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Sound the Alert

The American Diabetes Association is “sounding the alert” about the dangers of diabetes. Diabetes is a serious disease that strikes nearly 24 million children and adults in the United States. It is named the “silent killer” because nearly 6 million Americans have diabetes but don’t even know it.

“Everyone should be aware of the risk factors for type 2 diabetes,” says Jean Kostak, diabetes education coordinator. “Individuals who are overweight, living a sedentary lifestyle, and over the age of 45 should consider themselves at risk for the disease. African Americans, Latinos, Native Americans and people who have a family history of the disease are also at an increased risk. Additionally, there are an estimated 57 million Americans who have pre-diabetes. Those with pre-diabetes have blood glucose levels higher than normal, but not high enough to be diagnosed with type 2 diabetes. Lifestyle changes such as weight loss and increased physical activity can help delay or prevent the onset of the disease. Learn whether you are at risk for diabetes by visiting the representatives from the Health Center’s [Diabetes Education Program](#) at the Employee Health Service Health and Wellness events **Tuesday, March 10**, and **Tuesday, March 17**, and at the Health, Safety, and Environment Fair, **Thursday, March 26**, or take an online survey at www.diabetes.org/alert.



Good Green Fun Planned for Fair



Can you guess how many pounds of paper is discarded by one employee per year, or how much energy is used by having a screen saver? Get the answers to these questions and learn about environmentally friendly initiatives at the *2009 Health, Safety, and Environment Fair* being held **Thursday, March 26**, from 6:30 a.m. to 4 p.m. in the Food Court, Onyiuke Dining Room, and Keller Lobby. This year's event includes the annual sneaker recycling program, document shredding, hourly drawings, and much more! The fair will focus on personal and

workplace fitness, provide tips on energy conservation and information about the three R's - Reduce, Reuse and Recycle. New to this year's fair is a poster display by the preschool children at the Creative Child Center and a "Tree of Recyclables" built and designed here at the Health Center. Plan on attending the fair and having some good, green fun.

"No More Trips to Medical Records"

This was the response from physician Richard Simon when he was briefed on the final roll-out status of the electronic Health Information Management System, or eHIMS, which goes live this spring. Providers including physicians and nurses will be able to electronically access all inclusive hospital-based medical records for discharged patients and hospital-based ancillary testing from anywhere on campus or remotely via secure web access. The eHIMS website, <http://ehims.uchc.edu>, is now up and running and includes FAQs, key documents, and a glossary. The website will be updated as new information becomes available, including details on upcoming training sessions. [For further information email>](#)

New Modules on Patient Safety System

Two new John Dempsey Hospital Patient Safety System modules, Medication Reconciliation and Discharge Instructions, are being launched **Tuesday, March 17**. The two new components will be added to the Lifetime Clinical Record. The documentation of home and inpatient medications at admission, transfer to another unit, and at discharge is not only a mandate from The Joint Commission, but is a critical patient safety process that is currently captured manually. The new Medication Reconciliation module



saves the information online providing easy access throughout the admission and provides access to the information during future admissions. Beginning March 17, the home medication collection and admission reconciliation process will be required prior to placing inpatient admission orders. In addition, the entire discharge planning paperwork and processes will be done online in the new Discharge Instructions module. Once the process is completed, the system will produce a legible W-10 for the patient and/or the discharge healthcare facility. These two initiatives will eliminate the paper Clinical Resume, W-10 and Medication Reconciliation forms. A brochure explaining the changes will be distributed to healthcare prescribers beginning Monday, March 9, and

many superusers are now attending training classes and will be available to provide assistance and answer questions. Additionally, user manuals will be available on all the inpatient Physician Order Entry units. Utilization of these applications is mandatory for Physician Order Entry units effective March 17.

Check Out the Blog

Did you know that [Cato T. Laurencin](#), vice president of health affairs, has a blog on his web page? The blog shares items of interest, celebration, or concern with the Health Center community. Faculty, staff, and students are encouraged to provide feedback and also send in questions or suggestions. [Visit the blog and check out the latest postings](#)>

Colorectal Cancer Awareness Month



Colorectal cancer is the fifth most common cancer in the United States, according to the National Institutes of Health. Regular screening is the best way to find colon cancer early. Some screening tests may even be able to prevent colorectal cancer entirely, by finding certain types of polyps in the colon that could become cancerous. "The major risk factors for colorectal cancer include family history, obesity, and age," says [Joseph Anderson](#), gastroenterologist and expert in colon cancer screening and prevention. [Anderson](#) will address the importance of colorectal cancer prevention during a special program, **Tuesday, March 24**, 5:30 to 7 p.m. in the Henry Low Learning Center. Guest speaker Michael O'Brien, chief of Anatomic Pathology at Boston University Medical Center will address the genetic changes involved as polyps progress to colon cancer. The event is free and open to the public. Registration is required. Call x7692. The program is sponsored by the American Cancer Society, the Lea's Foundation for Leukemia Research, the Neag Comprehensive Cancer Center, and the divisions of Human Genetics and Gastroenterology.

Manya-A Living History of Marie Curie

The [Provost's Commission on the Status of Women](#) at UConn is hosting an event that honors a preeminent woman of science in celebration of the Year of Science. Artist Susan Marie Frontczak will perform a one-woman drama that portrays the life of Madam Marie Curie. Curie, a Polish scientist, was a pioneer in the field of radioactivity, the first person honored with two Nobel Prizes, and the first female professor at the University of Paris. Despite her success, few understand the obstacles she faced during her lifetime. From the political oppression of her childhood, to scientific emergence and fame, to the tragedy that forced her into single motherhood as well as further world prominence, Manya's story reveals a compelling journey. The event is scheduled for **Wednesday, March 25**, at 5:30 p.m. in the Keller Auditorium, and **Thursday, March 26**, 5:30 p.m. at the Nafe Katter Theater, 802 Bolton Road, Storrs. [For further information and to register for the event](#)>

Mind-Body Stress Reduction

[Celebrate Women](#) has a program planned to help reduce the stress in your life. Mary Guerrero, director of Integrative Medicine, presents an introduction to general mind-body techniques that will help manage the stress in your life. Guerrero will lead a relaxing mini-meditation that unites mind and body. The program is scheduled for **Wednesday, March 11**, 6:15 to 7:15 p.m. at the Henry Low Learning Center. Registration is required. Call x8899. [Register online](#)>



Save the Date for the Spring Market

The Health Center [Auxiliary's](#) annual Spring Market will be held **Friday, April 24**, in the Main, Mezzanine and Keller Lobbies. The show will feature a variety of crafters from the New England area. If you are a crafter and would like to obtain space, or if you're interested in being on the Spring Market committee, contact Nancy Dean at ndean@nso1.uchc.edu or Phyllis Hills at phyllishills@msn.com.

Consider Yourself Asked

The number one reason people give for not giving blood is because they were never asked. Now there's no excuse. Plan on giving blood at the Health Center's next blood drive **Monday, March 23**, from 8 a.m. to 5 p.m. in the Keller Auditorium Lobby. Schedule your appointment online at www.bloodpartners.org/connhc. Enter the sponsor code: UCONNhc.

People



Jay R. Lieberman, [New England Musculoskeletal Institute](#), was recently inducted into the American Institute for Medical and Biological Engineering College of Fellows. Lieberman was nominated for "significant and sustained contributions to understanding the biology of arthroplasty implants, and for innovative strategies for bone regeneration using gene therapy and materials science," according to the AIMBE. The honor puts Lieberman in the exclusive company of the top 2 percent of medical and biological engineers in their field, including distinguished professors, researchers and heads of engineering and medical schools at major universities, as well as entrepreneurs, directors of research and development, and corporate leaders.



Cheryl Oncken, associate professor of medicine, recently was awarded a five-year, \$4 million federal grant to study whether an exercise program can help postmenopausal women quit smoking, abstain from cigarettes, and improve their overall health. The study is being done in collaboration with the University of Minnesota and will recruit about 300 postmenopausal women. The researchers will use the Health Center's [Powerful Aging](#) exercise program. All participants will receive smoking treatment of behavioral counseling and the medication varenicline and then be randomly assigned to either a supervised exercise program or a supervised relaxation control program. Oncken, a nationally recognized expert on smoking cessation, received the grant from the National Institute on Drug Abuse.

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

About NewsLINE

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