

Canyon Creek CHRONICLE

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WOMEN'S WELLNESS SEMINAR ADDRESSES LATEST HEALTH ISSUES STRIKING WOMEN

*Concordia University Texas & Cru Austin Host Second Annual 'Living Fit' Seminar on
January 14, 2017*

How much sleep do I really need? How does stress impact my body? What are the keys to living a longer, healthier life and how do I break life-long habits that have prevented me from getting there?

These questions will be answered at Concordia University Texas and Cru Austin's second annual women's wellness seminar, 'Living Fit' on Saturday, January 14th, 2017. Internationally recognized physician, researcher and author, with Dr. Patsy Sulak, and Dr. Chris Thurman, an Austin psychologist, popular seminar speaker and best-selling author will address these important health issues.

Dr. Sulak will discuss real wellness issues affecting women and Dr. Thurman will speak about the topic, 'Why Change is So Hard'.

"There's a lot of conflicting information, especially online, about important women's health issues," explained Dr. Sulak. "I'm honored to speak to the women of Central Texas again to help sort out fact from fiction on many of these conditions."

The seminar was strategically planned around the new year, a time when many people create resolutions to live a healthier lifestyle.

Dr. Thurman's talk about 'Why Change is So Hard', will address why the habits we form can be our biggest obstacles when it comes to making important life changes.

Dr. Sulak is an OB/Gyn, researcher, speaker, and medical school professor at Texas A & M College of Medicine. In addition to her busy clinical practice, teaching and research, she speaks throughout the country to businesses, organizations, schools and healthcare institutions on numerous health issues with a focus on disease prevention.

Dr. Thurman is a best-selling author of many books including *The Lies We Believe*, *The Trusts We Must Believe*, and *The Lies Couples Believe*.

The half day seminar will take place at Concordia University Texas on Saturday, January 14th, 2017 from 8am to 12pm. Tickets are \$25 before January 1, 2017 and \$40 beginning January 1. To register for the seminar, click [here](#).

About Cru Austin

Cru is the name of Campus Crusade for Christ in the United States. Cru is an interdenominational Christian evangelism and discipleship ministry committed to giving people everywhere the opportunity to know and experience God's love and plan for their lives. Cru offers spiritual guidance, resources and programs tailored for people from all cultures in every walk of life. For more information about Cru Austin, please visit AustinCru.com

About Concordia University Texas

Concordia University Texas is an award-winning institution of higher education, offering undergraduate and graduate degrees, delivered both onsite and online. The main campus is located in Northwest Austin, with courses additionally delivered at satellite locations in Dallas/Fort Worth, San Antonio, and Houston. A privately held, accredited, liberal arts university, Concordia is under the auspices of The Lutheran Church—Missouri Synod. It is a member of the highly respected Concordia University System in which more than 36,000 students are enrolled nationwide. For more information, please visit Concordia.edu.

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View the current issue of *The Canyon Chronicle* on the 1st day of each month at www.peelinc.com

Hitting the slopes this ski season? Keep in mind these tips to preventing injuries on the slopes.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is

"How can I avoid hurting myself on the ski slopes?"

So what do I tell recreational skiers about staying healthy on the hill?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

Get in good "ski-shape"

6 weeks of strength and some aerobic training will suffice

Ski within your limits

Stay relaxed, focused & well hydrated

Watch out for that last, fatigued run of the afternoon

If you fall, fall forward and throw your hands in front of you

it's proven that less knee and shoulder injuries occur in the forward lean of a fall.

And always, always, wear a helmet!

Before you ski, take time to take stock of your physical condition, especially your knee, shoulder and hip joints. Pre-trip aches and pains will not make for an enjoyable ski trip!

Written by Kelly Cunningham, MD

Orthopedic Specialist and Founder, Austin OrthoBiologics Sports Medicine Clinic

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.

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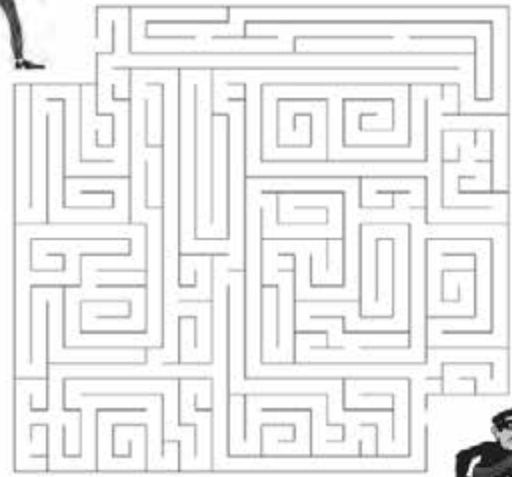
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TEXAS A&M AGRI LIFE EXTENSION Fungus Gnats

Fungus gnats often become a problem in homes due to an overwatering problem. Since this time of year can bring poinsettias or other plants into the home, fungus gnats are a pest to watch for.

Fungus gnat adults are small, black, long-legged flies with long antennae. Most adults are about 1/16 an inch but some can get up to 1/2 an inch. They are weak fliers and generally remain near potted plants, growing media, foliage or leaf litter.

Larvae, or immatures, have a black head capsule and long whitish body without legs. They feed on organic matter such as mulch, compost, grass clippings, plant roots and fungi. When conditions are very moist, fungus gnat larvae can become abundant and may leave slime trails on media that looks similar to trails left by snails or slugs.

While these gnats are a nuisance they are fairly easy to manage. Indoors, it is a good idea to use yellow sticky cards as a monitoring tool. Potato pieces may also be used as a monitoring tool for fungus gnats. To do this, imbed a peeled potato cube into media and inspect the underside of the potato and the media directly below it twice a week for fungus gnat larvae.

To manage fungus gnat populations, work on reducing excessively moist conditions. Avoid overwatering and make sure that there is good drainage. The surface of container soil should be allowed to dry before watering again.

If using compost, make sure that items have been fully composted. Compost piles should be turned regularly and kept away from doors or windows. Inspect all doors, windows, vents and screens for a good seal to reduce the number of gnats that may enter a structure.

Bacillus thuringiensis var. *israelensis* or the nematode *Steinernema feltiae* can be applied in containers to control larvae. Either spray on the media or apply as a soil drench. Biologicals work best when they are applied early in an infestation. If a population is already large, they may not provide the control desired.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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