



Managing Food Allergies in the School

This fall many children will return to school with some form of allergy. Allergies are detrimental immune responses in which the immune system overreacts or is hypersensitive to certain substances such as food. Allergic responses to food can be few or many. Gastrointestinal response: vomiting, diarrhea, or abdominal pain. Dermal (skin) response: hives and itching. Mucosal (eye, nose, respiratory tract) response: redness and itching, rhinitis (runny nose), constriction of the airways leading to wheezing and difficulty breathing.

Food allergies can be life

threatening but with concerted effort between students, parents, and school personnel, the risk of accidental exposure can be avoided.

Parents should notify the school of your child's allergies, the type of food he/she is allergic to and the allergic responses noted. Provide written medical documentation, instructions, and medications as indicated by a physician. Educate the child in the self-management of their food allergy. Assure that school personnel who interact with your child on a daily basis can recognize the symptoms and know ex-

actly what to do. If age appropriate and after approval from physician, parent, and school nurse, students should always carry their own epinephrine. Provide correct emergency contact information. Student's should not trade food with others; should not eat any food with unknown ingredients and should notify an adult immediately if they believe they may have eaten food to which they are allergic.

Source: McCance, K.L. & Huether, S.E. Pathophysiology: The biologic basis for disease in adults and children. 1998.

October is Breast Cancer Awareness Month!

Breast cancer is the most common form of cancer for American women and can be the most deadly if undetected. Early detection is the key, and many women can take a more active role in their health by doing a monthly self-breast exam, or SBE.

SBE is recommended monthly around the middle of a woman's cycle. It is imperative to regularly perform the exam, to gain a familiarity with the normal structure of one's breasts. Changes in breast tissue often occur with monthly hormone changes, so it is

important to be able to differentiate between what is normal and what is abnormal for each woman. This is why regular SBE is so important.

SBE should begin with palpation of the nipple with the three middle fingers of the hand. A circular motion should be used pressing into the breast tissue covering the whole breast. Palpation should occur all the way up to the armpit, feeling for hard, irregular, nodules. Anything suspicious should be directed to your primary care physician for follow-up.

Women over 40 are encouraged to have annual mammograms in addition to SBE. The yearly mammogram may be the key to early detection of the disease. Women with a family history are recommended to start having annual mammograms after age 35. There is a great risk of breast cancer in women whose mother or sister has the disease.

It's your health and your choice. Target Breast Cancer Prevention through Self Breast Exams



Inside this issue:

Apple Walnut Cookies	2
Herbed Chicken Scaloppini	2
Yoga Pose of the Month	3
Find the Fruit	3
Walk to Iraq Assessment Dates	4

Special points of interest:

- *Walk to Iraq Scavenger Hunt*
- *Stress Tips*
- *More cool recipes*
- *Moving through poses in yoga*

Herbed Chicken Scaloppini Submitted by Anonymous

Prep: 5 minutes

Cooking Time: 8 minutes

Serves: 4

Ingredients:

4 boneless, skinless chicken breasts, about 4 - 6 oz each

1.5 tablespoons olive oil

2 tablespoons “ *herbes de Provence* ”

Cooking Instructions:

1. With a meat pounder, flatten the chicken breasts between 2 sheets of waxed paper. Press the *herbes de Provence* into the chicken.

2. Heat the olive oil in a heavy oven proof skillet until it begins to smoke. Cook each side of the chicken until golden brown, about 8 minutes total.

Serve with rice and steamed broccoli for a healthy meal! Don't forget a serving of milk or water as your beverage!

Nutrition Facts:

Serving Size: 1 chicken breast

Calories: 173

Total Fat: 7g

Saturated Fat: 1g

Protein: 26g

Total Carb: 1g

Percent of Calories from Fat: 35%

Percent of Calories from Protein: 63%

Percent of Calories from Carb: 2%

Enjoy!

I will try this day to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking... In particular, I will try to be faithful in those habits of prayer, work, study, physical exercise, eating and sleep which I believe God has shown me to be right.

Apple Walnut Cookies, Sharon Morejon



Preparation Time: 20 minutes

Cooking Time: 20 minutes

Ingredients:

Good News! Good food, is good for you!

Vegetable cooking spray
1 cup rolled oats

- 1/2 cup walnuts, chopped
- 1 cup whole wheat pastry flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 2 egg whites
- 1 Granny Smith apple, peeled, cored and grated
- 1/4 cup unsweetened applesauce
- 1/2 cup light brown sugar, packed
- 3 tablespoons sugar
- 2 tablespoons vegetable oil
- 1/2 teaspoon vanilla extract
- 1/2 cup raisins

Cooking Instructions:

1. Heat the oven to 375°F. Spray the baking sheets with vegetable cooking spray.
2. Place the oats and nuts on a separate, un sprayed baking sheet and toast until golden, about 8 minutes. Set aside.
3. Combine the flour, baking soda, baking powder, salt, cinnamon and ginger in a medium bowl.
4. Combine the egg whites, grated apple, applesauce, brown sugar, sugar, oil and vanilla extract in a large bowl. Stir in the dry ingredients until just combined. Add the raisins and toasted oats and nuts.
5. Drop the dough onto the prepared baking sheets by

tablespoonfuls, about 2 inches apart.

6. Bake the cookies on a pan at a time until golden, about 10 to 12 minutes. Cool on wire racks for 3 minutes before removing them from the pan. Cool cookies completely before serving.

These cookies can be made and stored in an airtight container for up to 2 days

Nutritional Information Per Serving:

Serving Size: 2 cookies
 Calories: 106
 Calories from Fat: 32%
 Calories from Protein: 9%
 Calories from Carbohydrate: 58%
 Total Fat 4g
 Saturated 0g
 Sodium 84mg
 Total Carbohydrate 16g
 Dietary Fiber 2g
 Protein 2g

Yoga Pose of the Month: Upward Facing Dog

Ok, in the last three editions, we have practiced breathing, focused on standing relaxed in mountain pose, transitioned into the forward bend and down into the plank position. To continue our sequence through a "sun salutation," we will move into Upward facing dog. From the plank position, take a deep breath and slowly lower your arms until you are lying flat with your hands under your shoulders. Lie prone on the floor and place the hands behind the shoulders and the big toes together. Inhale push evenly down through your hands and lift the chest up keeping the hips gently pushing down toward the floor. Relax the buttocks and the legs. Lift the hips and thighs off the floor, pushing the tops of the feet into the ground. Roll the shoulders back and down, keep the shoulders away from the ears. Look up, relax the face, release the lower jaw. Strongly push down through all four fingers, palms and thumbs, keep the arms

straight. Remain here for 5 to 10 breaths. Open your chest and feel the breath flowing in and out of you. Now, it is time to take a deep breath through your nose and exhale through your mouth. As you exhale, relax your arms until you are lying flat on the floor. Remember to keep your abdominal muscles contracted and tight throughout all motions. These are your core muscles and are essential in balance, strength and injury prevention. Continue to breathe slowly in and out and raise yourself back into the mountain pose. Take a deep breath in and a deep breath out. As you return to mountain pose, allow the muscles in your body to relax and let the positive energy flow through you. Feel strong, tall and smile because you have now mastered four poses and you are letting the strength of yoga improve your outlook each day! By now, we have moved from mountain pose to a forward bend, into plank position and then

to upward facing dog. In the next issue, we will move to downward facing dog and wrap up these motions that make up a sun salutation. The whole series should take no longer than 5 - 10 minutes and is a wonderful way to greet the day! Keep moving!



Find Your Fruits!

Did you know that the American Dietetics Association recommends 5-9 servings of Fruits and Vegetables per day? See if you can find the following fruits and add them to your diet! :)

- Apple
- Banana
- Cherry
- Date
- Fig
- Orange
- Pear
- Peach
- Prune

I	T	D	A	T	E
O	P	S	T	H	E
Y	R	R	E	H	C
R	U	A	C	P	I
A	N	A	N	A	B
E	E	F	I	G	T
P	A	P	P	L	E

Now unscramble the letters left over words to find out what's left over when you eat some fruits!

_____, _____ !



5-9 Servings of Fruits and Vegetables is essential for a healthy body! Plus they are low in fat and calories which makes for healthy snacking!



Big Red Wellness

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We're on the web!
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Big Red Wellness is the Wuerzburg -MEDDAC's commitment to the total wellbeing of their soldiers, families, civilians and employees. Our Wellness programs are unique as we are committed to bringing our wellness services to you. Our mobilized wellness program, "Wellness Works," has three iterations focused on your needs. There is a Unit menu, worksite menu and Stairwell/FRG menu created so that you can order a variety of wellness services! Through the evaluation of population health and customer feedback, we assure that our program goals continue to meet your health needs.



Mrs. Anna Courie, RN, MS is the Health Promotion and Wellness Coordinator for the WMEDDAC and 417th BSB. Through coordinating hospital and community partnerships, she assures that community needs are met. We do this through the monthly Community Wellness Council meeting. If you have an agenda item that you would like addressed to the council, please contact Mrs. Courie.

Mrs. Courie loves to travel, hike, read and cook. Her hardest Wellness principle to remember is that moderation is the key!

Walk to Iraq and Back and Civilian Fitness Assessments

WMEDDAC and 98th ASG are now offering two great programs to help participants get in shape. Beginning in September, the Civilian Fitness Program and Walk to Iraq program will be offering free fitness assessments to anyone in the footprint interested in taking steps towards a healthier lifestyle.

The Civilian Fitness Program implemented in 1999 in accordance with AR 600-63 is a one-time, six-month offer for civilian employees of the Army. Those who are enrolled receive three paid hours each week devoted to fitness. It is a chance to make real lifestyle changes. Hopefully the exercise habits formed during the program will be continued on an individual basis.

Research shows that people who commit to a positive lifestyle change for six months or more are likely to make the habit a lifelong one. The Army hopes that once the civilians commit to exercise for six months, their routine will become a habit.

For those civilians that do not work for the Army or cannot reap the benefits of three hours paid time off, the Walk to Iraq program was created to allow dependents of the First Infantry Division to walk to miles

to Iraq and back while their loved one is deployed. We are at the halfway point with Walk to Iraq and participants will be coming back to the assessments to check their progress towards their year-long goals.

All in all, both Civilian Fitness and Walk to Iraq participants are taking steps each day that improve their health and wellbeing. 83% of participants report improved stress and almost half are making strides towards their wellness goals.

This September, participants will return for their fitness assessments to track progress. All participants enrolled in the Civilian Fitness program, or who received a pedometer, are required to complete a follow-up assessment. Anyone who would like to join one or both of the programs needs to contact their local Health Promotion Coordinator for an enrollment packet.

Dates, times, locations and POCs for registration in the 98th ASG for Civilian Fitness and Walk to Iraq this September follow:
417th BSB - Sept. 13, 9 - 12 a.m., Wuerzburg MEDDAC; Sept. 15, 9 a.m. - 3 p.m., Leighton Gym; Sept. 16, 12 - 5 p.m., Harvey Gym, POC: Syliva Guise, 355 - 8847.



280th BSB - Sept. 20, 12 - 4 p.m., and Sept. 21, 9 a.m. to noon, Finney Fitness Center, Paul Stubbs, 353 - 8234.

279th BSB - Sept. 22, 9 a.m. - 3 p.m., JFK Fitness Center, George Bermudez, 469 - 8890.

235th BSB - Sept. 27, 12 - 4 p.m., Barton Fitness Center (Katterbach), Sept. 28, 9 a.m. to noon, Bunch Fitness Center (Illesheim), Sharon Morejon, 467 - 2810.

If you are a civilian employee or family member and need to be motivated to achieve a healthier lifestyle, call your local Office of Health Promotion and Wellness, 350-6335/2202 or (0931) 889 - 6335 or (0931) 8042202, or email wellness@wur.amedd.army.mil.

And allow fitness to make an impact on you.