

# LIGHTEN UP NEWS, December 2001

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**Website** – <http://www.lightenupforever.org>

**Email:** [lightenup@musc.edu](mailto:lightenup@musc.edu)

**The Digestive Disease Center (DDC)**, located at Suite 210, Clinical Science Building, has become the new *Lighten Up* home. DDC is a department of



*Melinda, Tammy, & Kelly*

people who have fun working hard while providing people with courteous and cost effective health care. Research and education are important! **Meet 3 of the DDC Study Nurses.** Are you one of the 7 million Americans who have heartburn? It can be serious, so get a **free screening** of your esophagus by calling Tammy Glenn at 792-0612. Melinda Lewin can answer general GI questions at 792-7856.

**DDC Website:** [www.ddc.musc.edu](http://www.ddc.musc.edu)

**SOMETHING IS HAPPENING.** Nancy Cox of Vandalia Presbyterian in Greensboro shared her story about the challenge of desserts at a cookout. Nancy began her meal with Brunswick stew, chicken vegetable soup, and cornbread; but the desert table was calling her. “There were chocolate chip brownies and cakes from cherry dump, coconut, to oatmeal raisin. My *Lighten Up* leader wasn’t there, so I was going to sin big time. I filled my plate, stared at it, and something changed. I was full. I couldn’t eat it! I decided to take the plate home. Before going to bed, I did eat a chocolate chip brownie, my favorite. But, when I got up the next morning, I threw the rest in the garbage. I couldn’t look at it anymore. What has happened to me? Am I changing? I believe that when I was getting ready to fork down on that plate of dessert, someone was saying a prayer. I love it. This makes me so proud of myself. I know that God can help me through this. *Congratulations to Vandalia Presbyterian! They’ve lost more than 90 lbs!*



**LIGHTEN UP in 2002.** The schedule for the New Year looks busy. Dates, times, and locations will be on the website. <http://www.lightenupforever.org>.

*Cathedral of Praise, N. Charleston*

*Christ Our King, Mt. Pleasant*

*Jerusalem Baptist, Charleston*

*Morris Browne AME, Charleston*

*Olive Branch AME, Mt. Pleasant*

*Our Lady of Grace, Greensboro, NC*

*St. Peter’s AME, N. Charleston*

*YMCA, Kannapolis, NC*

Call us at (843)-792-3047 for details!

**HOW MANY?** 107 million Americans are overweight (BMI >25) and 44 million Americans are obese (BMI>30). Find your height. If you weigh more than the corresponding pounds for height, you are one of the 107 million who could benefit from weight reduction.

**BMI = 25**

4'10" = 119 lbs	5'2" = 136 lbs	5'6" = 155 lbs	5'10" = 174 lbs
4'11" = 124 lbs	5'3" = 141 lbs	5'7" = 159 lbs	5'11" = 179 lbs
5'0" = 128 lbs	5'4" = 145 lbs	5'8" = 164 lbs	6'0" = 184 lbs
5'1" = 132 lbs	5'5" = 150 lbs	5'9" = 169 lbs	6'1" = 189 lbs

**OBESITY IN AMERICA.** People who are prone to depression are having a harder time recovering from the events of September 11. When people lose hope, they begin to smoke more, eat more, and drink more. I want to encourage you to stick to the changes you have made to increase exercise, carefully read food labels, and be disciplined about food decisions. In America today, 34% are overweight, while another 27% are obese (61% would improve health by weight loss). Obesity costs \$99 Billion dollars per year! Treat yourself to a very special gift this Christmas by not gaining any weight during the holiday season.

*"I feel good every time a pound goes. I don't care where it goes!"*

*Suzanne Bolger, Charleston, SC*

**THE CHRISTMAS CHALLENGE!** Do you have any friends that don't need to gain weight for Christmas? Help them out by planning ahead. Avoid "guilt" in the New Year by setting realistic goals. Try some of these suggestions.

1. Enjoy everything but control the amount. Eat mindfully!
2. Select foods carefully and use a small plate.
3. Drink plenty of water or sugar free beverages.
4. Make sure you exercise on the days of a party.
5. Center times of fellowship on your many blessings.
6. Exchange gifts of candles or flowers rather than food.
7. Be creative and try low calorie alternatives.
8. Don't blame the holidays; but accept the responsibility!

**SNOW PEA SALAD.** Try something new, fancy and colorful for Christmas! Blanch 2 cups of snow peas and refrigerate. Slice 1 cup of red bell peppers into thin strips. Arrange on a serving plate like a flower by alternating the snow peas with the red bell pepper. Prepare the avocado dressing to use as a dip.

**AVOCADO DRESSING.** Scoop pulp out of 1 ripe avocado. Mash into 3 Tablespoons of lemon juice. Add ¼ cup finely chopped onion, ½ cup low fat yogurt, ¼ cup of evaporated milk and mix. Add salt & pepper to taste. It will be fun to take this colorful plate to a party. Enjoy!

**CHICKEN, VENISON, PORK CHOP, or BEEF.** Use a knife to coat individual portions with Dijon mustard. Dip in Italian style breadcrumbs and pan fry in olive oil. Cook until tender (about 6 minutes). Salt and pepper to taste.

**POTATOES.** Peel, boil, and mash white potatoes with garlic powder and plain yogurt. Another choice is to peel, boil, and mash sweet potatoes with orange juice and cinnamon. You've added flavor without adding fat. Get fancy and make dollops with a cookie press and place on wax paper (this makes easy cleaning) and grill for a minute or two in the oven until browned. No added fat but tasty and pretty.

**BROCCOLI & CHERRY TOMATOES.** Steam or boil broccoli for 5 minutes. Add cherry tomatoes and steam for another minute. You've got the Christmas colors and combining vegetables improves the flavor. Add Mrs. Dash.

**SUGAR FREE & FAT FREE INSTANT PUDDING.** Make with skim milk in just 2 minutes. Pour into serving cups and top with sprinkles. My favorite flavor is white chocolate. It's fast, easy, and another way to get your milk.

*These recipes are quick, easy, and low in calories. Have fun cooking!*

**WARNINGS.** During the health check, Inez Brown-Crouch, Director of the Honey Hill Community Center, had elevated blood pressure. "Lifestyle change is serious business! Health is a priority and I accept the responsibility. My health check showed me that I was dealing with my weight and cholesterol; but I needed help lowering my blood pressure. Medications can have side effects, which make continual monitoring important. I have to pay attention to the warning signs." Inez is an example to her Honey Hill community that taking ownership and forming a partnership with your doctor are important steps to improving health.



**The PANCREAS** is a long, slender organ in the upper abdomen, which produces both digestive juices and insulin. The organ is vital to regulating how the body stores and uses food. These functions can be seriously impaired if the pancreas becomes inflamed (pancreatitis). Some people will develop diabetes and/or become unable to digest foods, especially fats. Severe abdominal pain is common. Treatment is individual but may include medications for pain and/or surgery. **Suzanne Bolger**, a *Lighten Up* participant, would like to form a support group for people who have had pancreatitis. Call her at (843) **556-4406** to find out more.

**THINKING of OTHERS.** Give back by becoming a Big Brother or a Big Sister to children in your community. Call **Lisa Robinson** at (843) **266-5233**.



**It's That Time of Year!  
Have a Wonderful Holiday &  
Be MINDFUL!!!**

**CONTROL PORTIONS!!**

“It would be easy to eat the foods I love – cream puffs, chocolate with nuts. It is hard to pass them up. Comfort food makes you feel good for the short term; but you have to look at what happens later. I look at my family and they eat the way they did 100 years ago. It just takes discipline. Anything worthwhile is worth fighting for. I season my food differently and it tastes good!” *Ercelle Chillis, James Island, SC*

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*Lighten Up*

*Digestive Disease Center*

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