As the year progresses and things continue to move toward more hectic realms, IMIG hopes to serve as an oasis to all members of the LSUHSC community through our Health Promotion lecture series, our exciting events, and if anything, our newsletter. You may have noticed that the newsletter has undergone an extreme makeover. While it does have some new features, it will still hold monthly themes and have a few regular sections from last year’s version. This month we’re focusing on how to deal with stress and manage one’s time as a way to help the newcomers adjust to a somewhat different academic setting and life.

We hope you enjoy the newsletter. And of course, we’re always open to any comments or suggestions. If you have any, or if would like to write any articles, please send an email to: mtureg@lsuhsc.edu

Launch of ‘06-07 IMIG Wellness Newsletter
Mamina Turegano, L2

Time Management
Michelle Durham, L2

It is already 10:00 pm and you have so many things not completed that you thought you were going to accomplish in your day. Though you haven’t completed some of your most important tasks, you still want to get a good amount of rest, knowing that sleep deprivation can alter memory, energy levels, mental abilities, and mood. There are many distractions in life: the movies, parties, friends, social events – the list goes on. At any point in our lives we will be juggling many activities whether it is for school, work, or family.

Developing and maintaining a flexible personal schedule provides you with the opportunity to equally distribute your time between school obligations and personal activities.

Advantages to time management: motivates, prevents procrastination, reduces cramming, and alleviates anxiety.

How to keep up with the amount of material we receive every day:
- **Allot blocks of study time** and begin with the most difficult task first.
- **Take frequent breaks.** Consolidation of more difficult information may require more frequent breaks.
- **Review frequently.** Review immediately after class and review cumulatively on a weekly basis.

Also, don’t forget to make your schedule **balanced** and **achievable**. Check your schedule and make sure it includes **physical, intellectual, social, emotional, and spiritual** activities.

See some basic time tips on the next page.
Some Time Management Tips

1. **Find something to enjoy** in whatever you do.
2. Continuously find ways to **free up your time**.
3. Use **waiting time** for review notes or practice problems.
4. Keep a **calendar and a to-do list**.
5. Always **keep long term goals** in mind.
6. **Plan your day** each morning or the night before and set priorities for yourself.
7. **Reward yourself** when you accomplish something you planned.
8. **Catch and stop yourself** when you are being unproductive.
9. **Concentrate on one thing** at a time.
10. **Push yourself and be persistent**, especially when you know you are doing well.
11. **Think on paper** – it makes it easier to review and revise.
12. **Set deadlines** for yourself whenever possible.
13. **Remind yourself**, "There is always enough time for the important things." If it is important, you should be able to make time to do it.

Integrative Medicine in LSUHSC Medical Curriculum

- Spirituality in SPM
- Botanicals in Pharmacology
- Supplements in Biochemistry
- Stress Reduction in Psychiatry
- 4th year CAM elective
- Health Promotion in FM* Residency, 3rd year
- Biopsychosocial in FM* Residency, 3rd year

*FM = Family Medicine

Integrative Approach to Stress

Mamina Turegano, L2

**Stress** is defined as a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium.

When we activate our sympathetic system we remove ourselves from a state of equilibrium or homeostasis. Our body is usually in parasympathetic mode—a state where we have lowered heart rate, lowered blood pressure, deeper breathing, improved digestive function, and better circulation to our extremities. By learning how to deal with stress, we can regulate our autonomic system and maintain homeostasis.

Diagram courtesy of Dr. Henri Roca

Meditation
Justin Meunier, L2

Meditation is the practice of focusing the mind. Mental calmness and physical relaxation is achieved by suspending the stream of thoughts that normally occupy the mind. It is often practiced in the form of a ritualized routine, generally once or twice a day for approximately 20 minutes at a time.

Although meditation is recognized as a component of Eastern religions, it encompasses a wide variety of spiritual practices which emphasize mental activity or quiescence.

However, meditation not only has both mental and spiritual benefits, but also strong physical benefits. It is used as a method of stress and pain reduction. One of the pioneers of research in this area is Dr. Herbert Benson of the Harvard Mind-Body Medical Institute. He reported that meditation induces a host of biochemical and physical changes in the body collectively referred to as the "relaxation response."

Also, the activity of the brain during meditation can now be investigated using functional MRI imaging, which examines the electrical activity of the brain. This technique is currently being used for investigation into which parts of the brain are actively involved in meditation, and how this activity relates to the physiological effects seen in those that are practicing meditation.

The relaxation response includes:
- Decreased metabolism
- Decreased heart rate
- Decreased respiration
- Decreased blood pressure
- Decreased adrenaline levels
- Increased nitric oxide levels

References:

Neuroscientists from the University of Queensland conducted a research study on Himalayan monks and how meditation can literally change the way they see things.

Yoga

Marly Dows, L2

Yoga is a combination of breathing exercises, physical postures, and meditation. It is a wide collection of physical techniques and practices to integrate the mind, body, and spirit.

This combination of breathing, movements, and undivided focus on the body helps release tension and achieve mental clarity.

Many of the positions require isometric muscle contraction and stretching and engage commonly under-used muscles to help increase tone and flexibility. Yoga also helps increase circulation to promote toxin elimination from the tissues.

Concentrating on body positioning and breathing allows one to fortify the energies of the body to achieve and maintain an inner peace.

There are many forms of yoga that have evolved from practices of ancient Indian cultures that have spread and are increasingly being incorporated into western cultures.

Stay tuned for future articles about different yoga moves and postures!

What can yoga do for you?


The mental benefits: Helps you relax and handle stressful situations more easily. Teaches you how to quiet the mind so you can focus your energy where you want it to go — into a difficult yoga pose, on the tennis court or golf course, or in the office. Encourages positive thoughts and self-acceptance.

The spiritual benefits: Builds awareness of your body, your feelings, the world around you, the needs of others. Promotes an interdependence between mind, body, and spirit. Helps you live the concept of “oneness.”

Yoga therapy incorporates the practice of yoga into modern medicine.

Yoga is used to help patients suffering from pain-related conditions, such as fibromyalgia, arthritis, and post-operative pain, to increase their range of motion and decrease pain related to movements.

Yoga is also prescribed to patients with chronic fatigue and anxiety in order to promote relaxation and help increase energy.


IMIG Update

- The Wellness Health Fair (August 12th) at Whole Foods (New Orleans and Metairie) was extremely successful. IMIG members teamed up with Homeless Clinic members to measure blood pressure, blood glucose, and body mass index on participating Whole Foods customers.
- IMIG’s first four meetings had a tremendously high attendance. We currently have 125 official IMIG members! Every meeting is catered by Whole Foods.
- IMIG has an active core group of 24 members. The committees include: Wellness Day, International Day, Fundraiser/Publicity, Community Service, Health Promotion Elective Topics, and Newsletter. If you’re interested in helping out with IMIG, email Mamina (mtureg@lsuhsc.edu).
- Footage of our meeting on September 14th and interviews with IMIG members were featured on WWL-TV.
Healthy Snack Ideas

Katie Bruno, L2

- Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms, or zucchini served with a low-fat dip
- Fresh fruit (try apples with peanut butter or frozen grapes!)
- Low-fat breads and muffins, such as pumpkin, zucchini, banana or bran
- Non-sugared cereals, especially bran or whole grain
- Granola mixes
- Dried fruits
- Crackers with low-fat cheese
- Popcorn or pretzels
- Rice Cakes (try adding peanut butter)
- Yogurt (try adding granola)
- Baked Tortilla chips with salsa
- String cheese (mozzarella)

Thank you…

We would like to offer thanks to the American Medical Student Association Foundation’s EDCAM program, Whole Foods Company, the Wholistic Wellness Network, LSUHSC Family Medicine Department, and our faculty advisor, Dr. Henri Roca who is Chief of LSU’s Section of Integrative Medicine and a Holistic Area Resource Person of the American Holistic Medical Association.

Editor:
Mamina Turegano, L2 Medicine

Contributors:
Katie Bruno, L2 Medicine
Marly Dows, L2 Medicine
Michelle Durham, L2 Medicine
Justin Meunier, L2 Medicine

Faculty Advisor:
Henri Roca, MD,
Chief, Section of Integrative Medicine, Department of Family Medicine

Donations can be made out to the LSU Foundation. Please specify LSU Section of Integrative Medicine on the comment line. Send donations to 2364 Constance Street, New Orleans, LA 70130.