

Having trouble viewing this email? View the [PDF](#).



Volume 27, No. 3 | Monday, February 9, 2009

## In This Issue

- Celebrating Black History Month
- “My Heart Skipped a Beat”
- Health, Safety and Environment Fair
- Understanding Thyroid Cancer
- CASE Report and Presentations
- New Exhibit in Main, Mezzanine Lobbies
- Advice for Employees and Managers
- Valentine’s Day and More at Gift Shop
- Cancer Center Launches New Website
- People

## Celebrating Black History Month

February marks Black History Month, a federally recognized, nationwide celebration that provides the opportunity for all Americans to reflect on the significant roles that African-Americans have played in the shaping of U.S. history. At the Health Center, the Diversity Allies (formerly known as the Historical Recognition Committee) are sponsoring a quiz and poster contest. Prizes will be awarded to four sleuths who correctly answer the most questions and identify the location of the posters. There are 20 posters placed throughout the Health Center campus. Email responses to [Cheryl Sinkler](#) or fax to 679-3805. Responses should be submitted no later than Monday, March 2. Winners will be announced on Monday, March 9. [Download the quiz>](#)



## “My Heart Skipped a Beat”



The quote sounds great in a song or movie, but what does it mean if your heart really skips a beat? Experts from the [Pat and Jim Calhoun Cardiology Center](#) will address heart rhythm disorders at a Discovery Series program **Thursday, February 26**, at 7 p.m. in the Keller Auditorium. Arrhythmias, or irregular heartbeats, are common. There are about 2.2 million Americans living with atrial fibrillation (one type of rhythm problem), according to the American Heart Association. Arrhythmias can occur in a healthy heart and be of minimal consequence. They also may indicate a serious problem and lead to heart disease, stroke or sudden cardiac death. Cardiologists [Christopher Pickett](#) and [Heiko Schmitt](#) will cover topics such as irregular heartbeats, pacemakers, implantable defibrillators, and cardiac ablation. Discovery Series programs are free. Registration is required. [Register online>](#)

## Health, Safety and Environment Fair

The 2009 Health, Safety and Environment Fair takes place **Thursday, March 26**, from 6:30 a.m. to 4 p.m. in the Food Court, Onyuke Dining

Room and Keller Auditorium Lobby. Last year approximately 2,000 individuals attended the fair. "It was the first time environmental topics and recycling events were included," says Candace Pettigrew, co-chairperson. This year's event will welcome back many recycling activities including sneaker recycling and document shredding. "The fair's theme will focus on personal and workplace fitness with an emphasis on educating consumers about producing less waste by practicing the three R's - Reduce, Reuse and Recycle," adds Pettigrew. Stay tuned for further details about the fair and recycling events in upcoming issues of Newslines.

---

## Understanding Thyroid Cancer

When you look in the mirror, a key to your well-being is staring right back – your thyroid gland. It is a small, butterfly-shaped gland located at the base of your neck just below your Adam's apple. It helps control the body's metabolism as well as function of many important organs, including the heart, brain, liver, kidneys, and skin. Thyroid disease is more common than diabetes or heart disease affecting as many as 27 million Americans – and more than half of those people remain undiagnosed. "Many individuals with thyroid cancer have no symptoms and are found by chance to have a lump in the thyroid gland on a routine physical exam or an imaging study of the neck done for unrelated reasons," says [Beatriz Tandler](#), endocrinologist. [Tandler](#) will discuss the risk factors for developing thyroid cancer at a Celebrate Women program **Wednesday, February 18**, from 6 to 7 p.m. in the Low Learning Center. The lecture will explore the role of radiation exposure and the pituitary thyroid stimulating hormone (TSH), as well as diagnostic and treatment options including surgery and radioactive iodine. The [Endocrine Neoplasia Program](#) at the [Neag Comprehensive Cancer Center](#) offers comprehensive services to individuals with growths and tumors of the thyroid, pituitary, parathyroid, and adrenal glands. "Finding a fullness or knot in the lower part of the neck that moves with swallowing should be brought to the attention of a healthcare provider, even in the absence of symptoms," says Tandler. Registration for the program is required. [Register online>](#)



---

## CASE Report and Presentations

The [Connecticut Academy of Science and Engineering](#) (CASE) recently presented its report to members of the Connecticut General Assembly on the status of the proposed partnership with Hartford Hospital. In addition, President Michael Hogan and Vice President for Health Affairs Cato Laurencin provided information on the proposed educational and research collaborative. Copies of the CASE report and the presentations are available at the following sites:

CASE report:

<http://www.ctcase.org/reports/UCHCMonitor.pdf>

Michael Hogan's presentation:

[http://www.uchc.edu/presentations/case\\_hogan.pdf](http://www.uchc.edu/presentations/case_hogan.pdf)

Cato Laurencin's presentation:

[http://www.uchc.edu/presentations/collaborative\\_laurencin.pdf](http://www.uchc.edu/presentations/collaborative_laurencin.pdf)

---

## New Exhibit in Main, Mezzanine Lobbies



Jean Roberts, a Glastonbury artist, is exhibiting her work titled, "As Always Jean" now through Wednesday, March 25, in the Main and Mezzanine Lobbies. Roberts studied sculpture and painting at the University of Hartford and contemporary painting at Wesleyan University. Her works include collage, assemblage, and handmade paper. She has exhibited in numerous solo and two-person shows in a variety of venues. Roberts has won awards for her artwork from the Connecticut Academy of Fine Arts,

Connecticut Women Artists, and the New Britain Museum of American Art. Her work is in many private collections throughout the country.

## Advice for Employees and Managers

Need advice about how to be successful in your position or how to approach an employee whose breath smells of alcohol? Helpful information can be found in the February issues of the Employee Assistance Program's newsletters, Frontline Employee and Frontline Supervisor. The EAP offers confidential assessment, brief counseling, and referral services to all employees and their family members. More details are available from the website. To speak with someone, call x3098 or x2877. [Read the February issues>](#)

## Valentine's Day and More at Gift Shop

The [Connucopia Gift Shop](#) is gearing up for Valentine's Day! Place your order for flowers by **Thursday, February 12** at noon. Flowers will be available for pick up Friday, February 13, starting at 1 p.m. Gift shop volunteers will deliver orders to folks in the Main Building. All others have to be picked up in the gift shop. If you're not interested in flowers, stop by the gift shop



for an assortment of Valentine's Day chocolates, candies and other gift ideas. Before the big day, **Much More** will be selling its line of sterling silver jewelry **Monday, February 9**, from 9 a.m. to 3 p.m. in the Food Court Lobby. You're sure to find something for that special someone. If you're a last minute shopper, **Jazz Mi Taz** is back **Friday, February 13**, from 9 a.m. to 3 p.m. in the Food Court Lobby. Stop by and pick up a beautiful piece of jewelry. The [Connucopia Gift Shop](#) welcomes a new vendor, **Comfy Touch**, **Friday, February 20**, from 9 a.m. to 4 p.m. in the Food Court Lobby. Comfy Touch carries allergen-free, hand-crafted, organic-grain filled packs that provide the perfect combination of organic grains for optimal moist heat and cold relief. Preview the products at [comfytouch.com](http://comfytouch.com) and see what all the excitement is about. [Download the order form>](#)

## Cancer Center Launches New Website

Want to know more about the [Carole and Ray Neag Comprehensive](#)

[Cancer Center](#)? Spend some time on its newly revised website and learn about the center's providers, programs, state-of-the-art services, and events. [Learn more>](#)

## People



**Jean Kostak** was recently awarded the American Diabetes Association's Outstanding Commitment Award. Kostak has been volunteering for the American Diabetes Association for several years. She serves on the professional education annual symposium committee, the Hall of Merit Gala committee, and represents the ADA at numerous and professional speaking engagements and community forums. Kostak is a registered dietitian, a certified diabetes educator, and is the coordinator of the Health Center's Diabetes Self-Management Education Program.



**Liisa Kuhn**, Center for Biomaterials and Regenerative Medicine, is the 2009 winner of the Women of Innovation Award for Academic Innovation and Leadership. Kuhn, whose research focus includes engineering biomaterials that help cure cancer or regenerate tissue, was one of 10 winners among 52 finalists. "I think the award has a unique place in my heart because it recognizes women in science and technology in particular," she says. The Connecticut Technology Council presents the Women of Innovation awards annually.

The next edition of Newsline is **Monday, February 23**. See box below for submission information.

## About NewsLINE

NEWSLINE is distributed bi-weekly by the Office of Communications at the UConn Health Center. Submit news items by noon the Wednesday before publication. News briefs, notices and other submissions are subject to editing and the availability of space.

Editor: Christine Kaminski  
Phone: 860-679-4352  
Address: 263 Farmington Avenue, Farmington, CT 06030-5385  
Email: [Newsline@nso.uchc.edu](mailto:Newsline@nso.uchc.edu)

