

MCG news columns

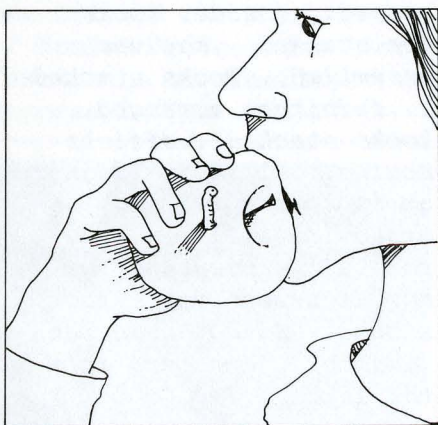
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There's more to good nutrition than eating right

Most people are aware that good nutrition means eating the right foods. But, according to Dr. Elaine Feldman, professor of medicine at MCG and director of the Georgia Institute of Human Nutrition, eating the proper things is not all that is involved in maintaining a balanced diet.



Beware of Green Apples..

"Just about anyone, left to his own devices, can follow his instincts and eat a balanced diet. The problem is that many people just eat too much of everything," she states.

The most important thing for a person to keep in mind about what they eat is that it should provide more than calories, the physician relates. "A good diet should give

a person the essential nutrients, vitamins and minerals. If a person is eating empty calories, that is, foods that provide calories and not other nutrients, then they are not maintaining a good diet."

A balanced diet is one that provides a person with the essential vitamins and minerals, Feldman states. This would include each of the four major food groups. "Meats, fruits and vegetables, cereal and grain products, dairy products and fats are what we should select for our diet," she says. "A really proper diet would include selections from each of these four groups at each meal."

The four groups provide a person with protein, carbohydrates, fat, vitamins and minerals. Of these, Feldman relates, the most important element is protein. "It is the calories we get from protein that are essential. It has to be in the diet every day and in every meal." The protein eaten must have all of the essential amino acids needed by the body to build and replace tissue.

"We don't have any requirement for carbohydrates in our diet except to provide calories," the physician continues. "We do have a requirement for

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calendar

8/1/80

Slip proofing of parking deck stairwells will begin. Only one stairwell will be closed at a time.

8/22-23/80 8 p.m.

The second annual Easter Seal Softball Marathon will be held at the Lumpkin Complex adjacent to Butler High School. Teams wishing to compete in the marathon should contact John Reese, project chairman at 733-4401 for more information.

newsbriefs

VA parking is a no-no

MCG auto drivers should be aware the new Veterans Administration Hospital has begun enforcing parking regulations in its parking lots. Unauthorized vehicles, those without VA parking stickers, will be towed at the owner's expense and a U.S. Court violation will be issued against the vehicle owner.

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Early morning running can be enjoyable-really!

Six o'clock in the morning, come on! The birds aren't even after worms at that hour. It is an hour, isn't it? Or is it some state of mind set up by a mad clockmaker to add more confusion to the world? Functioning at that hour is one thing but to go out and put one foot in front of another in rapid succession, is, to me, absurd.

Despite my views, people do get up early in the morning and run. Two examples of this phenomenon are MCG nurses Petra Farkas and Jane Thomas. Petra has been into the routine for some years while Jane is a relative newcomer.

"We started running together about three months ago," Petra relates. "I had been running by myself and didn't really enjoy it. Margaret Durant, my nursing supervisor, told me Jane wanted someone to run with, so we started running together."

"I had been exercising by swimming, but in the winter that presents problems around here," Jane says. "So, I decided to turn to running and this has worked out real well."

"My main reason to run is to keep my weight down," Jane says.

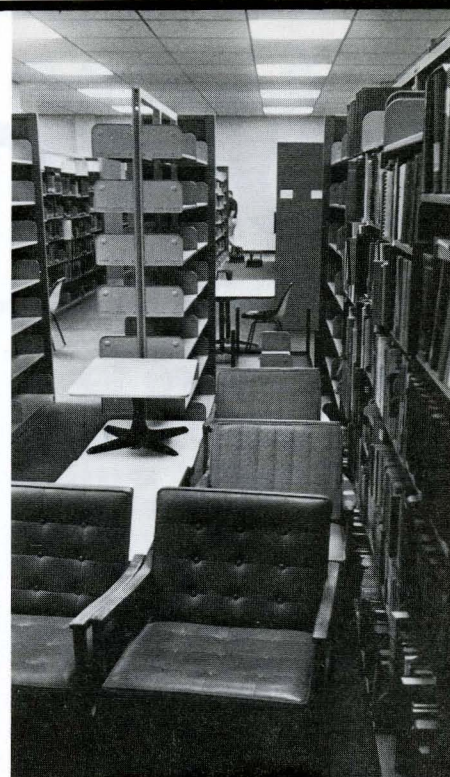
Petra's reasons are a little different. "For me the enjoyment comes from mental relaxation. It is a great time for me to unwind and work on problems. Since Jane and

I are both head nurses (Petra on 7 South and Jane on 3 West) we have a lot to talk about that we really can't talk to a great many other people about. We talk about other things too -- how our running is coming, general things that happen during the day, just any topic that interests us."

The pair runs about five miles a day, generally taking less than an hour to complete the run over a basically flat course. "There is some traffic at this time of morning which is good," Petra says, "but not so much that you are really worried."

Neither of the runners expressed any real interest in increasing their mileage, saying it would be difficult for them to find more time to increase their runs. "As it is now, we have to get together on almost a day-to-day basis, depending on work schedules and things like that," Petra says. Still, she adds, they are usually able to run at least four times a week and both agree running with someone else adds to the enjoyment.

-JD



The old front door of the library is closed and the new front doors have opened...Inside, books are stacked...shelves assembled...books stacked...furniture arranged...books stacked...offices moving...All this tidying up is so the library expansion will be ready for fall students...The new area requires a look around. So go on in but ...shhh...remember, it's the library.

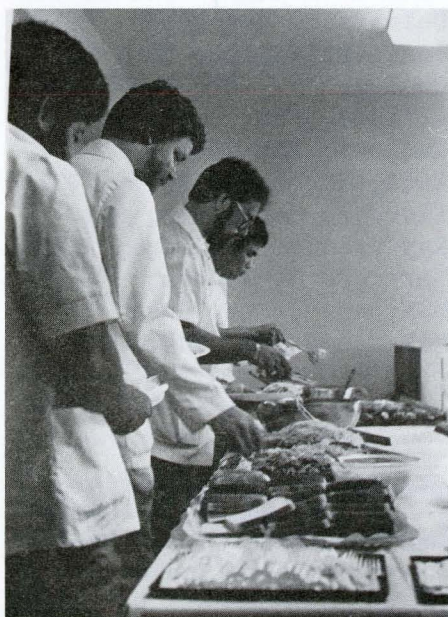


notables

T. OKABE PhD, dent mat, presented "Effects of Annealing Alloy Powder on High Cooper Amalgams Properties" at the Intl. Assn. for Dent. Res. meeting in Osaka, Japan. Co-authors were M.B. BUTTS BS, E.E. KEPLER, both dent mat, J.J. HEFFERNAN, dent stud, R.J. MITCHELL PhD, restor dent, and K. Asgar PhD, Univ. of Mich.

OKABE, presented "Study of High Copper Amalgams by Scanning Electron Microscope" at Nihon Dent. Coll., Tokyo Med. & Dent. Univ., Tsurumi Univ., and Kyoto Univ., Japan.

S. KOLAS DDS, MS, oral bio, received \$45,331 from the Off. of the Dir., Bur. of Health Professions, for "Assurance of Minority Success in Dent. Sch."



National Radiologic Technologies Week was observed at MCG with a luncheon for the students and staff in the radiology department.

L.D. HODGE PhD, cmb, received \$49,901 from Natl. Cancer Inst. for "Biochemistry of Late Mitotic Events in Cultured Cells."

W.J. HAMILTON DO, neuro, received \$48,288 from Natl. Inst. on Aging as a geriatric med. acad. award.

J.J. BUCCAFUSCO PhD, pharm, received \$9,965 from Natl. Inst. on Drug Abuse for "Mechanism of Clonidine's Anti-withdrawal Action."

D.F. WARD MD, dir., im-med care, received \$53,872 from Div. of Med. for emergency med. technician-paramedic training.

A.C. REESE PhD, cmb, received \$49,141 from Natl. Inst. of Gen. Med. Sc. for "CIG Function: Interaction with Free Macrophages."

M.E. CONWAY PhD, dean, nurs, received \$117,780 from Div. of Nurs. for the professional nurse traineeship program.

T.J. SPRINKLE PhD, neuro, received \$46,245 from Natl. Inst. of Neuro. & Communicative Disorders & Stroke for "2', 3'Cyclic Nucleotide-3'Phosphohydro-lase Biochemistry."

J.B. GREEN MD, chair., neuro, received \$1,198,712 from HHS for the Ga. Comprehensive Epilepsy Prog.

GREEN, received \$50,000 from Ga. Dept. of Human Resources as a vocational rehab. award.

K. GREEN PhD, Reg. prof., ophth, received \$7500 from Res. to Prevent Blindness.

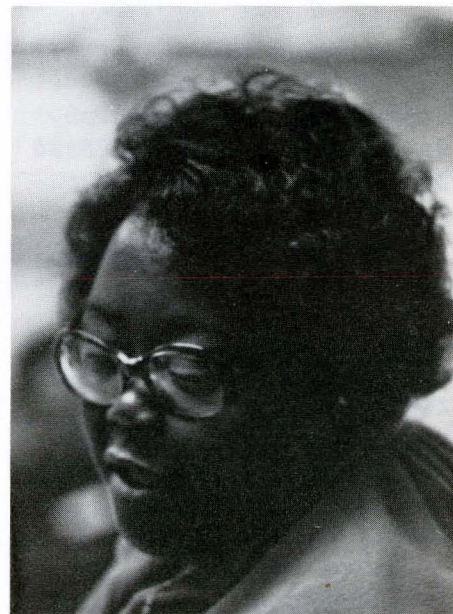
A.H. SHAIKH MS, med tech, wrote "Procedures & Clinical Significance of Estrogen Receptors," Amer. J. Med. Tech. May 30, 1980.

SHAIKH, with D. MYERS BS, path lab, presented "Instrument Justification" at the annual meeting, Ga. Soc. of Med. Tech., Augusta.

SHAIKH, presented "Estrogen Receptors" at the 48th annual meeting, Amer. Soc. of Med. Tech., St. Louis.

SHAIKH, served as visiting prof. at the Univ. of Karachi, Pakistan biochem. dept.

SHAIKH, with R. DUVALL, clin. biochem., presented "Safety Procedures in Clin. Lab" for a hospital safety course sponsored by Public Safety.



Mrs. Azaline Ficklin is shown at her retirement from MCG recently. The nursing assistant had worked at MCG for 23 and a half years, all of them in pediatrics. The party was given by the staff on 8 West.

Good nutrition

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certain kinds of fats, essential fatty acids, but not in large quantities. It is quantity we are talking about and protein is the most essential."

In the American diet, most of the protein comes from red meat, milk, and eggs. Feldman says some of the protein is derived from vegetables, but vegetables are incomplete in terms of their amino acid composition.

"It has been recommended that people should eat more complex carbohydrates, which are starches and contain fiber, and decrease the amount of simple or refined sugars," according to Feldman. "It is also recommended that we decrease the amount of fat in the diet and decrease the proportion of saturated fat and increase the amount of poly-unsaturated fat we consume.

Increasing the complex carbohydrates and decreasing the fats does not affect the protein level requirement but, "you must replace animal fat with vegetable protein in order to change the carbohydrate and fat aspects of the diet," Feldman states.

Since individual vegetables do not have all the amino acids needed by the body, the physician suggests pairing vegetables as a way of balancing the deficiencies.

"People have to really want or care about being healthy," Feldman concludes. "I think nutrition is a vital aspect of promoting good health."

newsbriefs

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Copy center moving

The copy center is re-locating from the R&E Building to the Education Building, room BCH-135. The new extension will be 3333. The move will take place on July 29 and 30. The copy center will remain open during the move.

Regents make appointments

The Board of Regents recently approved a new nursing associate dean, a nursing department acting head and an associate administrator for Talmadge Hospital.

Dr. Lois E. Graham was named associate dean for graduate programs and professor, adult nursing; while also in the School of Nursing, Cathryn L. Glanville was named acting chairman and associate professor, department of maternal child nursing.

Lynn Bina was named an associate administrator for Talmadge.

Psychiatry lecture scheduled

The Psychiatry Department will sponsor a talk by Dr. M.M. Singh, South Dekalb Community Health Center, from 10 a.m.-noon August 1 in the third floor conference room of Talmadge. Dr. Singh will speak on "Research Advances on the Gilles de la Tourettes Syndrome."

Heart disease conference set for nurses

Nurses will learn more about the care of patients with heart disease in a one-day course sponsored by the Georgia Affiliate of the American Heart Association in eight Georgia cities in September and October.

Cardiology Conferences for Nurses -- A Fundamental Course will be offered in Columbus, Sept. 18; Macon, Sept. 24; Athens and Atlanta, Sept. 26; Valdosta, Oct. 3; Augusta, Oct. 10; Albany, Oct. 15; and Savannah, Oct. 30.

RN's, LPN's, public health and industrial nurses, nursing students and other health professionals will attend to hear an update on patient care.

Augusta's conference will be Friday, Oct. 10 at University Hospital. Taking part will be Paul E. Cundey, Jr., MD; Trenton Allison, PhD; Jayne B. Mallory, RD; Johnnie F. Hall, RN; Bruce Buley, PT; Florence Catchings, OT; Kay Frances Wardrobe, MSW; Gertrude G. Groves, BSN, MSN; and Sister Rose McLarney, BSN, MSN.

MCG news columns

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