

## *Northwestern Weekly*

March 9, 2005

### **Top Stories**

#### **University Collects 200 Pounds of Food, More Than \$500 for VEAP**

As of March 4, more than 200 pounds of food and \$573 was collected during the “Hearts for Hunger” food drive. The event, which was co-sponsored by Northwestern Health Sciences University’s Community Service Committee and the Student Senate Volunteer Committee, ran for four week and ended March 4. A final tally is not available because several drop-off boxes have yet to be delivered to Volunteers Enlisted to Assist People (VEAP).

VEAP, a local organization, serves low-income, elderly, and disabled residents in the Bloomington, Edina, and Richfield area. VEAP provides a variety of basic services to fulfill the immediate needs in people's lives so that they may position themselves for long-term success. In 2004, VEAP provided 13,274 households with a nutritious, five-day supply of food.

#### **MCAOM Dean Serves on Site Visit Team for University of Bridgeport**

From Feb. 23 – 27, Mark McKenzie, LAc, MaOM, dean of the Minnesota College of Acupuncture and Oriental Medicine (MCAOM), was a member of a team who visited the University of Bridgeport in Bridgeport, Conn., for the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM).

McKenzie volunteered to be a member of the site visit team in order to gain a better understanding of the process. The visit is part of the accreditation process that every acupuncture and Oriental medicine institution must complete whether applying for candidacy, initial accreditation or re-accreditation. Prior to the visit, each college must supply a self-study report that outlines the strengths and weaknesses of the program. During the site visit, the team attempts to determine the veracity of the report. In December 2004 MCAOM completed its own self-study for re-accreditation and will have a site visit this fall.

“It was a great educational experience for me,” says McKenzie. “It gave me real insights into the process from a site visitor’s perspective that will help us as we prepare for our own visit.”

#### **Wolfe-Harris Center Submits Three Grant Proposals, Including Two for Massage Therapy Studies**

In the last month, the Wolfe-Harris Center for Clinical Studies (WHCCS) at Northwestern Health Sciences University has submitted three grant proposals for funds to

conduct research studies. These include two proposals for the Center's first clinical trials examining massage therapy.

The proposed studies include a proposal to determine the clinical efficacy of chiropractic spinal manipulation plus self-care education versus self-care education alone for sciatica; and two pilot studies of massage and self-care education for tension-type headaches, and massage and self-care education for sub-acute and chronic back-related leg pain.

### **Massage Therapy for Back-Related Leg Pain**

The first pilot study proposal was submitted to the National Center for Complimentary and Alternative Medicine at the National Institutes of Health (NIH). The proposed study would lay the foundation for a full-scale randomized clinical trial assessing the clinical efficacy and cost-effectiveness of massage and self-care education for people suffering from sub-acute and chronic back-related leg pain. This study is timely in that back-related leg pain is one of the most common variations of low back pain, and results in more disability, surgeries and costs than uncomplicated low back pain. Further, while there is evidence that massage is beneficial for uncomplicated low back pain, there has been no research examining its clinical efficacy for back-related leg pain.

The study would include 40 participants who would be randomly assigned to one of two groups, self-care education plus massage therapy and self-care education alone. The WHCCS has requested \$520,000 in funding to conduct the study. Gert Bronfort, DC, PhD, director of the Neck and Back Research Program at the Wolfe-Harris Center, is the principal investigator.

### **Massage Therapy for Tension-Type Headaches**

The second pilot study was submitted to the Massage Therapy Foundation. The study would have three objectives: to determine the feasibility of a full-scale randomized clinical trial to assess the relative effectiveness of massage therapy and self-care education for tension-type headaches; to assess if individuals with tension-type headaches would experience clinically important changes after a 10-week therapeutic massage regimen; and to describe the participants' and massage therapists' experiences with massage as a treatment.

The study will include 38 participants who suffer from chronic or chronic episodic tension-type headaches. Participants would be divided into two groups. Twenty-eight would receive massage therapy treatments over a 10-week period while 10 would receive self-care education alone. Michele Maiers, DC, assistant professor at Northwestern and a researcher for the Wolfe-Harris Center, is the project's principal investigator.

The grant request is for \$19,935, which would not cover the entire cost of the project. According to Roni Evans, DC, director of the WHCCS, the Center would cover the remaining costs.

“The Wolfe-Harris Center for Clinical Studies will contribute the funds necessary to complete this study because we think it is important to start conducting research on

massage therapy,” says Evans. “There have been surprisingly few studies performed in the massage therapy field, particularly for headache conditions. Pilot studies are an important first step in laying the groundwork for future high quality trials and will make our institution more competitive for future funding opportunities. It’s also very exciting to be collaborating with the faculty from Northwestern’s School of Massage Therapy. They are a very enthusiastic and talented group of individuals, and the chance to work with them makes it especially rewarding for our team.”

### **Spinal Manipulation for Back-Related Leg Pain**

A proposal for a chiropractic study was submitted to the National Institutes of Health. The study will include 192 participants who will be randomly assigned to two groups: self-care education plus spinal manipulation and self-care education alone. Patients will be treated for 12 weeks and assessed at weeks three, 12, 26 and 52. The WHCCS has requested \$2.3 million 400,000 in grants to fund what would be one of the first studies to examine the clinical cost-effectiveness of chiropractic spinal manipulation for back-related leg pain.

### **Current Studies**

The WHCCS currently has three randomized clinical trials in progress. About a quarter of the necessary participants have been recruited for two U.S. Health Resources and Services Administration-funded studies examining chiropractic and exercise for seniors with low-back pain and neck pain. The Center received \$1.1 million for each study.

Only 28 more participants are needed for a study of chiropractic, medication and self-care for acute neck pain. This study, funded by a grant of \$1.4 million by the National Institutes of Health, is the first randomized clinical trial to assess chiropractic spinal manipulation for neck pain of shorter duration. It is anticipated that data will be ready for analysis in one year’s time.

To date, the Wolfe-Harris Center for Clinical Studies has received \$5.4 million in federal funding for studies.

### **Minnesota College of Acupuncture and Oriental Medicine Professor Releases First Acupuncture Technique DVD**

While most children were learning how to read, 6-year-old Wei Liu was learning about acupuncture. Cherished family secrets about promoting qi were passed to him by his grandfather as Liu began his own apprenticeship in China at age 8. Today, Liu, an associate professor at the Minnesota College of Acupuncture and Oriental Medicine on the campus of Northwestern Health Sciences University, shares his decades of experience in the first DVD training video featuring advanced needling techniques.

Aptly named “Advanced Needling Techniques,” Liu’s 40-minute DVD features in-depth information about needling techniques commonly used in China. The DVD is expected to be the first in a series addressing topics surrounding traditional Chinese medicine.

Intended for both acupuncture students and practitioners, the first DVD offers information on various needle insertion methods; how to promote qi (pronounced “chee”) with the needle; tonifying and reducing techniques; advanced, complex and combination techniques; and why and how to use each technique.

“To me, the art of acupuncture involves much more than the selection of points and the insertion of needles,” says Liu. “Acupuncture is all about the manipulation of qi and how to build skill at manipulating qi with needles. This DVD is an awesome personal training tool for acupuncturists.”

For Liu, advanced needling techniques are as natural as breathing. As a child, Liu spent endless hours watching his grandfather, a well-known traditional Chinese medicine practitioner in Hebei, China, practice on his patients. When he was just 8 years old, Liu began his own acupuncture apprenticeship.

Later, Liu received his formal education at the prestigious Tianjin College of Traditional Chinese Medicine in Tianjin, China. While at the college, Liu began a mixed major, studying both traditional Chinese medicine and Western orthopedics. He served as an orthopedic surgeon at the Tianjin First Central Hospital, where Chinese medicine and Western medicine are integrated.

In the United States, Liu is unable to practice Western medicine due to his imperfect English. Although he says he misses it, he enjoys his work at the University, as well as the opportunities he has had as a well-respected lecturer on traditional Chinese medicine. At Northwestern, he has brought depth to the program by sharing techniques he’s learned from his family and through apprenticeships in China.

Liu’s DVD is available for \$125 through Northwestern’s bookstore. Students will receive a discounted rate of \$80 through the end of March.

### **Northwestern Community Raises Nearly \$1,000 for Marlene Nassen’s Family**

On March 3, Northwestern Health Sciences University’s Community of Caring was on display as hundreds of students, staff and faculty flocked to an impromptu bake sale intended to raise money for the family of Marlene Nassen, a Northwestern employee who passed away after a four-year battle with cancer on Feb. 26. A total of \$987.50 was raised — a figure believed to be a record for bake sale fundraisers. Earlier this week employees donated 814 hours of paid time off, which will be cashed out and donated to the family to help pay for Nassen’s health care bills.

### **March is National Nutrition Month**

*Submitted by Rosie Ward, MPH, CHES, health and wellness coordinator*

## **Colorectal Cancer – Are You at Risk?**

Colorectal cancer is the second-leading cause of cancer-related deaths in the United States for both men and women combined. The good news is it is highly preventable and treatable if detected early.

### Risk Factors

Everyone age 50 and over is at risk for developing colorectal cancer. Those at higher risk include:

- People with a personal or family history of benign (not cancerous) colorectal polyps;
- People with a personal or family history of colorectal cancer;
- People with a personal or family history of inflammatory bowel disease—ulcerative colitis or Crohn’s Disease; and
- People who use tobacco, drink alcohol to excess, are overweight, and are inactive.

### Reducing Your Risk

The best way to reduce the risk of getting colorectal cancer is to get screened regularly starting at age 50. Early detection and removal of colorectal polyps can prevent cancer from occurring. If you are at higher risk for the disease, you should be tested earlier. Check with your doctor to find out which colorectal cancer-screening test is right for you and how often you should be screened.

You can also reduce your risk by:

- Exercising regularly (such as walking 30 to 60 minutes a day, at least five days a week);
- Maintaining a healthy weight;
- Eating lots of fruits, vegetables, and whole grains;
- Not smoking; and
- Drinking alcohol in moderation, if you drink.

For more information on colorectal cancer, see website [www.preventcancer.org](http://www.preventcancer.org).

Source: *Wellness News You Can Use*, February 2005, National Wellness Institute

## **Are You At Risk for a Stroke?**

Did you know that two-thirds of all stroke victims did not have any warning of their impending stroke? Healthy-U is hosting screenings through Stroke Detection Plus for all employees of Northwestern Health Sciences University and their family members. The goal of these screenings is to alert people to health risks that might otherwise go undetected and to inform them of the need to follow-up with their physician.

Usually doctors cannot order these tests without the patient showing signs or symptoms. Stroke Detection Plus offers these screenings at a fraction of the regular cost and comes highly recommended by many hospitals and individuals in the medical community.

Screening tests estimate the percentage of blockage in arteries based on new research from the University of Washington. Screenings tests include screening to determine blockage in the carotid arteries (neck); screening for an abdominal aortic aneurysm; screening for peripheral vascular disease (blockage in legs); and screening for bone density and risk for osteoporosis.

All four tests take approximately 20-25 minutes to complete. You will receive preliminary results from a radiologist immediately with full results mailed directly to you within 10 business days. Watch for posters throughout the building and a flyer in your paycheck with more details about the tests and a checklist to determine if you or a loved one might be at risk.

**Screenings will take place from 9 a.m. – 4:30 p.m. on April 7 in the Cafeteria Conference Room.** The cost for all four tests is only \$70 (each test alone would normally cost \$300 – \$700 in a hospital setting). These tests are allowable expenses under VEBA and medical reimbursement accounts.

To make your appointment, call (877) 732-8258.

### **Race for the Cure – Team Northwestern**

Northwestern Health Sciences University is forming a team to participate in the Race for the Cure 5K on Sunday May 8 at Mall of America. You can sign up for the 5K walk or the 5K run for \$20 (the fee for children 12 and under is \$10). For that price, you will receive a Race for the Cure shirt; additional proceeds benefit the Susan G. Komen Breast Cancer Foundation. In addition, there will be custom-made team shirts for everyone from Northwestern to wear to the event.

Register online at <http://www.racecure.org/>. Go to the “Team Information” page and select your registration under NWHSU. When you’ve completed your registration, let Rosie Ward know how many people are joining you, their names, and the T-shirt sizes you require. If you have any questions or would like more information, contact Rosie at ext. 519.

### **“Do” Campaign Continues at Northwestern**

“Do,” a social-marketing campaign put together by Blue Cross/Blue Shield and the American Heart Association, provides fun, point-of-decision marketing to remind you to make choices to be healthy and add activity into your day.

The campaign reinforces how easy it is to “groove your body” three times a day for 10 minutes to promote good health and to decrease the various health risks associated with inactivity. It was piloted in Brooklyn Center and Duluth earlier this year and was so successful that the campaign messages have spread to Minneapolis and St. Paul.

The latest winners are Max Hines, PhD, associate vice president, who was spotted walking to meet with people in person rather than e-mailing or calling on the phone; Nancy Healy, clinic operations coordinator, who was spotted walking the indoor walking route; and Chuck Sawyer, DC, senior vice president and provost, who was recognized for “constantly speeding around the building on foot.” If a do-crew spots you “doing,” you could be the next big prize winner, so stay active!

## **Healthy-U Program Updates**

### **March Recess Activities**

Remember when you were a kid and had “play” time each week? Imagine the benefits on your stress levels and personal well-being if you took time out for yourself each week

You will receive a new 2005 Recess tracking card when you attend your first Recess activity for the year. Each time you participate in a Recess activity, the group leader for that activity will initial your tracking card. At the end of July, there will be drawings for varying levels of prizes based on your participation. Even if you can only attend one or two events, you’re still eligible for a prize!

#### **March’s Recess Activities:**

- **Friday, March 11 – Relaxation Class** (in the gym) – take 20 minutes out of your day to unwind and rejuvenate. Mats are provided; class starts at 11:30 a.m.
- **Tuesday, March 15 – Snow Day** – grab your snow gear and head outside anytime from 5 p.m. - 7 p.m. for lots of fun.
- **Tuesday, March 22 – Walking Groups** (inside walking lanes – meet on main level by Door 4) – break up your day by going for a short walk with three different starting times: 11:30 a.m., noon, and 12:30 p.m.

## **Health Club Discount Program**

Did you know that as an employee or student of Northwestern, you can receive discounts when joining one of our eight health club partners?

Northwestern has health clubs partnerships with:

- Bally Total Fitness (all locations);

- Calhoun Beach Club (Minneapolis);
- Fitness Crossroad (Minneapolis and St. Anthony);
- Gold's Gym (Vadnais Heights and White Bear Lake);
- Lifetime Fitness (all locations, no discount until spring 2005);
- Northwest Athletic Club (all locations);
- YMCA (18 metro locations); and
- YWCA of Minneapolis (Downtown, Midtown and Uptown).

## **Wellness Fun Facts**

### **Eat a Rainbow Every Day**

Colorful fruits and vegetables deliver healthful doses of vitamins, minerals, and disease-fighting phytochemicals. The darker the color of the fruit or vegetable, the more nutrients it usually contains. Here are some examples: green — lettuce, spinach, kiwi, and broccoli; yellow/orange — sweet potatoes, cantaloupe, oranges, and carrots; red — tomatoes, strawberries, cranberries, and apples; blue/purple — blueberries, purple grapes, plums and egg plant; and white — onions, garlic, and leeks.

Source: "The Color Guide," Eat 5 to 9 a Day, National Cancer Institute, [www.5aday.gov](http://www.5aday.gov).

## **Quote of the Week**

*"If I accept you as you are, I will make you worse; however, if I treat you as though you are what you are capable of becoming, I help you become that."* — Johann Goethe

## **Upcoming Events – March**

***"Do-winter" and start training for a walking, running or bicycling event.***

**Saturday, March 12 – Lake Johanna Four-Mile** (Arden Hills, Minn.)

- A scenic and challenging loop around Lake Johanna.
- This race is free to members of the Minnesota Distance Running Association.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, March 19 – Spring Fever 5K Run and Walk** (Blaine, Minn.)

- \$12 entry fee if registered before March 12; \$16 day of event.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, March 26 – Get Your Rear in Gear Colon Cancer Coalition Run**  
(Minneapolis, Minn.)

- A 5K run and walk and a half-mile kids fun run to benefit colon cancer research.
- \$18 entry fee for adults; \$12 entry fee for children 12 and under.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, April 2 – MDRA Ron Daws 25K** (Hopkins, Minn.)

- Race is limited to the first 160 participants with no race day registration.
- \$3.50 registration fee; register by April 1.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, April 9 – Fred Kurz Memorial 10 Mile** (Wayzata, Minn.)

- Registration fee is \$5 for MDRA members, \$8 for non-members.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, April 9 – Running Opener (8 Mile Run, 5K Run/Walk)** (Minneapolis, Minn.)

- Race benefits Minneapolis Park – Mills Ruin Park.
- Registration \$22 through April 3 for 8-mile run, \$17 for 5K; race day registration is \$27 for 8-mile, \$21 for 5K.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, April 16 – Run the Valley (5K Run/Walk and 10K Run)** (Golden Valley, Minn.)

- Course is a relatively flat loop route through residential Golden Valley.
- \$25 registration fee if received by April 13; fee increased to \$30 through race day.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, April 23 – Tornado Trail Mix 5K and 1-Mile Fun Run** (Anoka, Minn.)

- Proceeds benefit the Anoka Track and Field Team.
- \$15 pre-registration fee (\$20 on race day) for ages 15 and over; \$12 pre-registration fee (\$15 on race day) for ages 14 and under.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>

**Saturday, April 23 – Earth Day 5K** (St. Paul, Minn.)

- Run on the campus of the College of St. Catherine on both a grass and earth trail.
- Pre-registration fee is \$15 (\$20 on race day).

- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>

### **Saturday, April 30 – Get In Gear 10K** (Minneapolis/St. Paul, Minn.)

- Minnesota’s largest 10K; a 5K run/walk has also been added.
- Course crosses the Mississippi River and travels on both sides of the river.
- Registration is \$24 through April 23; \$29 through April 28; and \$32 on April 29.
- For more information and to register, visit <http://www.getingear10k.com/>

## **Recipe Corner**

### **Easy Guacamole**

#### Ingredients

2 ripe Haas avocados  
1/2 bunch fresh cilantro, leaves chopped  
1/4 medium red onion, diced  
2 jalapeño peppers, stemmed, seeded and finely diced (optional)  
1 tablespoon freshly squeezed lime juice  
freshly ground salt and pepper, to taste

#### Cooking Instructions:

1. Cut the avocados into halves and remove the seeds. Peel the fruit and place in a mixing bowl.
2. Mash avocados with a potato masher or fork until chunky. Add the remaining ingredients and mix with a fork.

*Yield: 4 servings (serving size = 1/4 cup)*

*Nutrition: 57 calories, 5 grams fat (1 gram saturated), 1 gram protein, 3 gram carbohydrate, 2 gram fiber, 84 milligrams sodium*

Source: [www.foodfit.com](http://www.foodfit.com)

## **Student Resources**

## **Employee Resources**

## **Daily Hot Spots**

Short on time? Read the world’s shortest movie reviews: <http://www.fwfr.com/>

Ever wish you had a monkey to keep intruders out of your car? Check out the Trunk Monkey: <http://www.trunkmonkeyad.com/>

Want a credit card that offers frequent flyer miles? Let the Credit Fairy grant your credit card wishes: <http://www.creditfairy.com/>

Give your brain a workout: <http://www.mensa.org/workout.php>

Freak out your brain: <http://www.subliminalmessages.com/pla.htm>

## **Northwestern People**

### **Student Spotlight: Nilouphar Zahedi, T3 chiropractic student**

*Where are you from?*

Originally I am from Iran. I am Persian.

*How did you decide to move here?*

Three years ago I visited some of my family in the United States and realized the incredible opportunities available here for chiropractors. Also, it has been very difficult to live in Iran for the past couple years. I spoke with my academic counselor in Iran, who encouraged me to look at several schools of chiropractic. I decided to attend Cleveland Chiropractic for two years and then I transferred to Northwestern because my husband loves it here.

*Why did you decide to study chiropractic?*

In Iran, I volunteered to take care of a child with paralysis for a couple hours each day. I knew yoga and some strengthening exercises that helped him control his movements. When I first started working with him he could not walk without braces or crutches, but within two months he began to walk on his own. I was able to give the mother advice about nutrition and exercise. They are living a much better life now and that is my inspiration for choosing this profession.

*What are your hobbies?*

I like yoga, exercising, reading, and watching movies. It seems like house cleaning and chores are becoming my hobbies as well.

*What is your favorite food?*

Well, I like many different types of food, but I am pregnant so I have become very specific on what I want to eat. I miss eating Persian food so much and I have cravings for it now that I am pregnant. My husband complains that he can get pickles or any American food 24 hours a day, but it is so hard to find a place with Persian food so I do a lot of traditional cooking at home.

*What is your least favorite food?*

Fast food! It is just too oily and greasy for my body to handle. I am just not used to it.

*What is your dream job?*

Well, when I was a kid I wanted to be a nuclear physicist. As I got older I realized how complicated everything was and so I changed my mind. My dream job is to be a chiropractor and to have my own practice because I can help people on a more personal level than I could as a nuclear physicist.

*Finally, if you stumbled upon a million dollars, what is the first thing you would buy?*

A place for my practice where I can really help people. I do not want to be a slave to money and I only need enough to live and help others. Everything gets too complicated when money is involved. I just want a simple life.

## **Employee Spotlight: Tristan Galvan, BA, public relations intern**

*Where are you from?*

I was born in Modesto, Calif., and lived in the Central Valley until about eighth grade. My family then decided to move to Winsted, Minn., where I graduated from Winsted Holy Trinity High School with a class of 18; nine boys and nine girls.

*Why did you decide to intern at Northwestern?*

The staff, faculty, and students seem to be very dedicated to their work and their community. I wanted to use my ideas and talents in advertising to promote services that people are really passionate about and I feel that Northwestern has those. Also, I want to gain more valuable experience in writing, editing, and communications while boosting my resume of course!

*What do you do outside of Northwestern?*

Currently I am in the process of getting my BA with a major in advertising and a minor in Spanish from the University of St. Thomas. I live in downtown St. Paul within walking distance of great restaurants, theatres, parks, and other attractions. I keep myself busy.

*What kind of communications experience have you had that might help you here?*

I volunteered at Habitat for Humanity in Mexico City as a marketing communications intern where I wrote the semi-annual newsletters, created advertisements, and participated in the event planning of all volunteer trips and excursions. This position made it fairly easy to learn the language and culture as I was responsible for recruiting more Mexican youth to participate. Only about 10 percent of Habitat for Humanity Mexico volunteers are Mexican, the rest travel from the United States.

*Do you have any pets?*

Yes. I am an animal lover. Right now I only have one spoiled kitty by the name of Suzette. She is a spunky calico who loves to play, eat, cuddle, and stand on her hind legs like a gopher.

*What is your favorite food?*

I like anything spicy! But without a doubt my favorite food is a big, fat Chipotle burrito with grilled chicken and black beans. Nothing beats that!

*Where do you see yourself in five years?*

I am counting on winning the lottery within the next five years. Also, I hope to have a traveling position as a copywriter for a large corporation or advertising agency.

## **Practice Management**

Recycled.

## **Poll Question**

If you were stranded on a desert island, what one item would you want to have with you?

- (a) Chapstick
- (b) Sunscreen
- (c) A good book
- (d) The Good Book
- (e) A box of chocolates
- (f) A massage therapist

## **Menu**

Comes on Wednesday.