENING FOR OLDER ADULTS

Are you between 55 and 79 and interested in gardening with a small group of older adults in Tempe near the ASU campus? There is a Community Gardening Research Study beginning in February 2009.



Participate in a 9-week organic gardening group for 2½ hours each week. The benefits are many: get exercise, learn organic gardening, relax, make friends and contribute your talents while growing fresh, healthy, local, organic produce.

MORE INFO

480.965.4626 | ASU Dept. of Psychology

The ASU Clinical Psychology Center Presents: Behavior Change for Weight Loss— An action-oriented program

Sessions will focus on:

- Understanding the role of thoughts, feelings, and behavior in weight gain
- Changing your surroundings to promote healthy behavior
- Taking advantage of your body's natural weight control mechanisms
- Maintaining healthy behavior long-term

Sessions will be facilitated by Brad Appelhans, PhD and members of the Clinical Psychology Center.

Groups meet for eight weeks on Thursdays at 5:30pm at the Clinical Psychology Center at ASU.

MORE INFO: Call the CPC at 480.965.7296



Losing Weight:

What Does It Take?

Is losing weight difficult and frustrating? Get techniques to combat weight gain, learn about the myths about diabetes and what you can do to prevent and manage it. (The class is appropriate for anyone with or without diabetes.)

Angela Pitman, MS, RD, CDE is a registered dietitian and certified diabetes educator. She graduated from Southern Illinois University in Carbondale with an MS in food and nutrition-community nutrition. She currently works with Medtronic Diabetes assisting patients and physicians to understand insulin delivery through a pump. She also is the facilitator for the Scottsdale Healthcare Diabetes Center Diabetes Support Group.

Thursday, April 30, Noon-1pm

Memorial Union, Room 224 (Gila)

REGISTER ONLINE: www.asu.edu/hr/training

DEADLINE: April 16

QUESTIONS? 480.965.4751

Minimum of 15 participants required

Do It Right!

Are you a "weekend warrior" who tries to get a week's worth of workouts into two weekend days? If you want to start a new workout program or sports activity, but want to make sure you do it right without injury, this class will teach you about the components of physical fitness and safe development as well as planning a fitness routine with emphasis on prevention sports or workout-related injuries.



Tracy Karas has a PhD in physical therapy from Northern Arizona University and practices at American Chiropractic Center in Scottsdale. He currently specializes in orthopedic injuries and works in the areas of balance retraining and vestibular dysfunction.

Tuesday, March 24, Noon-1pm

Memorial Union, Room 216 (Graham)

REGISTER ONLINE: www.asu.edu/hr/training

DEADLINE: March 10

QUESTIONS? 480.965.4751.

A minimum of 15 participants required

Aromatherapy 101

Learn how enticing aromas, herbs and other plants can enlighten your spirit and heal your emotions—and about many essential oils, their properties and application techniques.



Marci Cagen, RN, is a licensed massage therapist, holistic healthcare provider and Reiki

Master, trained in alternative medicines such as Reflexology, Aromatherapy and spiritual healing.

Tuesday, February 24, Noon-1pm
Memorial Union, Room 216 (Graham)

REGISTE ONLINE: www.asu.edu/hr/training.
DEADLINE: February 17

QUESTIONS? 480.965.4751
Minimum of 15 participants is required.

Just The Basics: Body Cleansing Detoxification

THURS, April 23
Noon-1pm
Memorial Union
Room 226 (Graham).

REGISTER ONLINE
www.asu.edu/hr/training

DEADLINE: April 9

QUESTIONS?
480.965.4751

Minimum 15 participants

We constantly eliminate excess toxins through our body's channels of elimination: digestive, urinary, circulatory, respiratory and lymphatic systems. Assisted detoxification takes an active role in stimulating your body's innate ability to clean itself. This class shows how detoxification can enhance or improve your health and help your body remain toxin-free.

The speaker, Dr. Lynn Genet, is a chiropractor and co-owner of American Chiropractic Center in Scottsdale. She earned her Doctor of Chiropractic degree from the National College of Chiropractic in Chicago, Illinois, and is an active member of Toastmasters International and the Arizona Association of Chiropractic.



Mobile On-Site Mammography

Just 15 minutes could save your life! Mobile On-Site Mammography (M.O.M.) is focused on providing high quality mammography service with professional, experienced staff using the latest mammography technology for your safety and comfort. State-of-Arizona employee insurance coverage is accepted. M.O.M. will authorize and confirm your insurance coverage prior to your appointment.

Please bring the following with you: insurance card,

TUES, April 28
8am-5pm
The M.O.M. unit will be behind the Student Recreation Center (SRC) near the traffic light where Apache Blvd. and Normal Ave. intersect. (Parking Lot 10).

MAKE AN APPOINTMENT
480.967.3767
Have your insurance card available.

doctor's name and address, and the location(s) where you had your previous mammograms. Women under 35 must provide a doctor's referral.

Baseline mammograms start at age 35-39, and most insurance plans cover women every year after age 40.

Having trouble sleeping?

Toss and turn all night? Or do you wake up during the middle of the night or early in the morning and can't get back to sleep?



The ASU Clinical Psychology Center is offering a sleep program for ASU Staff & Faculty that can help you improve sleep habits, learn to manage anxiety before bed and conquer insomnia.

MORE INFO?
Clinical Psychology Center: 480.965.7296
Sleep Group: asu.sleep@gmail.com

Line Dancing

From burning calories to socializing with friends, line dancing offers many health benefits such as strengthening the heart, building muscle and lessening the risk of osteoporosis.

The instructor, Jeff Rensel is the Assistant Director of the Memorial Union and has been an ASU employee for seven and a half years. He started country dancing in 1998 and his original partner was his sister.

Currently Rensel teaches country line dancing with Powernow Entertainment, a company that provides dance instruction and DJ entertainment for corporate events and private parties in the Phoenix area.



THURS, February 26
Noon-1pm
Campus Recreation (SRC)
Small Gym C

REGISTER ONLINE
www.asu.edu/hr/training

DEADLINE: February 12

QUESTIONS?
480.965.4751

Campus Recreation
membership NOT required

Tell the reception area staff that you are there for line dancing, and you must show your valid Sun Card.

Minimum of 15 participants



Health Watch News is a publication of the ASU Employee Wellness Program, a division of Human Resources.
P.O. Box 875705, Tempe, AZ 85287-5705
480.727.6517 | www.asu.edu/hr/employee_wellness/index.html