

UC BENEFITS/HEALTH & WELLNESS NEWSLETTER



There's still time to join them.

Start slimming and win cash prizes – but you've got to act now!

The last day to officially weigh in is April 15th. [Register here.](#)
Send an invite to your friends from the website when you sign up

Remember, only those who are registered and weighed by **April 15th** have a chance to win one of the guaranteed cash prizes – and earn a healthier waistline, too!
Check us out on facebook.

Registration takes less than 3 minutes and you can visit our Student Health Center to weigh in*
[Visit the Get Lean for Green registration page.](#)



*contact Caren csummers@utica.edu for weigh in information

UC Health & Wellness Activities

Yoga 3/25-5/6

Boot Camp 4/5-5/17

Cardio Strength Training 4/7-5/19

Young Families Social Group (start tbd)

Sahaja Meditation 5/5-6/30

LesMills Body Flow 5/7-6/11

Zumba mid-June (start tbd)

A great way to save money is to use generic drugs instead of name brands when appropriate.

A generic drug is a drug that is exactly the same as the brand-name drug, but can only be produced after the brand-name drug's patent has expired.

A generic drug is the same as a brand-name drug in:

- dosage
- safety
- strength
- quality
- the way it works
- the way it is taken
- the way it should be used



A drug company develops new drugs as brand-name drugs under patent protection. This in turn protects the investment in the drug's development by giving the drug company the sole right to manufacture and sell the brand-name drug while the patent is in effect.

When patents or other periods of exclusivity expire, other manufacturers can submit an abbreviated new drug application (ANDA) to the FDA for approval to market a generic version of the brand-name drug.

Although generic drugs are chemically identical to their branded counterparts, they are typically sold at a cheaper price than the brand-name drug because the drug has not been developed from scratch, and the costs to bring the drug to market are less.

Are generic drugs as safe as brand-name drugs?

Yes. The FDA must first approve all generic drugs. The FDA requires that generic drugs must be as high in quality, and as strong, pure and stable as brand-name drugs. Generic drugs use the same active

ingredients as brand-name drugs and work the same way. They have the same risks and the same benefits as the brand-name drugs.

If brand-name drugs and generic drugs have the same active ingredients, why do they look different?

In the United States, trademark laws do not allow generic drugs to look exactly like the brand-name drug. However, the generic drug must have the same active ingredients. Colors, flavors, and certain other parts may be different but the effectiveness of the drug remains the same.

Does every brand-name drug have a generic drug?

No. New drugs are developed under patent protection, and most drug patents are protected for 17 years giving the drug company the sole right to sell the brand-name drug during that time. Only when the patent expires can other drug companies apply to the FDA for approval to start selling the generic version of the drug.

Click [Generic Drug List](#) to view drugs that became or will become available in generic form 2013-2014.



**Rx costs are between 50% and 90% of the total cost of care for many common conditions:
heart disease, diabetes, asthma, cholesterol,
depression and cancer**

Excerpted from Adirondack Financial Services and WebMD.com

Try personal training sessions with Maggie!

Contact her for your initial assessment: maggie_matrulli@yahoo.com

Like the polar bear, human life is under threat, too. Storms are becoming stronger, droughts are becoming more severe, and rising sea levels encroach on our cities.

We need an informed public to reverse climate change and protect our children's future!



Click to learn more: [Earth Day is April 22](#)
[Environmental Protection Agency](#)

BUTTER IS BACK!

Julia Child, goddess of fat, is beaming somewhere. Butter is back, and when you're looking for a few chunks of pork for a stew, you can resume searching for the best pieces — the ones with the most fat. Eventually, your friends will stop glaring at you as if you're trying to kill them.

That the worm is turning became increasingly evident a couple of weeks ago, when a meta-analysis published in the journal *Annals of Internal Medicine* found that there's just no evidence to support the notion that saturated fat increases the risk of heart disease. (In fact, there's some evidence that a lack of saturated fat may be damaging.) The researchers looked at 72 different studies and, as usual, said more work — including more clinical studies — is needed. For sure. But the days of skinless chicken breasts and tubs of I Can't Believe It's Not Butter may finally be drawing to a close.

The tip of this iceberg has been visible for years, and we're finally beginning to see the base. Of course, no study is perfect and few are definitive. But the real villains in our diet — sugar and ultra-processed foods — are becoming increasingly apparent. You can go back to eating butter, if you haven't already.

This doesn't mean you abandon fruit for beef and cheese; you just abandon fake food for real food, and in that category of real food you can include good meat and dairy. I would argue, however, that you might not include most industrially produced animal products; stand by.

Since the 1970s almost everyone in this country has been subjected to a barrage of propaganda about saturated fat. It was bad for you; it would kill you. Never mind that much of the nonsaturated fat was in the form of trans fats, now demonstrated to be harmful. Never mind that many polyunsaturated fats are chemically extracted oils that may also, in the long run, be shown to be problematic.

Never mind, too, that the industry's idea of "low fat" became the emblematic SnackWell's and other highly processed "low-fat" carbs (a substitution that is probably the single most important factor in our overweight/obesity problem), as well as reduced fat and even fat-free dairy, on which it made billions of dollars. (How you could produce fat-free "sour cream" is something worth contemplating.)

But let's not cry over the chicharrones or even nicely buttered toast we passed up. And let's not think about the literally millions of people who are repelled by fat, not because it doesn't taste good (any chef will tell you that "fat is flavor") but because they have been brainwashed.

Rather, let's try once again to pause and think for a moment about how it makes sense for us to eat, and in whose interest it is for us to eat hyper processed junk. The most efficient summary might be to say "eat real food" and "avoid anything that didn't exist 100 years ago." You might consider a dried apricot (one ingredient) versus a Fruit Roll-Up (13 ingredients, numbers 2, 3 and 4 of which are sugar or forms of added sugar). Or you might reflect that real yogurt has two or three ingredients (milk plus bacteria, with some jam or honey if you like) and that the number in Breyers YoCrunch Cookies n' Cream Yogurt is unknowable (there are a few instances of "and/or") but certainly at least 18.

Mark Bittman for the NYTimes March 25, 2014

MORE ABOUT PROCESSED FOODS

Processed foods are those that are treated to preserve them, enhance their flavor or to change the texture of a food. Many processed foods have added trans fats, salt, sugar or high-fructose corn syrup and monosodium glutamate, or MSG. Avoiding these foods can prevent weight gain, heart disease and diabetes. A diet high in fresh foods and low in processed ones is better for health.

Processed Meats

Processed meats are treated with a variety of additives that could be harmful to health if eaten too often and in large quantities. That being said, an occasional hot dog or lunchmeat sandwich probably won't kill you. But eating them all the time can result in health concerns: up to a 42-percent increase in the risk of heart disease and a 19-percent increase in the risk of diabetes, according to Reuters. MayoClinic.com adds that most people in America eat too much salt and switching to fresh cuts of meat and fish can help you reduce the amount of salt in your diet. This will also help you cut the amount of preservatives you are eating, making you healthier. Thus, you should avoid hot dogs, cold cuts, sausages and bacon.

Packaged Baked Goods

Avoid many of the sweet treats that you can find ready-made at the supermarket. The high-fructose corn syrup that is often used to sweeten commercially-prepared items has been linked to obesity, Dr. Boyd Williams of Optimal Health University reports. Many of these foods also contain trans fat, which can lead to heart disease when consumed often, as well as being higher in salt than fresh foods. Baking your own treats is healthier because you can control what ingredients you use. Skip packaged cakes, cookies, cupcakes and brownies and choose fresh fruit or low-sugar yogurt for a sweet snack that can satisfy without such high-health consequences.

Frozen Dinners

A frozen dinner is convenient. However, it could spell disaster to your health if you eat them every day. Many contain MSG, which is added during processing to enhance the flavor of the meal. MSG has been linked to health conditions like Alzheimer's and autism and can also cause headaches, nausea and mood swings. MSG is an additive that can be hidden in foods since it is often found in other ingredients that are added to a food. Avoid frozen dinners whenever possible in exchange for healthy fresh meats and vegetables. When you do find yourself in a pinch and reaching for the convenience of a quick meal, read the ingredients carefully to find the one that is the best for your health.

Eliza Martinez for Livestrong.com

If you or someone you know has experienced a loss, don't forget about the Hospice & Palliative Care workshops that are available free of charge. Check out their 2014 schedule of workshops.

<http://www.hospicecareinc.org/services/bereavement-services/>

Ask a Health Coach today. Call 1-800-348-9786

This service is available to eligible Excellus BC/BS members.

Health Coaching is available 24/7

You can get reliable information regarding treatment options, managing a current situation or thinking through a medical decision. Ask about preparing for a medical test, information on symptoms you may be experiencing, tips to help you communicate with your doctor or just help you decide if you need to see a doctor.

If requested, educational materials will be sent to you at home at no charge.