

Nov/ Dec 2009

Volume 1, Issue 2

BROUGHT TO YOU BY: UCR PREVENTIVE CARE ADVOCATES

# Health 101

He who has health has hope; and he who has hope has everything.  
~Arabic Proverb

## Diabetes Prevention



Diabetes has been a serious health issue and studies have shown that Type 2 Diabetes can be prevented through small lifestyle changes. It is extremely important to change your lifestyle if you are at a risk for diabetes, such as being overweight or having a family history of diabetes. One way of preventing diabetes can consist of getting more physical activity. Whether or not you are losing weight, getting physical activity helps to lower blood sugar and boosts your sensitivity to insulin. Research has been shown that aerobic exercise and resistance training helps to control diabetes. A second tip for prevention is getting plenty of fiber, which helps to improve blood sugar control. Foods that contain high fiber include fruits, vegetables, beans, whole grains, nuts, and seeds. Whole grains are another source of high fiber, which includes various breads, pasta products and cereals. See your doctor for additional information to prevent diabetes.

## A Dorm Chef's Recipes

### Heart Healthy Burrito

#### Ingredients:

4 (10 inch) Fat Free Flour Tortillas  
2 cups grilled chicken strips, pre-cooked, prepared refrigerated or frozen  
1 1/3 cups brown rice, microwaveable  
1 1/3 cups broccoli, microwaveable  
2 cups Cheddar Cheese, shredded

#### Directions:

Cook chicken strips, brown rice and broccoli according to each of their package instructions. Reserve hot. Warm tortillas in a microwave for 10 seconds. To build 1 burrito: Place 1/2 cup of chicken on the bottom third of each tortilla, followed by 1/3 cup of brown rice, then 1/3 cup of broccoli. Evenly sprinkle 1/2 cup of cheese over the broccoli. Repeat steps 1 through 4 using remaining tortillas and ingredients. Roll each tortilla into a burrito, forming a larger size burrito. Cut each burrito in half, on an angle, and serve hot.

### Apple and Pumpkin Dessert

#### Ingredients:

2 (1 gram) packets sugar substitute  
1 teaspoon pumpkin pie spice  
1 Granny Smith apple - peeled, cored and chopped  
1/4 cup canned pumpkin  
2 tablespoons water

#### Directions:

Sprinkle 1/3 packet of sugar substitute and 1/3 teaspoon pumpkin pie spice in the bottom of a microwave-safe bowl. Layer 1/4 of the apple pieces into the bowl; repeat. Spread the pumpkin over the apples. Sprinkle the remaining sugar substitute and pumpkin pie spice on the pumpkin. Top with the remaining apples. Pour the water over the mixture. Cook in microwave on high for 3 1/2 minutes, stirring every minute.

## Fun Facts:

You use 200 muscles to take one step.

If saliva cannot dissolve something, you cannot taste it.

Women blink twice as many times as men do

Coughs clock in at about 60 mph.

The human body is estimated to have 60,000 miles of blood vessels

The human heart creates enough pressure to squirt blood 30 feet.

The lifespan of a human hair is 3 to 7 years on average.

The brain is much more active at night than during the day.

Humans shed about 600,000 particles of skin every hour

Humans are the only animals to produce emotional tears

[www.wellspringdaily.com](http://www.wellspringdaily.com)

University of  
California,  
Riverside  
Campus Health  
Center  
Riverside, CA  
92521

Phone:  
(951) 827 - 3031

## Meet This Month's PCA

Name: Breanna Baeza

Year: 3<sup>rd</sup>.

Major: English

Favorite Food: Sushi is definitely my favorite right now (A California roll with Salmon on top is delicious.).

Breanna is currently passionate about lung cancer and suicide prevention. However a topic near and dear to her is Alzheimer's disease, she would really like to learn more about it and hopefully find a way to at least aid the patients who currently suffer from it.

### We're on the Web!

See us at:

[www.campushealthcenter.ucr.edu](http://www.campushealthcenter.ucr.edu)

or

### Join our Facebook

UCR Preventive Care  
Advocates

## This or That!

Many students are unaware of the nutritional content of many accessible foods on campus. Here is a comparison of two popular food items available in the HUB.

Carne Asada Enselada

550 Calories

52 g Protein

6 g Carbohydrates

34 g Fat

OR

Pescado Asado Enselada

490 Calories

43 g Protein

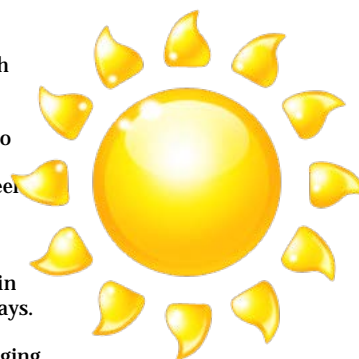
13 g Carbohydrates

29 g Fat

Nutritional Information From El Sol: [www.dining.ucr.edu](http://www.dining.ucr.edu)

## Top 5 Ways To Get Health Skin

1. Try and drink 6 to 8 glasses of water per day. This will help to keep your skin moist and refreshed, which will help the skin fight off developing wrinkles and blemishes.
2. Keep up regular exercise. This helps to keep the skin elasticity, which prevents wrinkles.
3. Try and maintain a constant sleep pattern. Sleep is the body's time to restore itself and to re-energies the body's organs and skin. Not only will you feel more energized, but your skin will become healthier and fresher looking.
4. Protect yourself from the sun and tanning studios, which are the main reasons for premature aging. So keep your face well protected from UV rays.
5. Lastly, STOP SMOKING or never to start. Smoking causes premature aging and yellowing of the teeth and skin. The tobacco that is released into the air dries out your skin, while the smoke you inhale constricts the flow of blood to vessels, therefore preventing your skin of essential nutrients that your body supplies.



## December 1<sup>st</sup> World AIDS Day

World AIDS Day is observed every year on December 1<sup>st</sup>. World AIDS Day is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection. It is common to hold memorials to honor persons who have died from HIV/AIDS on this day. Government and health officials also observe the event, often with speeches or forums on the AIDS topics. Since 1995, the President of the United States has made an official proclamation on World AIDS Day. Governments of other nations have followed suit and issued similar announcements. The World AIDS Day theme for 2009 is 'Universal Access and Human Rights'. World AIDS Day is important in reminding people that HIV has not gone away, and that there are many things still to be done. According to UNAIDS estimates, there are now 33.4 million people living with HIV, including 2.1 million children. During 2008 some 2.7 million people became newly infected with the virus.<sup>1</sup> Around half of all people who become infected with HIV do so before they are 25 and are killed by AIDS before they are 35.

HIV Can Be Transmitted 3 Ways:

- Sexual transmission
- Transmission through blood
- Mother to child transmission

Who Needs Prevention:

- People who do not have HIV need interventions that will enable them to protect themselves from becoming infected.
- People who are already living with HIV need knowledge and support to protect their own health and to ensure that they don't transmit HIV to others - known as "positive prevention". Positive prevention has become increasingly important as improvements in treatment have led to a rise in the number of people living with HIV. Source: [www.avert.org](http://www.avert.org)

More AIDS/ HIV Testing Will Be Available on Wednesday December 1<sup>st</sup> at the Belltower. Information/ Resource Tabling from 10AM-2PM.