the BEAT

Monitoring the pulse of
TTUHSC Amarillo

July 15, 2012
The Battle Against Weight Loss

Americans spend $40 billion a year on weight loss programs and products. Often, the money is spent on the latest diet craze with promises of quick results. The truth is, losing weight is hard and requires long-term commitments.

Whit Walker, M.D., Texas Tech Physicians-Internal Medicine, recently offered five suggestions to help people lose weight.

Do something for exercise. It could be as simple as walking to the store, hitting the park with your four-legged friend or taking dance lessons with your spouse. “Make it something you like,” Walker said. “If you don’t like it, you won’t keep it up.”

Drink more water and avoid sugary drinks. The fact is that many drinks, like Gatorade, were developed for athletes participating in prolonged, intense physical activity. For most people, the beverages amount to another source of calories that can be hard to burn. Walker also suggested drinking a big glass of water before meals since it can help you feel full with less food.

Add, don’t subtract. “Add cherries or grapes or peas,” Walker said. “Add them to your breakfast cereal or to your lunch and think positive.”

Eat smaller portions. This can be hard, especially when portions at restaurants are so large. Walker suggested splitting with a friend. In fact, many people have started asking for half of their order to go and save it for lunch the next day. “It’s also important to avoid fried foods,” Walker said. “Baked fish and chicken are your friend.” When cooking at home, Walker encouraged people to spice up their tables by trying new recipes.

Set goals and reward yourself. “Set a goal, such as losing three pounds per week,” Walker added. “If you do this, you will lose 36 pounds in a month.” Finally, Walker said to reward yourself, however, the reward be a fun activity and not a high calorie treat.
The Amarillo WOW! Committee is hard at work, gathering ideas and planning events to help and encourage more physical activity. Look for a major announcement in the coming days on Amarillo’s first event.

Whether it’s playing Frisbee golf, running a 3K or a good ol’ fashion tug-of-war, staying physically active is a great way to burn calories.

Texas Tech Physicians is the official first aid sponsor of the upcoming Y Cup games, a large community event and fundraiser for the YMCA. The Y Cup is a two-week period filled with games, competitions and fun.

All employees, their families and students are eligible to sign up for the events. There is no limit on how many teams or people can participate. The best part, everyone who participates in any of the competitions will receive a free, limited-time pass to the YMCA, classes included.

The cup starts Aug. 6 with a three-on-three basketball tournament and will wrap up Aug. 18.

Get your team together, or go at it alone. Sign-up sheets are located on the door of office 4915 in the School of Medicine/School of Allied Health Sciences building. Gym passes will be provided upon signup.

Questions or do you want to challenge another department? Email Steve Pair at steven.pair@ttuhsc.edu.

See attached flyer for more information.
JOIN “TEAM TEXAS TECH PHYSICIANS” for the 2012 YCup Corporate Challenge!

Companies will go head to head in these events, but only one will come out on top! Will YOU accept the challenge?

The YCup Corporate Challenge has something for EVERYONE...and it’s FREE!

POINT EARNING EVENTS
By participating and/or placing in the following events, you will earn points for TEAM TEXAS TECH PHYSICIANS

- Health Fitness Challenge **July 1st-August 18th**
  *Includes a free gym membership
- 3 ON 3 Basketball / 3 point contest / Slam Dunk contest **August 6th-10th**
- Softball Tournament and Home Run Derby **August 11th & 12th**
- Volleyball Tournament **August 13th-16th**
- Tug of War **August 18th**
- Walk/Run **August 18th**
- Frisbee Golf **August 18th**
- Volunteer **Any event day**

*All employees, their families and students are eligible to sign up for the events. Events will take place at the North YMCA (1330 NW 18th) & the South YMCA (1401 Hillside)
3 on 3 Basketball

August 6th -9th  7:00p.m
Teams 3 men/3 women /Coed
• Double Elimination Bracket. There will be a 20-minute running clock that will only stop on out of bounds and timeouts. Teams will have 2 timeouts per game. There will be a change of possession after every score. Street ball rules will be used, so player will be responsible to call their own fouls.
• Slam dunk and 3-point contests – will be held at 6:00, prior to start of games. Only team members may participate.

Frisbie Golf

Saturday, August 18th 9:00a.m.
Teams will consist of 4 Players (Men, Women or Coed)
• Nine basket (hole) course, Guidelines of playing will be PDGA (Professional Disc Golf Association) rules, Equipment provided will be 3 approved golf discs and score cards with course layout.

Softball Tournament

Saturday, August 11th 8:00a.m.
Teams- 10 people on the field playing (they can have as many subs as they want)
• To speed up play, men will start with a 3 ball 2 strike count and women will start with a 2 ball 1 strike count. Teams can be all male, all female or coed……….just know that all female or coed teams will have to play all male teams.
• Single Elimination with Consolation Bracket
• Home Run Derby (individual competition) will be held at 7:00 PM on Saturday, August 11th, Only softball team members are eligible.
  • Pitches will be from a pitching machine ONLY!
  • 1st round – 10 strikes – top 5 advance
  • 2nd round – 10 strikes – top 3 advance
  • Total of 1st round and 2nd round scores will determine final round participants
  • Final Round- scores will be reset at 0 – 5 strikes – top 3 will be 1st, 2nd and 3rd place winners

Tug-of-War

Saturday, August 18th 11:30a.m.
Teams of 5 men, 3 men and 3 women or 6 women
• Each team will attempt to pull the rope in their direction until the marked portion of the rope crosses the plane of their side of the MUD pit. Double elimination.

Volleyball Tournament

August 13th-16th 7:00p.m.
Teams of 6, plus substitutes (all men, all women, or coed)
• Adult Recreation Volleyball League Rules will apply
• 6 players on the floor – at-will substitution is allowed but each player must play a complete rotation before subbing out (including serving)
• Double Elimination or Round Robin format depending on the number of teams participating
• All net balls are in play and every serve results in a point
• Preliminary games will be played to 15 points (must win by 2 points) (2 out of three games)
• Semi-final and Final games will play to 21 points (must win by 2 points) (2 out of three games)
• Time limits may apply depending on number of teams – team ahead by 2 points will be the winner when time is called
• Please list names in groups (according to who you want on your team, you can have subs)

Walk/Run Individual Competition

Saturday, August 18th 7:00a.m.
• Course will be marked at the North YMCA.

Volunteers

Employees may add points to their company’s score by volunteering for the event. Volunteers do not have to participate in an event to volunteer. Team coordinators will be given a list of volunteer opportunities (some opportunities will be available prior to the event)

Volunteers needed at any of the events starting Monday, August 6th through Saturday, August 18th. Saturday the 18th will be a big day. Please specify which day(s) and time you would be available.
Support the Amarillo Sox and the Amarillo Breast Center of Excellence

Mark your calendars for Aug. 3 and join your fellow co-workers at Amarillo National Bank Sox Stadium. The Amarillo Breast Center of Excellence, Texas Tech Physicians, Mammprints and Amarillo National Bank are sponsoring the evening, dedicated to breast cancer survivors. Survivors will highlight almost every part of the game; a handful will also be sharing inspiring stories between innings.

Game entry is free, although a suggested $1 donation will be collected at the door. The money will be used to support a new survivorship program at the Breast Center of Excellence, one of the first in the nation.

Make plans to join and wear your pink! The game starts at 7:05 p.m., as the Amarillo Sox go head-to-head against the El Paso Diablos.
Caution: Stop on Red!

Many might have noticed a new traffic control device on Coulter, which should make crossing the street safer. The new device requires drivers to stop when activated; education will be the key to its success.

The signal will remain dark until the button is pushed, the light will flash yellow for four seconds, then to a solid yellow. When the light turns red, it should be safe for pedestrians to cross. The light will stay red for 19 seconds, then go dark until activated again.

Even with the new device, everyone is asked to use caution when crossing the street.

A note from the Amarillo Police Department

The Amarillo Police Department wants everyone to know about Nixle, a free community information service built exclusively to provide secure, trustworthy and reliable information to the public.

The Nixle system allows the police department to communicate with subscribers and provide information on developing situations like missing children, traffic delays and major police incidents. Nixle messages also keep you updated with Amarillo Crime Stoppers fugitives, Crimes of the Week and useful crime prevention information.

Nixle subscribers can have information sent in three forms including text messages, emails and online postings.

No spam or advertising is sent over the service and it’s free to subscribers. Standard text messaging rates apply.

Sign up by going to the Amarillo Police Department’s website, www.amarillopolice.org.

Volunteer Opportunity

The local Muscular Dystrophy Association is looking for physicians to volunteer at their annual summer camp.

The camp, started in 1955, provides young children with muscular dystrophy and related diseases an unforgettable week with friends. There is no charge for the children to attend the camp.

The organization needs physicians who can volunteer and ensure a safe and healthy week for the children. The weeklong camp is held July 29 through Aug. 3 at Ceta Canyon. The camp rotates schedules, so physicians will only spend two or three days at the camp.

If you are interested in helping, contact Donna Veach at dveach@mdausa.org, or call (806) 793-5632.
On Behalf of the Office of the Provost, Office of the President, and the Laura W. Bush Institute for Women’s Health

Invite you to attend the

Gender-Specific Women’s Health Symposium

Highlighting research and education in the areas of women's health, sex and gender differences

9 a.m. to 5 p.m. Oct. 3, 2012

McKenzie-Merket Alumni Center

Lubbock, Texas

Faculty, residents and students from all schools and campuses are encouraged to submit research and scholarship works for this exciting symposium.

Keynote speakers include national women’s health and sex and gender experts

Larry Cahill, Ph. D. – University of California, Irvine
Janet Pregler, M.D. - Director of the Iris Cantor Women’s Health Research Center, UCLA

In addition to presentations from TTUHSC faculty, participants will have the opportunity to attend skill-building workshops in such areas as:

- Utilization of public databases to achieve publications
- Integration of sex and gender into research platforms
- Integration of sex and gender evidence into established curricula

Both original and previously published work will be accepted. Travel stipends for presenters available. See website for details. For registration and abstract submission please visit:

www.ttuhsc.edu/provost/genderhealth

For questions or queries please contact angela.knapp@ttuhsc.edu | 806.356.4617 ext. 271
Will you be watching the Olympics?

The summer Olympic games are almost underway (they start July 27), but have you ever thought about the science behind some of the games?

Be sure to tune into KAMR’s 10 p.m. newscast each evening to catch, “The Science of the Olympics.”

The segment is sponsored by Texas Tech Physicians of Amarillo and takes a behind-the-scenes look at some of the more interesting aspects of the competitions.

Pan-Roasted Salmon

**Directions:**

*Preheat oven to 350 degrees.*

*Combine brown sugar, salt and spices for the salmon in a small bowl and rub spice mixture on the top (non-skin side) of the salmon filets.*

*With the rub-side down, sear fillets in oil in a large, ovenproof non-stick skillet over high heat. When the fish releases easily and rub side is browned (about two minutes) flip filets and transfer pan to the oven.*

*Roast filets until they flake easily with a fork, about five or six minutes and enjoy.*

**INGREDIENTS:**

4 6-oz. salmon filets, skinned
1 tablespoon of olive oil
2 tablespoons of brown sugar
2 teaspoons of kosher salt
1 teaspoon of ground black pepper
½ teaspoon of ground cumin
¼ teaspoon of dry mustard
1/8 teaspoon of ground cinnamon
Please send any information you’d like to include in *The Beat* to Steve Pair at steven.pair@ttuhsc.edu.